

Episode 10, Season 1 Transcript

Welcome. Welcome. We are on episode 10. Yay. Wow. We made it this far. That's right. Today we're talking about four reasons why we stay in dead end relationships. And today is actually the last episode of season one titled The Art of Relationships. So this sounds like a good ending topic. Yeah. In a bit. It'd be good.

Yeah. In two weeks we will be introducing the first episode of season two. And the reason that we started with season one, the art of relationships, is because relationships are really good entry point into us understanding our inner world. They really are. They're the, they're the place of the mirror. Mm. Where we are faced with the consequences of our thoughts and feelings and actions.

Yes. It all comes to bear. Yeah. Within, in the mirror of relationships, no matter what kind of relationship. So it's a fantastic place of learning and we'll, we'll talk a little bit more about that. Yeah. But it's also has been a really good entry point for us into the world of podcasting because it's a pretty easy topic to talk about.

Yeah. Yeah. Lots of issues, lots of triggers. Everyone has relationship challenges. Yep. And really we all need to Yeah. Because this is the, this is the work that we need to do. Yeah. You know, let me just say one more thing about that. And, and the way that we look at it in magenta is actually relationships is where the new mysteries happen.

So the old mysteries, just to give a super high level summary, is where the evolution of consciousness actually was. Forecast. So in the, in the, in the temples and the places where the mysteries, the, the old mysteries took place, they were training places, they were learning places. And it's where the leadership of humanity were trained and initiated so that they could handle the responsibility for the future direction of humanity and the various coming out of the different schools and the old mysteries,

they're called the old mysteries because they were really appropriate for the, that they all had different roles to play at different times and points in humanities evolution. But in our time, things have changed. And now the new place of mystery I would like to propose is now between us. It's no longer in the old temples, in the places of initiation. The initiation happens as Joseph Boyce put it at the train station Or the office.

Or the Office or in the marriage. Yes. Yeah. Or, you know, in the parent child relationship or with your landlady or wherever, wherever you meet the threshold of your limits, that's where the new mysteries happen. And this is why over this whole season, we have talked about and hinted about and touched on and tried our best to sort of begin the dialogue about the I,

because the new mysteries now are centered around us developing and getting in touch with and forging out of our own free effort, out of her own free initiative to connect ourselves to, to that part of us that is still very much in potential. And Rachel and I give it a number of different names. One is the higher self, another is the I,

which comes out of ancient tradition, but also if you wanna give it a technical term, the super conscious. And so when, when we're in relationship difficulties, either we're gonna be checked out and we're gonna repeat the cycles that we repeat and we're gonna get into that. Or we are going to call on a higher power within us to, and, and bring that to bear to help us find our way through with the light of our consciousness.

And in the next season, we will be talking more about this. And it's a difficult subject because it's not in our, as a concept, it's not out there in popular culture. And, and so it become, it feels, and it becomes quite controversial because we're used to seeing ourselves as biomechanical machines, but we really are not. And it's time.

It's time that we created a different imagination and have a very different understanding of what and who we are as human beings. Otherwise we are not gonna make it. Let's get into the first of these thresholds Yeah. That we face. And that is unmet needs. Yeah. That is the first issue that we are gonna outline. Yeah. As a reason why we struggle in relationship or stay in dead end relationships.

This is not a topic that we grow up generally understanding or being talked about. And it's, it's really important that we develop a familiarity and a comfort with this idea of having needs. Yeah. Yes. It's not really okay to have needs and, but I think the thing that we have tried to really express, and I, and I think it's episode five Yeah.

But other episodes where we really get into why needs are so important. And we'll just summarize it a tiny bit here. For those who haven't heard C episode five needs are actually very good. They're good and they're beautiful and they're, there are truth needs like need for recognition, need for safety, need for autonomy, independence, need for harmony, for connection.

Connection. Yeah. These are beautiful needs is, you know, and but the other characteristic of them is that they're very archetypical. Like it doesn't matter what culture you come from or language you speak, you can relate to these words, obviously not necessarily in English, but there's equivalence. Yeah. Because they are archetypes. Yeah. And the thing about them is we go through life,

we inherit from our family of origin the needs that we're allowed to have and the needs that we're not allowed to have often, but they're also cultural inheritances and the tendencies that we have around needs. And what's really has been a big part of my work in coaching is helping people connect to what they actually need. And oftentimes the things that they actually need are the things that they have forbidden for themselves to,

to want, let alone ask for. Yes. And the reason, so you're, so that's a, a good point because the reason why this is so important is cuz if we don't know what we need, then we dunno why we're so resentful. Yeah. The needs are there whether we like it or not. The question is, are you connected to what you do?

