

6 WAYS YOU'RE BLOCKING YOUR RELATIONSHIP MANIFESTATION

CRYSTAL IROM



CRYSTALIROM.COM

Block #1: You haven't claimed it.

The first step of the manifesting process is always claiming it. You have to make a decision — literally decide that this is something that you desire to bring into your experience. Many women are for various reasons hesitant to admit that they want a partner — there's a sense of embarrassment or hesitancy around being open about it.

- If you want a relationships, be willing to admit it. Be accepting of the fact that it's something you want in your heart and that's what's true for you.
- Once you're willing to admit it — you claim it. Decide that it's yours.

It's a great idea to get in the practice of telling people. When I was ready to meet my person I started telling everyone. It's the same as the approach you might take with a job hunt: you never know who might have that great connection for you. So just start sharing it.

*Caveat: don't share with people who will be unsupportive or make you feel bad about it. Obviously, use your judgment.

QUESTIONS JOURNAL ON:

- In what ways have you not fully claimed your desire for a relationship?
- Are you ready and willing to claim the relationship you desire?
- Are you willing to make a decision?
- Write out a decision statement.

Block #2: You're settling for less than you actually want.

After you've stepped up to claim what you want, you have to then believe that you can actually have it. Some people want it, and they think they're claiming it, but they don't actually see how its possible.

In this case, you're sending mixed messages. You're sending a mixed message to the person you're with. You're also sending. Mixed message to the universe.

Additionally, it's demonstrating a scarcity mindset. When you come from a place of abundance you're not putting pressure on any one particular person or relationship to work out because you know that there are many people who could be a great fit for you.

ACTION STEP:

Release the relationships that aren't fully meeting you where you are. Be willing to let them go.

QUESTIONS TO JOURNAL ON:

- Who do you need to let go of?
- What needs to happen to fully resolve that relationship?
- Do you commit to doing that?

Block #3: Not knowing what you actually desire.

A powerful formula for manifesting is clarity + conviction. Clarity in what you want and a strong conviction that it will come about. If you're missing the clarity part, everything else is just slower to come about.

You want to have clarity in terms of the relationship you desire. Not in terms of rigid requirement, but clarity on the essence of the relationship. How it will FEEL.

QUESTIONS TO JOURNAL ON:

- What kind of relationship do I desire?
- What qualities would I like to bring to the relationship?
- What qualities do I want my partner to bring to the relationship?
- How would it feel to have all of that?

Block #4: Not believing it's possible.

Everything you desire is available to you. We get hung up on the stories of what we see in front of us and can get totally fixated on that. Need to release that story and start believing that what you want is actually possible.

QUESTIONS TO JOURNAL ON:

- What do you desire?
- Why do you believe you can't have it?
- What's a more empowering story that supports you in reaching your desire?
- If you knew with certainty you would have your desire, what's one thing you would do differently?

ACTION STEP:

Start doing the thing you said you would do if you were certain you'd have your relationship.

Block #5: Not allowing space for the relationship to unfold.

When we lack faith that we'll get what we desire, we start to try and control everything and push things forward. This doesn't allow space. It's problematic because it:

ONE. Doesn't allow space for the man to pursue and move the relationship forward.

TWO. Doesn't allow space for him to be the masculine and take care of you.

QUESTIONS TO JOURNAL ON:

- In what ways have I tried to push or control relationships in the past?
- What have I been telling myself or believing in those situations?
- What could I do to relax in my relationships more?

Block #6: Being overly attached.

If we're operating from a place of fear or scarcity, it's become extremely difficult to surrender and allow things to unfold. We become overly attached.

Could be that you're too attached to a specific person, to the relationship unfolding in a certain way, just generally trying to make a relationship be a certain way.

THE BETTER APPROACH IS TO:

1. Know what you want.
2. Get clear on your desires.
3. Know and trust and believe that it's coming.
4. Go about your life with joy and enthusiasm and detach.

It's hard to manifest from this place of attachment because you have a contracted energy when you're trying to force something to be a certain way.

QUESTIONS TO JOURNAL ON:

- Where am I overly attached?
- What beliefs could I adopt to allow greater surrender and less attachment?