



## Couples Corner – May 2007

I came across a situation recently which I know faces a lot of parents. My client, a mother, struggled with her relationship with her son. Her two sons lived at home. The youngest was causing total mayhem in the family because of a drugs problem. He was listless and unco-operative and seemed unable to let go his habit. Like all addicts he seemed totally in the control of the drugs and had lost his self esteem, motivation and ability to function socially. This has taken a huge toll on their family life and the eldest son is now threatening to leave home because of it. The father was supportive of the boy and this in itself was causing a rift between the parents. She was very, very angry with her son and her feelings towards him were completely negative. I explained that her thoughts and attitude towards the boy, although entirely understandable, were actually making the situation worse. Every thought we have is a beam of energy and it goes with the emotion behind it to the person in the focus of the thought. All her angry thoughts are sending a stream of negative energy to her son. He is taking drugs because he has an emotional wounding inside him and is simply trying to make himself feel better with the drugs and the negative energies from his mother are aggravating the situation. She is also suffering from her own anger which is like a poison burning inside her. I suggested that she sends love to her son – through direct contact or by holding a picture of him in her hand and visualising him well and thriving. Remember our thoughts are potent and if we can use them to uplift our family then they are a power for good – if they run through the family like a negative charge they can harm everyone.

Love and blessings

Anne