You know what you need because somewhere in you, you know, and that's, that's the place, that's the force, that's the pressure out of which a lot of your mood and your feeling life arise. Yeah. So the thing about needs to, to your point, if you don't know what they are, then you can't ask to get them met.

And sometimes the person that you need to ask is yourself. Like if you have a need to, to, to broaden your life experience, let's say if you're a young person and you have this longing to, to go out into the world and get away from your small town and the small town mentality and get out into the world and have some experiences,

which is very appropriate for a 20 something before you settle down and have kids and, and, and have responsibilities, there's is precious time in life. That's a very beautiful need to get out there and, and, and have all these experiences while you still can. And if you don't, if you don't allow yourself to have that need, then, then,

and you don't like nobody else can meet that need for you. Yeah. I mean, your parents can say you should go out there, but if you are not willing to, because whatever, whatever your family patterns might be, then, you know, soon as you, as soon as those babies come, that's it. Right. Maybe you can,

when they, when you're an empty nester, maybe that's when you can get back to it. But do you see what I'm saying? Yeah. It's like you are the only one who knows that. And another example would be a need for acknowledgement. If somebody doesn't know that you have that need, they're not gonna, they're not gonna be able to guess.

And this is what we often do, is we really want other people to guess what we need. Yeah. And we don't want to have to tell someone. Yeah. But if they don't guess what we need, then we get very resentful because they should just know. Yeah. And if, and I just urge you to, if you have that thought in your head,

they should just know what I need. It's really obvious. I want you to understand that it's not obvious at all. No. And it's not their job to guess. And it's just as satisfying to receive it. You can allow yourself to appreciate receiving it just as much after you've asked for it as if they were to guess themselves. Like sometimes my husband comes home from work and I know what I need.

I know I need some acknowledgement for like, babe, I have to tell you all the things that I did today and I really need some acknowledgement and some appreciation cuz I'm just here by

myself with the little babies. And so I need you to please acknowledge, look at all the laundry that's done, look at how beautiful the kitchen looks. Oh yeah.

Look, I've got some food. And he is just so happy to Oh, that's so sweet. See all of that and acknowledge it. Yes. And it doesn't cheapen it, it doesn't cheapen because you asked because I asked. No, I could, I could like get in my own way, you know, and tell myself some story or which is what we do.

Yeah. Like, oh well this, you know, he's only saying it because I asked. But no, I know my husband, I know what is true and that he sincerely wants to offer this. Right. And if I don't believe that it's cheapened Right. By having to ask for it right then it's not right. Right now. And it's tricky terrain because a part of the challenge that comes with needs and the reason why it's so hard to,

to get to that level is because our needs are so great because we have, because partly because we may have never had them met before. And the other reason is because we have beliefs that surround that need. And one of those beliefs is I can't get it met. No one is gonna meet this need for me either cuz I'm not worthy or because I'm not allowed.

Right. And that sets us up for a really difficult well setup because if we were to ask someone and they were to say no, or the world was to say no to us, it's devastating. So it's just easier not to have needs, frankly. You see what I'm saying? Yeah. So it's a, it's a little bit of a checkmate situation where you're damned if you do and you're damned if you don't.

And that's why. But however, the healing of that is just the step of owning your needs. Yeah. Just if you could just admit if like a confession, I admit that these are my needs and you don't have to try and get them met. You don't have to ask the world something. You just have to acknowledge to yourself that you have this need.

And I promise you there's healing in that because you are seeing yourself. Mm. And this is the thing about issues of recognition of worthiness. We can be such a black hole because the person who really needs to accept and, and, and see and recognize us is really ourselves. Yeah. And so what we're proposing is sort of is twofold. You know,

you do your work of owning your own needs and learning to meet your needs and you are in the world and we can make requests and we encourage you to make requests. Yeah. Yeah. Of not only our partner but of others in your life too. You know, don't put all your needs onto one. Not onto one person. Yeah. And leave the other free.

