

Sustainable Relationships

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SAM: Good morning. Good Morning. Welcome to **Sunday Snacks**. We did not plan this (*Wearing same turquoise t-shirts*). I live up the street. I know that we're in these exact same shirt (*Mental telepathy*). But we did not plan this.

So this is Ellie and I'm Sam and welcome to **Sunday Snacks**. So today we're going to talk about something very near and dear to my heart that Ellie likes to rag on me about, but typically I get really, really anxious around going to see my in-laws and my extended family, because frankly, the relationship, even though it's been there since I was 15 and I'm going to be 40 this year, it's a long time, (the relationship) has not been sustainable for me mentally.

And by saying that, I want you to think about it in the sense that it has to be a **mutually respectful relationship**. And I don't know that I had the strong enough skillset to be able to make it mutually respectful, therefore sustainable for everyone.

I tended to feel like everyone picked on me or made me feel less than which wasn't necessarily the reality of what was happening ... and she's smiling. She knows, she's heard all the stories. So before I went to Easter with my in-laws you explained a little bit about how to watch people's energy and I put it into use and it worked.

So, could you explain to everybody the aspect of energy so that if they're struggling with having sustainable, mutually respectful relationships, that they could actually utilize this same concept?

Ellie: I'll try. I learned about it having taken a course in Therapeutic Touch many, many years ago, decades ago, which is embarrassing to say. But due to a situation that I was in, where I thought I had sent out the wrong energy, I happened to listen to a lecture that evening by the person I thought I had affronted and (I was sure) she had seen my "black negative aura."

Some nurses who worked in hospice were asking about their family dynamics. In the course of the discussion, one of the things that came up was how interactions, the energy that occurs between people interacting.

Dora Kunz was the psychic who sees energy. (She explained) She saw energy as it comes from us and it's either very fast and spiral. So because it's fast, it goes out farther and very focused. And then other people, their energy is calmer and slower.

Generally, when there's an interaction where people aren't doing well is because the person who is fast gets very animated. Usually their voice raises, and they get excited. It doesn't even have to be negative though. I mean, it can just be that you're very enthused. With that enthusiasm comes this very fast, spiraling energy that goes out farther and faster.

The other person who's trying to balance that energy and is having difficulty is the person with the slower energy. Their tendency is to back up. And the reason for that is as they back up that energy that's coming at them has a chance to slow down a little and they can take it in. When that happens, the enthusiastic or upset or aggressive-assertive person tends to take a step forward and *ups the ante*.

When you're aware of that, generally, the energetic person can take a moment and take a breath and slow down and allow that other person to kind of synchronize that energy.

It doesn't happen intentionally. These are natural movements of energy. But if we start to watch for them, you can see it happen and become aware of it and change your part of that energy dynamic. Even if it's speaking to someone saying, "wait, wait a minute, give me a chance to let that sink in."

You don't have to talk about energy. You can just recognize it. So when Sam was talking about her family, I said, well, you know, maybe you just need to like calm down and listen and watch the energy. And I had encouraged you to sort of watch that around people because you can see it, you know, just people interacting. You can see how people, it's almost like a dance, how they move to take in different energies levels. And so she's going to tell the rest of her story of actually enjoying Easter with her in-laws!

Sam: Yeah. So, I tend to be that overly anxious, nervous energy,

Ellie: Spiraling - focused - fast.

Sam: And my in-laws are very, very sweet people. They've been very warm and welcoming my entire time I've been with my husband. I just mistook their energy as calmer and, you know, more chill being, Oh Yeah. Like I didn't matter, which in reality, is not the case.

So, we went. We had a fabulous time instead of being nervous and assuming that, you know, something bad would happen or every comment was meant to be pointed or negative.

I just went and said, "Okay, I'm going to try this thing that Ellie said and watch." And lo and behold, we got through being there at noon and staying till eight o'clock, with no even raised voices, no snark, no biting commentary to each other. The kids watched baseball with my in-laws and played. And I was there on the periphery, just kind of enjoying everything.

And I would engage when I was comfortable. I didn't feel picked on, no one snapped at each other. It was a really, wonderful experience. And I wanted to share that because like, more often than not, Ellie's always schooling me on something.

And one of the things that I like to do is use the word sustainable, but she's like, well, that doesn't make sense to everybody at all points in time, because it's usually ecologically focused.

And in this case, she taught me how to take a relationship that is never going to go away. I mean, until people pass on and we don't want to go there, but it has not been sustainable for me because I've always felt nitpicked and attacked, but in reality, it wasn't, it was their way of trying to include

me. And I was being overly spirally, energetic, pushing out, instead of just being receptive and hearing and seeing that the hugs and the rest of the interaction as being positive. So, I wanted to put that out to you. Relationships can be sustainable. They can also be toxic. But when you're looking at becoming *sustainable in those relationships*, making sure that there is a level of *mutual respect* and you're hearing and seeing what the other person is giving you for what it is and nothing more.

I always was adding on my own layer of Crap.

Ellie: And that's how patterns get built, because we don't take the time to just ease into what other people are doing and their interactions. We don't take the time to see how our own energy affects things. And I got pretty good at seeing that from doing a lot of sales where I get - you can be very enthused and full of integrity and honesty, and actually scare off a client because you're being too excited about wanting to help. And it's coming across as crazy, as this charlatan, you know? It's very easy to get a pattern and then, sometimes feels very hard to get out of it.

I am very pleased that you had - not that this relationship is always going to be perfect, but you had a day that worked right away, that proved that just kind of slowing down your own energies, allowed interactions to be different,

Sam: Much smoother. So, we hope for you that this was definitely something interesting to think about ... (**Ellie:** And not to woo woo,) But thinking about how your relationships can be more sustainable with a layer of mutual respect.

Yeah. And if this works for you, yay. Congratulations. Woohoo.

Ellie: Just watch each other. Just take a moment to watch the dynamics and see how they get turned; you can then start to move away from those behaviors.

Sam: So, like us, share us, do all those cool, fun, social media things. We thank you for joining us along for the ride. And we look forward to talking to you next week. That'd be Sunday. See ya!

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