

Multi-dimensional Re-shaping in Relationships

by Ric Weinman

Whenever two people are interacting, they naturally ‘shape’ themselves to each other to facilitate communication. At the most obvious level, this is seen in body language. Even if the two people are defensive or blocked in relation to each other, their bodies still form physical positions and postures that are manifested in relation to the other person. In expressing these positions in relation to someone else, we literally change our shape, but we do this more than just physically. We re-shape ourselves emotionally, mentally, and spiritually, and we do this on deeper dimensional levels as well (up to the 6th dimension). Thus, you may feel almost as if you become a different person—even with a different posture—when you are with one person versus another.

This is, of course, completely natural. But when we are in long-term relationships, the shape we acquire in relation to the other person can easily become so habitual that we get stuck in that shape. Then some of it carries over into our interactions with other people as well. We may even forget that we can have other shapes and start to experience that shape as self. Of course, this can happen in short-term relationships as well, or even in non-relationship situations, such as in workplaces, where you spend a large amount of time with the same person. A catch phrase for this is that you have ‘acquired a frozen shape’.

Perhaps you become aware that something is off and you start to work on the ‘stuff’ you feel in that shape. You becoming clearer and clearer, but since it is natural to shape yourself to those you interact with, your shape itself doesn’t really change so long as you are continually interacting with the same person as before.

What many people do to get out of the feeling of stuckness that a frozen shape can create, is to find someone else to shape themselves to, which typically means having an affair. Other people will simply break off the relationship, saying they feel stuck or smothered in it (even if the other person is not the smothering type).

For those on a spiritual path, there is another option: Ascension!!

Just joking. The spiritual option is having a spiritual practice that has enough impact on your physical and emotional consciousness to re-shape you to its own energetic, which would presumably be a much clearer, more centered one than what you normally live in. Then, however you shape yourself to your partner, you don’t get entirely frozen there, because you keep shifting back to a more neutral shape whenever you meditate. And if you are not frozen in relation to the other person, it gives the other person more space to not be frozen with you.

Another benefit is that as you drop into your ‘clear shape’, you tend to notice how you are distorting yourself when you interact with others, which points you to areas within yourself that need inner work. In addition, over time, you learn to interact with others from a more fluid place that has its own center, rather than centering itself in the shape it acquires with others.

There are a couple of potential glitches though that can distort this spiritual re-shaping. First is that if one has gotten frozen in a particular shape, one tends to take that shape into one’s spiritual process. Then you may feel freer within your frozen shape but you will still be frozen in it. The fix is to consciously allow yourself to feel how your meditation wants to shift you on the physical, emotional and mental levels. Feel how it wants to align your whole being. Don’t just fixate spiritually or do the meditation through your spiritual body. Engage all of your humanness.

Second possible glitch is having a spiritual practice that is itself not aligned with what is truly clear and free within you. Then the re-shaping of yourself will have distortions in it. It may still serve to loosen your frozen shape, but the perspective it gives you will not be a clear one. For instance, if you are in a sexual relationship and have a spiritual practice that emphasizes celibacy, whatever shape that gives you will create a celibacy filter and a body disconnect through which you view your partner, which will be distorting.

One little trick, for those who have a deep connection with a truly free being, such as Ammachi or Neem Karoli Baba, or Jesus, or some similar being, is to imagine that the world is their ashram, and then practice remembering and feeling that you are in their ashram as you go about your business in the world. Most of you would behave and feel different towards those around you, as well as different within yourself, if you were in one of their ashrams. The holiness of these places and the presence of these beings have a strong impact on our consciousness and our emotions. You can use the sense of being in their ashrams to keep coming back to a centered, clear shape. And once you start to practice this, it will quickly stop seeming like something you are imagining, for the world *is* a holy place and the presence of these beings is everywhere; we have just forgotten how to recognize this. Remembering will bring you back to a clear and centered shape, as well as open your heart.

So, melt the frozenness of your shape. Choose a meditation that brings freedom and clarity to your whole being, and learn to be a shape-shifter. It will help your relationships and deepen you on your path.

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