Yeah. Let them let them say no if they need to or negotiate. Yeah. Because everybody has needs. Yeah. And if you know, that person might be able to meet your need, but you might be able to meet their need at the same time. Like who knows what, what unexpected magic can arise. Yeah. Okay. Number two is our strategies.

We use very unfortunate strategies, boy to try to meet our needs. So let's get into strategies a little bit. Okay. Well, in order to understand strategies, you have to have clarity around needs because strategies is where we try and get our needs met. And pretty much everything that we do is a strategy to meet a need. Everything what we say,

what we do, moving around the house, everything. So, but we're so unaware of, you know, the quality or the manner of our strategies. So for instance, if we are cold and we wish to be warm, are we going to go around being cold or are we gonna try and meet that need for warmth? Like me, I'm dressed head to toe in wool cuz I hate being cold and I love to wear wool.

It's very fun for me. I've got like New Zealand wool, I've got Irish wool, I'm like covered and it's easy for me to do that. But my daughter, she's always complaining about the cold and she's never wearing enough clothes. I was Like, why? And that's the, that's the question why. Yeah. So if we were to, to talk about something a little more high stakes,

like relationships. If we have unmet needs, we are gonna have strategies, they're gonna be either unconscious or they're gonna be conscious. If they're unconscious, then I, then I'm very confident that they're going to be strategies that will get us the opposite of what we actually need. Which I is a really interesting phenomena to observe and I've observed it over and over again.

So because of the pressure and the, and the, the, the wounding that is, that surrounds unmet needs is inevitable that we're going to find dysfunctional ways of trying to get our needs met. And by dysfunctional, I mean they're gonna get us the opposite. Yeah. Like for instance, using aggressive or even violent strategies in relationship, a lot of our communication,

like when we're arguing or when we're accusing someone or if we're feeling resentful, often our communication can, can be aggressive or even in non-violent communication concerned. We talk about it as violent. And what's interesting is we do this, but what we really need is connection and to be understood and to be heard. But what we end up by doing is pushing the other away.

So that's what I mean by getting the opposite of what we actually need. Yeah. So strategies is a really great place to observe your behaviors and to observe this phenomena for yourself where, what are your, first of all, you have to understand what your needs are so that you can understand why you're using the strategies that you're using. Right? Yeah.

So another example would be having a need for more freedom and more autonomy in your relationship. Hmm. But instead of going about that in sort of a more direct way, because you are conflict averse or codependent or you know, you don't want to rock the boat so you sneak around and like hide and try to get your need for freedom and autonomy met without the other person knowing.

Right. But then you are actually not free. You are just, then you then become a slave to your, you know, white lies and you're sneaking around Yeah. And you are, you know, oh, don't, don't let them know that this happened because Right. Because I'll get into trouble. I'll get into trouble and Yeah. And you sure will.

Yes. Yeah. That's one example. That's A good example. That's a very good example. Yeah. So strategies are a, a big place of observation. Yeah. And maybe the question is, are your strategies getting you what you need? Yeah. Or are they, are they really not? And again, it's like confession, like just, you don't have to fix it.

You don't have to do anything about it. You just have to begin the work of observation. Just, just, you know, confess to yourself. Admit to yourself your own truth because the truth will set you free. That's the first place. Yeah. That's the, that's the a, a huge part of getting out of these cycles that in which you're stuck.

Yeah. Okay. Shall we move On? Yeah. Before we do. Yes. Let's just tie this back to dead end. The dead end nature. You know, like when we're in a relationship that feels like a dead end. The reason why is because we, we get into situations that, that we call checkmates. And a checkmate is exactly as it sounds,

doesn't matter what we do, we end up in the same place. So it's like we're, we're between a rock and a hard place like a Groundhog day, but for a dead end relationship. And it seems like there's no options because the strategies that we want to employ are not working. Like, okay, well if I do this, I'm going to,

you know, upset my partner and if I do this, I'm going to, you know, this is forbidden in this other way. Right. So, you know, this, I'm just, I'm Yeah. This isn't my fault. Yeah. Like, there's no options available to me. Yeah. Yeah. And actually what those situations are telling you is that there is,

there is a very precise, you know, option or direction that you need to go. Right. Which is in a direction that you, you've never gone before. Yes. And this is the thing about strategies is that we believe that we have a very few possibilities Yes. Because this is what we know. Yeah. And we haven't yet considered that there might be actually many different possible strategies.

