

Logosynthesis & Relationships

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“It is not good for man to be alone,” states the first Book of Genesis. God saw the problem and solved it for Adam by creating Eve. This was the beginning of a long story, which proved that the problem couldn’t be solved once and for all.

Relationships have important biological and mental functions, some of which are directly opposed to others. They are in a permanent state of tension between stability and change. If there is too much stability, we become bored. If there is too little, it makes us insecure. It follows that relationships are very susceptible to dissociative mechanisms. Real, living relationships only exist in the here-and-now. dissociation and introjection impede true awareness of the other.

Nowadays, every second or third marriage ends in divorce. One would expect people to learn from their experiences, and that the prognosis for second marriages would be better. This is not so. This shows that people do change their partners, but not the patterns that cause their marriage to break down. There are several reasons for this. The main one is that people do not relate to their partner as their Free Self in the present. Instead, they are continuing the patterns of previous failed relationships. They are repeating behaviors of a Self who they once were. In my Logosynthesis work, I have found six destructive relationship patterns that bind energy:

1. transference
2. trauma
3. illusions
4. fantasies
5. idealizing
6. fear of abandonment.

These categories may help you to identify frozen aspects of your own relationships, and Logosynthesis may help to eliminate any such negative patterns that you recognize. Your eyes will open to the people you’re close to at present, and you’ll likely see new aspects to previous relationships too. The patterns generally emerge in combination with one another.

1. Transference

This pattern exists always and everywhere. You see your partner unconsciously as someone else from your own history. You don’t perceive the other as he or she really is and expect the partner to behave like the figure from your past—in the positive or in the negative. You will tend to react to your partner in the same way as to the historical figure. That works as a trigger, and your partner will show exactly the same familiar thoughts, emotions, and behavior as the person you knew in the past.

2. Trauma

In every relationship, emotional injuries and wounds are caused when a partner consciously or unconsciously ignores or dismisses the other person’s needs. Expectations stay unfulfilled and the couple confront one another defensively. Each is frozen in the dissociated state of the moment of the emotional injury, a moment of contempt, or of unfaithfulness perhaps. They let go of their expectations. The relationship cannot grow any further and remains stuck in the experience of the injury.

3. Longing for the lost ideal

Every successful relationship begins with the stage of idealizing the other. Strengths are exaggerated and weaknesses ignored. In a healthy relationship, this idealized image is replaced, as time goes on, by a realistic view of the partner. If this doesn’t happen,

the relationship will be frozen as the partner is continuously longing for the lost ideal. The person will cling to the romantic image of the partner, which has no relevance to the person they are within the present. The development of the relationship, and those involved, comes to a halt.

4. Wishes, desires

You want your partner to fulfill your wishes, and you tend to ignore your partner's own true capabilities, desires, and needs. During the infatuation stage, the partner will easily read your desires from your eyes. In everyday life, this becomes more and more difficult. It gets to a point where the partner discovers that this adapting attitude leads to deficits for him or herself. In the long run, such fantasies are unrealistic and too demanding, and will eventually destroy your relationship.

5. Idealizing and projection

If you idealize your partner, you're inevitably out of touch with Essence. Instead, you exaggerate the qualities of the partner, whose personality or presence is especially associated with extreme happiness. This means you will become dependent on your partner. Dependency will ultimately lead to loss of interest in the other. Fantasy becomes unrealistic over time, and ideals become impossible to attain.

6. Fear for abandonment

In this pattern, there is a fear that something will happen to the partner and the person will be left alone and helpless. They disregard their own Essence and surrender their power and strengths.

Relationships that follow these patterns will hold you back from developing your relationship or marriage. They prevent you from letting go of earlier relationships and starting new ones that could bring you more fulfillment.

