

# Building Love & Affection Workbook

# Contents

INTRODUCTION

| WELCOME LETTER                                      | 3   |
|---|-----|
| HOW TO USE THIS WORKBOOK                            | 4   |
| ACKNOWLEDGEMENT                                     | 5   |
| MODULE 1 - FIRST DO NO HARM                         | 6   |
| MODULE 2 - WHAT IS LOVE?                            | 14  |
| MODULE 3 - REACTIONS                                | 27  |
| MODULE 4 - RELATIONSHIP CHEMISTRY                   | 50  |
| MODULE 5 -WHAT IS THE PURPOSE OF YOUR RELATIONSHIP? | 58  |
| MODULE 6 - DEEPENING YOUR RELATIONSHIP              | 72  |
| MODULE 7 - BEING OPEN TO DEPTH                      | 83  |
| MODULE 8 - DEEPENING COMMUNICATION                  | 101 |
| MODULE 9 - THE ENERGETICS OF COMPROMISE?            | 115 |
| MODULE 10 - BEYOND THE TUG-OF-WAR                   | 139 |
| MODULE 11 - THE STRENGTH OF SHARED VALUES           | 161 |
| MODULE 12 - EXPRESSING LOVE AND AFFECTION           | 187 |



#### It is so great that you could join me here for the Building Love and Affection Program.

Having already completed the Enriching Relationships Program, you know the deal. You have signed up not only for a course with great content, amazing conversation and life changing revelations. You have knowingly signed up for 'the next'; an energetically designed program of advance created by your soul in perfect harmony to the all that is and will be unfolded. What this means is that life, has permision to speak directly to you now more than ever. Not only will your weekly sessions offer you grand shifts in the way you move through life, every moment, every interaction will be in alignment to the advance you have called for. As you complete the modules in this program, you will find that what this program offers is the multidimensional reality of you . What you will unfold in this program, is the ability to bring love and affection to any situation, whenever it is truly called for. What is about to unfold is not only magical, it is also out of this world powerful.

#### Hold onto your hats, wigs, skirts and false eyelashes as we are about to deepen into the depths of the universal woman.

In this program I am going to challenge you to know yourself and others differently, contemplate on things you maybe never thought of and ask you to answer questions you may have avoided for a long time. This is my job! And if I have done it correctly, you will at times be squirming in your seat as you do this program, as you would have come to love and expect in the last program. Your job, is to be open to your grandness and make sure that you bring your all to each part of the program. This program is only as good as your engagement in it.

Sounds great! I hope you are ready for a revealing and deeply beautiful 12 weeks.

Enjoy! With love,

Kebecca

### HOW TO USE THIS WORKBOOK

### This workbook was designed to be read, digested, completed and re-read many times.

This workbook is great to print out and place by your bedside table. The content in this workbook is best digested often so that you can take aspects of what you read and write and deepen them further through your daily life. Each paragraph is its own seed of wisdom waiting to take place and blossom in full within your life. In order to give each seed its space for growth, you are best served in engaging regularly with each module. You may even find that you will read the same paragraph or questions over and over again, sensing something new each time. As you fill out this book, it becomes a living resource for how you are unfolding your depth in life.



### ACKNOWLEDGEMENT

I have been privileged to meet many people in my life who have taught me about the truth, depth and intimacy of soul-full relationships. First and foremost is my husband Lee, whom I adore more each day. Our kids, who are forever encouraging us to push our own boundaries with joy. Our dear friends, Serge, Miranda, Michael, Natalie, Curtis, Amelia, Caio, Annabella, Arianne, Sacha, Jenny and too many more people to name. Last but not least Narelle, who has been one of the biggest supporters of our relationship. Every relationship needs a group of cheerleaders, gardeners, mechanics and builders. In these people we have had it all.

### FIRST DO NO HARM

# WELCOME TO MODULE 1

## Do we have a radar for harm?

No one likes to think that we harm those close to us but chances are we have. We also have to be honest and admit that it is often the people closest to us that hurt us the most. It is a really touchy subject to talk about but if we can put aside the stigma, blame and personalisation that comes with harming or being harmed then we have an enormous advance for our relationships. What this means is that we start to take responsibility for how we impact others on all levels. This is hugely empowering as we start to take responsibility for how we allow, accept or enable others to bring harm to us. When we do this ... our relationships are forever changed.



#### LET'S START!

The first aspect of building a loving relationship is to *First Do No Harm*. This means that to the best of your ability your integrity is aligned to getting your own issues, hurts, and needs out of the way so that you never impose, take advantage of, or bring down the other person in any way (no matter how justified it seems). It is also our responsibility to feed back to another person when they are off-track and start to impose or harm us. We all have blind spots and some people's blind spots are bigger than others. If we let things slide when it comes to harm . . . nothing changes. However we can't bring an honest communication around harm to our relationship when we don't have a clear radar for harm ourselves. Most people's radar for harm is so offtrack becuae we are taught to suck it up, get on with it and don't rock the boat. To complicate matters, when we don't treat ourselves with a depth of care, love or even respect, we struggle to feel what is not respectful, caring or loving. We first and foremost set the marker for our relationships with how we treat ourselves. If our family unit as a child operated with a lack of care, respect or love, we can find it difficult to have true navigation in this area.



Do you approach relationships from the integrity of first do no harm? A lot of people behave appallingly in relationships (worse than they would anywhere else) because they have not entered the relationship with the intention to first do no harm. Understanding that a person has come to you in their current state of being, their state of awareness, all of their current strengths, weaknesses and life mastery and it is your responsibility to make sure that having a relationship with you, at the very least, does no harm. At the end of the day, you want to be able to say that if the relationship ends in the morning and they move on, they are actually a more loved and whole person for coming into contact with you. This is regardless of what they do, or don't do, give you or don't give you. This may seem like an unreasonable level of responsibility to assume but at this stage of the program I am not pulling any punches. This is the level you naturally will operate at when you are truly making life about building loving relationships. If this is not a level of responsibility that you are willing to consider then you are not truly ready for a loving relationship. The absolute first rule of love is to never leave anyone less. Someone else may choose less, that is free will, but you will never contribute to their demise. In fact strictly speaking, what I have been talking about here is more about respect than it is about love. Love in its true form never works back from a point of harm (as in do no harm) to know itself. The respect we are talking about here with first do no harm is more like the doorway to love. However most relationships lack a truly strong foundation of respect so it is still a valid place for us to start. Something powerful to ponder on . . . do you live on a daily basis with respect for yourself?

#### **RESPECT!!**

We have all heard the song but do we actually live it? Do you have enough sass to know that you do not  $E \vee E R$  deserve to be treated disrespectfully? Equally, do you have the humbleness and integrity of care to never treat another disrespectfully? But what does respect actually mean? Respect in it's simplest energetic form means to always be treated as if you matter and to treat others as if they matter. Most, if not all people, have experienced being made to feel like they don't matter. This is in fact so common that a lot of people don't even register when there is disrespect as they are so conditioned to accept disrespect as normal. Another area of confusion occurs because our society puts the rules of politeness ahead of feeling the quality of a person's intention and reading the actual energetic exchange that takes place.

"We can **ridicule** or make fun of a **genuine** offer of care or gesture of love because it confronts our already hardened exterior but leave unaddressed the polite or 'friendly' put down, the joke that has a bite or the compliment that is **actually a backhand slap**. Is the socially <u>normalised banter</u> truly serving you? Is it light and playful or simply a put-down in disguise?

Second ... Do no Harm

#### **GENTLENESS**

One of the best ways to learn more about respect is to get yourself acquainted with gentleness. Gentleness is a quality of energy but it is also a mechanical movement that we can feel, so it is one of the easiest starting points to building a relationship with your sensitivity, vibrational awareness and love . Love is not something you can "work on", it is not something you can will yourself to do or be. Love requires you to let go and essentially give permission for what is within (love) to come out of hiding. I go through the process of building quality, clairsentience and awareness through gentleness, in much more detail during my <u>Meditation</u>. Essentials course (which I highly recommend you do if you haven't yet). The more you are able to build a sensitivity to what is gentle and what is not, the more you will be able to be sensitive to what is harmful and what is not and eventaully what is loving and what is not. This supports you to bring a further tenderness to all your relationships. As you start to refine your understanding of gentleness and harm, you will find that your standards naturally raise and what you would have considered acceptable a year ago will no longer be acceptable and in fact felt as harming. You will see/feel more hidden forms of harshness, hardness, roughness and toughness and they won't sit well with you anymore. This is such a great step and something not only your relationships need but in fact the whole world needs.

#### CLAIRSENTIENCE

To truly make a commitment to do no harm you also need to make a commitment to your clairsentience (clear feeling). Your sensitivity to feeling energy clearly is your single most important navigation tool to keep you (and others) on the straight and narrow - aligned to a true integrity of intention. It is your clairsentience that can tell you when you have dropped, diminished or harmed someone even in the slightest. Energetic harm and imposition is the most damaging harm there is and it is the most tricky to address as it is felt and not really seen or captured in the way that we normally acknowledge things in life. It can seem like it is easier to not rock the boat and bury, deny or justify the energetic undercurrents that play out in relationships, but in truth, the unresolved undercurrents that undermine you or your partner are the most harmful and insidious detractor of our relationships. It is only once you commit to being integral with your energy and what your energy says, asks or imposes on another, that you will start to feel and be given insight into what love truly is. If there is no care or integrity on an energetic level then there can be no true love. This doesn't mean that there are not important levels of care and respect that can be built without a focus on energetic integrity but what is being offered here is the empowering awareness of the more that is available.

### "Without true clairsentient integrity we become slaves to the current dominating and predominating view of what love is and this falls well short of the true grand enrichment that is possible."

Third ... Do no Harm

#### RESPONSIBILITY

Yep I said it, the R word. It is a word that most people shy away from especially when the energetic aspects of responsibility are being discussed. However when people shy away from responsibility, what they are really shying away from is the empowerment that responsibility offers. If we were to truly see how much everything we do, say, feel and think affects the people around us (energetic responsibility) we would be empowered to realise just how much we can bring, change and facilitate by way of growth for ourselves and everyone around us. The magnitude of what can take place in life when people take full energetic and physical responsibility of everything they are part of is beyond comprehension. Practically, this means taking responsibility for your baggage, understanding your reactions and being responsible for how you engage with others on all levels. Energetic Responsibility is the commitment to be constantly raising your own personal standards to ensure the quality of your presence and energetic engagement with everyone is at least doing no harm. Ultimately, responsibility means that there is NEVER (yes never) EVER a reason to blame. Now this can seem incongruent with empowerment as often in society we confuse blame for standing up for yourself. Many people feel it is their entitlement to blame but there is never any true resolution or settlement that comes from holding blame and in fact holding blame creates an energetic poison that you then carry around with you until it is resolved. Instead of blaming, you can respectfully or even lovingly address the behaviour. You can absolutely be firm, you can say that something is in no way acceptable and you can even offer a natural consequence if a natural consequence hasn't already come their way. The truth is the element of blame can only ever come in when we see ourselves as a victim. In other words, blaming will always have an element of being a victim. Whereas responsibility tells you that you had a choice somewhere along the line because where you ended up is actually the end point of a series of energetic choices (even from past life). Every moment in life is offering you a point of reflection, and an opportunity to grow, learn, re-imprint or complete. This assures that you always hold a sense of selfreflection and empowerment to not ever feel a victim to situation, life or other people. Taking responsibility for the quality of your energy is one of the most loving things you can offer yourself and your relationships.



Reflective Assessment

### **RESPECT!!**

Question 1: Do you register the feeling of when you are made to feel like you don't matter? If so, how can you hold yourself and the other person in value (in high regard) while addressing a disrespectful behaviour?

Question 2: Are there situations where you value someone less than another? How can you raise your own personal standards with the level of respect you offer others?

### **GENTLENESS**

Question 3: Do you register the feeling of when someone has been harsh, hard, rough or tough with you? If so, how can you hold yourself and the other person in tenderness while addressing a harsh behaviour?

Question 4: Are there situations where you bring harshness, hardness, roughness or toughness to another? How can you raise your own personal standards with the level of tenderness you offer others?

Reflective Assessment

### CLAIRSENTIENCE

Question 5: Do you register the feeling of when you are energetically diminished or imposed upon? If so, how can you support yourself and the other person to become more aware of the energetic exchanges that take place?

Question 6: Are there situations where you energetically diminish or impose upon another? How can you raise your own personal standards with the level of energetic awareness you live with?

### RESPONSIBILITY

Question 7: Do you register the feeling of when someone is holding blame towards you? If so, how can you hold yourself and the other person in understanding while addressing anything that can be learned from the situation?

Question 8: Are there situations where you blame another? How can you raise your own personal standards with self-responsibility to address situations without blame?

### THE JOY OF 'FIRST DO NO HARM'

There is real joy that can come from the knowing that your first step in any situation is to do no harm. There is no need for perfection, this is an integrity that is bore from your intention to not bring harm. The more that you feel that you hold no propensity in your being for reaction, retaliation, comparison, revenge, jealousy, harshness, manipulation or any other known quality of harm, the more settled in the joy of your harmlessness you will be. This is something that you can always come back to, re-imprinting moments where you depart your quality of harmlessness. There is no a level of harm, reaction or manipulation etc that you cannot come back from. Everything can be energetically healed, cleared and resolved, therefore each moment is a moment that offers the joy of 'first do no harm'.

#### WHERE TO NEXT?

Write down your next steps with bringing the foundations of 'first do no harm' more into your relationships.

### **MODULE 1 - CHECKLIST**

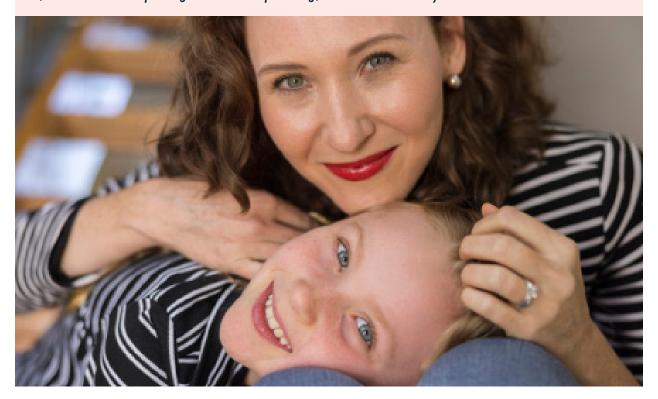
- Watch Module 1 Video
- Complete Module 1 in the workbook
- □ Listen to Module 1 Audio
- Connect with your partner and make a regular time to chat
- Set your rhythm to support you to complete your module workbooks, audios & videos each week.

### WHAT IS LOVE?

## WELCOME TO MODULE 2

## Let's start with love...

Let's start with a straight out fact. You are not a novice of love, in fact you are already a master of it. I am giving you total permission to take a moment to appreciate everything you already live in order to ensure you are continually building loving relationships. Building loving relationships is not about perfection, therefore knowing that there is more love to bring is not an excuse to not appreciate the love that has been built. The fact that you can feel that there is more love to bring, shows that you are living the truth of building loving relationships. The truth is, love is ever-deepening and ever-expanding, so there will always be more.



### LET'S START!

Throughout this program we are going to cover 3 main aspects of Building a Loving Relationship. The first aspect, which we have already covered is *First Do No Harm*. This means that to the best of your ability your integrity is aligned to getting your own issues, hurts, and needs out of the way so that you never impose, take advantage of, or bring down the other person in any way (no matter how justified it seems). Second, we are going to look at *The Myths of Love* so that we are aware of all of the "false love" traps that we get caught in. Getting stuck in something that looks like love or ticks society's boxes of love but does not contain the actual substance of love is the biggest trap out there. Lastly, (later on in this program) we are going to have some fun with looking at *The 8 Foundations to Building Loving Relationships*. By looking at these foundations we can see exactly where we are at (and where our partner is at), our strengths and weaknesses and the immediate next steps we can take to evolve.

### WHAT IS LOVE?

I often feel that the word love has been thrown under a bus about 20,000 000 000 times. The reason I say this is that there are about 20,000 000 000 different interpretations of what the word love or loving means. Some people say that they love their chocolate and some people say they love their wine and I'm going to just take a stab in the dark by saying that loving people might be different to what is going on when people say they love chocolate or wine. Love can be a touchy subject and very challenging for many people who are not ready to take an honest look at what they have invested in as love.

### So what is love? Or should I say what isn't love?

To truly ask yourself what is love is not a once off question. It is an ongoing question because the more that you get to know yourself, the more you truly feel and understand life, the more you understand what the word love truly means. You can do a test if you like. Ask 10 people what the word love means to them. Firstly, you will see



how uncomfortable or awkward many people are with that question and secondly you will find that a lot of people will give you a list of things that they do . . . not actually what love is. It's not surprising though, most of our world is geared towards defining ourselves through what we do. The way we communicate, the way we think about life is predominantly focused on knowing ourselves through what we do, not on the quality we feel.

Stop for a moment and think about how you reflect on your day. You will find that your thoughts will be directed towards what <u>you've done</u> or what you <u>need to do</u> or what you will do or should have done. Now that is a stop question isn't it? Most people live their day through what they do or didn't do or should do or will do. In other words, their relationship with themselves is **based on productivity**, efficiency and achievement. It's interesting because productivity, efficiency and achievement have nothing to do with love because love is a quality. Love is not a deed it is a quality. If love was purely about productivity, efficiency and achievement then we would have to say that kids are not very loving. Well we know that is not true because kids are often teaching us about love, openness, warmth, sweetness and tenderness. Kids know what love is, they may not have the words to be able to fully articulate what is loving and what is not but they know. You can see it in the expression on their face when they are faced with a situation that doesn't feel true or loving to them. They will usually just stare or hide behind you when they feel a situation that doesn't feel loving to them. Young kids are still very very very receptive to what they feel and this is the point. Love is a quality that can only be discerned through feeling or sensing . . . not intellect.

# HOW DOES Pour GET LOST?

### SENSITIVITY

What happens to us is we lose our trust with our sensitivity. Life doesn't always reflect the truth of what we are feeling and in many cases it manoeuvres to deceive so that things look one way but underneath is another story. We get confused with the mixed messaging (especially from those close to us) and we start to doubt if what we are feeling is actually real. We stop reading energy and we start taking things on face value rather than the quality of energy and intention that accompanies the actions. We end up in a position where we have abusive relationships that people <u>call</u> love. Time and time again there are situations where relationships are toxic and abusive but the people in those relationships will be adamant that they love each other. The truth is, when you know love as a quality, love cannot have one ounce of abuse in it. That doesn't mean we have to be perfect but we have to be honest because we have a world that in a lot of ways is normalising abuse. As a child, we could feel the tension between family members even if they pretended to be "happy families". This discrepency in what we feel vs what we are told is true is one of many that contribute to the demise of our trust with our sensitivity.

#### **DEFINING LOVE**

So how do we define love because a lot of people would say that it's too subjective, it's not something you can actually qualify or define. They will argue that every person will have their own personal definition of what is loving and that is the way it should be. However, <u>we make</u> love something that is subjective by our language and how we condition ourselves to see life. We make love something that follows preference or taste and individual desire. This is not love, this is attraction, based on our spirits taste or desire. Love in an easily discernable quality of beholding, not an intoxication or high. When love is known as a quality, it is actually objective, easily discernible, and irrefutable felt by all who can clearly feel energy.

### Just because you can't do a double blind randomised controlled clinical trial to prove what love is, doesn't mean that it is not objective.

The truth is, we don't need to do a clinical trial to find out what love is because we can feel it. We are actually designed to feel and know what love is but it is an awareness that we (as a whole) have lost touch with. Most people let go of their ability to feel clearly what love is (and what it isn't) for a more palatable 'ignorance is bliss' awareness in life. Do we truly want to know what love is? Do we want to know when our integrity is coming from love and when it is not? Do we honestly want to know when someone else is truly loving and when they are not? If you do want to know then you are in the right place, this is something that will deepen and become more clear to you as you unfold the lessons within this module and apply them to your life.

# RECLAIMING THAT WE KNOW Pove

### RECLAIMING THAT WE KNOW LOVE

Every single person needs to stop to ask themselves "do I honestly know what love is?" If you think you don't know what love is, you are not alone. . . but you can easily change this through re-awakening your sensitivity and giving yourself permission to feel more. Specifically, you need to allow yourself to be sensitive again, and from there, understand that what you are feeling gets clearer the more you ask yourself the question 'What do I feel' and observe what is there. As you let go of your own expectations, needs, hurts and scars, a cloud is lifted from you and it becomes easier to clearly feel what is loving or not. This is really important. Shouldn't this be our first lesson growing up? To be able to claim the fact that we can feel what is loving and what is not. For many people, this first gets corrupted within their family, especially when there are unsaid rules, expectations and taboos. What we feel as love (or not love) is not confirmed by what is said or insinuated. If mum and dad have moments of lacking love but there is no honesty around this, then we start to doubt that we feel clearly. If there are family dynamics with in-laws or extended family and this isn't discussed honestly or even worse portrayed as happy families, we won't be supported in our ability to trust what we feel.



# SORTING OUT WHAT IS NOT Pove

### NAVIGATING THROUGH THE MYTHS

Building love in your relationships is one of the **most powerful** things you can do in your life. Your every day experience of life changes as you are more able to **hold a loving quality** in everywhere you go and everything you do. The truth is you don't really build love step by step because love is something natural to us, we don't lose it, it just gets buried under layers of protection, hurt, conditions and withdrawal. The process of **building love** is not about creating more love but actually re-connecting to the quality of love deep within, our essence, who we deep down truly are. The problem is, we have to sort through the outer layers of muck, hurt, confusion, hope, wish, beliefs and ideals before we are **clear enough to sense the vibration of love**. This is where the myths about love come in. Before we are free to know what love truly is (and this is constantly deepening), we need to **let go** of what is not true. We need to challenge what society, our parents, past relationships, television, movies, music and school has told us that love is and start fresh with a clean slate and sense for ourselves what love is.



"Once you re-connect and you have a real, clear, tangible, marker for what the vibration of love feels like, you then build rhythms and rituals into your life that support you to be in flow with what deep down resonates with your marker of love. In other words, you say yes to things that support the feeling of love and you say no to things that feel at odds with your sense of what is love. "

### BUSTING THE MYTHS OF LOVE

## over IS A QUALITY OF FEELING NOT A LIST OF DEEDS

Love is a quality we emanate not a list of deeds, gestures, pleasing words, or achieved expectations. We have to be really aware of this not only because when unaware we can place expectations on others but also we can fall for false expectations being placed on us. It is not uncommon for both men and women to feel like they need to prove their love or they are not loving unless they have done this or that for their partner, mother, sister or friend. With this, it's really important to clearly know your own intentions, what you're feeling and the quality of presence that you are bringing to any situation. When you pay attention to this, it's easier for you to be claimed in the love you feel and the quality of intention you bring without having to be perfect. This supports you to not fall into the trap of needing to prove your love through deeds and it also supports your partner to focus more on the quality of presence and connection within the relationship. From here it is easier to deepen the quality you are both bringing without getting caught in expectations.