One of them we're suggesting to you already, which is get to know your needs. Yeah. Your unmet needs specifically. Because if, if you are in a, in a relationship that does feel like a dead end or you're afraid that it might be a dead end relationship part of, I can guarantee that part of the reason is cuz you're not getting your needs met.

So what are your needs? Yeah. And get to know their, their nuances. Yeah. Not just, I need to, you know, and, and don't make it about the other person. Yeah. What are your needs and not necessarily needs that the other person are gonna meet, but just what do you need? Leave your partner out of the,

the equation out of the question. All your resentment, all your feelings that arise out of not being able to get your needs met. Just what are they? Yeah. And then when it comes to strategies, understand that the reason why you are in a dead end relationship is because of strategies that you're using are not working. And I want you to know that there are more strategies that you have not thought of and you're not gonna think of them until you get to know your needs.

Yeah. And another thing I wanna add, notice if your strategy to solve your relationship issues is always to leave the relationship. Oh Yeah. If that's your go-to strategy, then examine that and maybe it's, you know, much less about the other person than you conclude or that you, you know, jump to that conclusion because that's the safe and Yeah.

Easy way to get your needs met or, And to not face Yes. What's really going on. Yeah. Yeah. Exactly. Yeah. And just to say that I, I think we always advocate that you, you know, when you, when you listen to us go through these four reasons that you understand that we aren't, we, we leave the other person in your life completely out of it.

And the reason for this is if you include the other person in your analysis, you are actually limiting the, the insight that can, that's available to you because it's really not about the other person. Because it's really important that you get out of the blame game. It's no one's fault that you're in this situation. No one, there's no blame, there's no fault finding.

There's just what can you do with what you have? Yeah. Which is I can start to examine in these four ways, these are sort of places to start why I am in this predicament. Yeah. There's where your power lies. Yeah. There's where your agency lies not in, okay, this is my part, this is their part. Apportioning blame.

Yeah. That's not gonna free you. And I will say that this is the work of taking back your projection because my friend projection is the problem here. It's not the other person. And both of you are playing, playing the projection game. Yes. We know this about dead end relationship situations and setups, but your work of taking back your projection,

taking back and cleaning it out of your projections in the ways that we're suggesting here is, is enormously liberating. Cuz on the other side of that hard sometimes, you know, overwhelming and complicated seeming work on the other side of that is clarity and light and liberation. And then you can see clearly cuz neither Rachel and I cannot say whether someone should stay or leave.

And neither can your friends or family, they'll be like, yeah, you should leave him or her, whatever. But that's not up to them either. Only you can do the work of taking back your projection, owning your shadow, owning your, your part in being there in the first place and, and, and seeing that this relationship in your life is actually a mirror.

There's lemonade to be made here and that lemonade is going to serve you the rest of your life if you are willing to do the work. Yeah. Yeah. Okay, well on that note, let's take a break and then we will come back and get into point number three. Awesome. Okay. Hello. Thank you for watching or listening to today's episode of Magenta fm.

We want to take a moment and tell you that we have a lot of useful resources for you on our website at magenta fm. And actually we want you to know that we're now readily holding and hosting webinars. And in those webinars we dive into some really juicy and challenging topics. We don't just do a bunch of downloading, we actually do exercises, we bring tools,

we journal right there and then, and we, and we do plenary and of course lots of q and a. So you can go to our website at magenta fm, you can sign up for the next available webinar and we're holding those on a regular basis. So we hope to see you there. And lastly, one of the best ways that you can support our show is by sharing it with friends or family.

Yes please. Who you think might find it helpful or interesting. So you can just pause the show right now, text your friend a link to magenta fm slash podcast and there they can see all the episodes and listen to the most recent one or one that jumps out at them. And we really appreciate your support. Thank you so much. Welcome back.

Welcome back. So number three reason is that we are too scared to face the past history of our patterns. So what do we mean by that? Do we mean our own past, our family's past, our ancestors, past All of it? Yes. So there's an origin story behind why you're in this situation and that origin story has both light and dark and it's a beautiful story.

