

## TABLE FOR TWO

# DRAGGING YOUR PAST INTO PRESENT RELATIONSHIPS

By: Dr. Linda Miles

The rapture phase of love gives each partner a feeling that is buoyant, lively, and fulfilling. You project onto your partner images of beauty, goodness, and love as if your partner were a canvas waiting to be painted on.

The energy of this consciousness shines a bright light across the world, obliterating all the differences in your characters, lifting you and your partner to a higher state of being. You are atop the summit, and you sparkle to one another like diamonds with many facets of light.

Johnny Depp and Amber Heard sparkled when they fell in love. Anyone who watched the defamation trials and listened to accusations from both partners about domestic violence knows that the sparkle turned dark. For all to see on the big screen, these two demonstrate love gone wrong.

Johnny had a mother who was cruel and rejecting and Amber felt insecure in her family. Johnny recounted how abusive his mother was and then played tapes of verbal abuse from Amber. Amber testified to repeated physical abuse from Johnny yet tapes show her falling apart if he attempted to leave her and taunting him to “act like a married man” and stay.

***THEY DID A DESTRUCTIVE DANCE  
WITH THE ENERGIES OF LOVE.***



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Although the highly publicized relationship between these two is extreme, it is a cautionary tale to couples about the powerful forces of falling in love and the need to recognize how your past relationships affect current ones.

Problems arise when we do not learn how to manage the powerful energies that are released by love, when, months or years later, couples begin to become aware of their differences and begin finding fault with each other. They fall into a valley, and the intense energy they had felt becomes soulless and rigid as they engage in “right-wrong” games.

Robert Johnson observed that falling in love is meant to be an initiation into a world much greater than the individual: an introduction to the ideals of love, truth, and beauty that transcend the personal ego and ordinary life.

Both partners in the Depp v. Heard case (CL-2019-2911, Circuit Court, Fairfax, Virginia) came from violent and abusive families. They turned into each other’s nightmare. Rather than realize they were projecting familiar patterns from the past on one another, they trafficked in shame and blame.

Shame and blame do not lead to change; instead lead to more of the same. A decade later they are still mired in litigation and pointing the finger at one another.

## ***WHAT CAN COUPLES LEARN FROM THE HIGH PROFILE FALL FROM IDEALS OF LOVE?***

The brain loves the familiar. Couples are attracted to what was familiar in childhood.

Such attractions can make couples bitter or better. If each person can take their own inventory and commit to growth, partners become teachers for one another.

Everyone has a shadow side that represents negative parts of a personality that are hidden from the conscious mind.

Shame and Blame games keep people stuck pointing the finger at one another. Ask questions like “What are WE doing” that are destructive. Identify destructive dance steps and change course.

Holding on to anger is like drinking Drano and expecting the other person to die.

Shame and blame do not lead to change. Shame and blame lead to more of the same.

Love needs to be combined with skills to maintain relationships over time.

Johnny and Amber’s potential for transcendence and a relationship that is greater than the sum of its parts was squandered, and they lost themselves in the jungle of fault finding and blaming fueled by drugs and alcohol. If this describes your situation, before you can free yourself, you must identify the forces at work in the shadowy realm that surrounds you.