Question 1: How do you make love into a list of deeds you need to get done?

Question 2: Reflect on a time where you felt love was a quality and not a thing you or your partner had to do.

over IS NOT AN EMOTIONAL NEED

A lot of relationships get caught up in thinking that "love" is when your emotional needs are met. When there is an element of emptiness that seeks to fill itself through a relationship or another person's attention rather than dealing with what is missing within oneself, then you will end up with at least some neediness. The emotional needy love can be like a drug and we can even form an addiction to it. We have so many sayings that come from this notion or type of love, for example: I can't live without you; I would die to be with you; you mean everything to me; my life would be nothing without you; or I don't deserve to be with you. All of these sayings are declarations of "love" that are actually coming from an emotional need and an emotional attachment. You can feel how loaded and needy they are. We might be conditioned to think they sound good but if you stop and feel them they feel very heavy and actually quite imposing.

The truth is love has no neediness in it, it is complete and whole and seeks nothing in return. We sometimes call this unconditional love but in reality, love from a wholeness is the only love: anything loaded with conditions isn't actually love. In other words, if you love because you want something in return, that's not actually love. Taking an honest look at your emotional love or neediness can be quite confronting. Feeling how we have imposed our needs and conditions on others can be hard to swallow but the most difficult of all is accepting the lack of love that has actually pervaded so many of our relationships. We have to feel all of the times we accepted less, all of the times we justified and all of the times we buried our sensitivity to how unloving the "love" we accepted actually was. However, having the courage to be honest about this is worth it, as it allows us to have the awareness to not settle, but to raise our standards in what we accept as love.

Question 3: Reflect on a time where you wanted your partner to fill your emotional needs. How could you love and build your own sense of self worth to ensure you are not needy of another's love?

### FIRE IS A CONNECTION NOT AN ATTACHMENT

Love is a connection not an attachment. I actually love putting these two words together because even just reading or saying those two words allows you to feel how they resonate differently. Let's take a moment to feel the difference, "love is a connection not an attachment". Vibrationally, attachment feels completely different to connection and the way they play out in relationships is also completely different. Clearly defining these words at a vibrational level gives us the opportunity to be aware of the difference and then be honest about when we are feeling an emotional attachment to our partner as opposed to when we are feeling a connection with our partner. With an attachment there's very little space and it can feel quite suffocating because there are lots and lots of conditions. When there's a connection there's an intimacy, there is a deeper level of feeling met but there's the space to observe, engage and hold presence. With connection there is the space to be yourself because you are free to make your own choices without another's attachment to you being a certain way based on their needs.

Giving someone the space to be themselves doesn't mean that you allow them to be disrespectful or allow them to be abusive. You have a relationship with them, and you therefore have a responsibility to be honest, engaged and communicate to them what you feel, what standards you hold, and what values you align to. When you have a connection, you are free to communicate what you feel and see but when you are attached what you communicate is always held at ransom to the attachment within the relationship. In other words, attachment will guarantee that you do things or see things a certain way to get the result you want.

Question 4: From what you have experienced, describe the difference between a connection and an emotional attachment within a relationship?

### over IS NOT SYMPATHY, IT DOES NOT PANDER

Love is not sympathy it does not pander or cave in. We often confuse the concept of being nice, pleasing or sympathetic with the concept of what is loving. If we like nice or pleasing people, it's because they are invested in you liking them and therefore won't push your buttons. This only serves to keep a surface level pleasantness or polite arrangement and doesn't offer you anything deeper. Love on the other hand never pleases for the sake of pleasing but instead offers standards, quality and connection. You can't hide from love and you certainly can't keep things superficial and pleasant while burying undealt with issues.

The truth is: sympathy is really, really imposing, in fact, it's patronising because it confirms that there's something wrong, they are to be pitied rather than communicating that they are capable of stepping through whatever is going on. Having an understanding and even a little empathy (I feel for you) within a relationship is very different to sympathy. If you are not wanting to wallow in whatever is going on for you, then you do not seek sympathy. In fact sympathy can be extremely imposing and many people avoid sharing what is going on for them because they don't want others to feel sorry for them. If you are seeking sympathy, it means you are wanting to indulge a little longer in being the victim. If someone comes to me with a "bad" situation, I will absolutely feel the magnitude, how easy or difficult they are handling it but also (and most importantly) I will feel the potential growth the "bad" situation is offering them. For me there is growth in everything, and this is one of the major reasons I don't go into sympathy for myself or others. As a teenage girl, I thought I wasn't a loving person because I tended to tell people the truth instead of sympathising with them. Not really the way female relationships are done in high school. It wasn't until I was in my late twenties that I realised that I have always been loving and that in those moments in high school I could see the potential my friends had even more than they could and I was in effect holding more love for who they truly were than they were. That was a major revelation because I had stepped away from claiming just how loving I was because I couldn't resonate with sympathy or pandering and this was the picture I was sold in relation to love.

Question 5: What are the areas of your relationship that you still go into sympathy or pandering when really what is loving is to bring a new standard and support your partner / friend to be held accountable?

or COMES FROM WITHIN, NOT A LIST OF RULES

Love comes from within not from a rule book with a list of shoulds or shouldn'ts. It is really important, in fact vital, that we don't take on another person's expectations or needs as our "to do list" of love. Love can't be determined by the expectations or the needs of others, it has to be felt as a genuine impulse from within and then acted upon. Otherwise you become a cardboard-cut-out of what you think another person wants instead of a genuine representative of who you are and the deeper values you align to. Even if you can tick all the boxes for your partner's list of rules, it will always fall short or empty because you will be offering deeds without the vibrational fullness that comes with genuine love. It is important that you catch yourself when you are acting on behalf of what you can feel is someone else's expectations, and stop. As much as it might cause short term tension within the relationship, you need to stop fulfilling other people's expectations in an attempt to keep them happy. You need the space to reconnect and feel how you feel to express love. This is the authentic love that comes from within, you can't calculate it or intellectualise it. You may initially find this difficult, your sense of love may be buried under hurt, frustration, resentment, lack of trust, lack of confidence, giving up and all sorts of unresolved experiences. . . but there is not one person that does not have love within. That doesn't mean that everyone is willing to come from love, but rather if you are willing it is there. Love exists long before any of the needs, expectations, rules, hurts, anger or resentment surface. Allowing the space to be honest about where you are at (even if you are not feeling loving) is more evolutionary than pretending to love.

Question 6: What rules do you have when it comes to love?

Question 7: What rules does your partner have when it comes to love?

### THE LOVE-HATE RELATIONSHIP

The love-hate relationship is the type of dynamic that goes from being completely head-overheels, intoxicated, can't-live-without-someone, to revengeful rage that has many people do unimaginable things to their spouses / ex-spouses. When it comes to love-hate relationships there is a drug-like emotional love playing out where there is a heavily intoxicating codependency lived out through an emotional attachment <u>not a loving connection</u>. This form of "love" can very easily become destructive, toxic, unhealthy and abusive. Any relationship where there are intoxicating highs and destructive lows exposes that there are needs, conditions or even demands for the relationship to be a certain way. If the relationship meets the needs and conditions then there are fireworks; if it doesn't there can be destruction. When relationships are filled with lots of emotions, the volatility bounces from the momentary false highs of elation, passion, or need to the lows of dis-empowerment, hurt, anger and many more. When there are unresolved elements within our self and we are using a relationship to have a false sense of fulfillment, we can feel exhilarated or a relief for a period of time but if someone drops the ball (eventually someone drops the ball) we get devestatingly hurt. This can play out over and over again, with periods of emotional needs being met and then eventually another ball is dropped. Each time the cycle plays out, the hurt gets bigger and over time you end up in a situation where someone you "loved", can end up being someone that you vehemently hate.

With a true deep love, there is no volatility, no highs and lows because love is beyond emotion, it is beyond highs and lows. You can certainly have high and low moments in a relationship but neither of these come from love. The feeling of love is a feeling of being deeply settled and enormously content while possessing an unshakable magnitude of warmth that emanates first from your chest and then from your whole body. This warmth has no other purpose but to hold another in the true gorgeousness and Godly aliveness that they naturally are.

#### Question 8: Have you ever experienced or observed a love-hate dynamic?

### Question 9: Have you felt love as a warm radiant feeling in your chest? When throughout the day do you feel this feeling?

6. Ex

### "We need to start claiming that we can qualify love as a quality of vibration and use this as a very clear and sure way of not only navigating relationships but also navigating life."

### WHERE TO NEXT?

Write down what you know love to be vibrationally and what myths you or your loved ones have fallen for.

### **MODULE 2 - CHECKLIST**

- □ Watch Module 2 Video
- Complete Module 2 in the workbook
- □ Listen to Module 2 Audio
- Observe where you can see the myths of love being sold as the real deal.

## REACTIONS

## WELCOME TO MODULE 3

Dealing with Reactions ...

There is no way that I could make a love and affection program without talking about the reactions we can feel towards another as well as the reactions that others can feel towards us. Having a true understanding of reactions will take your relationship to a whole other level. Do you know the difference between a reaction and a response? Most people know they are having a reaction when the reaction is large but are we aware of all our more subtle reactions? Are we aware when another person is in reaction or do we doubt ourselves and take the reaction to heart? In my experience we do not pay enough attention to the quality of energy that something is brought to us in. In other words we put all the focus on what was said or done and not how or why it was said or done. To get a true understanding of reactions we need to look at what we are actually left with after a reaction, as opposed to what we think reactions give us. There is a broader harm that reactions instil within our relationships and it is important to take a fresh look at how they are playing out in your life. In this module we will learn how to identify reactions more clearly, not only within yourself but others too. Knowing how to deal with reactions is a game changer as it is one of the most essential elements of developing a respectful and loving relationship; providing fertile ground for affection to freely flow.



# THE HARM OF OUR Reactions

### REACTIONS HARM IN ALL DIRECTIONS!

Reactions not only harm the person they are directed towards they harm even more the person who is expressing them. Every movement, word, thought or intention carries an energetic imprint. The more sensitive you are the more you are aware of the energy that every interaction carries. Understanding this is key to undoing harmful reactions within your relationship. When you give energy to something - whether you are thinking about it, talking about it or using your body language, you are magnifying the quality of energy that is behind it. When we react there is an outward expression that can be felt but the reality is that the same expression is magnified ten fold in our body.

### "In a moment of anger you not only have the anger directed towards the person you also have anger magnified within your body."



\* When we react we think that we are getting somewhere: we think that we need to react in order to get our point across. We think we won't be heard unless there's a sting.

\* But the truth is if we truly want the situation to change we need to offer a reflection of wisdom that can be digested by the person that we are with.

## TYPES OF REACTION



- 1. Anger at yourself or someone else?
- **2.** Emotional reaction, hurt, sadness or feeling upset?
- **3.** Dismissive or cold?
- **4.** Silent treatment?
- **5.** Frustration, resentment or bitterness?
- 6. Rage, revenge, fury or jealousy?
- Defensiveness, denying, burying?
- 8. Ignoring, withdrawal, disengaging?
- **9.** Comparison or measuring against yourself or another?
- Playing small, people pleasing, tiptoeing?
- **11.** Competitiveness?
- **12.** Gossiping, circulation energy, bitching?

# KNOWING YOUR FLAVOUR OF Reactions

Knowing the details of how you usually react and how this affects you and other people is an important start to truly dealing with reactions.

Question 1: Write down the four most common ways that you react (see previous page for examples).

| 1 |  |
|---|--|
| 2 |  |
| 3 |  |
| 4 |  |

Question 2: Pick the most common way you react and write down how this affects your body. What physical changes, energetic sensations or emotions do you have? How do your thoughts change etc?

Question 3: How does this reaction affect those around you? How do they feel when they are in your presence and you are reacting in this way?

KNOWING YOUR FLAVOUR OF Reactions

Question 4: Pick another common reaction you experience and write down how this affects your body. What physical changes, energetic sensations or emotions do you have? How do your thoughts change etc?

Question 5: How does this reaction affect those around you? How do they feel when they are in your presence and you are reacting in this way?

**SDOM MOMENT:** 

WRITE DOWN SOMETHING THAT FEELS REALLY TRUE TO YOU IN RELATION TO REACTION.

# BECOMING AWARE OF Reactions

When we react, what we say and what we share does not have the impact that it could. Reactions can be easily dismissed as being oversensitive, premenstrual, hot headed or even crazy. This serves no-one as the person reacting does not feel heard, has magnified tension in their body and they miss out on a discussion that could offer further insight or understanding. The person on the receiving end of the reaction feels assaulted and also loses an opportunity for possible growth and/or insight from having an open and honest discussion. If you are speaking or acting in reaction, you are reducing your authority or standing within a situation. As opposed to coming from a place of steadiness which engenders trust, openness and collaboration.

NOTE: Some people enjoy triggering others or causing people to react. When you react in these situations you are fueling the dynamic and giving the person the cheap thrill they want. Steady yourself and bring the issue to light with insight and wisdom and the dynamic will end.

#### Question 6: Write down a particular situation where you are triggered into reaction.

#### Question 7: Describe the reaction and how does it make you feel?

Question 8: Describe how this reaction makes others around you feel (even if they are not directly involved)?

WHAT ARE Reactions?

Reactions are ultimately anything that take us away from our deep settlement. What is our deep settlement? This is our greatest or deepest sense of contentment. Contentment is our natural way of being, but most people have lost a true sense of what this feels like let alone a consistency and standard to live this in every moment. Understanding reactions is therefore something that goes hand in hand with understanding and experiencing contentment. The deeper you go with contentment, the more any sort of reaction stands out. This is an amazing thing and something we can learn from. To be able to know when ever something disturbs you from contentment is super powerful. What has been described here is our ability to observe our reactions. That is very different to becoming our reactions.

"Understanding your reactions and learning from them is very different from becoming your reactions. When you learn from your reactions you observe the aspect of you that is reacting, from a place of steadiness and centredness. When you react, it is only ever a small aspect of you that is reacting . . . when compared to the whole magnificent being you are. When we become our reactions, we stand on them as if they were a platform of truth instead of seeing them as simply an indication that we have been triggered by something unresolved within us."



# THE Puppose OF REACTIONS

Can there really be a purpose to reactions????

When people start becoming aware of their reactions and the harm they do to themselves and others they often try to stop themselves reacting in a moment . . . or pretend to themselves that they are not reacting. The truth is, if you are reacting, you can't stop the reaction (that horse has bolted) but you can reflect on it and be honest about it. The truth is why would you want to stop yourself reacting anyway, your reactions can bring to your attention many things that you weren't consciously aware of. They can alert you to areas you need to be more honest in and they can also give you a nudge to bring greater standards to situations. When you know how to work with them, reactions can become a very powerful ally.

### Sooo let's break it down.

Reactions are a part of life but it's what we do with the reactions that is important. If we are aware of a reaction it can give us insight into what triggers us and what hurts are unresolved within us. A reaction can also alert us to a personal standard or relationship standard that is yet to be claimed. Whenever we feel a reaction we are given a moment to observe it and reflect on it. The more that we exercise this moment the easier it becomes to reflect and observe during the times we have been triggered.

One of the most powerful sayings that relates to reactions is this short yet profound saying from Serge Benhayon:

### 'Observe not absorb.'

This saying is simple yet powerful as it speaks to us from the awareness that we always have two choices. The first choice that we are always presented with (even if it is only a millisecond and we are not consciously aware of it), is the ability to observe and clearly read a situation from our own inner connection and centredness. When we don't steady ourselves in the face of our trigger we lose ourself within the reaction and what is inevitable is that we start to absorb the often toxic or disharmonious energy of the situation. 'Observe not absorb.'

37



<sup>66</sup> The more you "check in" with yourself and whether you truly feel settled or not settled with, the more you start to understand what is really going on for yourself and others.



#### **4 TIPS FOR CHECKING IN**

#### A. Taking the edge off life - checking out

of the time we can prefer the ignorant bliss over the without judgment how you feel in your body. Change use to take the edge off life. That may be alcohol, food, over exercising, business, social engagements, relationships or work. The truth is, anything we do to numb or hide from what we feel is a check out will always reduce our connection to ourselves.

#### B. Create a Stop!

The first step in any true type of change or reboot, is to create a stop moment. It is rare that I find someone who genuinely gives themselves enough opportunity to truly stop and reflect. Most people in fact live in what we call momentums...the push, drive, pull or force that you can't seem to stop.

#### C. No Judgment

We don't always want to truly feel what is going on When you check in you are not trying to change or for us in life. As much as we hate to admit it, a lot control anything that you feel. You are just observing uncomfortable truth. Everyone has ways that they that is true and sustainable comes from honest reflection not judgment. Honesty is a beautifully leveling and humbling vibration; it is the willingness to feel and take responsibility for your part in any situation. There is not one ounce of harshness in honesty.

#### D. Enjoy life - keep it simple

It is more than OK to enjoy yourself. In fact the more you start to check in rather than checking out . . . the more you naturally enjoy yourself. We don't have to make it, finish it, get somewhere, be something, do something or have something before we can enjoy ourselves. True enjoyment is in connection with yourself and from there the simple things in life are magic.

During this week take a moment each day to do the gentle breath meditation audio within the 2-Day Body and Mind Reboot or the Meditation Essentials course. Reflect on areas in life that you feel triggered and the more subtle reactions you may have felt leading up to a larger reaction. What we are undoing here is the propensity to override what you feel until you lose yourself in the hurt or reaction of a situation.

Reflection 1: Write down a situation where you feel triggered into reaction. What are the more subtle reactions/ feelings or knowings that you dismiss leading up to this situation?

Reflection 3: What changes can you make to support checking in, being honest about what triggers you and not overriding what you are feeling?

### SETTING A STANDARD OF NOT REACTING

You could say that no true good can come to a relationship through reactions. The caveat to this is that reactions do serve a purpose to let us know that we have been triggered. Beyond this, reactions do not hold clarity nor do they hold love, understanding or greater truth. If we are wanting to truly heal and grow a relationship, then we will not look to be right but instead we will look to what is most healing. When we hold our reactions as right and true, people shut down and they are less open and responsive to what we are sharing. There is the difference between standing on our reactions as a platform of truth (and digging our heels into them) and sharing openly and honestly the observation of what you are feeling. This quality of communication doesn't come laced with the blame . . . it is a sharing. Our responsibility within relationships is to not only share what is going on for us but to share it in a way that others can understand and a way that doesn't leave anyone feeling less, battered or blamed.

#### Personal Standard

The only place to start with setting a standard about reactions is to set a personal standard. Please don't skip this stage because it is vital. It is important that you detail the exact qualities that make up the standard that you would like to have with reactions. For me I wanted to be able to learn from my reactions and have understanding for all involved before addressing anything. I wanted to be able to share openly so another could explore their part without lacing the communication with blame. Through this I started to feel more empowered, more settled in sharing what I felt and more receptive to what others had to share. I wanted to be able to hold my standard no matter what another person was doing.

Write down the qualities and details that make up the standard you would like to have with reactions.



### Are you or your partner aware of how or why you react? There are 4 stages of reaction awareness.

### 1. Not aware of any reaction and not open to looking at a possible reaction

It can be common for someone to say that they are not reacting (even though their tone and demeanor are obviously displaying signs of reaction). There can often be an investment in having to be right and also a level of insecurity that makes them feel unable to look at themselves/ ourselves with honest review.

### 2. Not aware of any reaction but willing to look at a possible reaction

Genuinely happy to do work on themselves/ourselves but sometimes lacking the awareness of what we/they go into.

### 3. Aware of reactions but justified in reactions and not willing to change reactions

Stuck in the cycle of pointing the finger and blaming. This is often based on fairness or equalness, not wanting to be the bigger person until the other person is also being the equal bigger person.

#### 4. Aware of reactions and willing to look at and address most / all reactions that come up

Open and ready to deal with anything that life (or another person) may throw your way. There is enough self-worth and feeling of being settled with who you deep down are that you can look at the uncomfortable moments or weaknesses without losing your sense of buoyancy.

### 5 STEPS TO DEALING WITH OTHER PEOPLE'S REACTIONS

- 1. Become aware of how other people's reactions truly make you feel
- 2. Claim that you deserve to be treated better

3. Determine whether the person is intentionally meaning to hurt you (if someone wants to hurt you this may not be a viable relationship)

4. Understand the underlying intention

5. Share openly how their reaction makes you feel and how it disrupts other aspects of your / their life that you both hold important.

### HOW TO WORK WITH OTHERS AND THEIR STAGE OF REACTION AWARENESS

Below are some examples of how you can deal with others at each stage of reaction awareness.

### If someone is . . .

### 1. Not aware of any reaction and not open to looking at a possible reaction

Lead by example and the quality of your energy. NOTES:

### Not aware of any reaction but willing to look at a possible reaction

Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently bring awareness to reactions in the moment and encourage your partner to register how it feels for them. NOTES:

### 3. Aware of reactions but justified in reactions and not willing to change reactions

Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently share how you feel when your partner reacts. Share how you would like to understand what they are feeling / saying but find it difficult when there is reaction.

NOTES:

### 4. Aware of reactions and willing to look at and address most / all reactions that come

up

Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently share how you feel when your partner reacts. Share how you would like to understand what they are feeling / saying but find it difficult when there is reaction. Explore being more open and honest with your partner about all topics. Explore more of the 'why' in understanding reactions and look at what triggers occur in the lead up. NOTES:

### HOW TO DEAL WITH REACTIONS COMING TO YOU

One of the most difficult things in life is dealing with reactions from others. There are the direct reactions like yelling, physical force or cutting words but there are also the more passive forms of reaction that can harm even more. Have you ever been given 'the silent treatment'? This can be absolute torture and can harm just as much if not more than some cutting words. Have you ever felt that someone was holding something against you and you could feel the tension energetically but they were not being honest about it and instead were bringing a false politeness? Urrgghh!

It is important that you get to know how you really feel in these situations. Part of this is being okay with being sensitive, being okay with the fact that these situations can deep down hurt and you actually want to be treated differently. Getting in touch with how others' reactions really make you feel is very powerful and an important part of facilitating change within dynamics.

Once you are aware of how other people's reactions truly make you feel and you have claimed that you deserve to be treated better, you can start to openly share how you are feeling. The best way to do this is to come from an understanding of whether the person is intentionally meaning to hurt you or whether they are not coping with something themselves. Understanding the underlying intention will support you immensely to not take it personally but address the situation with tenderness, love and care.

Write down how you feel when someone is reacting towards you (e.g. yelling, silent treatment, withdrawal etc).

In what ways do you react to those around you?

### Without judgement, why do you react?

In what ways does your partner react (or friend / family member)?

### Without judgement, why does your partner react?

In what ways does your friend / family member react?

Without judgement, why does your friend/family member react?