It's a painful story. There's a lot of love and a lot of pain in it, but you need to face it either way. And it's complex maybe even. But there's a lot of really interesting stuff there. So what happens when we're in relationships is we are recapitulating what we've learned, what we've absorbed obviously from our parents and they've absorbed from their parents and it goes on back.

And what I've noticed is that there can be these, I, I don't really have a good way of describing it other than energetic structures that are passed down through the families and each individual who receives these energetic structures can either take that on or they can pass it on to their children. Right. So the invitation, and you are always free to take this invitation or not,

the invitation is to get to know this energetic structure and to learn the origin story. And I don't mean oh yes, seven generations ago, grandma, you know, was a mean old lady to her kids. I don't mean that kind of origin story. I mean what is this energetic structure? What is it made of? How, you know,

what need, for instance, in my family of origin, we, we didn't really have needs. We just, you know, we either gone on with things and, and just, you know, I'll deal with it tomorrow or I won't even think about it cuz I don't know how to deal with that. So I'll just not, or we just simply didn't have needs,

you know, so I have my own origin stories that I've had to get to know in order to face where I'm stuck in relationship. Yeah. And relationship patterning is really deep. Yeah. It runs deep in us. But again, if you bring it to your consciousness, you don't have to fix it. You don't have to do anything. You just have to use the light of your consciousness to,

to see it. Yeah. And this is the power of the eye. And we should talk a little bit about the strength of the eye and the, and the need for the strengthening of the eye to do this, this work so that we don't get sucked into trauma or depression or just, you know, helplessness more of the same. Yeah. More helplessness.

Because it's, it can be a frightening proposition to face trauma especially. Yeah. Face trauma go into, you know, childhood wounds revisit painful memories. Yeah. A lot. Yeah. And I think that's true and I think a lot of people they don't, they can't or they won't because it's too painful. Which I completely understand. And to your point Rachel,

the thing that really enables us to do so without getting lost in the pain or lost in the darkness and the, cuz so often we are loved but not seen and the consequences of that, you know, have far-reaching effects. Part of the challenge of getting to your origin story is that it's, it can be, especially if you are dealing with a traumatic childhood,

it can be re-traumatizing and, and we are afraid of re-traumatizing and for a very good reason because it's dangerous. Yeah. And this is not well enough understood. I don't think in talking therapy contexts we can't bypass, which is some alternative modalities definitely work on bypassing, but we also can't face it head on because it's re-traumatizing and it's known that it actually doesn't work to go back into the original trauma and re-experience it for obvious reasons.

And so what do we, how do we do this? Well I think what Rachel and I really are advocating for, and this is why knowledge of that we have this higher aspect to ourselves is so incredibly important because if we strengthen our connection to our eye, to this superconscious, to our superconscious nature, what happens is we become strong enough to face the truth without re-traumatizing,

without losing ourselves in the abyss. Yeah. And, and this is so important in healing work. And when you go back into the past, I mean in my practice going back into the past is something that we do after a lot of other work. I know in my own experience it is possible to go into the past, you know, painful childhood memories and even traumatic events with sufficient strength of the higher self.

Right. So you're not really identifying or like suddenly becoming that person, that victim you are going in as almost a higher being and bringing, you know, healing to that event or that time in your life. Yeah. And, and you know, there's, there's methods of approaching that work,

especially with complex trauma and adverse childhood experiences where you can actually go back.

It's, it's, I call it time travel. You go back in time, but you have to have a, an a sufficient, you have to have certain practices that you're doing every day meditation basically because you are strengthening your connection with your eye so that you can use that as the healing proponent. It's like you're going back and you're doing attachment parenting.

Yeah. So it's quite well known in trauma therapy circles, but not so well known in the wider circles of talking therapy practices. But it's very important because if you don't have a strong enough eye, you're gonna identify too closely with that wounded. Pardon you. Yeah. And that's what's so dangerous about that. So when you do the work of strengthening your eye and in,

we teach this in the school, we have a, in magenta we have a course called Elevator Presence Masterclass, which is designed specifically for this kind of work Yeah. Connecting to your higher self so that you can do this healing work Yeah. That needs to happen so that you can trace the origin story without getting sucked in back into what you believe Yeah.

