

How To Stop Caring About Someone Who Doesn't Care About You.

Lasso The Gift of Your Care and Give It To Yourself

For those of us with big hearts, it is natural for us to care and to care deeply for others. One of the greatest and hardest lessons for us is learning to appreciate the treasure of our deep and generous hearts! We all know that everyone wants to be cared for, loved and appreciated, AND THAT INCLUDES US. The irony is that often the ones (you and me!!) who are so good at connecting and caring, find ourselves not receiving back the very gift we give so generously.

I have been humbly learning this lesson over and over, and after many decades of personal practice and helping others in my relationship coaching practice, here is my hard earned "wisdom" and suggestions for how to release and re align with your relationship with your SELF.

1. Take some time to really get to know your HEART! The part of you that loves to nurture, care for and connect with others. There may be some layers of wounding around this precious part of who you are and you may need some help recognizing if your way of caring has been a coping mechanism to cover up these deep hurts. "If I care enough for you, you will finally come and give me the care I never received when I was young", is the most classic one.
2. Learn the practices of self-care and being there for your self the way you wish others would be. The craziest thing I discovered as I began my self-healing work was that I am a MASTER at all things heart related. I know how to be present, to be attentive, generous in giving my energy and appreciation and others love being on the receiving end of my gifts. What my healing work helped me to realize, is that I was giving away the diamonds and gold in my heart and not getting anything even close in return. This self-appreciation was the turning point and catalyst I needed to be able to engage in the process of letting go of someone who did not care for me as much as I cared for them.

I realized that I KNOW how to care for me, what true caring looks and feels like for me and yet I was not giving it to myself. In one deep healing session I did, I heard the voice of my beautiful, deep hearted, inner child say, "you keep giving me to the neighbors, but you never love me the way you want me to love them!!" It sounds corny but learning to heal the relationship with the inner child, honoring their precious gifts and being the grown up who returns those gifts to them, heals and fulfills our deepest longings.

3. NOW you have the full cup experience of self care that allows you to do the next step. Here is how I do it.

I sit in a quiet space and feel how my heart is extended out in care for the other person, like a cord that connects my heart to them. With a simple soft breath in and on the breath out, I reach my hand out in front of me and slice the cord. I repeat this three times. I also usually say quietly to myself, " In the name of

caring for myself, I release you to also care for yourself. “ It is not a process of closing my heart to that person. In fact sometimes I feel that I can still care deeply for them. What I am doing is releasing my attachment to them returning that care and not allowing myself to walk around aching for something I am not getting.

As the cord is dissolved, I now focus on breathing in and it is like pulling back in a fishing or anchor line or a lasso with all the energy of care I have been extending to them. I place my hand over my heart and sometimes my solar plexus and again on the inhalation, I imagine I am plugging the cord back into to me and breathe in my own care and love.

I have been amazed how this practice has freed me from the distress of caring for someone who does not care for me. My heart stops aching, I stop obsessing about them and I am free to move on in my life with my being filled up with the wonderful treasure of my own care.

If you would like some assistance with this practice, it would be honor to pass on my own learning and support you in giving to yourself the great gift you are giving to others. (P.S.) The advanced course is then learning to invite and allow in those who DO care for you the way you deserve. <3

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My mission is to uplift humanity one human heart at a time. I have been in private practice offering profound and powerful breakthrough and quantum shift transformational sessions, retreats, healing and blessing ceremonies for thirty years. I am a former Senior Faculty member of Kripalu Center for Yoga and Health, The Kripalu Leadership Center and The Center for Work and The Human Center, now known as the Scherer Leadership Center.

