

Lessons for the Journey: Mend and Intend for Marriage
By Heather Hetheru

Good Day Good People!

Di-vorce. Di-vided. Di-visive. Di-solved... *Divorce* is among that family of words, that no one wants to speak when talking about relationships, let alone experience. For those of you who have endured the pain, anguish, humiliation, and shame of divorce I pray that this insight strengthens and encourages you! Having endured 2 painful divorces, I consider myself a bit seasoned on this topic! There is good news. We can survive divorce. We can mend the brokenness that it created and/or unlocked within us and heal. Although this door has closed, we can love again. It cannot rob you of the joy meant for you. We can mend and intend for marriage! Read on to learn more.

INTENTION of Actions

Let me share this perspective from a deeper insight. There are statistics that track the decline of marriage but an increase in divorce. What has changed in our community? Why are fewer women and men marrying? Why are fewer men and women remarrying? Why are men and women divorcing? These are critical questions for a critical time. As a woman, I will share with you that you can survive divorce. You can mend your brokenness. You can love again. Here is my formula: 1) do some deep inner cleaning, forgiving and self-work. 2) Have a clear idea of the type of person you want. Know the particulars (but focus on more internal than external) of their traits. Create a secret confirmation that only you and your inner guidance will know. Write it down in a journal or keep it in your important papers. 3) Keep an open mind believing what you are asking for is in motion. Your divine selection, especially if he/she is a 'special' order, may take time.

Meanwhile, we should be matching the requirements from our own list. If we WANT patience and understanding, then we need to GIVE patience and understanding. If we want generosity and romance, then we need to practice being romantic and generous. Kindness and forgiveness require the same. Be and become our best self. Become someone interesting and emotionally well-adjusted so that we can be desired, wanted, and most of all appreciated. Focus on adding virtue and goodness to our covenant (sacred agreement) to and for our self. Look at our lessons from each past relationship. Look at the same lessons reflected in our childhood. This is often where we learn behaviors that we are forced to unlearn as adults. In the lens of a child, we see but weakly, not with full understanding. But as we grow into adults our weakened vision and perception will become clear with effort. Effort is a tool to show us how we can best mend from our past hurts, relationships and divorce.

SOLUTION for Consideration

It is in our critical times, that we grow the most. These are the times when doubt, envy, fear, and impatience cloud our judgement. We begin to allow ourselves to dive head-first into risky situations. We often ignore the warnings and signs that the person may not be our divine selection. We begin to settle for convenience's or waning patience's sake. We attempt to make "something" about a person "hint of things" we want but knowing that they are not really for us. We begin to make nothing or take the pieces of a person and try to make them into something, including our mate. We try to make admiration, lust and attention into the traits of love (written on our list). We do this for the sake of not wanting to be alone or taking matters into our own hands. Instead of doing the work and waiting for the confirmation, we often MAKE it happen. Our inner guidance sees with clarity even when our physical eyes make-believe. When we look with clear spiritual eyes we can also see in the physical! This is wisdom; if we loved and married once, chances are we will love and marry again! This time, we have a formula and tools to actively engage in the next chapter of our journey, in earnest!

Let the Journey Continue....

RESOURCES:

Need assistance surviving divorce? Start your journey with Heather Hetheru, Personal Change Coach. 1-on-1 coaching sessions, workshops or self-guided books of insights. Let “Cardinal In Red Dress, My Journey from the Valley of Death”, “Patch of Grass, Defining My Sacred Space” or “Woman of Purpose, Journal to Walking the Path” by Heather Hetheru Miller available on Amazon, Barnes and Noble or connect from www.yourinspiredjourney.com. Reach out via email at Heather@yourinspiredjourney.com.