About what happened. Because when you believe you are unable to certain things that reinforce the behaviors that you are and the, and the outcomes you're currently experiencing in a dead end relationship, for example, you are going to see the darkness, but you are not gonna be able to be objective about the beautiful things in your childhood Yeah. And, and the beautiful things about who you were as a child Yeah.

And a young person. Yeah. So this is, this is complicated territory, but the way through is to strengthen your light. Can't emphasize that enough. And the outcomes of facing your past history and these patterns can just be very mysterious and magical. I was just telling a friend recently that, you know, going through this, that this kind of work can suddenly just like change the people who are like showing up in your life in the dating world for instance.

You know, it's like you're not consciously. Cuz everyone goes into dating thinking they're gonna like look for the best match, you know, and then maybe they keep ending up with like the same people with the same issues. And it's not that they need to like get better checklist or like, I mean, that might just kind of happen on its own.

Yeah. But it's like you, you, you start to heal the past and heal some of these patterns within yourself and then suddenly like the person who's showing up on the other side of the table on your dinner tape, you know Yeah. Is just, just a new kind of person. Yeah. And it's just sort of, it's sort of magical and mysterious and it's kind of hard to really explain to somebody Right.

How this work leads to healthier people showing up in your life. Yeah, yeah. Because what happens is, so long as th these things remain unexamined, it's like we're hardwired toward a certain kind of energetic pattern. Yeah. And we are unconsciously hardwired to choose, for

instance, if we were raised in abusive conditions as a child, we tend to seek out abusive relationships.

And it could be love relationships or it might be other kinds of relationships where there's some kind of bullying tendencies Or controlling or Yeah. And we narcissistic or Yes. And, and let's talk about narcissism because narcissism is very interesting cuz it's a spectrum. So you might be like, I am never going to fall in love with someone like my parents. Like No.

So you might choose somebody who's like the opposite, but you see these, these kinds of tendencies as energetic patterns. Like narcissism exists on a spectrum. And one extreme end is the world revolves around me. And the other extreme end of expression of this energetic pattern is I revolve around the narcissist in my life. Yeah. So you could pick either one end of these energetic patterns to sit in,

in your relationships or to express in your relationships. Yeah. So you might say, I am not gonna choose my parent, but you choose potentially you Opposite. Yes, Exactly. But which is another kind of expression of the same problem. Yeah. So it's hard to acknowledge, you know, how we are repeating or walking in the footsteps of our appearance Yeah.

Or our an ancestry. But it's very liberating if we can start to recognize the patterns and how they're being expressed in us. Yeah. Especially if we're in a dead end relationship. If you're in a dead end relationship at this moment, it's really important that you acknowledge that you are repeating a pattern. Okay. Number four. Alright. Fourth and final points Yes.

To cover today is that we aren't prepared or willing to face our own culpability in the dynamic of our relationship. Yeah. I'm sorry. I'm sorry. Yeah. It can seem like it's really the other person's fault. Yes. And we, it's so easy to say, well, I'm the nice one or Yeah, I'm the, I'm the one that's doing all the work.

Right. And they're not doing anything, so. Right. How the heck could it be my fault? Yeah. Yeah. And that's reasonable, especially if your partner is spiraling, spiraling down, you know, circling the drain as, as my husband and I call it, and you're looking at them going, this is a dead end human being. No wonder I'm in a dead end relationship.

I mean, right. However, there's a lot we can do to take back our power and agency in even, you know, in a situation in which we're a hundred percent convinced that it's the other person who's at fault. Right? Yeah. So this, in a way, point number three and four maybe could have been reversed because it's actually better to focus on your culpability or your responsibility in the present.

It's easier to, to focus on that. In fact, especially if you do have a traumatic past, this is the next place to go is to look at how you're expressing this energetic pattern in your relationships in the present. Get to know the patterns as they play out in space and time in the present before you start looking into the past for their,

the, the origin story. Yeah. So there's definitely an order, but none of, but they both require that you have a presence in practice. Yes. Yeah. But anyway, the cu what we mean by culpability is it's not about the other. This is not about who's to blame. And when we say culpability, we don't mean blame, we mean learn to own your projection clean.