### REACTIONS VS THE RESPONSIBILITY OF SHARING WHAT YOU TRULY FEEL

We can put so much pressure on ourselves or others to be "right" in their actions, words or decisions without realising the enormous benefit that comes from being authentic to what we are feeling. Even if we know that what we are feeling is irrational or coming from an unresolved hurt . . . it is still valid within the process of a relationship. It can be enormously healing to be authentic with what you are feeling and committing to work through this with others to get to a shared truth. So many times I have seen people discount what they feel because it didn't fit into the picture of how they thought they should feel. This is a huge loss because underneath your reactions, hurt or niggling feelings is always a deeper learning or sense of what is true.

### WHERE TO NEXT?

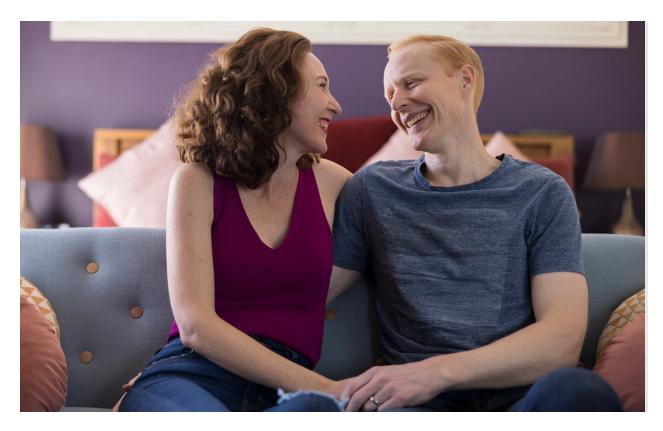
Write down your next steps with looking at and understanding your relationship with reactions.

### **MODULE 3 - CHECKLIST**

- Watch Module 3 Video
- Complete Module 3 in the workbook
- □ Listen to Module 3 Audio
- Explore the Free 2-Day Reboot program or Meditation Essentials Course
- Listen to the Gentle Breath Meditation® audio shared in the Free 2-Day Reboot program

### RELATIONSHIP CHEMISTRY

### WELCOME TO MODULE 4 RELATIONSHIP CHEMISTRY



Most people would say that when you have chemistry in a relationship, it is a good thing. However, this can lead you into a lot of trouble. Not all chemistry is good chemistry. Yes, this is an important point to ponder. Do we question the type of chemistry we feel? Some chemistry is the type of chemistry that is enchanting and drug like, always leaving you wanting more and never enough. Some chemistry sweeps you completely off your feet and you find yourself unable to function in normal life, not grounded in your body and in a daze.

True chemistry in a relationship leaves you feeling very settled within yourself, it doesn't elevate you. You feel more grounded, more real and more empowered to just be you. So many people fall for the hook of a relationship that speaks to your hurts, speaks to your desires, your needs, and promises to fill them all. This happens when we are seeking a relationship from a wounded or empty place. It also happens when we have a wish or desire to have a particular flavour or experience of partner.

Are you aware of the energetic exchange that takes place with Chemistry?

## WE HAVE BEEN SOLD A Fairy Tale

Fairy tales affect us, even if we don't realise it. The undercurrents of what is the ideal romance is something that we have been exposed to from the day we were born. Story books, fairy tales, movies, Disney . . . the list is endless. How many Rom Com movies have you watched in your life? How many love stories have you fully immersed yourself in? These are not just afternoon leisurely activities or bed time rituals, they all come with an imprint of what love and affection should be. We are constantly being informed (on many levels, direct and indirect) on what our relationship should be like. This impacts us enormously when it comes to discerning true relationships. We either don't see a true potential partner when they come along because we are so saturated with the ideal of how our partner should be or we get fooled by the exact opposite of what we need because the carrot that was dangled was the exact size, colour and flavour that we had always desired. We are fed all sorts of images and stories about Soul Mates, Chemistry and the happily ever after story. Being saturated with emotional love and affection is a massive impediment that can hold us back for lifetimes. These false projections of love can keep us seeking and searching and not ever truly understanding what is the true potential of love that is in front of us.

### You have heard of the saying "being swept off your feet"? Let's unpack this a little more.

We talk about being swept off our feet as if it is a good thing. It's this romantic notion that surrounds us in movies, books, fantasies, and we are told that this is what we are looking for. A lot of people understand the notion of relationship chemistry through this ideal of being swept off your feet. In my experience, this is actually the poor cousin's uncle's second wife's boyfriend when it comes to what you can actually feel with a true chemistry. I like to have my feet on the ground and be very present. It is such a lovely feeling to be fully centred and connected with your body and aware of the depth of what feels true for you. When you get swept off your feet you lose all of this. The love takes you somewhere or rescues you and seemingly fulfills you in a way your current life didn't.

This leads to a lot of disappointment because something outside of yourself can never truly bring you deep settlement and inner contentment. <u>When you have these things</u> you are not looking to be swept off your feet because you love your feet. You are looking for the enrichment and the depth of sharing yourself with another but this is too wholes coming together to form a bigger expanded whole, <u>not</u> elevated by the notion of another.

#### What has been your experience of being swept off your feet?

### WE HAVE BEEN SOLD A Drug

The type of exhilarating chemistry we have been sold is like a drug. Similar to a drug, when the chemistry goes away, there is a return to what you felt before the sojourn into the drug (with a double dose of disappointment on top). When the chemistry fizzles out people think they need to go back to what they had and they look to all sorts of things to try and bring excitement back into the relationship. They may even look elsewhere.

When you have a hurt that you haven't been able to resolve and you carry it forward, it can create a need and something that you are wanting to be fulfilled by someone else. When you find someone who agrees to fulfill your needs, you make what we could call an energetic contract. They say, "Ok, no problem I see you have these hurts or desires and I will fulfill all your needs... As long as you fulfill all my needs". And then it is like magic! Love at first sight, like: "yes, the relief, someone who finally gets me and I don't have to deal with my underlying hurts, self-worth issues, or my unresolved lack of relationship with myself, because you will fulfill me.

This type of contract/ energetic agreement can feel like fireworks. Finally! I have been waiting so long to find the "right" person and now you are here. You feel elated because all of your undealt with stuff is seemingly fixed. The problem is, we can only keep up an agreement for a period of time, because it doesn't flow from our essence, or grow and expand with us.

At some stage, the incomplete cycle of our unresolved inner-discontentment has to return to be in our face and dealt with. It is extremely powerful to come back to the fact that our fulfilment can only truly come from within and if there are any feelings of a lack of fulfilment, they are our own responsibility, not our partner's job to fix.

That doesn't mean that you can't support your parter with their unresolved issues, or that your love and adoration for them doesn't hold them steady as they heal their hurts. All of this can and does make an enormous difference if the underlying intention is to deal with your stuff and deepen your relationship with yourself.

What we have to understand as a society is that there is a chemistry that is from the spirit (our unresolved energetic aspect) and that there is a chemistry that is from the Soul (the part of us that never left divinity).

## <u>Soul Chemistry</u> and <u>Spirit Chemistry</u> are two completely different ways to register connection in your body.

ATTRACTION VS Magnetic Pull

What most people don't realise is that you can feel the quality of a relationship, and also, the quality that a relationship has come to you in. The quality that the relationship comes to you can be read and gives you an enormous insight into the underlying energetic mechanisms that set up the deeper intention (call) made for the relationship to instigate in the first place. Life is not about luck or chance. Everything is part of a greater flow of life that we are contributing to all of the time in our every thought, feeling and intention.

There are two main ways that we can categorise and understand the way in which relationships are set up. The first is by **Attraction** and the second is by **Magnetic Pull** (although there is more detail, this distinction is all that is needed for now). It is very important to know the difference between the two flows of energy as this can completely change the way in which you make decisions about relationships, work, business, friendship and really any newly presenting opportunity.

Al traction

You've probably heard of the law of attraction. There When we work with attraction we are confirming that are a multitude of books, programs and workshops dedicated to supporting people to use the law of attraction to get what they want in life. Some people intelligence than the wise and all knowing depth of us. say that like attracts like and others say that opposites attract. The truth is, we don't have to go to a workshop to learn skills of attraction.

### "We are doing this all day everyday in our life whenever we wish for change without truly resolving the lack or emptiness driving the wish."

In other words, are we wanting something to come into our lives to fill a gap? The thing that is not explicitly explained about attraction is that it only works at a very superficial level with emotional types of energy (born out of an unfulfilled neediness or sense of lacking). Hopes, wishes and desires are all forms of emotional energy that have specific vibrations seeking something from outside of yourself to fulfill yourself.

we need something outside of ourselves to complete us. The unresolved part of us has a much lower level of

When we are engaging in the law of attraction we are asking the more superficial aspect of us to set in motion the opportunities that will come our way. With the law of attraction you may be asking for a change in circumstance or situational outplay, but the energetic outplay will always be the same, albeit dressed up differently.

### Unresolved will always stay unresolved, until there is a deeper calling to not change the surface but resolve the underlying.

Remember the saying 'be careful what you wish for, it may just come true'? This definitely applies to the law of attraction.

ATTRACTION VS Magnetic Dull

Magnetic Pull

Magnetic Pull is far grander and more expansive heal, grow or support others. When we respond to than you could ever work out from your emotional magnetic pull in a relationship, we are coming from or mental mind.

It is born from the intelligence of your essence, your soul, heaven and the universe and this intellegence has the awareness of life at a level that knows the truth about everything on all levels and the larger meaning/plan for your life and all life. When something is from Magnetic Pull it works beyond time and therefore continues to unfold ongoingly.

"I often reflect on "things" that have come to me through Magnetic Pull and I am constantly amazed at the bigger picture and perfectness of the "thing" that I could never have constructed as a plan in my own mind. This offers you a level of humbleness that allows you to surrender to a deeper call in life rather than feeling like you need to control things and plan the detail of everything."

call for change that comes from wanting more truth in your life. Whether that is to end an unhealthy cycle / pattern of behaviour, to develop more trust, food, beverages or substances on offer.

a place of knowing the truth of the next step but not needing it to look any particular way.

This only happens from the deeper aspect of ourself, our soul. If we are connected and aware, we will be consciously aware of some of the moments we call for more truth and set in motion more Magnetic Pull. You can't fake, force or push a call for Magnetic Pull, it is an awareness and response to something that is being offered at a deeper level. Often this call happens in a way in which we can feel but we are not fully aware of in the moment. We can look back and say "ah yes, I remember when I called for more truth here" but at the time it was subtle.

**NOTE:** people can say they want change and they can even be fiercely adamant that they want change but if it is coming from the emotional part of them that is still unresolved then it will not be a call from the depth and won't result in Magnetic Pull. When we are unresolved our first step needs to be to take The science of Magnetic Pull is based on a deeper responsibility for what is unresolved or truly make a call to be resolved, not fixed through attaining desires, seeking relief or numbing out with the many



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# ATTRACTION VS MAGNETIC PULL Reflections

Question 1: Write down any 'be careful what you wish for because they might just come true' moments that you have had in your life. Especially relationship moments.

Question 2: What are some of your wants or desires when it comes to relationships?

Question 3: What are the unresolved needs or hurts underneath these desires?

Question 4: Write down any Magnetic Pull moments you have had that have offered you much more depth than you could have designed or planned from your head?

Question 5: If you let go of any control or need for details, what is the basic value that you are wanting to be more present in your relationship?

## True VS PERFECT

One of the biggest traps that people can get caught in within relationships is the perfect trap. Most people haven't considered the difference between true and perfect. In all true relationships, the imperfections of each person serve just as much as the mastered qualities - when it comes to growing your partner. In other words: when a potential partner/friend comes along, don't look at how many boxes they tick of the preconceived idea of what is perfect for you. Sense whether it feels right on a deeper level.

"Weaknesses are our yet to be mastered qualities . . . they offer the space for others to shine and the opportunity to collaborate and work together."

Rebecca Poole

Question 6: What areas are not "perfect" within your relationship?

Question 7: What lessons / growth are these "imperfections" offering you?

### **MODULE 4 - CHECKLIST**

- Watch Module 4 Video
- Complete Module 4 in the workbook

### WHAT IS THE PURPOSE

### OF YOUR RELATIONSHIP?

### WELCOME TO MODULE 5 THE TRUE PURPOSE OF RELATIONSHIPS

Being in a relationship with someone is as important as choosing the quality of air you would like to breathe and the quality of water you would like to drink. Each person you are in relationship with, whether it be a friend, lover, co-worker, employee, child or relative has a huge impact on your life. The bigger part they play in your life, the bigger the impact. This impact has the potential to be fortifying, advancing and nurturing or it has the potential to be toxic, undermining or capping. The true purpose of a relationship at a very base level is to be with someone who has qualities, strengths and weaknesses that support you to grow, strengthen and feel a deeper purpose in life. It is an opportunity to learn through each other on a one to one basis in preparation for all other relationships in life. When the one on one relationship of growing and supporting each other is strong within a close relationship, all other relationships get a boost.



WHAT GETS IN THE WAY OF PURPOSE?

We finished the last module by talking about the concept of a true relationship vs a perfect relationship. At a subconscious level many of us are striving for perfection. Perfection of ourselves, our partners, our lives. This can be an enormous impediment to feeling and responding to the deeper purpose of a relationship. We can get caught in our head, questioning, doubting and undermining the purpose of our relationship. In truth there are many things that can get in the way of true purpose: our self-worth; our hurts; baggage; conditions; judgements etc. But what I would like to focus on in this moment is the way that "images and pictures", i.e. ideals and beliefs that we take on affect our sense of deeper purpose. These are the things that keep us in a mould rather than free to feel and discern from our essence. Pictures are things we subscribe to as being true for us but they are not really deep down true for us. There are many times in life where you can



look back and see where you may have got caught in a particular view on life, to later on wind up realising that it doesn't truly resonate with you. Relationship pictures are no different; they give us a particular way of viewing and living life that doesn't come from our depth. We are so used to looking for what we want from outside of us and then trying to mimic that, rather than feeling from the depth of who we are a sense of how to be or live.

# BREAKING THE Mould

Most people don't realise that there is even a mould to break. What's more, we don't realise just how much "silent communication" we receive from the world every day. We are constantly receiving instructions on how we should and shouldn't live our life. Every moment of our life we are energetically being offered a mould that we should fit into. It is rare for us to be in situations where we are truly left alone to feel what is true for our self. However, it is these occasions of true inspiration that can re-spark our enthusiasm for life. This confirms for us what feels true and this is so valuable. Are you a point of inspiration for others or do you continue the perpetuation of the mould?

### WHY DO WE NEED TO BREAK THE MOULD?

Essentially, living anything other than what is true to your depth of being is going to feel somewhat empty over time. We take this as a normal part of relationships. We think that **relationships just lose their spark** over time and that is how the story goes. <u>Not true!!</u> Relationships lose their spark when we make them two dimensional, superficial and a means to getting our desired outcome (functional). From this space there is no magic, no true depth and anything other than magic and depth gets tired over time.



Breaking the mould is <u>really important</u> because it frees us to be our self in relationships. We are able to be moulded (into something not true to us) because most people have not been raised to focus on the energetic quality playing out in a situation let alone learning how to make life choices from the quality of what is felt. So it is no wonder that we are stuck in the merry-go-round of choosing partners from what can only be seen and then we get disappointed when it doesn't stack up to all that it promised.

In other words, we live in a seeing dominated world rather than a feeling dominated world. In order to break the mould, it is important to change the focus from how things look (including deeds, words and behaviours) to the quality of how things feel: the underlying intention. This is otherwise known as energetic discernment.

In this module we are going to break down the way we approach relationships from what our eyes can see (as this can easily be re-interpreted to suit our neediness or fear) and start to live from the depth of us that knows truth.

### RELATIONSHIP ENTANGLEMENT

When you are not aware of who you are and the depth of what you feel, it is very easy to lose yourself within a relationship. What you feel starts to get mixed up with what your partner feels, or wants you to feel. Your sense of self becomes even more muddled and you start to change yourself in ways that are not truly suited to you. Relationships offer us an enormous opportunity for growth, love and joy but there can also be many pressures. If your partner has strong ideas about who you should be or what a relationship should be like, it can be difficult to have the space to know what you feel. Interactions can become all entangled with each person vying for their own way.

### RELATIONSHIP ENTANGLEMENT CHECKLIST

| Do you take on other people's worries?  |
|---|
| Are your decisions easily influenced by those around you?   |
| Do you agree in order to keep peace?  |
| Does your mood change depending on who you are around?  |
| Are you so accustomed to saying yes to what other people want that you are not even sure what you really like / want? |
| Do you easily take on other people's beliefs?   |
| Are you overly sensitive to what others want or need from you?  |
| Do you feel imposed upon in your relationship?  |
| Are you shut down from other people's feelings?   |
| Do you sometimes find it difficult to understand other people's logic?  |
| Do you sometimes manoeuvre the situation to get your own way in relationships?  |
| Do you have strong views or beliefs about how your partner should be?   |

Any of the above (and there are many more) are dynamics that contribute to what essentially ends up as an entangled relationship. What I mean by this is that there are no clear boundaries of what is true for one person and / or another person. In my experience most relationships have at least one area of entanglement somewhere but it does not have to be that way at all. It is completely possible to have a relationship with no entanglement, no tug-of-war and no compromise. Zilch, zero, nada. More on this in modules 8 and 9.

## RELATIONSHIP Dictures

Once you have determined that having pictures is nothing to be ashamed of but they are actually part and parcel of growing up in today's world, you are free to start discarding them. Pictures compete for your focus and distract you from what you are feeling; they also keep you in the momentum of needing to find something that is going to make your life better.

Living without pictures can feel like being naked when everyone else is clothed. When you have no pictures you just know what is true for you and it is deeply holding and all knowing (not driven or determined to get what you want). When we live from this place, we live from the depth of who we are and we bring this out for all to feel (and possibly judge). In a lot of ways it feels safer to just live from something we have seen that looks and behaves a certain way but doesn't carry our essence. It feels safe because what is on show is a cardboard cut out, an image, of something we are trying out as opposed to people really feeling the depth of who we are and what we stand for. If someone has a go at our expression when it comes from our essence and the aspects of divinity we deeply resonate with, it can feel devastating. However the picture based life will never fulfill. As you get used to being transparent with the truth of what you feel, life not only falls into place . . . it has magic.

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Most people don't realise that there is even a mould to break. What's more, we don't realise just how much "silent communication" we receive from the world around us. The only way to start to unravel the pictures we are caught in is to continue to build our relationship with what we feel as truth in our body.

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### et get down to the NITTY GRITTY

Our relationship pictures are made up of a combination of specific relationship ideals and beliefs that we have subscribed to throughout our many lives. You could say that a relationship picture is really a relationship checklist. The flavour of everyone's relationship picture or checklist is different. We are fed the pictures of how a relationship should look from very young. These can be through TV or movies like The Brady Bunch, Neighbours, Pretty Woman, Dirty Dancing or Breakfast at Tiffany's etc. Pictures can come from this life, the fairy tales you have aligned to, culture passed down from your family or life experiences, society expectations etc. But in many cases these ingrained reactions or patterns of choices are older than one life and have their roots in past lives, repeated again and again until resolved and a truer path, choice or response chosen.

Taking an honest look at your relationship pictures is really important because having pictures about how things should or shouldn't look ultimately gets in the way of you being able to feel what is true for you. It can be such a high when we get something we have desired for a long time that we can avoid seeing that the reality may not stack up to all we thought it would be.

It is common sense, if we have spent so much time and effort wanting, seeking and investing in having our 'picture perfect' relationship that it would be difficult to see through our 100 Christmases coming at once, to the truth of the matter. When it comes to our pictures, we can't sense whether it is actually true for us or not, they cloud our vision.

It doesn't matter how "good", "right"," well intentioned" or "giving" a relationship is . . . if the impulse for creating it wasn't felt from deep within, it will always be short of its potential. It can be somewhat tempting just to say "I felt it deep down, I have no mould to break now let's move on". However, nearly everyone has some sort of mould they have conformed to and this plays out in their relationship. The pictures may not be the predominant thing playing out (for some it is), you may predominantly have true purpose in your relationship but the pictures you do have (even 5 %) can still have a huge impact on your relationship.

NOTE: Our pictures are mostly formed subconsciously from our responses to what we see around us. When we react to situations either by needy or desire driven emotions or through anger and frustration we are building our picture of what we are searching for. This is very different to feeling everything around us and reading the energetic truth behind it and whether what we feel being reflected around us resonates with us or not.

## OUR RELATIONSHIP Dictures

### There are 4 types of categories that our relationship pictures come from.

### 1. The Obligation Picture

The Obligation Picture is a picture of a relationship that has been created for you by other people. This might be what your parents' ideal relationship is for you, friends, other peers or something that is specific to your culture. The obligation picture is a picture that you know (or at least kinda know) doesn't feel true to you but you still subscribe to it anyway. Whether you feel you don't have any other choice, whether you don't want to rock the boat or you are looking for approval from those around you. With an obligation picture we essentially feel pressured to choose a relationship others would want us to.

### 2. The Enjoining Picture

This is a picture that we have around relationships that comes from a desire to be part of a group. Whether that group is small like friendships and family or whether it is large like society or our generation. We pick aspects of what would be accepted by the group and then design our ideal relationship. If overall you like to fit in, then your choice of relationship picture will come within the range of options supplied by the type of "fitting in" consciousness you have subscribed to.

### 3. The Ideal Picture

The ideal picture is where we have been hurt by the lack of love or truth in the world so then we aim for the sky. Now there is nothing wrong with high standards but when we have an ideal picture it comes from what we think is the best and it leaves no room for the magic and undeniable intelligence of our soul. The richness that our depth (soul or essence) impulses forth for us to feel is far beyond what we can plan from our very linear way of mindful thinking. It is whole-body-mindedness that allows the richness of knowing and discerning qualities of energy. This is just a teaser as I speak more in depth on this later in the module.

### 4. The Best I Can Do Picture

The best I can do picture is the picture that we build because we are wanting to be "safe" with our choice. We don't want to get disappointed or aim too high and we kind of like the safeness of not putting ourselves out there. This type of picture is based on accepting less due to a lack of self-worth. For some people it is a 50% settling for less and for other people it might be a 90% taking the shine off things type of settling. For many people in this category, they actually know the truth quite clearly but step out of it and replace it for a picture that has some of the elements looking like the truth but has lost all the vitality of what the truth actually is.

NOTE: We may have one type of picture category that we mostly subscribe to but in reality we can hop from one to the other or mix a bit of everything together. Getting to know where our relationship pictures come from is an important part of discarding them and allowing more space to feel the truth for you.

## EXPOSING YOUR pictures

Question 1: Write down some of the pictures you may have around what type of person you should be in a relationship with.

Question 2: Write down some of the pictures you may have around what your relationship should look like.

Question 3: Which category of relationship picture do your pictures mainly come from and explain in detail where they are coming from.

Question 4: How does this picture play out for you and in your relationship? Does it change how you see things or the decisions you make?