LOGOSYNTHESIS IN RELATIONSHIPS

Because of the patterns described above, relationships are primary theatres of dissociation and introjection. This is almost impossible to prevent. Applying Logosynthesis can be a great help, but there are some pitfalls here. Logosynthesis starts from a different perspective than most approaches, and its pragmatic attitude can cause resistance. That attitude is aimed at reactivating the Free Self. This contrasts to the romantic ideal that we should do what we can to make one another happy. In practice, the opposite is true. When the powerful frozen worlds are resolved, you and your partner will both arrive in the present. As partners, you will then become a great deal more attractive for each other than frozen images could ever be. This implies, however, that both assume responsibility for their Selves, and that means you cannot hand it over to anyone else. You create your own luck in the truest sense. However, applying Logosynthesis can also cause you to open your eyes to see that you've married your mother or father. You may have fostered unrealistic expectations of your partner over the years. This man or woman will never live up to them.

Work in the area of couple-relationships is not straightforward, for a number of reasons:

- The break-up of a couple's relationship seldom actually takes place in the here-and-now. On both sides, there are introjects of parents, brothers and sisters, and earlier relationships. These are supported and strengthened by authority figures from the church, politics, and society. They activate dissociated parts, which obscure your view of each other as you really are.
- Relationships easily activate patterns of dependency. This makes it difficult to separate without guilt.

- Our western culture puts big demands on relationships. They are supposed to provide a source of happiness, action, and stability. This culture is expressed through films, songs, and many books offering advice.
- Every relationship has a subtle power balance. Any intervention can disrupt this and deepen the insecurity on both sides.
- If you want to change your relationship to the positive, it makes good sense to proceed cautiously. A constructive relationship pattern is not made in a day, and you need two people to create it.

DEVELOPMENT THROUGH RELATIONSHIPS

If you want to use Logosynthesis to change your life, you can start with your relationship. It can enable you to take responsibility for yourself in the communication with your partner. It's not a problem if you're single at the moment. You can begin to eliminate any memories from the past, as well as expectations of any future relationships. If you do, you'll have a higher chance of meeting your mate. Don't try to clear all the disturbing patterns at once. Take one step at a time as you would in any other area. Here, also, it's important to work with aspects rather than with the whole person.

You need to dissolve frozen romantic images of dream relationships, dream honeymoons, and unresolved separations. At first glance, it seems counterintuitive and irresponsible to resolve connections to positive experiences and images. Working on relationships, however, means exactly this—relationships are enacted in the here-and-now, and the only real source of energy is in the present, not in long gone honeymoons. Only if you let go of the past, negative or positive, with this person or another, can you create an opportunity for happiness and growth—now. Logosynthesis

will lead to a fresh insight into yourself, into your Self, and your life, for both partners.

Every day presents plenty of opportunities to activate your own Self in the relationship rather than follow frozen patterns. Logosynthesis will give you space for fresh encounters with actual people in the here-and-now. Start the work on your relationship with single aspects. Think of a situation involving your partner that upset you. Examine where your partner's image is located in your personal space or in your body. How far away is it, how big? Then take a minor aspect of this introject—an image, a thought, an emotion, or a physical sensation, also think about your reaction to it:

E.g., The expression (X) on Steve's (Y) face that made me angry during the argument last night (Z)

1. *I retrieve all my energy bound up in aspect X with person Y of event Z, and I take to the right place in my Self.*
2. *I remove all the energy of Y related to this experience, from all of my cells, from my body, and from my personal space, and send it to the right place in her/his Self.*
3. *I retrieve all my energy bound up in all my reactions to aspect X, from Y during event Z, and I take it to the right place in my Self.*

This is the way to create space for Essence in your relationship. When both partners are in contact with Essence, their relationship will be truly dynamic. Now they can both help one another to realize their life mission.

RELATIONSHIPS IN THE WORKPLACE

What I've already said about couples' relationships applies *mutatis mutandis* to relationships in the workplace with superiors, employees, and colleagues. Similarly, these relationships can only be

positive if everyone concerned is in touch with their Essence. This is obviously the perfect situation and, therefore, rare. You can, however, start the process. The quality of relationships in the workplace improves

when you yourself take responsibility for your role, tasks and projects within the organization. If your colleagues stay stuck in the transference, in spite of your efforts, this transference could be positive.

This is a chapter from my book "Phrases to Freedom" (2008), edited and updated by Raya Williams.

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