So there's a lens through which we look through and assess everything in the world, all the relationships, all the people. There are conclusions that we are drawing pretty much instantaneously based on what we believe, so that the color of those lens is how we see everything is colored. And so if you actually got to know the nature of those beliefs, what you believe about the world,

your worldviews, what you believe about yourself, you know, are you really, do you believe that you're actually not really a worthy person? What do you believe about other people? They can't be trusted. For instance, I'm just throwing out examples there, what you believe. Yeah. When you get to know that, that is what we mean by owning your projection.

And when you start to realize just how much all of that colors, how you see other people, and especially significant people in your life, you start to realize just how much, how many tiny little decisions you made along the way that created the checkmate the setup that you're currently in. Yeah. That's when you, hopefully if you can follow this logically and just with common sense,

see how you got yourself in this situation and how you can get yourself out of it. And I cannot know, no one can know what the right thing to do is, but as we like to accept you except you. Yeah. It's like, it's like a mother and her child, the mother knows. And the more she can learn to trust her intuition and herself And not the projection of fear that's been put into her by society Or and authority.

Yes. Yeah. The better for the, for everyone involved. Yeah. And I would say the same for you. Yes. I, I understand that you're in a dead end relationship if you are, or that you're in a situation that feels like a real checkmate. But I think a great place to start is just to, is just to walk through life and say,

I trust myself. I trust myself. I'm going to own my projection. I'm going to trust that I will find a way through this. And it doesn't have to be absolutely miserable for all involved. You know, there's a way through. Yum. I just don't know the right strategy Yet. Yeah. One of the things that, you know, let,

we can look at strategies and needs from through this perspective. The, the work of the reason why we're saying get to know what you a, what your actual unmet needs are and just be truthful with yourself about that. And then get to know the strategies that you're using to try and get those needs met and be truthful with yourself about that. You don't have to fix it,

you don't have to do anything about it. You just have to get to know it because the truth will set you free. We, we were saying that earlier, this is the work of owning your projection. This is taking responsibility for why you're in this situation. This is learning the lesson that life is trying to teach you. This is what I mean by initiation.

Yeah. And the initiation space between us. Right. Like you're up against what feels like an impossible threshold. You may learn that if you get in touch with your need and you explore new strategies that everything transforms around you. I mean, beginning with yourself, but then around you that's mirrored and maybe even in the partner that you're with right now who you never thought was capable of needing you in the way you wanted to be met.

Yeah. Because you never asked. Yeah. And you start asking and all of a sudden they're like, oh, thank God. Now I finally know. And then you can start to have a dialogue instead of it being a dead end. Right. Or maybe you asked, but you, you know, you had very weak boundaries. You had to people like,

you know, sharing responsibilities, you know, maybe you're, you just are a pushover to be frank about it. Yeah. Right. And yeah. You know, there's a pattern develops of someone sort of taking advantage of like the pushover Right, right. Who kind of takes on the burdens and doesn't wanna, you know, avoids conflict. And maybe that's your culpability is your own aversion to conflict.

Right. Like when my husband like sets a really clear boundary with me sometimes I'm like, oh, okay, I hear you. Yeah. You know, it's Yeah. Because that's a surprise. Yeah, exactly. Yeah. So, Or you could be the opposite. You could be like, you know, you're, you're making all the money and you come home and you have to do the dishes and you have to make sure that there's food in the fridge.

And you're just looking at your partner going, where are you? And there's, and, and when you ask to get your knees back, could you please do the shopping? Could you at least make sure, I mean, that you're doing something to make a contribution that the way that you're asking, the way your strategy is so loaded with blame that the other person,

so it's like there's this really interesting setup with this kind of dynamic. The other person is it becomes more and more ashamed and more and more like unworthy Yeah. In themselves that they're less and less able to show up. And you are and, and you are compensating by becoming more and more overbearing. Yeah. We have a kind of instinctive reaction to someone having a really overbearing demand to us Oh yes.

Awful. That we're just immediately like, no, you know? Yes. Just like, I don't care what you're asking. Like if you're force forcefully telling me to do something Yeah. My instinct is going to say no Was either way. Yeah. Or be passive aggressive. Yeah. Say yes, but I'm, but I forget. Yes, that's right.

Or I Yeah. Disassociate and I just begin to check out of the relationship. Yeah. More and more. Maybe I take on the burdens, but my warmth and love and affection and appreciation and gratitude and all of that, you know, falls to the way wayside. Yeah. Yeah. And I'm just become more of a business partner. Yeah. More resentful.