## JAVE YOU BEEN MOULDED?

We have been looking at ways in which we mould our life (and ourselves) to suit our pictures but what about when others try to impose their pictures on us? Have you considered the said and unsaid interactions that encourage us to mould into someone else's ideal? It is completely healthy for those around us to challenge us and ask us to grow but when this is true, it comes from a feeling for what is next for you. Not a demand on you to fit with another person's desires. The two questions below help to identify areas where you may be moulding yourself to suit another's relationship pictures / needs.

### SPACE TO BE YOU (YOUR ESSENCE) VS MOULDING

Question 5: Reflect on a moment where you felt you were being asked to be less than you or a different version of you within a relationship? What did you feel like? Emotions, physical feelings, thoughts, a deeper sense.

Question 6: Reflect on a moment, where you felt supported to just be you in a relationship. What did you feel like? Emotions, physical feelings, thoughts, a deeper sense.

## FREE OF THE Mould

It takes a lot of dedication to truly free yourself from pictures. Each time you deepen your connection with your soul you offset some of the outer layers of loading you have taken on in order to be what you think you need to be. It is only as you start to live life free of the mould that you get to truly see just how caught in pictures you were.

"You are never truly free from the pictures and moulds that life offers, until you have seen exactly through all the ways that you are tempted to follow an image, look, performance or behaviour, where the impulse never originated from your essence ." Rebecca Poole

Question 7: Are there any idols, movies, books, or TV shows where you dreamt about having a relationship like what you saw? If so write them down.

Question 8: Is this relationship image / picture still playing out in your current life? If yes explain, if no, explain how you saw through it as not a true impulse for you in relationships.

# What is true purpose?

True purpose within a relationship is one of the most nourishing gifts you can ever offer yourself. True purpose comes in many shapes and sizes and when you know the detail of this purpose it can be very powerful. Even though the below categories could be seen as stages of growth, one category is never better than another category as they are all equally important in their right place and time. On the next page I share the main categories that everyone falls into when it comes to purpose in relationships. Read the categories below and honestly ask yourself where your relationship lies. You may have a different answer to your partner and that is OK. Each person can be accessing something different out of the relationship. It is important to understand that you are never stuck in the same category and that the purpose of a relationship can grow, change and evolve at any time. It can also take a step backwards if hurts build up and you start to shut each other out. In truth, you never move on from a category and the foundations of each category are always at play when you move onto the next. For example, (see next page A-E) when your purpose is in E 'Working together to grow others', you are still living with all of the foundations gathered from A - D.

Relationships are deeply fulfilling when they allow the space for each person within the relationship to grow, deepen and uncover more and more of their life purpose. It is important to be honest with where your relationship is currently at and how much of it is going through the motions and how much of it offers something deeper. Are you alive within your relationship?



# What is the purpose of your relationship?

### A. To complete a cycle, raise your standards and say no to abuse and / or lesser levels of vibration

Anything that is not loving or fortifying is a form of abuse. It doesn't matter if it is only a little bit eroding of your confidence or self-esteem, if the intention (conscious or unconscious) deflates or drops you then it is not an interaction to continue. If it is not something that you would allow for a baby or a young child then don't allow it for yourself. Sometimes the purpose of a relationship is to offer you opportunity to raise your standards and re-imprint what you have settled for in the past.

### B. To build trust, share more of your depth

Many people have lost trust in people, others and humanity as a whole. Some people have lost trust in intimate relationships and or men or women, same sex relationships and relationships of the opposite sex. When we feel like this, we have a choice on a deeper level to change the story and constellate a relationship that is perfect to allow you to start to build trust. Or we can still be identified by our previous hurts and attract to us a relationship that justifies our held belief / hurt about relationships.

### C. To heal and discard hurts, judgement and reactions

This level of relationship has a foundation of sensitivity that allows someone to go there and start to feel and understand their deepest hurts. It supports each person to know that they are responsible for the hurts they carry and that their hurts are not who they are. There is the gentleness and care to be able to work through reactions and judgement to understand the hurts that lay beneath. This is the beginning of empowerment as each person discovers that they are never a victim of life, circumstance or experience and that they are deep down strong, wise and more than capable of dealing with anything that comes their way.

### D. To grow you and your partner and feel empowered to step more into who you truly are

Once you know that the true you is not your hurts, experiences or life predicaments but is the depth of you, life becomes about unfolding the depth of you out and into daily life. It is a statement of full authenticity and not wanting to settle for the surface level life. It is also a statement of empowerment as you support each other to understand more fully the strengths that you both bring and how powerful these strengths are when they are brought out into the world and not hidden away.

### E. To work together to grow and support others

Here there is a well established understanding and ease of living with your strengths. You are still unfolding the depth of you more and more each day but your focus is no longer primarily focused on this and instead your greatest joy and enrichment comes from growing and supporting others. It is here you realise that you and your partner are not only perfectly (divinely) placed to support each other but you are a perfect combo to support each other with your life purposes. This is another level of intimacy where you share in and collaborate at the depth of your divine / life purpose. This is playfully referred to as a power couple.

### BUILDING TRUE PURPOSE

Question 9: Write down any times where the purpose of the relationship was for you to end a cycle, say no to abuse or to raise the standard? This could be any relationship, friendship, work etc. If yes, describe how.

Question 10: Have you ever had a relationship that supported you to trust? If yes, describe how.

Question 11: Have you ever had a relationship that supported you to heal unresolved hurts? If yes, describe how.

Question 12: Have you ever had a relationship that supported you to bring more of your essence / depth out? If yes, describe how.

Question 13: Have you ever had a relationship that supported you to bring more and contribute more to others? If yes, describe how.

### Question 14: Have you ever had a relationship that changed from one category to another?

#### Mapping the purpose of your relationship:

- Step 1: With no judgement, ask yourself what the current true purpose of your relationship. You can also choose as many other relationships to explore in this way. Include friends, family, work or any past relationships.
- Step 2: Ask yourself if this purpose feels like it is nearly complete or if there is more to explore and develop in this category.

| RELATIONSHIP | CATEGORY OF PURPOSE |
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### **MODULE 5 - CHECKLIST**

- □ Watch Module 5 Video
- Complete Day 5 in the workbook

### DEEPENING YOUR RELATIONSHIP

Jelcome TO MODULE 6 EEPENING YOUR RELATIONSHIP



The process of deepening is one that cannot be done through effort, trying or achievement. The process of deepening is when we let go, open up and surrender to what is already available to us from deeper within. This can feel really awkward and seemingly difficult as we are so accustomed to putting effort in to achieving everything in life. We have for many years if not lifetimes been trained to seek outcomes, perform tasks and measure results. However NONE of this works when it comes to deepening. In fact, in order to deepen you need to renounce every part of the investment in outcome, as this will keep you in the 'push and try' configured way of approaching the situation rather than an openness to receive approach, which is what is needed in order to settle into depth. Depth is something you settle into and in the process of this you come to realise just how much was placed in the way of you being able to settle into your depth. There is always the list to complete . . . before we can settle. The pressure or expectations we place on ourselves or what others place on us. . . before we can settle. The judgements, hurts and guilt to resolve . . . before we can settle. The judgements, hurts and guilt to resolve . . . before we can settle. The deepening process is actually the simplest thing we will ever do (or not do as would more accurately be described).

I could have created some tips and tricks or tools to give you, claiming that they would bring you depth, bring back the spark etc . . . but this would corrupt the process of deepening and essentially make it about getting to an outcome. If deepening becomes outcome driven then it will be merely copying what you "think" depth looks like rather than the vibration depth offers from the alchemy and magic between two people. There is a place for tips, tools, rituals, trying new things and finding ways to support your awareness, challenge your expression and keep you accountable with activating the depth you have felt/received BUT the first step before any of this is to break down the false ways we "try" to navigate (control) depth from.

## What is OUR ALIGNMENT AND THE ROLE IT MAKES IN DECISIONS

Before we make decisions, we are drawn to the vibration of the whole package of intelligence (ideals and beliefs) that a particular decision represents. Another way we could say this is that we align to a decision (and the whole package of vibration it represents) before we consciously make the decision. In a split second, our being receives the depth and meaning of everything that the choices before us contain and the level of standard they will represent for us in our life. That decision is a split, split second decision deep within you of what you are going to gravitate towards, and we will either gravitate towards what keeps us in our comfort zone, what identifies us, gives us attention, relief, or fulfills our emotional desires OR . . . we will align to what will grow us and offer us moments of depth.

### We will say. . . "Yes, I want to listen to the depth of my soul that is all about enrichment and quality; or "I want to play the game and get ahead in life and my depth comes second, or third or fifty-fifth".

It is not that you only do well in life when you play the game, there is a completely enriched version of doing well in life when you come from your depth, but we need to understand that before we make decisions, we are being navigated by our willingness to be the depth of who we are or a willingness to play small, play the game, be the "good" or the "bad" husband, or "good" or the "bad" wife or mother and play those roles or even the no-hope person... they are all still roles that we can play, but they come from an alignment to the type of vibration we are comfortable representing in the world..



LET'S BREAK DOWN THE Superficial

### LET'S TALK FUNCTION

How often do we we make our every intention, thought, expression and movement a purposeful and conscious dedication to depth? Are we aware of our alignment and our hidden desires that push against depth, keeping us living in the monotony of function? Have we succumbed to the subscribed functional "normal" of life?

This may sound a bit hard to hear, or negative, but we very much live in a world that is function first, and depth second. We are programmed from young to tick all the boxes and fulfill all the function before depth is even an option. The problem is, by the time we even get to the moment where we could possibly even give ourselves space to let go and deepen within . . . we are already on the treadmill of ticking boxes, getting things done and then looking for relaxation and relief from the previous pressure and tension. This is the merry-go-round set up that has us seeking relief from the pressure of the expectations and 'to do' list and never once questioning if there is a deeper place to come from in life. For example: we cannot have a meaningful conversation and we cannot have all of those deeper or more connected moments until the kids are in bed or until we have done all the housework in the week, or until we go on holidays, or until the weekend or until you pay the mortgage off or our partner changes. So we can be waiting and the depth is always coming second to what we consider as our very practical everyday responsibilities. The amazing thing is (and this exposes a very very old lie) the practical every day responsibilities are deeply enriching when we make it about depth first.

### BORDERS, SEPARATION AND DEFINED LINES

One of the first things I want to make clear is that we don't have separate relationships, we don't have clearly defined lines that we cross out of one relationship into another and we absolutely don't have a clearly defined line that separates our own relationship with our self and our relationship with other people. Our relationship with ourself is constantly informing, enveloping and beholding our relationships with others; our inner relationship is constantly interacting with all relationships. We have a responsibility to our relationship with ourselves first and foremost, before we have a relationship with other people. . . . knowing this changes your life. Furthermore, we need to understand that the way in which we interact with our friends, our work colleagues, our kids, our parents, including the relationship with ourself, has an automatic flow on effect into our romantic relationship and vice verse.

And so if we are stuck in our romantic relationships of course that has an effect on the relationship with ourselves and also our relationship with other people, our work, everything. But if we are also, likewise, stuck with our relationships at work, this feeds into our relationships at home. The awareness of this is really important and it is important to allow the possibility of this and all of the ramifications of having no separation in life wash over you. It is an energetic fact that you can not bring depth in one area of your life and switch it off in another area of your life without this impacting your access to depth. In other words, everything is everything and each time you move, talk, or express you are confirming the depth of who you are or you are playing a role or function that leaves you feeling less vital and alive, reducing depth into all areas.

eepewing RELATIONSHIPS REFLECTION

Question 1: How is lack of depth currently affecting your relationship? Allow yourself to feel 3 ways.

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Question 2: How is a lack of depth with your own connection and relationship with yourself affecting the way you feel about yourself? How does this affect the decisions you make in relationships, home, and work?

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## WHAT GETS IN THE WAY OF Depth?

When we don't have depth in our relationships it actually takes the lightness and the joy from our lives. Depth does not mean heavy or emotional. . . it means aligned and resonating to our deep down truth. Having this in our life (our deep down truth) makes life simple, clear and from here joyful. When we are not getting a regular confirmation and beholding from the depth of who we are and the depth of our relationships . . . the function driven life starts to erode our deeper sense of love and purpose.

**1.** Waiting for the other person to bring more depth before we bring depth. This can be such a tricky situation to find ourselves in. Everything we are taught in the world says that relationships should be equal and that we have a right to hold back or withdraw if we are the one putting in all of the effort. What if our role is to lead the depth, to bring and inspire 99% of the depth? Sometimes we feel like we crave our partner to bring more depth but actually it is not our partner's depth we truly miss but ours. Our potential might be to bring much more depth than our partner and when we compare with others how much they are bringing vs how much we are bringing we miss the magic of what we are being given to lead and initiate. When we come from depth it is a joy to lead and initiate, not a burden. It is important that you don't take it personally or give up if our partner resists the depth. The depth is first and foremost a gift from your soul to you and from there it blesses others. In other words, when you come from depth, the depth is something you get to enjoy irrespective of how much depth the other person is willing to go to. Waiting for them only harms us and further delays their growth.

Z. **Our unfulfilled needs.** Do we R E A L L Y register the times where we get needy? Not just when we act needy but when we feel needy and start vibrationally pushing our needs on another? To really get a handle on this we have to understand that the world mixes up the words need and value, which is confusing because popular psychology says you need to have your emotional needs met. Now I understand where this comes from as there have been centuries of relationship dynamics playing out where one person in the relationship just shuts up and puts up. The reactionary solution to this is to demand that your needs be met. You are entitled to your needs being met. But the problem with needs is that they are not actually your true depth of values. Expressing your needs in order to get what you want is not the same as expressing from your values to bring a new standard. Needs and value based standards (based on values from your core not ideals) are two different things and have a completely different vibrational resonance. Needs are our pockets of unresolved emptiness, hurt and emotional desire that have come about from unresolved experiences. In other words, our needs are very different to what deep-down resonates as true to us. They are very different vibrations and have a very different feel in our body. Hence, it is important for us to be able to feel the difference when we are coming from neediness, demanding our partner to fix a way that we feel about ourselves and when we are expressing how we are going to live based on what feels true to us. One of the most freeing and powerful things for us to realise is that needs are very imposing. Everyone has felt, if not consciously acknowledged the imposition of someone else's neediness directed towards them. Neediness is not something we actually like, so we need to become fully aware of when neediness is playing out. When am I coming from a need? When is my partner/friend/family imposing on me with a need? This can happen with kids as well and we can start to register what neediness in all areas of life feels like.

## WHAT GETS IN THE WAY OF Depth

**3.** Pictures and our ideal outcome. One of the key things that lets you know that you are caught in a picture (preconceived ideal or belief) is that you feel disappointed if what you were projecting/desiring isn't met. If there is a relationship or a person that keeps disappointing you, it is a moment where you can step back and look at the different expectations you have and what you are imposing on them in regards to what they needed to do, or what the perfect picture scenario is, that you are wanting. When we come with pictures we take the magic out of what the truth of the moment is. Often, the truth of the moment and the deepest, truest outcome has nothing to do with what we think or project the outcome should be. However, we are so conditioned to have an outcome in mind and then work to achieving it, we don't allow the space required to let the deeper magic unfold. It is exhausting to constantly live our lives measuring ourselves or others against the ideal, picture perfect, fairy tale, whatever it is (we all have this, we all have gathered a picture perfect scenario for a relationship over many life times). For some people their ideal might be that their partner leaves them alone, allows them to do their own thing, doesn't ask anything of them, lets them have their time to do their hobbies and never ever asks them to grow as a person. Picture perfect comes in many shapes and sizes, often times they don't even make sense but you can have them in you unresolved.

**4.** Taking things personally is one of the quickest ways that you can take the depth out of the situation. We take things personally when we feel hurt but get stuck in it, hold onto it and find it difficult to resolve or understand the situation. There is a difference between registering something as hurtful, harsh, unloving or uncaring (this can happen often), and holding onto the hurt and then living with it in your body as an unresolved moment in your life. Holding onto hurts is what corrupts our sense of self and it stops us from being able to see clearly: as soon as we are taking it personally and make it about our hurt, we lose all of our ability to understand where our partner is at or where the other person that is involved is at. Understanding why they (whoever your 'they' is) do the things that they do, and realising the fact that most of the time it has absolutely nothing to do with us personally i.e. it is their issue. We then can clearly feel what our responsibility is in the moment, in the hurtful interaction. By not holding onto hurt (as a truth), we can actually feel what it is that we can contribute to resolve the situation or take our next step in our growth. Sometimes it will be true for us to respond with words, hold someone accountable, or sometimes it is time to move on or give the person space. What if instead of taking it personally, we can appreciate how the situation is growing us? What if it is important for us to be around a little bit of whatever is going on that is hurting us, because it is there for us to learn to not take things personally?

**5. Right & Wrong.** Have you ever experienced a time where you are having a conversation with someone and you can feel when the interaction moves into an "energetic arm-wrestle or tug-of-war". One person is trying to dominate the other person into their way of thinking and vice versa. It is really powerful when we start to register that the wrestle won't get us anywhere and in actual fact it robs us of our depth. You cannot have depth when you are trying to arm-wrestle someone, because it is all about whose opinion is right and wrong, it is not about your essence or your depth. Our depth has the wisdom to dissolve any separation or fight – so if we can have a sense of when there is a right or wrong tug-of-war playing out within a relationship, we can drop the rope and stop playing our part in the dynamic. More on this in Module 10.

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## WHAT GETS IN THE WAY OF Depth

6. Holding back or playing less. Another thing that gets in the way of depth in a relationship is when we hold back bringing our all to others. This is where you shut-down, withdraw or give up on your relationship. True Collaboration can never can get off the ground if one person is holding back. The enrichment of collaboration is where one person brings their insight and awareness as a platform for another to add to with their insight, wisdom and awareness. This level of depth doesn't happen if one person is holding back. . . as there is nothing to build on. Often you see in relationships that there can be one person in the relationship that just goes along with everything: "A yes man/woman", but, if one person is holding back and wanting to keep the peace or not wanting any responsibility in the decision making or doesn't want to rock the boat (challenge the statuesque) . . . through their holding back and not fully contributing, they are taking away so much depth that could be had in the relationship. We can commonly see this where someone will share and initiate things while the other person will just be agreeable, but actually this is cutting off half of the awareness and half of the enrichment (further deepening) that could be brought to the situation.

**7.** Doubt and the quality of relationship we have with ourselves. I am just going to put this right out there: doubt does not serve anyone. If you have doubt coming into your mind, you are eroding your relationship with yourself . . . and this can't help but erode your relationships with others. The quality of our relationship with ourselves is the biggest fundamental key to having depth. It allows us to know what we truly feel and have the self-worth to express it. How can you be an equal contributor and truly collaborate with someone when you yourself don't even know the truth of what you feel, or what you sense about a situation? So when we don't know the depth of who we are, we are already reducing the depth within a relationship. When you know that there is a depth to you and that you do know the qualities that you naturally bring i.e. your strengths, you bring that depth to everything and everyone you are collaborating and contributing with. If you don't really understand the value of who you are and what you bring then that tells you that the relationship with yourself is getting in the way of more depth in your relationships.

8. Honesty and Transparency. Lack of honesty and transparency is a killer of depth. Not wanting to be seen, hiding your strengths and/or weaknesses, not letting others see your magnificence and your spunk, i.e. what's makes you magnetic, hiding your warts. . . is all part of suffocating depth. How are we going to bring depth to our relationships if we are not letting others feel our spark or "mojo"? If we are not free to be honest and transparent with who we are, warts and all, then we would never want to go to depth, ever. It is simple, you cannot have depth without being seen, and if you don't like being seen, if you like to hide, then you will avoid depth. If you think you have aspects of yourself that you need to hide or that others won't like, you won't want to have a deep relationship because when you are in a deeply connected relationship with someone you can't avoid their insight and awareness that sees everything about you. There are so many different things that we get shown when we have a close one-on-one relationship, whether that is our romantic partner or our kids or whoever is our significant other relationship and if we can't be honest or self-reflective . . . we will avoid or even sabotage the depth.

## DEEPENING OUR RELATIONSHIP Reflection

Question 3: Pick two examples from the previous list of '*what gets in the way of depth*' that you know affect you in your ability to bring depth and write about how this impacts you and your relationship.

1st example

#### 2nd example

## DEEPENING OUR RELATIONSHIP Reflection

Question 4: Pick two examples from the previous list of '*what gets in the way of depth*' that you know affect your partner's (or friend, family etc) ability to bring depth and write about how this impacts both them and you.

1st example

#### 2nd example

MODULE 6 Reflections

Question 5: What are your biggest 3 take home messages from this module?

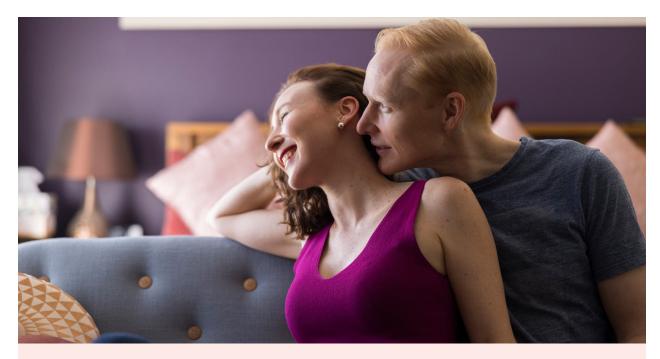
Question 6: What do you feel are your next steps in allowing more depth?

### **MODULE 6 - CHECKLIST**

- □ Watch Module 6 Video
- □ Complete Module 6 in the workbook

## BEING OPEN TO DEPTH

## WELCOME TO MODULE 7 BEING OPEN TO DEPTH



Welcome to Module 7. This module is a fascinating module and one that I dearly love. What we are going to bring back is a bit of the magic and mystery of relationships where we get to learn so much through and with other people. I find people fascinating and after this module you will have all that you need to enrich your life with the magic that is at play when you truly express from depth and awareness.

Is there a little part of you that doubts that this magic exists? Have you been conditioned to be a little skeptical about being able to live this magic in your own relationship?

The fact is you are already part way there, you are reading this module which means at least a little part of you wants to live the depth of your relationships. This is the most important ingredient as it creates a base of openness and willingness and A LOT can happen from there. In this module we will explore how to bring more openness (even when you don't want to), how to read openness in yourself and other people, what it means to communicate depth and a whole lot more including everything your soul has placed in front of you to experience/ learn from in life.

Take your time and enjoy everything that is on offer in module 7.

### DO YOU WANT TO GO THERE?

### DOES YOUR PARTNER WANT TO GO THERE?

Most couples that I support come to me feeling like they are not in the same universe, let alone on the same page when it comes to depth. However when I chat with them, I can very easily see that deep down they do want to get on the same page and they do want to go deeper. It is just that each person will have different reasons for wanting to go deeper and different barriers, triggers or fears with going deeper. In most cases the reason why couples feel more distant than they actually are, is a result of how much we (in general) focus on the problems and also how unaccustomed we are to appreciating and confirming ourselves and our relationships. This is why it is important to value and appreciate each other which is a necessity for going deeper.



