

## Understanding the Cycles and Patterns

Quotes can deliver a great message, and they tend to stick in our memory for later use. I am sure many have heard the famous quote by Alfred Lord Tennyson “Tis better to have loved and lost; than never to have loved at all.” This statement is well-known as it is a two edged sword. If we know how to use it, the sword can be a great tool to get us the desires of our hearts. Conversely, if we do not know how to wield a sword, we can have a bloody accident while practicing its mastery.

For those who have found love, the results get proclaimed from the highest mountain tops to be spread throughout the lands, inspiring all who have not fared so well to “keep at it, no matter the cost”, “stiff upper lip, and all that rubbish you know chap”. The problem that comes with the stiff upper lip is that the more times we get hurt the more hurt we bring with us from practicing swordsmanship. These wounds that many have, faded on the surface, run deep, and transfer with us into the new relationships.

We meet that new person and Wow! We think that everything is going to be great, awesome, and that this new person is somehow going to heal and restore us. We think that finding them is going to make all the past hurts we have encountered worth it all. That all the hurts, the price we have paid in the past and are carting around like the red badge of courage, will somehow be washed clean with entering into a relationship with this person. That is a huge expectation for a man or woman to live up to, even if they were Superman or Wonder Woman. In short, the only one that is capable of that is Jesus. The rest of us, let’s be honest and truthful, are all wounded in some way. And it’s not fair to put the burden of healing, fixing and restoring us, or them, on anyone other than God.

There is much more to talk about and walk you through on working to get your heart healing. First, we need to understand the process of how we get wounded. Once you begin to understand these cycles and patterns it will make the process of healing and regenerating your heart much easier. It is also my sincerest hope that with understanding the cycles and patterns that you will be able to avoid the traps and snares of the past.

It really does not matter if you are recovering from a breakup, death of a loved one, or been a victim of some kind of abuse, the list could go on and fill volumes. Whatever the trauma was in your past, its job is to keep you stuck and in that pain of the past. When you’re there your mind and heart will see everything with the filter of that past pain. Looking at the present, with these not so rosy colored glasses, gives a deceived representation of what is going on in the present and what the future has to offer. We then create an environment that the wounds of our heart are the center of in an attempt to heal in the short term. Unfortunately, we are unknowingly setting up patterns that could stay with us for the rest of our lives effecting our health and relationships. Let me give a structural example.