Yeah. Yeah. And so it, it's not like there's, I mean, it always takes two to tango Yeah. With a dynamic. Yes. However, what the, the piece I really want our listeners to understand is that by demanding that the other person take responsibility for their part in the relationship dynamics is actually a zero sum game. Yeah. I know that that sounds reasonable and it's a lot of advice out there,

but I'm telling you that is not where your power is. Yeah. They may or may not ever Yeah. Take responsibility for their part in the harm done or the relationship dynamics. Your healing and emancipation should not be dependent on someone else owning it or not. Yeah. So this is the key to agency and get taking your power back. Don't make it about the other.

Don't apportion blame yu 60% of their 40% over here. This is not, this is not gonna help you. Yeah. I talked to a friend who went to, to therapy around the time of their divorce and they said that the, they said that all they spent in the, the time talking in therapy was like, well, I don't really know what's my fault,

what's their fault? And that just, they just circled around this idea and just went nowhere. Oh my God. So yeah, it really gets you nowhere. It really gets you nowhere. That's right. And we want you to get somewhere. Yeah. We want you to, to find your way through because there's something really beautiful in this terrible experience of dead end.

And we want you to find that and Yeah. And find the jewel in the pain. Yum. And the jewel is you are becoming, you are be you are learning and growing and transforming and becoming. And your pain is the most efficient way that the gods know. It's like transforming through fire. Yes. It's like walking through fire. Yes, It Is.

And it can feel like burning off. Yes. A layer of our skin that we have held onto for a long time. Yes. And it can be rough. It's painful, fierce. It's very Fierce. It is fierce. Yeah. But on the other side of it Yeah. Is a freedom and a whole new glowing skin underneath Yeah. Our wounds and projections and that we,

you know, didn't know was there. Yeah. Cuz you are not your wounds. Yes. You are not your dead end relationship. You are not your pain. Yeah. You are this higher being that when while we're incarnated on this planet, it's very hard for us, especially in this time of deep and profound materialism where everything that is spiritual about our nature has been stripped out of our understanding and our knowledge.

Except if you're out on the fringe, yum. And then there's a lot of illusion out there too. Yum. You know, all of that has been so stripped away that it's very hard for us to find our way to that. But,

and this is why the wise gods and the wisdom of your shadow is your teacher in this as you burn away,

all that is not you. What's left is you as a spiritual being. Yes. Having a physical experience. Okay. On that note, let's do a little recap. Okay. Does that sound good? Yeah. So it's pretty quick today we went over four main points, starting with needs, unmet needs and forbidden needs and how that, getting to know that is really the starting place.

Okay. And then second, we talked about strategies and how everything that we do is the strategy to meet a need. And if we examine our strategies that we're using in our life, we can learn a lot. Yes, we can. Yep. And then we talked about facing the past and facing the patterns of our own personal past of our family's past and sort of this energetic structures,

as you put it, the origin story Yeah. That we can get to know and really heal the, the wounds that are driving our relationships, challenges and the reason why certain challenges are showing up in our lives. But we need to strengthen the eye Yeah. To really go into that work. Otherwise it is very dangerous and or just ineffective. Right.

And then our last point was about facing your own culpability in the dynamics in your life. And this can seem like painful work. And it is painful work. It is painful work. Sorry. Yeah. But it can, it will set you free. Yes. And it can set the other free also. Yes. And there is much to be gained.

Yes. By taking your power back and owning your own part of the, the dynamics that are playing out in your relationships, either at work or with your friends or your parents or your, you're a lover. There's much work to be done And much to be gained. So today's episode, as we mentioned, is the last episode of season one, the Art of Relationships.

Yay. And we covered, today was a bit of a summary, but hopefully you got some new information as well. And, and also some reiteration of some really important concepts. Yes. That might be new to you. Right. And what else do we wanna say in our conclusion? We don't, we're not gonna reveal what our, the second season is gonna be.

You're just gonna have to find out. But we're really excited to get into it and we hope you'll join us over into our second season. Yes. And, And it'll be in the same, same title, magenta fm, just season two. So you'll be able to get it wherever you're getting a current podcast or video And just make sure that you are subscribed.

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well we will see you in season two. Thank you so much for listening.