LOVING Spenness

Openness is a quality that serves you very well when you allow it to. Being able to approach people, completely open to what might play out and what feels true is something to truly treasure. What I have observed through working with people in clinical practice for the last 20 plus years is that people always surprise you. Most people have not ever had another person approach them openly and how they respond to that openness can be completely astonishing even for themselves. The openness to see how each moment plays out and what is there for you to learn, evolve or deepen with is part of the magic. I call this a fresh / clean slate. Going into each moment, completely open with no preconceived ideas, projections or judgements. It doesn't mean that you are not aware of the past and what may have previously played out BUT . . . you don't load the moment with that stuff, because you have resolved it and you are giving the other person a fresh opportunity to come from who they truly are, not their issues. It is a fallacy to think that holding preconceived ideas or the past actually protects you or even helps at all . . . it quite simply doesn't.

You will hear me say this many times . . .

### The main ingredient to being open is feeling content within yourself.

This allows you to not be stuck on needing a certain outcome or wanting it a certain way. The second ingredient is knowing that you have the awareness and strength to establish standards of energetic quality within the relationship including all the ways the other person engages with you. If there is a true quality of holding, care, openness and connection within an interaction then it really doesn't matter what the outcome is. An outcome that doesn't feel true to you <u>can't be enacted</u> if all of the above is taking place quality wise, then compromise can't even be a thing. In other words, the conversation doesn't end until it is a one unified truth (more on that later).

## READING OPENNESS TO Depth

So what is the first step to going deeper? The first step is actually reading if you and your partner truly want to go deeper. The will to go deeper is a moment to moment openness not a once off proclamation. We have to understand that our openness isn't always under our conscious control and we can't force it. Understanding how open we are to going deeper is an unfolding constant awareness where you will learn a lot about what triggers you, what you avoid and where you may still hold hurts. We may say that we want to go deeper but there is often a fine print to that deeper that requires us to let go of many of our layers of protection (some we don't even realise we have) and many of our previously held judgements, projections, wants, desires or behaviours. In other words, there is a part of us that puts conditions on going deeper and we need to get really really savvy about what this is.

### "Yes I want to go deeper but . . . I also want my way / view / opinion to be right."

We need to be very honest about this, and I mean very honest because you will never be able to go deeper when you are fixed on an outcome. Having an outcome of where you want a relationship or conversation to get to will nearly always end messy but more than that it caps the potential of what can happen when two or more people let go and allow the depth.

<u>To be clear</u>: having a fixed outcome is very different to having standards and not having fixed outcomes by no way drops your standards within a relationship. The two are completely different as having standards ensures a quality of interaction which in-turn ensures that the magic between two people occurs.

So back to reading the openness. Can you feel how open you are when you approach a situation / conversation? Do you have a sense of how open another is? To have depth in your conversation you have to be transparent with the depth of who you are and what you stand for. This is not a mental decision you make.

### "You can't click your heels 3 times and all of a sudden you have willed yourself to be deep"

Your level of transparency of the depth of who you are comes firstly from how settled you are with yourself and second how comfortable you are in sharing that with others (all others). The reason it is important to include 'all others' is that the more we grow and mature our ability to be open with many others the more we go deeper with accepting ourselves and what it means to come from the depth of our essence. When you open up and then close down depending on who you are around you are actually saying to yourself that you are not wanted, not accepted or not worthwhile aka there is something wrong with you. Hiding your depth or essence doesn't actually protect you from harm (more on that another time).

EXPLORING Spenness

Question 1: Write down your sense of what being open to depth feels like, either through your own experience or through being inspired by another.

Question 2: Write down what scares you about being open.

Question 3: Write down how it feels when you are closed or fixed.

Question 4: Write down how it feels when someone you are with is closed or fixed.

## Why people fear being open

One of the biggest reasons people fear being open is that they feel like they will be taken advantage of if they are open. They see openness as the same as nice or pleasing but it is not: being open to someone is connecting with them, understanding them and sharing who you are . . . not just doing everything they want you to do. Openness is the ability to have no agenda, just honest and authentic response. Many people don't know what they feel with enough clarity to ensure that they can stay true to themselves in any moment. Add to that the lack of strength and empowerment needed to authentically stand by what you feel in any moment and it becomes completely understandable to see why people fear being open. Another reason many people struggle with openness is they are plaqued with guilt, sympathy and emotional attachment and this causes them to take on other people's "stuff", their energetic state of being and feel responsible for fixing their issues. They lack the proper boundaries to understand what they are feeling and what another is feeling and this reduces their ability to read a situation clearly allowing another person to experience their life choices and the growth and potential evolution that each moment offers them. The third biggest reason that people fear openness is that they don't have a relationship with the flow of life. They feel that they need to control everything and conquer life for their "wins", which means that they are forever indebted to manipulation, playing games and imposing force on another, whilst missing out on the freedom and magic that comes with life's flow. Lastly, one of the biggest reasons people shut down their openness is that they are afraid that others will judge them, ridicule them or be jealous of them.

- Do you feel like you will be taken advantage of?
- **O** Do you lack the sense of self and clarity to know what feels true for you in any moment?
- **O** Do you lack the strength to back the truth of what you feel in any moment?
- **O** Do you get confused between being nice/pleasing and loving, authentic and true?
- Do you harbour guilt, sympathy and emotional attachment that means you get drained and loaded with others' "stuff"?
- Do you find it difficult to put healthy boundaries in place that ask others to grow through being responsible, aware and respectful?
- Do you feel that the only way to get ahead is to manoeuvre, control and force your way to what you want to get?

### Question 5: Tick the above examples that you experience and write about the barriers you have when it comes to being open.

# READING SOMEONE'S Openness

Note: Doing an openness reading is something that you most likely already naturally do but you will come to do it with more awareness as you pay more attention to it.

Question 6: Choose 3 relationships that you would like to do an openness reading on, use the scale below to feel the level of openness (0 no openness to 10 complete openness) each person has, including yourself. Then write down the barriers you feel each person (including yourself) has to increasing their openness.

Relationship 1: \_\_\_\_\_



What are the barriers you have to increasing your openness within this relationship?

What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

# READING SOMEONE'S Openne Relationship 2: \_\_\_\_\_ What are the barriers you have to increasing your openness within this relationship? What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

| READING SOMEONE'S Openness |             |              |              |              |             |              |             |   |   |    |
|----------------------------|-------------|--------------|--------------|--------------|-------------|--------------|-------------|---|---|----|
| Relatic                    | onship 3:   |              |              |              |             |              |             |   |   |    |
|                            |             |              |              |              |             |              |             |   |   |    |
| 0                          | 1           | 2            | 3            | 4            | 5           | 6            | 7           | 8 | 9 | 10 |
| What a                     | re the barr | iers you hav | ve to increa | asing your o | openness wi | thin this re | lationship? |   |   |    |

What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

# READING SOMEONE'S Openness

### COMBINED Openwess

The key to openness in relationships is combined openness. It's kind of like combined fertility (bare with me), if you are wanting to increase your fertility as a couple then it's not about having equal fertility it is about combined fertility.

A woman may have an overactive immune system that attacks sperm and a man may have a lowish sperm count. The woman may try everything she can to reduce inflammation and moderate her immune system's responses and for all her effort her fertility only improves by 1%. The man may change his diet, lose a bit of weight and take some zinc and his sperm count might triple and the combined change in fertility is massive.

When it comes to openness within relationships the important thing to be aware of is:

### 1) openness is contagious

And . . .

### 2) openness doesn't need to be measured as equal from each person.

By you increasing your openness you can change everything in the relationship (regardless of what the other person is doing) and this supports depth.

Some people say, "but why do I have to be more open if he or she is not being more open?"

The answer is . . . well you don't.

But if you want to bring more depth to your relationships and you want to feel light and free then maybe give openness a go. Sometimes you are the person who seems to always have to bridge the gap because you have the willingness to be open, awareness to understand and mastery to communicate. I would say that for the majority of my life in the majority of relationships I have been the more open person who is willing to go deeper. What this means is that in most of my relationships I am the one who is willing to connect and able to understand the other person and open to sharing the deeper aspects of what I feel and sense and the **depth of essence** I am part of:

It is okay to be more capable at these things than others and in fact it is the only way that those around you learn how to lift their standards and capability. Being the most open person is actually not a bad place to be and it certainly beats waiting for other people to decide to be open before you allow yourself to be open.

get ting on THE SAME PAGE

### DEEP DOWN THERE IS ONLY ONENESS

Deep down most people are sensitive, aware and loving . . . BUT that is not always how they behave or where they are at in their own relationship with themselves. Sometimes it is difficult for people to access the part of them that is tender, sensitive, aware and loving, especially if that is not how they feel about themselves. Without judgement, I encourage you to explore the depth of who someone is and what qualities they naturally bring . . . not their behaviours, hurts, fears and conditions. Take complete openness to this task, it is not about looking at them to pull apart why they are wrong but instead it is to understand what makes them tick deep down.

When you hold space for your partner's depth, they automatically get more access to this depth. When you hold space for your partners depth, you get to live in relationship with that depth. There are actually no down sides to this, only our conditions of how we expect them to be ... getting exposed.

Be open to feeling and sensing even the smallest moment of essence from your partner. This will probably look very different to what you think or expect, let the moment teach you. This openness to receive the truth of who someone else is through observation and not projection is so rich yet simple. It makes all of life's interactions so meaningful, yet simple. No pressure, no tension or angst, instead, an openness to read life from the clarity of your untainted sensitivity. To start with, you might feel like you are making it up. That is fine, just go with it. As you become more familiar with the feeling of receiving depth through your sensitivity you will become very steady with what you observe life to be.



### SOULFUL MOMENTS

Question 7: How easy is it for you to be aware of whether someone is coming from their depth or their unresolved issues? Write the detail of how you know.

Question 8: Do you find it easy to listen to the qualities that come from your partner's essence? Their care, simplicity, gentleness, lightness, humour, etc. If yes explain the process, if no reflect on what you can learn.

Question 9: Do you find it easy to really go for it and make the most out of an evolutionary moment when both you and your partner are coming from depth? If yes explain the process, if no reflect on what you can learn.

| Question 10: How easy is it for | you to be aware of whethe | r you are coming from y | our depth? Write the det | tail of |
|---------------------------------|---------------------------|-------------------------|--------------------------|---------|
| how you know.                   |                           |                         |                          |         |

Question 11: Do you find it easy to stay open to your partner when they are coming from a lack of depth or an unresolved issue, behaviour or reaction? If yes explain the process, if no reflect on what you can learn.

Question 12: Do you drop, react or enjoin your partner when they are coming from a lack of depth? If yes explain the process, if no reflect on what you can learn.

# LEVELS OF Depth

Explain your experience with each of the following levels of depth / places people can be coming from. Explore how it feels within yourself and also to observe in others while giving as many real life examples as you can remember.

| LEVELS OF DEPTH   | AWARENESS / EXAMPLE |
|---|---------------------|
| Self-reflection and<br>Honesty  |                     |
| A sense of Wisdom<br>and Mastery but<br>yet to be fully<br>activated or lived |                     |
| Wisdom and Lived<br>Mastery   |                     |
| One Unified Truth   |                     |

# ANTI - Depth

Explain your experience with each of the following anti-depth / places people can be coming from. Explore how it feels within yourself and also to observe in others while giving as many real life examples as you can remember.

| MOVEMENTS AWAY FROM<br>DEPTH                        | AWARENESS / EXAMPLE |
|---|---------------------|
| Reactions, Hurts,<br>Unresolved Issues              |                     |
| Justification,<br>defense, Digging a<br>deeper hole |                     |
| Avoidance, Denial,<br>Delusional                    |                     |
| Comparison,<br>Jealousy, Projection                 |                     |

97

# Understanding YOUR RELATIONSHIP'S DEPTH

# Question 13: Use the below table to write about the depth that you and your partner are coming from in respect to different areas of life. You can use the categories shared in the previous two pages and then you can add any specific detail.

This is an important exercise that can help you not only understand your partner (and yourself) better but rekindle some more appreciation for your partner. If you don't currently have a partner you can use this exercise to understand a past relationship or you can choose any current friend or family relationship.

**<u>Be aware</u>** of any inner voices that bring judgement or a sense of right and wrong to yourself or your partner. This exercise is about bringing back the childhood wonder of the depth within people. There is an irresistible innocence that most people can't refuse. Most people desperately want to feel met, they want people to understand them at a deeper level and they want to feel like their thoughts and feelings are valued.

| AREA OF LIFE                             | WHERE I AM COMING FROM | WHERE MY PARTNER IS COMING FROM |
|--|------------------------|---------------------------------|
| Health                                   |                        |                                 |
| Self-care                                |                        |                                 |
| Personal Grooming,<br>care in appearance |                        |                                 |
| Personal Growth /<br>Self-Reflection     |                        |                                 |
| Money                                    |                        |                                 |
| Work                                     |                        |                                 |
| Extended Family                          |                        |                                 |

Fill in the rest of this worksheet by adding your own areas of life where you can explore the depth in your relationship.

| AREA OF LIFE                   | WHERE I AM COMING FROM | WHERE MY PARTNER IS COMING FROM |
|--------------------------------|------------------------|---------------------------------|
| Kids / Parenting               |                        |                                 |
|                                |                        |                                 |
|                                |                        |                                 |
| Holidays, social life, hobbies |                        |                                 |
|                                |                        |                                 |
|                                |                        |                                 |
| Alcohol                        |                        |                                 |
|                                |                        |                                 |
| Fred / Creditor                |                        |                                 |
| Food / Cooking                 |                        |                                 |
|                                |                        |                                 |
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|                                |                        |                                 |

"The power of depth comes from the willingness to take down all of your walls and be prepared to get to know the depth of your own soul. From this place of deep love and settlement, you are forever intimate with everyone.

Rebecca Poole

### WHERE TO NEXT?

Write down 5 tips that will support you to keep being open to depth in your relationship.

### **MODULE 7 - CHECKLIST**

- □ Watch the Module 7 Video
- □ Complete the Module 7 workbook
- Listen to the In Session With Rebecca audio

## DEEPENING COMMUNICATION

## MODULE 8 BRINGING DEPTH TO Communication



Welcome to Module 8, Deepening Communication. There are many, many aspects to explore when it comes to deepening our communication. We can look at all of the ways that communication takes place: touch, looks, gestures, presence and movement . . . and bring more depth and richness to this. We can also look at the things that hold us back in communication, including: our prejudices, unresolved issues, agendas and undercurrents. Over the many modules that you have completed during this program, and the previous Enriching Relationships Program, we have explored a variety of aspects of communication and you have already deepened enormously.

Last module we watched the Deepening Conversations Masterclass and looked at all of the different ways that we communicate and how we can find multi-dimensional richness and depth in all moments. This module's video has covered a different aspect of communication, which includes: knowing how to deal with what comes at us, agendas, control, undercurrents, and our part in not controlling conversations. We also looked at approaching conversations with a clean slate and no agendas, allowing us to be responsive to a deeper form of connection and purpose in each moment.

The focus of this workbook is to cover a slightly different angle: we will be taking a moment to bring the art of observation into our relationships. We will look at how we can zoom out to gain perspective and find our "same page". We will also look at the truth of truth and what oneness really means and how this applies to our relationships.

Enjoy exploring all that this module has to offer.

servation THE KEY TO DEEPENING

Without observation, we can't truly be open and responsive to what we feel on a deeper level. Observation is also one of the most important tools when it comes to having difficult conversations and learning how to get on the "same page" and gain some valuable perspective. Observation is the beginning stage of offering someone space: that is offering someone a quality of presence where you do not impose your own needs, wants or expectations on another . . . and instead, hold them in the quality of who you know them to be deep down. This allows for them to feel fortified at a deeper level and supported in bringing the depth to conversations.

### What is Observation?

Observation is a state of being. It is not what you do, how much you see or notice, and it certainly isn't about remembering and analysing everything that went on. Observation happens when we take a step back (energetically) to allow space (and a quality of holding) between us and the "thing" we are observing. This space (quality between us) allows us to not be as "involved" in the situation and therefore not put our lens, projections, or prejudices onto what is happening. In other words, observation allows you to not lace what you see and instead you can more clearly feel what is the truth of the matter and what is or isn't required from you. This naturally allows you to come from a deeper place within, not the emotional reactivity of our unresolved issues or biased intellect of our mind.

Question 1: How does your body feel when you are able to step back and observe a situation without personal involvement, attachment, or agenda? How is this different to when you are heavily invested in an outcome?



Zooming out is such an important part of finding perspective. Perspective allows you to feel more settled, aware and detached . . . which in turn supports you to be open to more of the depth of the situation. If there are areas in your life where you are definitely not on the same page as your partner, it is really important that you start to explore these areas together so that you can hopefully come to the same page, and this togetherness being a platform for deepening. What is often the problem in relationships is that people are used to discussing areas of life in a tug-of-war, from their separate pages (world views, opinions, hurts etc). This will never get you anywhere, only battered, bruised, worn down and resentful. This is where zooming out comes in. If you are clearly on a different page to your partner then you have to zoom out to find what base of shared understanding you do have. Are you only one page separate? Are you in a whole different chapter? Are you reading a different book? Is it the same author, or a completely different area of the library?

Example 1: You and your partner may be arguing about where to live. You may want to live close to a good school, your partner might want to live close to the beach. You might be thinking about the kids' education and they might be thinking about the family recreation time. You might be thinking of resale value, they might be thinking of where they want to live forever.

Let's Zoom out: You are reading from the future security, education, financial success page and your partner is reading from the future connection, quality of relationship, lifestyle page. You are actually reading from the same book, the 'Trying to look after your family as best you can' book. Once you realise you are reading from the same book but just focusing on different aspects it is much easier to approach the different pages from knowing the foundation of the same book. So why are different pages more important to each of you? What are the fears that draw you to the solutions offered in one page over another? What are your core values that resonate with the other pages? Are you carrying any loading, hurts or scars from past experiences that push you towards the page you are on?

What you get to do in this exploration is to uncover what it is that has driven you to the page you are on and whether that is a deeper knowing and sense of truth or whether it is an avoidance of what you fear or haven't resolved within yourself.

# Zooming OUT TO GAIN PERSPECTIVE

Zooming out can make life so simple. It encourages us to not go down the rabbit hole of hurts, fears and reactions and instead, step back (detach) and observe (feel) what is really going on. This isn't the act of disengaging or caring less. It is actually a gesture of more care and more connection to allow yourself to take in a bigger more expansive perspective. A lot of the time this involves taking time out of the equation. When we take the pressure off having to get on the same page NOW and instead enjoy all of the understanding, growth and depth that can come from the process of getting on the same page, it makes life simpler, relationships soooo much healthier . . . even enjoyable!

Example 2: You and your partner argue all of the time. You trigger each other and deep down you are both so hurt that there is a little part of you that likes (feels relief through) lashing out. It is a vicious cycle that seems to have a life of its own without any real feeling of being able to control it.

Let's Zoom out: You are actually reading from the same page but just in completely different books. The page is 'I am over being hurt and I can't stand being treated x,y,z way'. Your book is 'Why don't I have more meaning in my life', their book is 'I don't want to deal with my past issues yet'. No wonder there is tension! In this example the future of the relationship definitely needs to be explored and a real and honest conversation needs to be had about the realistic compatibility between each other but this cannot be done through reaction and blame. As you zoom out, you might find that it takes a while to find a same page in a same book. You may need to go way back to the point where your same page in the same book is that you don't want to seriously injure or kill each other. If this is the case, there is a lot of work to be done to continue building a foundation that can even handle the conversations needed if you were to decide to separate. NOTE: This is definitely a 'get support from a professional' example.



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EXPLORING PERSPECTIVE || Zooming out

Question 2: Pick an area from the previous workbook (Question 13) where you and your partner are not on the same page with where you are coming from. What new things did you discover about yourself through exploring where each other is coming from?

Question 3: Using this same example, what new things did you discover about your partner through exploring where they are coming from?

Question 4: How does this change your understanding of where they are at and how they see things?

Question 5: Zoom out on an area of your relationship that you are not on the same page with. What is the point of zooming out where you do come together? Describe in detail because this is a foundation for future communication.

Question 6: Having more understanding of where your partner is coming from and now standing on the platform of the zoomed out perspective you share with your partner, how can you look at and understand this area of life differently where you didn't previously stand on the same page? Communicating TO COME TO THE SAME PAGE

Below are examples of how you can handle the most common situations through being genuinely open to exploring where someone else is coming from and you are committed to only bringing constructive contribution to the table.

1. You feel that where your partner is coming from is destructive (for you or them), it has many flaws and doesn't stack up to the truth you can feel.

**TIPS:** This is an opportunity to stay open and feel all aspects of their "page", what exactly are the flaws, why do they invest in it and if there are any elements that have truth. Even the smallest elements of truth allow you to confirm something you do resonate with and support the potential for more openness. The more open your partner is the more willing they will be to shift from their current stance as the openness gives them the opportunity to receive a different perspective. It also gives you something to build upon in future discussions to start a foundation that can build mutual understanding.

**REMEMBER:** The best way to bring old ways or systems to an end, is to do it from the inside; an "inside job" bares much more weight and is an infinitely more powerful approach. Therefore, spend time understanding the page they are on (without judgement) because without understanding why your partner "needs" that book / page you won't ever be able to shift to a more mutually resonating page. This is also one of the key ways to build intimacy and for people to feel met at a deeper level.

### You feel the page your partner is on is constructive and you are able to stay open to them and what they are bringing even though it is challenging as it triggers stuff in you.

**TIPS:** This is an opportunity for you get onto a Self-reflection and Honesty page and learn a lot from the page your partner is on. This is also very powerful as you are building a foundation in the relationship where it becomes a standard to not react but instead start with Self-reflection and Honesty. NOTE: This is a very powerful moment for the relationship where you set a standard for how to be honest during times when your partner is reacting to what you are bringing.

**REMEMBER:** This reflects a lot to your partner for times where he / she is being triggered and has an equal opportunity to make a choice to either react (and go down the rabbit hole) or choose Self-reflection and the growth that follows.

Communicating TO COME TO THE SAME PAGE

3. You and your partner are both coming from a constructive page and you learn loads from each other.

**TIPS:** Use this as an opportunity to push the boundaries and grow, confirm and expand as much as you can.

**REMEMBER:** The real magic and spark starts to come into a relationship when you know how to advance when you are advancing. The trap can be cruising at a time when there is no tension or a lack of fighting and not putting as much engagement or care towards the relationship as when things are a little tougher.

4. You and your partner are both on destructive pages but you realise, pull yourself up and step back to gather some perspective. You re-imprint the moment by coming from a more open, self-reflective and honest place.

**TIPS:** You could have easily gone down the rabbit hole together and maybe even had a party with the Mad Hatter but you decided not to and that is something to really appreciate. It doesn't matter if your partner thinks they scored a win because you apologised for being destructive or reactive. What matters most is that you are settled with your quality of engagement.

**REMEMBER:** It only takes one person to shift the entire quality of a relationship.

Question 7: Write down some key points you can take into your communication / engagement with your partner.

