

Goodbye

- By Véronique

People that come in and out of our lives are, in my opinion, one of the most interesting and evocative thing about the person that we are and that we become. It happens that relatives tell me they no longer feel the connection they used to with a particular individual. «We were so close and such good friends» they tell me. I know it is painful to accept that friendship or love we had with some people is no longer there. We all change, take paths that make us grow and open our eyes to our own reality, and become aware of the things we want to keep and nourish in our lives as much as the things we want to leave behind in order to better reach our full potential.

I recently had to let go of a longtime friendship. Saying goodbye was difficult. I was not expecting it. With some retrospective and much honesty towards me, this separation makes sense, both for the good of my friend, that I will call Jolie in this article, and mine. I'll spare you the details and stick to the essential of my side of the story since Jolie won't be sharing here what belongs to her.

Jolie and I were friends for almost a decade. We shared most of our ups and down. The support we were offering to each other seemed, from the outside, friendly and innocent. We were saving each other, or I should say that we were saving ourselves through the other. It's a brave thing to do, you might think. The problem is exactly this rescuing game that we were playing which takes away the personal power of anyone's involved.

From my side, my relationship with Jolie was hiding much arrogance. A part of me was taking advantage of the difficulties that Jolie was facing in her life. I was placing her in a state of need and my ego loved that I was the one able to provide advice. They were hiding the vice of me wanting me to be the wisest of us two. My relationship with Jolie was a golden opportunity to be «more»: more spiritual, more educated, more in control of my abilities, etc. Because I wanted to be her savior, I made her a victim and was nourishing a relationship that was not as healthy as it appeared to the people around us.

Realizing what the catalyst of my relationship with Jolie was did not happen overnight. Of course it was difficult to see the reality, but it could not be otherwise since I had recently made a wish not to feed anymore the savior in me. Energetically speaking, my separation with Jolie was inevitable. Our relationship was not evolving at the same pace of my personal evolution. It's not my ego who ordered this imbalance, but my light. I no longer wish to save anyone. The saviors are elevating themselves in their heads only. In reality, their choice to save lowers their true ability to help. The saviors do not trust the fact that everyone has the tools they need to grow. The saviors believe they have it all and when they «help», they impoverish the people they assist, including themselves.

My story is not unique. We all live, at one point or another, a separation. Sometimes we know the reasons behind, such as for Jolie and I, and sometimes we stay in complete misunderstanding.

Despite the pain, goodbyes also contain a lot of beauty. When the dynamic between you and a person changes, ask yourself what part of you is asking for this change. Did you recently wish to take full responsibility for the current state of your life, whether it satisfies you or not? If this resonates with you, don't be surprised that people who want to save you disappear since they won't be able to feed on you anymore. Have you taken the decision to go for your dreams and believe in the abundance of the universe? If this sounds familiar, perhaps people who wallow in their own misery will no longer find you a good listener. Have you decided to take action and become a leader in your own unique way at your workplace? If you say yes to this, comfort yourself. The people you will inspire by your new attitude will be more present in your life.

Everything around us is constantly changing and is being modeled after our intentions and the energy we send. Relationships are no exceptions. As the adage says it: «You are the average of the five people closest to you.» What do you think of these people? How do you feel in their presence? What are their strengths and their weaknesses? This exercise will teach you a lot about yourself. These individuals are your mirror. If you do not like what you see in them, make an appointment with yourself because you have work to do on you!

I love you Jolie. Thank you for everything you taught me.