THE Energetics OF TRUTH

#### TRUTH IS AN ENERGETIC VIBRATION

If you are looking to get on the same page as your partner and go deeper in your relationship, you have to be prepared to ask yourself . . . Do I / we want to be on the same page and is this at any cost? Or, do we <u>only</u> want to be on the same page if it is a true-quality-page.

In other words, a same page that is not only:

- A. True for myself
- B. Also true for my partner
- C. Is evolving for the relationship
- D. True for all else involved?

As you can feel, discerning the quality of your 'same page' and adding truth into the equation is a different matter all together, in fact essential. Otherwise, you could live your whole life on the same page as your partner and have zero percentage of true enrichment, growth or love. Makes sense right? You want to make sure your same page has value to it and isn't destructive but the problem with adding truth into the equation is for most people truth is just a word and isn't discerned by the quality of its vibration. In general the word truth is used to describe someone's strongly held personal opinion and completely dismisses the fact that **truth is formed first from an energetic quality**. Well before truth has words, there is an energetic quality that can be felt, known and even measured (don't we say that we can feel a half truth?). This takes a great deal of clairsentience (the ability to clearly sense) and it also takes an alignment to what is for "the all". Even though vibrational awareness is extremely empowering, what we don't like about being aware of Vibrational Truth is the responsibility that comes with it. For this exact reason, many people live without the empowerment, wisdom and deeply satisfying enrichment that vibrational awareness offers. However, if you are ready for it, the empowering nature of truth is well worth familiarising yourself with.

<u>Knowing vibrational truth</u> is actually far more attainable than most people realise, in fact most people already have at least a partial relationship to Vibrational Truth, with it being quite common for people to say things like, "I could feel they were not telling the truth." If you can be open to truth having a certain feel or vibration to it then you are more than part way there.

#### Question 8: Write down your experience with truth as a vibration.

### Truth comes from oneness

Vibrational Truth can never truly be true for only one person. This statement can take a bit to get your head around because we live in a world where we think each person has "a right" to their own truth. What is surprising to most, is that this way of thinking and living is actually very capping. It lacks the potential of depth in collaboration that is possible when you know and interact from the deeper truth that is beholding and inclusive of everyone. We use the "many truths" way of thinking to cover up our inability to truly deal with confrontation or moments of disagreement. To avoid dealing with

the moment of discord, we say the answer is that there are many truths and continue to move on in a separate yet co-habitating way. What if we instead were open to asking the question, "what veils or lenses do we each have over us that prevent a deeper (more all encompassing) truth to be felt by both/ all of us?" In other words what prevents me from feeling and knowing what is deeply resonating for the all? The vibration of where truth comes from is oneness and therefore



there is no separation and as a result no delineation of the truth can occur. Everyone has the ability to connect to truth and a depth of oneness. It is not only for special people or an "exclusive club". . . it is for you me and Jo Blog down the road. The problem is we live in a world that has let lawyers and academics show us what is truth????? No wonder we are lost.

Have you ever experienced a moment where there was a lot of disagreement or debate and then one person says something so profoundly true that it stops everyone in their tracks and unifies all parties? This is a moment when someone was able to access a deep truth that touches all. This type of example shouldn't be shelved as just "one of those moments" as it is actually possible (if you do the work on yourself) to live with this level of access and awareness of truth all of the time.

Question 9: Write down your experience with a stop everything, bombshell moment, absolute, irrefutable, truthas-a-vibration moment where everyone is silenced and even humbled to truth. Even if you haven't consciously experienced this or can't remember this from your life, you can feel, explore and reflect on a moment in history where this has happened.

#### THE IMPACT OF TOLERANCE ON TMT

Most people struggle with the absoluteness of vibrational truth because we have invested heavily as a society in the tolerance of people's differences. Now I am not saying that we become intolerant but what I am saying is that tolerance is a very low standard and we can operate from a much deeper understanding and awareness. The irony is one of the most common ways that we dismiss other people is through tolerance. Yes you heard me correctly, we are dismissive through tolerance. We say things like, "You do you and I'll do me". As much as this might feel helpful in the moment if you don't want to deal with something uncomfortable, it actually perpetuates a separation and lack of true collaboration by not being prepared to explore underneath the apparent difference and explore the deeper unified truth. What is on offer here is a way to sense what you truly feel (with no judgement or projection) about any one situation and then explore this honestly with another until you get to the truth together.



### PULLING BACK THE VEILS TO REVEAL UNIFIED Touch

If we live in connection to our depth, the outer veils start to be pulled back and the true truth of life revealed. It is absolutely possible for every single person to connect to this depth of awareness. Although for most, there is a much needed and sometimes uncomfortable process of discarding the outer layers of hurt, protection, and constructed need . . . before the depth of your soul and the truth it resonates can be consistently revealed. In my experience most people have at least had the occasional experience of this but override this deeper knowing for the **seeming** ease, comfort and familiarity of the outer-self's desires.

NOTE: This is a massive topic so don't worry if you can't quite grasp the concept and / or the practical application of one unified truth, chances are you know much more about it than you realise.

## GETTING TO KNOW Truth

Approaching truth from its felt and known vibrational measure allows you to walk into any situation with a truly open perspective. As you start to know the feeling of truth and allow yourself the humbleness that is required to receive it anytime, from anywhere, and through any person . . . you start to live a truly philosophical life. The beauty of a truly philosophical life is that you are not beholden to any capping or limiting ways of seeing or approaching life and this is **very** advantageous within a relationship.

#### THE PHILOSOPHER

We have this notion that philosophers are ancient people from books or stories that have no modern day application. The truth is, anyone can be a philosopher if they are prepared to unveil the "stuff of life" that has muddied their senses and invest in a deeper awareness of life. We also think of philosophy and philosophical thought as very heady, or lofty postulations carried out usually by some sort of Greek-looking statuesque man. In many ways this has been the institutionalised version of philosophy and the real version of philosophy is an embodied awareness of life that has at its centre an adherence to clairsentience (the ability to clearly feel life).

What the philosopher knew is that he or she did not own truth and that they were merely (although importantly) a vessel for where truth comes from. In order to have a "clear" vessel capable of sensing truth they practiced clean eating, were discerning of their thoughts and words and moved their bodies with a continuous sense of greater purpose.

#### THE LESSON OF THE PHILOSOPHER

The true philosophers of our past were known for their willingness to find truth from the most obscure place, the most ordinary of life, the poorest person and the seemingly unintelligent. This was of course all founded on their commitment to feeling the deeper connection and awareness within. Now the lesson of the philosopher is that they did not own truth and therefore were just as content for truth to originate from others as well as themselves. This allowed them to have true philosophical debate (nearly all but forgotten now) where no one would argue their point but instead wait for the impulse to share their awareness from their point of reflection in life and sense the expansion and depth offered through the offering of others. Without attachment or ownership you offer a foundation for another to share freely and also build upon what you lay out. When you build a house you don't have one person own one part of the steel frame and another own the other just because they were the one who bolted it in place.

This is how it is done in my marriage, my family, my business and many, many projects that I have volunteered my time for. Granted, this is not the "normal" way things are done in society at this point in time but there is certainly a real and inspiring reality to living a true philosophical way.

GETTING TO A ONE Mified Truth

## COMPARISON AND JEALOUSY - Evoling ONE UNIFIED TRUTH

There are many things that erode a one unified truth but probably the most damaging of all is comparison and it's evil step sister jealousy. It is ridiculous that it is so common for us to compare because we are all so different in our vibrations, essence and qualities. We can't bring what someone else brings and comparison pulls you away from what you are meant to bring to others. We all grow up with it so we are not used to living in a world where we don't have comparison around us. We can have comparison within ourselves that we constantly measure ourselves with and we can have comparison with others. In the end, comparison always leads to division. Jealousy occurs when the comparison has built to such a state of fury that you feel justified to bring someone else down. This can be through deeds or acts but mostly it is purely energetic and can often be hidden under a "nice" veneer. The antidote and also preventative medicine to comparison and jealousy is your ability to feel exposed by the truth of someone else's choices and not make them wrong for exposing an area of your life that needs greater attention but instead allow for their reflection to inspire you in full. Successful and mastered people know how to be truly and deeply inspired instead of jealous.

Question 10: Describe a situation where you felt challenged by someone else's reflection; who they are and what they have chosen... and reacted with comparison or jealousy.

Question 11: Describe a situation in your life where you felt challenged by someone else's reflection, who they are and what they have chosen . . . but at the same time completely inspired.

To know the you need to be able to see, feel and listen with your whole body, feeling the vibration that the words, gestures or deeds are coming from. You need to know the feeling of when you are reacting, when you are feeling exposed, when you are processing something, when you are attached, when you want to win or be right and most of all you need to know when you are in comparison or jealousy. Having an honest relationship with all of the above will ensure that they do not erode your connection to truth. Essentially you allow truth to take precedence over everything else, affording yourself the presence and awareness to back away from a tug-of-war and put your energy behind what is felt to be most true. It is a freeing feeling to let truth eclipse your original stance and not be held to a stance just because it was the first you had or the one you invested most in.

"The ultimate way to get on the same page with someone is to not ever be owned by a page, but instead know and live by the deep values that go beyond pages, and are essential to you and true for all.

Rebecca Poole

#### WHERE TO NEXT?

Write down your top 5 Take home truths when it comes to getting on the same page in your relationship.

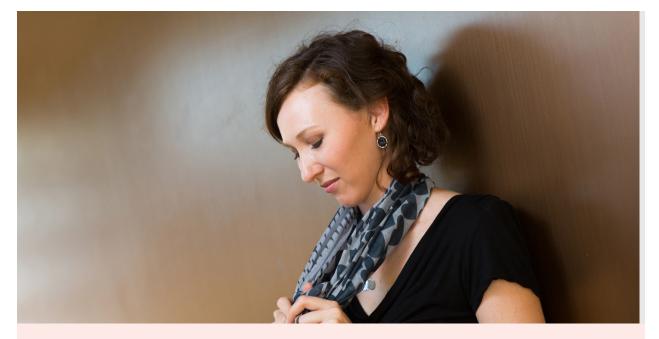
#### **MODULE 8- CHECKLIST**

- Watch Module 8 Video
- Complete Module 8 in the workbook

### THE ENERGETICS OF

COMPROMISE

## WELCOME TO MODULE 9 THE ENERGETICS OF Compromize



Welcome to Module 9 where we are going to turn the word compromise on its head and redefine relationships as we know them. The world tells us that compromise is a good thing, so much so that even the thought of not ever compromising conjures up feelings of guilt and thoughts of being selfish, harsh, unloving or uncaring. We have been promised that compromise is the elixir of relationships. We are told that if you give-and-take you will have a long lasting relationship. In some ways this may be true, but what if that long lasting is excruciating or empty? What is the quality of a relationship that is full of compromise? Have you ever felt like you are the one who is always compromising and . . . you are not being appreciated for what you compromise? Have you ever wished that your partner would compromise more? Or thought that the amount of compromise should be more equal? This is a trap that a lot of relationships fall into and in this module you will explore how you can step yourself out of the compromise trap.

Question 1: Write down everything that you have been told about compromise in relationships.

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### UNDERSTANDING Compromise

#### HOW CAN A RELATIONSHIP WITHOUT COMPROMISE BE POSSIBLE?

Most people can't even conceive of a relationship that has no compromise. If you are one of these people you are not alone. If this is a new concept for you it can be difficult to understand how any decisions could be made within a relationship when there is no compromise. Doesn't there always have to be one person who gets their way and one person who doesn't? We are all so different so how can we live in the same house, sleep in the same bed, and make all of the decisions we have to make together without there being at least one person compromising some of the time? We are also told that to be uncompromising is a bad thing. As I mentioned before it conjures up pictures of being cold, self-centered and uncaring. However it is the complete opposite that is true. Learning how to live without compromise is not only truly loving for yourself but it is also truly loving for all those around you. In fact it could be said that it is exceedingly irresponsible to compromise that which you know is deeply true.



#### WHAT DO YOU ACTUALLY COMPROMISE?

Part of the confusion occurs because we live in a world that does not make the quality of energy and intention the defining factor of truth in life. In other words, we do not discern life from a base of energetic discernment, i.e. does it resonate with me or not. As I have shared in my programs many times, it is the energy behind all things which is the most important thing. The outcome or outplay is always secondary to the energetic intention. With this in mind we can start to explore what we actually mean by compromise. What are we compromising? This is the most important question because without understanding what we are compromising then we can't truly discern whether compromise is a good thing or not so good thing.

# Compromising THE OUTER OR THE INNER?

#### SOME QUESTIONS TO PONDER.

Can you discern whether you are compromising a need / want, or if you are compromising your truth? This is a defining moment: are you able to be honest about what is truly motivating you in any moment where you feel you or another should compromise? Are you coming from the depth of who you are, the place where we connect to truth and the truth for all? Or are you coming from an undealt with hurt, protection or need? Is what you are asking for, something that resonates to your core? Or is what you are asking for based on your preference, taste, or judgement? You may say 'but I am allowed to have preference and/or things that match my taste and are to my liking'. Yes, it is our right to have a taste or desire but will it actually deliver you the most enriching moment on offer? With taste, we operate from an outer level of awareness rather than a depth of awareness. Taste, likes and dislikes carry an emotional attachment or need as their seeding intent and are a result of how life has moulded you (including your hurts and subsequent reactions). The more you access your inner-depth of awareness, you realise that you have very little taste, likes or dislikes, in fact, you are completely content within yourself and don't need life to "deliver" you anything. When you can feel the deep love and contentment that comes from letting go and being true to the depth of who you are there is really little else you need and you are therefore free to act purely with the integrity of what is true for all . . . and there is nothing more enriching.



Question 2: Describe the difference between when you feel something is coming from your inner-truth as opposed to an outer preference? NOTE: It may help to remember a time when you clearly felt that something was true even though you didn't particularly like it.

KNOWING YOUR FLAVOUR OF Compromise

Knowing the details of how you and your partner compromise or don't compromise is important. Understanding where compromise comes into the relationship will open up an enormous amount of depth and enrichment.

Question 3: How does it feel within yourself (in detail) when you compromise your inner-truth?

Question 4: How does it feel within yourself when you need an outcome, have certain tastes or preferences and do not feel open to another's expression?

Question 5: Have you ever had a moment where you let go of your outer preferences, tastes or needs and surrendered to the truth of a situation? How did it feel, before, during and after?

Question 6: How does it feel when you compromise to keep someone else happy but really you are selling out to another's undealt with issue, need, comfort, hurt, prejudice, judgement, fear or protection? Share an example.

Question 7: Give an example of a time when you listened to the depth of what felt true and expressed it to others.

KNOWING YOUR FLAVOUR OF ( mpromise

Question 8: How does it feel when you listen to the depth of what feels true and offer this as a way forward for others?

a) When what you are offering is felt, understood and appreciated by another.

b) When what you are offering is not felt, understood or appreciated by another.

Question 9: Describe the difference in your experience of how you feel when you

a) don't feel quite right within because you are processing:

b) when you don't feel quite right within because you are in compromise and going against your truth:

Question 10: How does it feel when you can feel that another person is compromising their truth for you? Write in detail and give an example where you felt another was compromising what they felt was true.

## IS IT EVEN Possible?

### HAVE WE BEEN SOLD A Dud?

The truth is: it is very possible to live in a relationship where there is no compromise. Part of understanding how a relationship can be uncompromising, is understanding the truth about truth. We touched on this last module.

Sometimes getting into the nitty-gritty of how we are feeling and the truth of what we are feeling can be uncomfortable. Stopping and feeling, although at times uncomfortable, needs to be done. When we avoid what we feel, we often create further complication in our life, and others miss out on our insight and awareness. When it comes to compromise we have been sold a dud. When one or more people compromise within a situation everyone misses out and there can be no growth or evolution for anyone. The relationship does not grow and it does not get the vital input and combined wisdom of everyone involved. This is when relationships stagnate, resentment builds and ingrained patterns or dynamics are cemented. Compromise leads to mutual arrangements of 'you scratch my back and I will scratch yours' and this squashes the spark and dynamism of the relationship. There is no deepening, depth or magic when compromise is part of the equation.



Your relationship deserves to have you contribute from your depth aka not compromising or watering down what you feel is true. It is enormously enriching and also extremely supportive to not only have access to your sense of truth but also the opportunity to receive the insight and awareness that another holds and their access to 'the truth'. Two angles of 'the truth' covered is far more enriching than one (or none).

## THE ENERGETICS OF Compromise

#### COMPROMISE OF THE OUTER-SELF (EXPOSING OUR NEEDS AND HURTS)

When most people talk about compromise and the virtues of compromise they are assuming that people are living in relationships that are founded on likes, dislikes, wants, desires, needs, hurts, protections, preference and taste, in other words, the outer-self. The logic is that if you do things you like some of the time and do things your partner likes some of the time there will be some sort of happiness within the relationship. This then assumes that you will be sometimes doing things you don't like and your partner will sometimes also be doing things that they don't like and it will all even out in the end. In other words, you do things you don't like to get what you want. The outer-self operates from I like, want and need or I don't like, want, or need. This is very different to the innerself which is based on what feels true and what doesn't feel true for all.

Question 11: Can you feel any aspects of life where you are still trading dislikes for likes?

Most people sidle up to a difficult conversation fixed and set for the attack or to defend their ground. Not many people approach a difficult conversation with openness, prepared to sense what resonates as true while being open to understanding what another person feels, sees, knows and senses. My husband has this amazing quality, he is able to have difficult conversations with people - easily. I have studied him and have been very inspired by his ability to be so solid, settled and in the strength of who he is no matter what situation he approaches. Partly this comes from not overly caring about what people think about him but largely this comes from knowing that no one can force him to do anything that doesn't sit well with him and this gives him the freedom to listen, feel and be very open to another. This has been so incredibly inspiring for me to observe and learn from and through that find my own mastery. In this example, I realised that the "page" my husband was on was actually a mastery page and therefore our move to the same page came from me being inspired to grow and make the qualities of "his page" also the qualities that I held as a foundation for "my page".

## THE ENERGETICS OF Compromise

#### COMPROMISE OF THE INNER-SELF (GOING AGAINST WHAT FEELS TRUE)

When we are talking about the inner-self we are talking about the part of us that is connected to truth and not just the truth for us but the truth for all things. This might sound a bit far fetched because unfortunately we are not raised to clearly know the difference between the depths of our truth and therefore the truth for all as opposed to "our truth" based on hurts, desires and needs. Most people are not even aware that there is a deeper all encompassing energetic truth. Yes, it is worth repeating!! Truth is a vibration and although there can be many expressions of truth, the one truth is always vibrationally the same. What that practically means is that in any situation, if you allow yourself to truly feel, you will register whether something is a truth or not.

The more you pay attention to this, the stronger you start to register it. Some people say they have a BS radar and they sense a lie anywhere. What I am talking about here is the next level. In order to truly sense at this level, you have let go of needing life to "suit you" and allow for life to unfold truth to you. Otherwise, we see life through our filters (our preference or prejudice) and miss out on the deeper richness of vibrational truth. There is a beautiful humbleness that comes from being open to the truth you feel (no matter who or where it comes to you from) because when you are open to the truth revealing itself to you (with no preconceived ideas) you are often surprised at what you become aware of. This is completely different to being invested in "your way" which in effect will always filter everything you see / feel to match the dominant world view you carry. As you experience living from more depth, you realise the wonder and magic of what unfolds from opening yourself up to vibrational truth and this makes it even easier to let go of layers and layers of outer needs and judgements that have never truly served us. When you are free to energetically discern with clarity and without projection . . . you realise that there is only one truth . . . holding multi-layered depth of truth that continues to reveal itself as you deepen. Life in constant humbleness and wonderment.

Question 12: Do you have a BS radar? If so slow down the experience so you can actually feel what feelings you register and where in your body you register it when you are sensing BS.

Question 13: Pick one example of a time where you sensed BS and write it down.

### COMPROMISE & AWARENESS WORKSHEET

#### DATE:

Take your time with this sheet. This is purely for your own developing awareness and therefore there is no right or wrong only a deepening relationship with yourself.

#### **BODY REFLECTION**

This is a very important starting point for all awareness. This is actually where it all begins. Recognising what your body is communicating to you is a valuable tool when we are wanting to deepen our connection and understanding of who we are and what is true for us in life. Our body can reflect to us areas of imbalance that need to be addressed.

#### **QUALITY REFLECTION**

Once you feel naturally aware of the wisdom your body is continuously sharing it is much easier to clearly feel what your state of being is sharing with you. Are you settled or are you stimulated and racing? Are you conflicted or unresolved? Is there something not quite sitting right for you? Are you ignited and purposeful? Do you have loads and loads of vitality or do you feel drained? These questions and so much more are extremely valuable as you start to peel back the layers of what is not true for you and start to live from a place of inner/outer congruence.

#### When we are numb to what feels true or not true to us, we can:

- 1. Be easily drained
- 2. Allow others to walk all over us
- 3. Give up on life
- 4. Feel a sense of emptiness even though life might look good on the outside
- 5. Compromise our truth

Reflect throughout the next week and ask yourself, how does my body feel when I compromise? Is there hardness, pain, restriction, discomfort, bloating, coldness, heat, emptiness, fullness etc: It is important to acquaint yourself with all of the subtle changes that occur in your body when you compromise.

| BODY REFLECTION | AWARENESS |
|-----------------|-----------|
| Neck            |           |
| Shoulders       |           |
| Heart           |           |
| Stomach         |           |
| Uterus / Pelvis |           |
| Upper Back      |           |
| Lower Back      |           |
| Hips            |           |
| Legs            |           |
| Feet            |           |

Ask yourself, what is the quality of my vitality, my ease within myself, my ease with others, my joy, purpose, warmth, connection etc. . . after I have compromised?

| QUALITY REFLECTION   | AWARENESS |
|--|-----------|
| Vitality – how vital are you                               |           |
| Surrender - ease with self                                 |           |
| Surrender - ease with others                               |           |
| Clarity – feeling clear                                    |           |
| Purpose – ignited in life                                  |           |
| Connected - flow /control                                  |           |
| Depth – deeper meaning or<br>just in the function of life. |           |
| Enrichment – joy or down,<br>dampening and low             |           |
| Love – warmth or reaction                                  |           |
| Grounded – present or<br>checked out, flighty              |           |

Knowing the details of how you usually compromise and how this affects you and other people is important.

Question 14: Write down the four most common ways that you compromise.

| 1 |  |
|---|--|
| 2 |  |
| 3 |  |
| 4 |  |
|   |  |

Question 15: In each of the above situations, how do you feel after you compromise?

1

2

| 3 |   |
|---|---|
|   |   |
|   |   |
| 4 |   |
|   |   |
|   |   |
|   | Question 16: If you could give voice to each of the above truths that you have compromised, what wisdom would it bring? |
| 1 |   |
|   |   |
|   |   |
|   |   |
|   |   |
| 2 |   |
|   |   |
|   |   |
|   |   |
|   |   |
| 3 |   |
| 5 |   |
|   |   |
|   |   |
|   |   |
|   |   |

Question 17: Remember two times where you have observed someone else compromising their truth. How did this make you feel? Write the detail of the situation and how they / you felt.

2

1

## SELF Compromise

#### COMPROMISE IN YOUR RELATIONSHIP WITH YOURSELF

When we think compromise, we think of compromising for someone else. However the most common type of compromise is the compromise within yourself from yourself. This type of compromise happens way before others ever ask us to compromise. This level of compromise is hugely tied up with our self-worth and how much we value ourselves. Are you too willing to settle for less to appease someone else's measure of comfort? Too often the answer is yes. Do you have self limiting beliefs? Do you hold something against yourself for past actions / experiences? Are you unable to accept what is truly loving / advancing for yourself. There are so many little ways that we compromise that end up being a big compromise later down the track but we never connect the two.

Honestly ask yourself, where am I compromising myself? If you answer yes to a question, then take the opportunity to write down exactly what you are carrying and for how long you have been carrying it.

| COMPROMISE   | AWARENESS |
|--|-----------|
| Do you compromise with<br>dress, dress down, avoid<br>showing your beauty, hide<br>your body, can't be bothered? |           |
| Do you compromise your<br>food, give yourself the burnt<br>chop, can't be bothered, make<br>do, eat poorly?      |           |
| Do you compromise your<br>time, say yes when you feel<br>no, rush, squash, cram?                                 |           |
| Do you compromise your<br>self-nurturing, reflection time,<br>time with self?                                    |           |
| Do you compromise your<br>potential, play small, feel less,<br>tone down what you are really<br>capable of?      |           |
| Do you compromise your<br>quality, your steadiness,<br>stillness, wisdom, sense of love<br>and tenderness?       |           |
| Do you compromise your<br>integrity, your truth, your<br>standards, your regard?                                 |           |

WHY DO WE Compromise!

#### THE WHY COMES AFTER THE WHAT

I could say that in some cases you can't avoid compromise and many people would agree with me. Many people tell themselves that they have no other choice, whether that is true or not is up to you. I can sincerely say that although I have compromised many times in my life, I have never truly <u>had</u> to compromise. Looking back, I can see that I have always had a choice. So when I say that in some cases you can't avoid compromise I am revealing the question of what are we compromising? Because at times you will have to compromise your needs, attachments or emotional investments for what is true (meaning true for all including yourself). However, it is not always easy to be clear on what is true for all or see the truth / growth that a situation is offering you. Many people miss out on the perspective that comes with knowing that there is a bigger picture and something to learn in every situation. When you are used to nominating and addressing what it is you have to learn and completing the cycles you need to move on from, seeing the deeper meaning of situations is easy. Sometimes a situation can be so uncomfortable or even seem so unloving that you lose sight of the bigger picture and the offering to learn, complete and move on. So the question is what are we compromising. YES!! I have compromised my comfort many times in order to not compromise my truth. This is now a standard for me and I will not knowingly compromise my truth no matter what the threat or what the enticement.

Question 18: Have you ever gone against the truth of what you feel, to later on find out that it didn't truly serve you? If so write about it.



WHY DO WE Compromise!

#### IF WE KNOW THE WHAT, WE CAN EASILY KNOW THE WHY

We compromise when we make something else more important than the truth we feel. In other words, we are attached to outer needs, invested in outcomes or trying to avoid seeing / feeling something we don't want to be aware of. Once you know the "what", meaning an inner or outer compromise it is much easier to know the why. If it is an outer compromise then the steps forward are to let go of how you want it to happen, surrender to the deeper aspect and wisdom, be open to a truer way of doing things and get out of your comfort zone etc. If it is an inner compromise then the steps forward are to confirm why you feel the way you feel, claim that there is a depth to what you feel and express as transparently as possible so others can sense the truth of what you are sharing, understand it and maybe even build on it with their own unique angle.

Question 19: Remember a time where you have backed the truth of what you felt without compromise. How did this make you feel? Write the detail of the situation and how they / you felt.

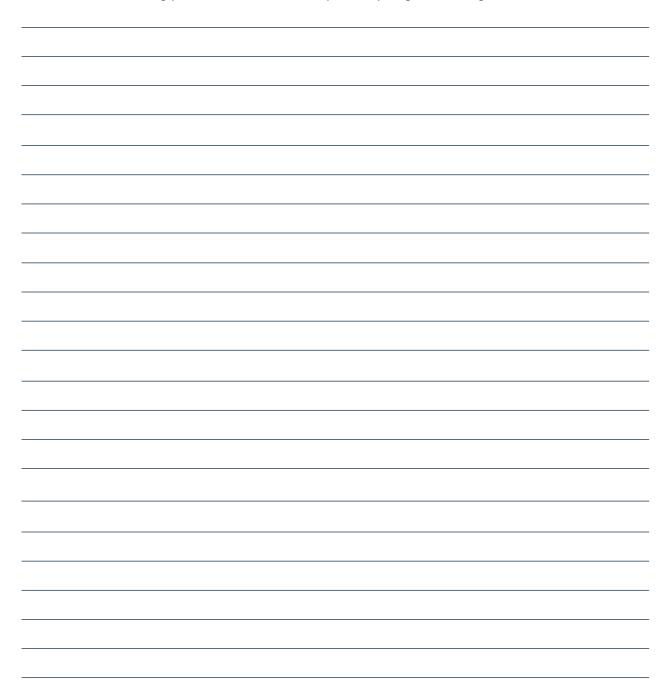


ompromising WITH OTHERS

#### WHY DO WE COMPROMISE WHEN WE ARE AROUND OTHERS?

Have you ever felt like something comes over you when you are in a certain person's presence and you end up agreeing with things you normally wouldn't or you feel unable to voice what you think or feel? Well if you answered yes then you are not alone. This is such a common experience for people and it amazes me that we don't talk about it more often.

Question 20: Write down some of the reasons that you may compromise your truth around others. i.e. to please, to not make someone angry or reactive, to not take responsibility, to get something out of the situation etc.



WITH OTHERS

#### WHEN YOU FEEL BULLIED INTO COMPROMISING

One of the most awful moments is when we feel like we are being forced to compromise. This can be a very difficult moment and quite often we are forced to make a difficult decision. If I can say it in this way, one of the most beautiful things about an intense moment like this is it gets us out of our comfort zone. Quite often we are forced to trust something that is greater than us and have the resolve to choose truth over the momentary discomfort of losing whatever the bully is using to manipulate you with. This might be losing your job, a promotion, your children, how your children will be treated, a relationship, a friendship, family favour, money, reputation . . . the list goes on. These moments are often huge "test" moments and what I have found through trial and error over the years is that it doesn't matter what I think might happen or what the perceived threat is . . . I have found that no good ever comes by compromising my feeling of truth.

Question 21: Write down any situations that you feel bullied into compromising. What is the other person wanting and what are you wanting out of the situation? Pick one person you know could handle this situation and ask them for their advice/wisdom.

#### WHEN YOU DON'T USUALLY COMPROMISE

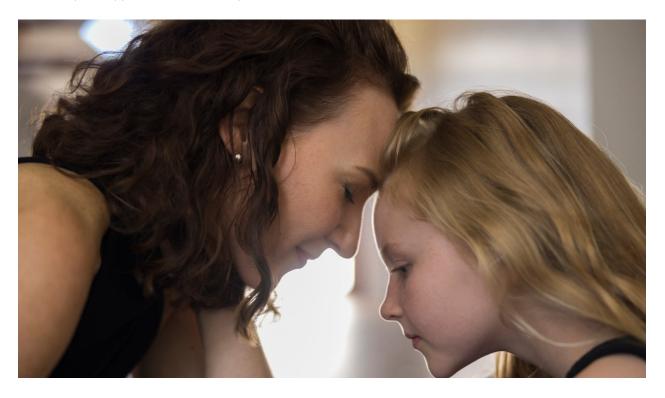
When you don't usually compromise in your own relationship with yourself, others sense it and will usually not ask you to compromise. This is part of what sets up the phenomenon where certain people tend to get walked over and others don't. It has less to do with "being too kind or nice" and more to do with a willingness to compromise what you feel as truth to please another or keep the status quo.

# RENOUNCING Compromise

Now renouncing compromise might be a little confronting . . . but in a lot of ways it needs to be because compromise is not an easy thing to shake without a little bit of discomfort. Renouncing is not just something people do to abdicate the throne in a royal family. It is a very important healing practice that allows you to discard what is not serving you. The way that renouncing works, is that it asks you to see everything that is baseless, ridiculous and harming when it comes to a certain topic / area within your life. When it comes to compromise there are many ways that we can start debasing the usefulness of this act.

### OUR Responsibility TO NOT COMPROMISE

When we compromise what we feel is true we reduce the amount of care, love, decency and / or wisdom in the world. In nearly all cases of abuse and other harmful, disregarding or disrespectful acts there are at least 5 other people who could have stopped it but didn't. This is what is called enabling. As a society we have become numb to the enabling act with many situations of onlookers who mind their own business. To fully understand our responsibility with compromise we have to understand all of the different ways that we can be an enabler. Every time we compromise our truth, whether it is just within ourself or with another . . . we are actually enabling a lack of truth in the world. For example: if you are a woman who compromises her expression of her self-worth by dressing down or not caring about her body then you are enabling a normalisation of lack of self worth in women. If you are a man who compromises his sensitivity and tenderness through a lack of confidence in calling out abusive behaviour, then it doesn't matter how much you would never hurt a fly . . . you are enabling a society where harshness pervades. What if you are constantly compromising your truth around someone else when you have the ability to stand by your truth and therefore support others who may also be in the same / similar situation?



RENOUNCING Compromise

Question 22: Pick one area that you compromise in and renounce it so that it has no foundation, is baseless and you know without doubt the harm that it does.

a) Describe the compromising situation you would like to renounce:

b) Describe how compromising in this way actually has no true worth and offers you no support. You may even find that it is ridiculous:

c) Describe how harmful it actually is to compromise in this way directly and also indirectly by enabling:

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## BRINGING TRUTH TO Compromise

## ALLOWING Others TO COMPROMISE

As you start to become more aware of everything compromise, you will not only become more aware of when you compromise but you will become aware of the feeling when another person is compromising. Even if you will seemingly gain from their compromise it will start to become unacceptable, even unbearable to feel someone else compromise their truth. This is a huge step in growth and what I call self mastery as you start to operate less as an individual and more of a part within the whole.

### THERE IS NO TRUTH WHEN THERE IS ... mprowize

Now this is where it gets tricky. What if you can feel the truth of a situation very strongly but someone else you are with can't? Is it true to carry on with what you know is true despite what the other person thinks?

Well you could carry on disregarding what your partner thinks as long as the situation is solely your situation to make the calls on but this doesn't offer growth or understanding to your partner or enrich the relationship. In this situation both parties can receive a lot of growth when you express the truth you feel from all angles. Firstly this strengthens your own connection to the truth when you have to express multiple different angles of what you feel and secondly it gives the other person the chance to become more aware and feel the truth you have insight around. You may even find that they have something valuable to offer that takes the decision to a whole new level.

What if you and another person are together responsible for making a decision? Even if you can without doubt feel the true way forward, if the other person can't feel the truth you feel (either within themselves or within you), it is not true to move forward. Even if they are willing to give in and compromise to agree with what you want, it is not a long term healthy solution and in fact can fuel many, many seemingly unrelated dynamics. What is once again most important, is to express and communicate exactly what you feel, exploring all angles and making sure that you are expressing with the full feeling of what you feel and not just the intellectual words laced with frustration.

Truth always needs to be felt . . . not convinced. If someone is making a decision and you can't feel them whole heartedly behind it, there needs to be a moment for you to stop and consider why that is. Do they need space to process the situation more or do they need you to express so that they can understand it more?

Question 23: Describe a situation where you feel you knew the truth but those with you couldn't feel it.

Question 24: After reading the about compromise and participating in this module, what else could you bring to this situation?

## BRINGING TRUTH TO Compromise

#### HOW TO EXPRESS WHEN YOU FEEL YOU HAVE COMPROMISED

One of the most important things with expressing what you feel is to never express in blame or hurt but instead take complete responsibility for how and why you allowed yourself to compromise. You can even go as far as to take responsibility for the steps that led you to the situation that might have been too extreme or difficult to not compromise. You can't expect another to have the sensitivity and awareness required to feel when you are compromising nor can you expect that they have the personal growth needed to not "need" to get their own way. We live in a society where a large proportion of people have grown up in the 'dog eat dog' mentality and often they are in a blind fervour to get what they want in life. It is not all that common for people to feel a deep unending support from life, allowing them to only follow what is in line with their integrity and deeper truth. In effect, it is our responsibility to create these standards within our relationships, not expect them to just be there because we personally live by them. So the first step in expressing that you have compromised is to share that the situation you agreed to has never or no longer feels true to you. This is a gentle but steady expression that is more about sharing awareness than jumping to any solutions or outcomes. Once you express, you simply observe, feel and read the situation. Is their first response astonishment because they didn't realise you were compromising? Is their first response anger because they are not going to get their own way? In this case, it is an opportunity for you to claim that you deserve to have your feelings met and that there is no need to get angry in order to share points of views. We will cover more of this in a step by step approach in Module 10: Moving Beyond the Tug-of-war.

Question 25: How do you normally approach a situation once you realise you have compromised? Do you say nothing but hold resentment towards the other or situation? Or do you express?

Question 26: If you do express, how do you normally express?

Question 27: After reading the above and participating in this module, what else could you bring to this situation?

"Compromise is what enables abuse and / or a lowering of standards. The standards within a workplace, family, relationship and the world at large can not be dropped without many, many people compromising. The truth is for every one person who drops a standard there are at least 100 people who allow / enable it. This is a level of responsibility that we must take if we are to truly be able to live free of compromise and share openly the truth that we feel."

Rebecca Poole

#### WHERE TO NEXT?

Write down your next steps in how to reduce compromise in your life.

#### **MODULE 9 - CHECKLIST**

- Watch Module 9 Video
- Complete Module 9 in the workbook
- Complete the Compromise and Awareness worksheet (within Module 9) over the next week.
- Listen to Module 9 In Session With Rebecca audio

### BEYOND THE TUG-OF-WAR

## WELCOME TO MODULE 10 Beyond THE TUG-OF-WAR



Welcome to Module 10 where we are going to attune our radar to know when there is even the slightest tug-of-war occurring in our relationship. We are also going to look at all of the ways in which we stay disconnected, fighting, at odds, poking, finger-pointing, undermining, exploding and dismissing within relationships. In a lot of ways, you will be re-introducing a sensitivity that you may not have felt since you were a young child. So be prepared to feel raw at times as you unpack this module.

In general, people start out with the sensitivity to be able to feel everything that is going on around them. They can feel tension, undercurrents, dismissiveness, coldness, jealousy and manipulation. The problem is what we felt as a child was usually at odds with what we were told was actually going on, "the acceptable truth". This can be very confusing as it leads to an undermining of your sensitivity and what you feel.

Slowly we become numb to what we feel and start to live a more superficial life, albeit still getting affected by what is taking place under the surface. Our "relationship conflict" radar has been attuned to more extreme cases of fighting like yelling, smashing property or physical abuse and often the more subtle (but just as damaging) forms of "war/opposition" go undetected or unaddressed. This module is an empowering module to support you to become aware of all the little moments that build to bigger moments of opposition.

# WHERE Conflict STARTS



#### CONFLICT WITH YOURSELF

Before we look at conflict within a relationship, let's look at the conflict that is a little more close to home. Have you ever noticed the times you feel conflicted? We usually attribute this to having to make a decision or being challenged on our values or integrity. But have you ever considered that you could be in much more conflict with yourself than you realise? Without sounding too much like you are heading to the loony bin, these experiences are very common and many people feel torn on a day to day basis without realising it. Do you say something or don't you say something? Is this relationship still right for you or not? What about the times that you behave in a way that is contrary to what you feel is true but you can't seem to stop yourself? Do you beat up on yourself? Are you hard on yourself? If you are at all hard on yourself then you are in conflict with yourself and that hardness is with you in all that you do. When you are in conflict with yourself it will inevitably spill over to other people and affect your relationships. In order to be able to have harmony within a relationship, you have to first be settled within yourself.

Question 1a: Are you hard or harsh with yourself? If so describe how.

Question 1b: What understanding can you bring to yourself to cut the harshness?

Question 2a: Do you dismiss your feelings, your worth, your reading of a situation? If so describe how.

Question 2b: What would it feel like if you backed what you felt as true? How would this change your life?

Question 3a: Do you compare or measure yourself against others? If so describe how.

Question 3b: What are you not confirming or appreciating within yourself that makes you feel like you have to compare to "check" your worth or lack of worth against others.

Question 4a: Are you in a tug-of-war with yourself? What are some of the issues you feel you are in conflict with yourself over?

Question 4b: When you are settled within yourself, what is the truth you feel about these issues?

Over the page, we are going to explore your observations and experiences with conflict in relationships. You will be surprised at what you think and feel about conflict in relationships. Are you ready?

### WHAT HAS BEEN YOUR Experience?

Question 5: Write down all of the different types of "conflict / opposition" that you have observed or experienced in relationships.

Question 6: How do you respond to conflict? Do you fight, get aggressive, withdraw, appease, manipulate?

Question 7: How does this make you feel? Do you like the way conflict makes you feel or how you respond to it?

Over the page, we are going to explore all of this in more detail. You will be surprised at the many and varied ways that conflict arises in relationships. Are you ready?

# RELATIONSHIP War

### THE SUBTLE OR NOT SO SUBTLE WAYS OF CONFLICT

| 1.  | "Arm wrestling" each other to be right or get your way/view.   |
|-----|--|
| 2.  | Pulling away, disengaging, giving up.  |
| 3.  | Being dismissive or cold. Giving your partner the 'silent treatment'.                                      |
| 4.  | Undermining your partner so they don't bring the next level of awareness or standards to the relationship. |
| 5.  | Pointing the finger or bringing blame into the relationship.   |
| 6.  | Defensiveness, denying, burying.   |
| 7.  | Revengeful or calculating how to get what you want.  |
| 8.  | Comparison or measuring yourself against another.  |
| 9.  | Hurt, frustration, emotional blackmail. Purposefully triggering the other person to make them unsteady.    |
| 10. | Needs and expectations, loading the other person.  |
| 11. | Competitiveness, trying to win, conquering another.  |
| 12. | Jealousy, preferring to tear down instead of being inspired by the other person.                           |

#### Question 8: Write down what it feels like when you or your partner engage in the ways of conflict listed below.

NOTE: You want to capture it in a way that you can start to recognise what is happening as soon as it happens.

| WAYS OF CONFLICT   | MYSELF | MY PARTNER |
|--|--------|------------|
| Arm wrestling each other to be<br>"right" or get your way/view. i.e.<br>tug-of-war                                   |        |            |
| Pulling away, disengaging, giving<br>up. Being dismissive or cold.<br>Giving your partner the 'silent<br>treatment'. |        |            |
| Undermining your partner so<br>they don't bring the next level of<br>awareness or standards to the<br>relationship.  |        |            |
| Pointing the finger or bringing<br>blame into the relationship.<br>Defensiveness, denying, burying.                  |        |            |
| Hurt, frustration, emotional<br>blackmail. Purposefully<br>triggering the other person to<br>make them unsteady.     |        |            |
| Comparison or measuring<br>yourself against another.   |        |            |
| Needs and expectations, loading the other person.  |        |            |
| Revengeful or calculating how<br>to get what you want.   |        |            |
| Competitiveness, trying to win, conquering another.  |        |            |
| Jealousy, preferring to tear<br>down instead of being inspired<br>by the other person.                               |        |            |

### BUILDING HARMONIOUS Relationships

In order to build harmonious relationships, we need to expose all types of conflicts that play out in our relationship. Most of the time people tolerate certain types of conflict because they feel like it is better than other types of more extreme conflict. The problem is, all conflict builds to more conflict and although it may be true to deal with the most extreme type of conflict first, it is important that you don't stop there. If you settle for lesser forms of conflict you will get stuck in your evolution and the relationship will lose its depth and enrichment. If you hear yourself saying "oh well it is not as bad as . . ." then you know that you are setting up a relationship that has undercurrents of conflict. In some ways, this is worse than the more avert types of conflict because it is more hidden and can be harder to put your finger on. Many relationships can seem pleasant or nice on the surface with absolute fury or jealousy underneath. This can be much more damaging in the long run. As you start to resensitise yourself to the feeling of true harmony, you start to feel when there is any form of hardness, shutting off or distance between you and your partner. Now it is important to note that this happens energetically well before anything happens visually or physically. Building an aware relationship means that you can start to have these conversations when you sense a shift occur energetically, and you don't have to wait until it plays out in physicality.

Question 9: What are the 3 most common ways that you pull away, harden, attack, undermine, load or engage in conflict with your partner, friend or family member?

| 1 |  |
|---|--|
| 2 |  |
| 3 |  |
|   |  |

Question 10: What are the 3 most common ways that your partner / friend / family member pulls away, hardens, attacks, undermines, loads or engages in conflict with you?

| 1 |  |
|---|--|
| 2 |  |
| 3 |  |

Question 11: Pick another person, what are the 3 most common ways that you pull away, harden, attack, undermine, load or engage in conflict with them?

| 1 |  |
|---|--|
| 2 |  |
| 3 |  |

Question 12: With the same person, what are the 3 most common ways that they pull away, harden, attack, undermine, load or engage in conflict with you?

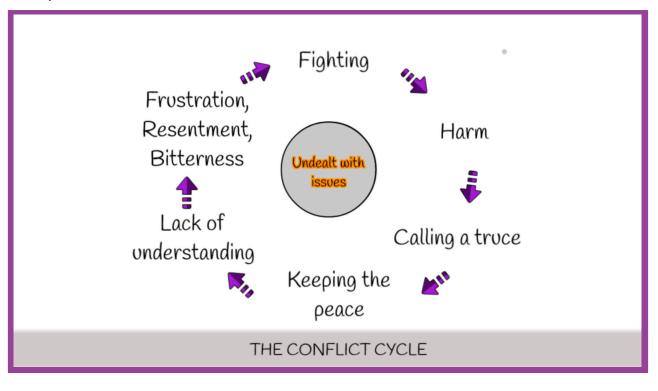
| 1 |  |
|---|--|
| 2 |  |
| 3 |  |
|   |  |

### DO WE NEED TO BE IN Conflict?

The simple answer is no we don't need to be in conflict but you could say that we do need to be in conflict until we no longer need to be in conflict. When you really want to work out differences and understand the person and situation fully then you will no longer have conflict. Even if the other person is in conflict with you, you can absolutely still choose to not be in conflict with them. Conflict doesn't bring about resolution . . . ever!! So there is really no true worth to it. However being honest about the conflict that is there is the only way you can ever come out of it; pretending that the conflict doesn't exist and "playing happy families" is a disaster waiting to happen. It is also much better for a conflict to come to the surface and play out more openly than it is for it to be submerged. This is why you can never judge the conflict that is in another person's life as it may be a huge evolutionary step for them to be more open and honest about the conflict they are feeling rather than burying it for another time.

#### CONFLICT IS DRAINING AND SO IS KEEPING THE PEACE

If you have ever been in conflict with someone, you know that it is draining. Whether it is in your face conflict or submerged conflict . . . it is all draining in one way or another. It is easy to see how arguments and fighting are exhausting but have you considered how much energy goes into trying to 'keep the peace'. How much energy have we put into keeping the peace and or being at war? It is astronomical how much energy we put into what I call 'The Conflict Cycle'.



Take a look at the below diagram of 'The Conflict Cycle' and ponder on where you get stuck within this cycle.

## COMPLETING THE Cycle

We can find ourselves on the merry-go-round of the conflict cycle for years and years (even our whole life). Usually we need to get so sick and tired of the perpetual cycling that we are ready to truly see what is going on and deal with it. At any time in the 'cycle of conflict', you can "wake-up" and take yourself off the merry-go-round. You will naturally have an area of the cycle that you get stuck in and one that you have more perspective on and see more clearly. As you see through the game you naturally let go of what was keeping you playing to the cycle and you start to get more honest about what it is that has led you to engage in the conflict in the first place.

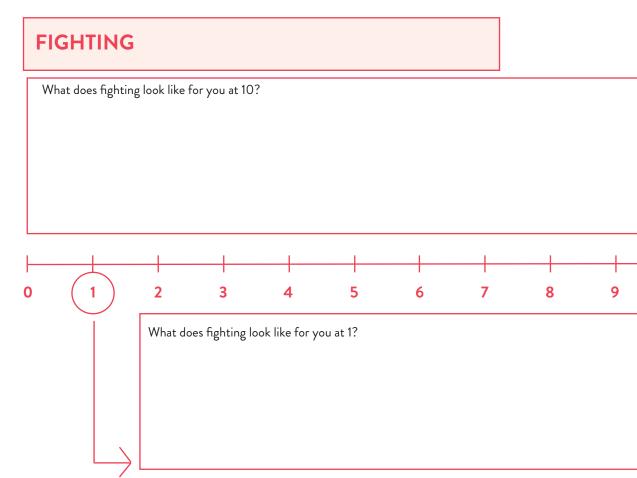


#### WHERE MOST PEOPLE GET STUCK

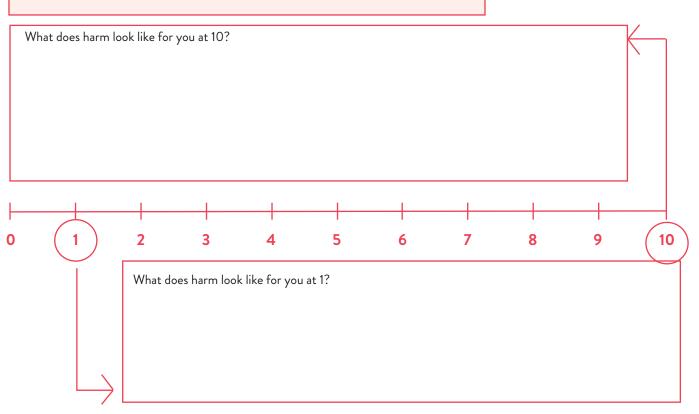
Most people are able to honestly see through fighting as "not it" within a relationship but calling a truce and keeping the peace can be a welcomed relief from direct conflict and this can trick you into thinking that everything is ok. The problem with 'keeping the peace' is it actually takes an enormous amount of energy and inevitably leads to a lack of understanding and ultimately frustration, resentment, and bitterness.

Many people don't register more subtle forms of the conflict cycle because they only see conflict as the more extreme versions of abuse or fighting. It is important that you don't discount how powerful it is to bring more awareness and make changes in the areas of the cycle that are more submerged in their outplay. It is the submerged aspects of the cycle that feed the cycle to continue: without them, the conflict resolves much sooner. Keep in mind any form of deviation away from complete openness and harmony is still playing out on this cycle.

Question 13: Write notes in each of the boxes with 10 being the most overt and in your face and 1 being the most submerged or subtle.

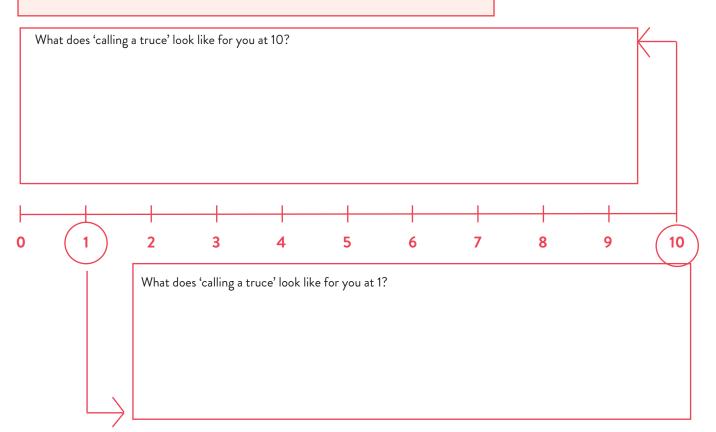


#### HARM

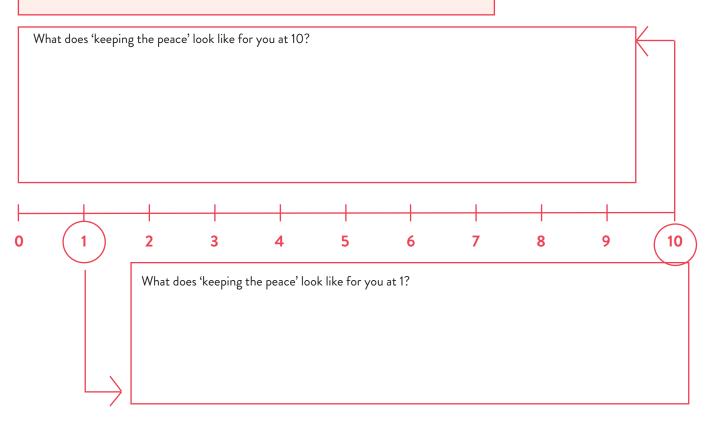


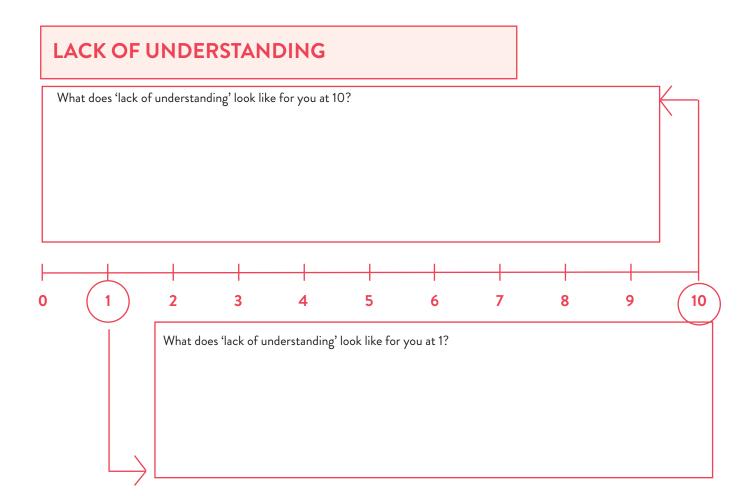
10

#### **CALLING A TRUCE**

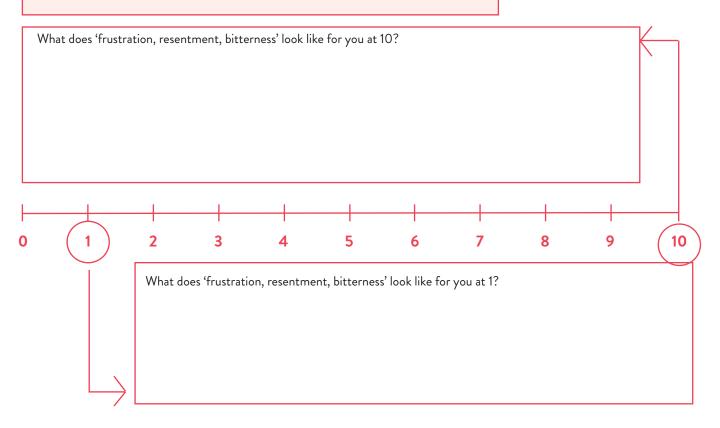


#### **KEEPING THE PEACE**





#### FRUSTRATION, RESENTMENT, BITTERNESS



# BEING HONEST ABOUT Conflict

The benefit to the 'in your face' type conflict is it is more open and honest and in a lot of ways it is much easier to resolve when you have the right support. If you do need the extra support of a mediator or counsellor it is very important that you seek it. With overt conflict usually both parties are aware of it and have some sort of insight into conflict not being the way forward but tend to be easily triggered into their hurts, sadness and the resultant lashing out. When the conflict is more submerged, it can be more tricky and sophisticated in its attack and much less honest. There is usually pride or arrogance at play or an investment in being able to manipulate things. There can also be a complete investment in the "picture" of how things should look and often you are not even aware of the harshness, hardness, judgement, comparison or jealousy you are dishing out.

Question 14: In what ways have you not been honest with conflict? How do you play it down, make it ok or ignore it? NOTE: conflict is anything that is not complete openness, harmony and love.

### THE FOLLOW-ON Effect

When we ignore, play down or justify any part of the cycle of conflict there will inevitably be a follow-on effect. Are you experiencing reoccurring unhealthy behaviours, thoughts, patterns or addictions? Chances are that they are a follow-on effect from an undealt with conflict towards yourself or towards another.

Question 15: What are the unhealthy behaviours, crutches or addictions that you turn to in order to numb, play down or justify what happens in the cycle of conflict?

### YOUR STANDARDS WITH Conflict

This is where you get to change the story. You get to decide what type of relationship you are going to have with conflict. Are you going to continue the tug-of-war, the arm wrestle, the hardness, dismissiveness or keeping the peace, or are you going to change your approach? As you start to become more aware of how open, receptive and loving you are (or are not) within the relationship at any one time, you start to be able to consciously bring new standards. As an example, as soon as you start to feel that you are in a tug-of-war with your partner / friend, you have a choice to dig your heels in or to "drop the rope". In the beginning it can be really difficult to "drop the rope" because it feels like we are giving in or losing a part of ourselves when we "drop the rope". However in reality you have a lot more to gain by "dropping the rope" as you gain a greater openness, perspective and awareness . . . all great things for you and the relationship. Once you "drop the rope", let go of any hurt, resentment, hardness or right and wrong, you have the opportunity to really feel the truth of what you are feeling and why. This is a much more fruitful foundation to communicate from and when you express without the tug-of-war, you are more likely to have a true understanding for your partner and it is much easier for them to hear what you are saying because it isn't loaded.

Question 16: What is your new personal standard when it comes to conflict?

Question 17: Where is your relationship at with its standards during the conflict cycle?

Question 18: What is a new <u>relationship standard</u> that you can bring to your relationship and how you both deal with all aspects of the conflict cycle ?

### STOPPING THE Cycle

In order to stop the cycle of conflict and prepare a foundation for true expression and collaboration you need to be able to feel all forms of conflict no matter how "big" or "small". It is important that you reset your sensitivity / gauge to be attuned to what is harmonious and what is not harmonious. When you allow this level of subtlety everything that is not truly true for you starts to be seen. There is no perfection in this and this is certainly not trying to get a relationship to look a certain way. This is simply an exercise in being aware of how each situation truly makes you feel (with no judgment). When you do this, you realise that all forms of conflict are important to expose no matter how intense or subtle they are. The intense conflicts are more in your face and directly destructive but the more subtle are more insidious and likely to keep you stuck in the cycle of conflict (not truly collaborating or in harmony) for a much longer time.

#### WHERE DO YOU GET STUCK?

Question 19: What stage of the cycle of conflict do you get stuck in?

Question 20: How does this play out for you in your relationships? Give examples.

Question 21: How does this stop the relationship from evolving, changing or growing?

# WHO IS Right?

What if both people within the relationship feel they are the one coming from a depth of truth? Ok, well this makes things awkward . . . but in reality the "right-wrong battle" is a really common out play. One person thinks they are right and another person thinks that they are right. The simple truth is that when two people have opposing views, one or both people within the relationship are coming from an outer truth. This is where the consistent commitment to deepening comes in. Unless you and your partner have both made connecting to and knowing the quality and feeling of truth (one unified truth) a personal standard then you will most likely have many situations of what I call energetic tug-of-war playing out. As you start to make the depth of what you feel uncompromisingly important to honour and explore, you will also start to see that your partner's truth is also uncompromisingly important. As you build your lived experience of this level of awareness you will naturally make the process of one unified truth (which I will share more about in module 11) a relationship standard. Without this, there will be many times that the relationship will be stuck in "my way" rather than the truth. In fact, this is not a bad thing, it is part of the process of unveiling. Getting stuck in the relationship "my way" moments is important so far as understanding inside out how this type of interaction feels and allows you to eventually out grow this way of relating to yourself and others. As you do this more, a deeper truth, inner-truth reveals itself.

Knowing and sensing the vibration of inner truth (one unifying truth) and outer truth (my way) takes an enormous commitment to healing, openness and absolute honesty. The process of building a relationship with truth first involves a relationship with what you could call truth's baby sister . . . absolute honesty. Although we all have access to "the truth" through our inner-heart (the depth of who we are) and this aspect of us is the most natural part of us, we have been unnaturally moulded and conditioned to come from our outerself. The process of unfolding truth is the process of discarding the outer-self to reveal to us the inner depth of self we have buried under life's pressures, tensions and in many cases scars. We will explore all this and more in module 11.

Rebecca Poole

## THE WAY Forward

#### HOW TO KNOW WHEN YOU ARE COMING FROM THE "MY WAY" APPROACH

So how do you know the difference between when you are really absolute about what feels true to you and when you are fixed, stubborn and set in the "my way" approach.? Let's keep this very simple. When you are coming from a "my way" approach to a situation your body and the energetic intention impulsing you will always give itself away. Therefore the only way to be aware of where you are coming from and the intention running you, is to recognise and discern the quality of how the two approaches leave you feeling. When you are solid and absolute with a truth, your body will feel settled, open and focused. When you are fixed and stubborn with a "my way", you will feel hard, pushy and closed off to the other person.

Question 22: Make some notes below to help you build a register of how you feel, think and behave when you are in the "my way" approach rather than the absoluteness of what feels true to you.

| MY WAY | THE TRUTH OF WHAT I FEEL |
|--------|--------------------------|
|        |                          |
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# HOW TO EXPRESS WHAT YOU Truly Feel

Once you see the futility of pulling against each other and you realise you need to approach this differently, you can simply "drop the rope" and you are no longer in a tug-of-war. When you do this, you are often faced with so many feelings, emotions and thoughts rushing you. Below is a step by step approach to support you to deepen and express what you truly feel. This is the only way to truly be heard and bring an opportunity for true collaboration to a relationship. In other words, if you want to get on the same page in your relationship, this is the way.

#### STEP 1: DROPPING THE BLAME

As I mentioned in the last module, one of the most important components of expressing what you feel is to never express in blame or hurt but instead take complete responsibility for where you are at and what you are experiencing in life. The reason you can take complete responsibility is that you start to recognise how powerful you really are in every situation. Even if another person is 99% responsible for how a situation has turned out, you are still 100% responsible for whether or not you are part of the situation. In some cases, this can be seen as a simplistic view as there are many more complex decisions and entwined dynamics that contributed to the eventuation of a situation but if you take a step back, there is always a purpose to why you are in the situation. This may mean that you are meant to be in the situation because there is a deeper purpose and the situation is naturally supporting you (or challenging you) to step up, expand and grow. Or you were not meant to be in the situation and therefore you need to learn how to listen to yourself more, become more aware and complete an old pattern that may have led you to be in disregard or self-sabotaging. A great leveller in these situations is to take a step back and acknowledge that the pattern playing out in the relationship is something you don't like because you have experienced it many times before, at different times throughout your life and albeit with slightly different flavours. This exposes the fact that if it wasn't this person standing in front of you doing what they are doing, it would be another person because the pattern will continue to play out until you learn what is there to learn.

#### STEP 2: SEEKING A DEEPER UNDERSTANDING OF WHAT YOU TRULY FEEL

Once you have dropped all blame you are free to sense the deeper purpose within the situation and relationship. There is a moment after you drop the conflict and drop the blame where your natural impulse is to seek understanding. It is not natural for us to feel at odds, unsettled or incomplete. It is only through seeking understanding that you can receive the deeper insight that bridges the conflict of any situation. When I say seek I mean a true seeking which is not a trying or searching but is instead a call from every particle of your being wanting a depth of understanding that resolves and completes what is going on for you and the relationship. This deep call is not just a thought, it is an ongoing, every cell in your body call that stays open and humble knowing that the depth of what you truly feel will be felt when you are ready to listen. This might be instantaneous or it might take months to unravel the pictures, needs, judgements or desires that have ultimately been in the way of you feeling a deeper level of truth.

#### STEP 3: EXPRESSING FROM AN HONESTY AND STAYING OPEN TO WHAT ANOTHER WILL CONTRIBUTE

Step 2 forms an amazing foundation for step 3 as it provides the building blocks including openness and humbleness, which are key ingredients for being able to truly listen, express and collaborate with another. This level of collaboration is on an essence to essence basis and occurs through receiving deeper insight and wisdom from either your own depth or the depth of another. From an essence level, it doesn't matter who delivered or expressed the insight and wisdom because no one owns wisdom, as soon as it is felt as true by you then it is also your truth and you have access to it forever more. You start to feel the beauty and magnificence that can come through you (and others) when you are truly open to the depth of your essence. There is no you or me only us or oneness at this level and therefore conflict is not even a concept. As you access this level of yourself you really start to understand the futility of conflict and disharmony and everything in you seeks more truth. Having no conflict does not mean that you always agree, it means that you are open to the process of true collaboration so there is no pull against each other but instead an honouring of the process or getting to the truth together.

Expressing from honesty and openness will be refreshing and intimate for some but for others it will be extremely confronting. This is important to acknowledge as you may not always receive back the types of responses you would like. The problem is that we can sense how open someone is to the honesty and openness we have and often we shut down our insight and awareness of a situation because we don't want to cause reaction or rock the boat. This is how many people get stuck in 'keeping the peace' and feel drained and unfulfilled by their relationship. Although it may seem counter intuitive, in order to have true harmony (not surface level peace) you need to be willing to "go there" and really share how you are feeling. With this, you are willing to be at odds with another's surface level pictures and constructed beliefs if it means that more openness and honesty is brought to the relationship.



DEALING WITH THE Challenges

Question 23: What do you see as a possible challenge to bringing step 1 'dropping the blame' into your relationship?

Question 24: What do you see as a possible challenge to bringing step 2 'seeking understanding' into your relationship?

Question 25: What do you see as a possible challenge to bringing step 3 'honesty and openness' into your relationship?

"Harmony and peace are worlds apart when it comes to vibrational truth. The energy of peace is a surface level gesture to stop overt harm at the level that the truce has been called. For some, this is a stop to physical violence but not verbal, for others it might be the refraining from all harmful interactions. This however falls far short of the beauty, oneness and depth of collaboration that harmony represents. There is complete understanding and therefore only an intimate flow which means there is absolutely no need for tolerance as this is merely a refraining from the judgement and lack of understanding that is felt deeper."

Rebecca Poole

#### WHERE TO NEXT?

Write down your next steps in how to drop the rope and break the cycle of conflict.

#### **MODULE 10 - CHECKLIST**

- □ Watch Module 10 Video
- □ Complete Module 10 in the workbook
- Listen to Module 10 In Session With Rebecca audio

### THE STRENGTH OF

### SHARED VALUES

### WELCOME TO MODULE 11 THE Strength OF SHARED VALUES



Welcome to Module 11 where we are going to explore how profound shared values are when it comes to building love and affection. The world at large focuses heavily on differences between people rather than the appreciation of what are already solid and harmonious shared value. If you are not in a romantic relationship don't skip over this because shared values are an important part of all types of relationships. It offers stability and a foundation to explore and discuss what you feel as well as any decisions that need to be made. Knowing your core values (not your outer preferences) and being able to feel where these resonate with others is really important. In this module you will not only become more aware of your own values and the shared values within a relationship, you will also learn how to express, appreciate, confirm and consolidate these things. It is really helpful within a relationship to have shared values and then to be able to see and understand why someone may momentarily leave their core value. Talking to someone's core values is one of the easiest and most powerful ways to bring them to their senses (if they have momentarily departed them).

It may feel weird to bring focus to the shared values within your relationship when you still feel upset, hurt or triggered about other things, but if you are ever going to hold deep love and affection for your partner (or others) you need to be able to sense the same page with your partner or friend or family member, and you need to know and appreciate the values you share.

WHAT ARE CORE Values?

This question sounds simple enough, "what are core values?" You would assume that we would be able to easily answer it but what I have found is that many people find it difficult to articulate what exactly core values are. Maybe we can talk about things we believe strongly in, maybe we even have values that we think we should have but . . . how do we know if something is a core value? To answer this foundational question we are going to break down our understanding of values into something that is purely experiential. We could talk about values and use the word value to describe a lot of things but what really differentiates whether something is a core value or not? Have you ever felt that someone was talking about values but it was just coming from their mind as an intellectual concept but not something that you could feel was backed up by their whole entire body and being? Yes, this is extremely common and opening yourself up to reading life at this level is very powerful. I encourage you to consider what are values and more importantly what differentiates an outer value to a core value? This differentiation becomes extremely important when you are navigating relationships and learning how to come together on the same page. The way you respond to a core value will be different to how you respond to an outer value.

### What gets in the way of knowing your core Values?

Having a mental picture of what values you should have or should be living by. This is the dogmatic approach to life and lacks the depth that comes from feeling a value that originates from your whole body and being. 'Values from the intellect' is actually the model we are taught to embrace most strongly and most of the time we are not really aware that we are operating from a mental construct of a value as opposed to a core value that feels like it resonates from a depth.

2.

Strong emotional feelings. Many people can get confused when they feel emotionally triggered and / or have a strong reaction about something. We think because a feeling is strong that it is true but the truth is - a strong feeling of truth is different to a strong feeling of emotion or reaction. They are different vibrationally and they are different so far as the depth they come from. Truth is not emotive, it is all knowing. Our core values come from the truth of who we are and what resonates with that, so your core truth can be strong and unbending but never emotive or emotionally driven. Question 1: Describe a time where you felt like someone (yourself or another) was spouting values from their head and not from what they felt in their body.

Question 2: Describe a time where you felt like someone (yourself or another) was feeling very strongly about something, you could feel that there was conviction within their body and being but it felt emotive or reactive.

164

Values coming from BELIEF, DOGMA, GROUP THOUGHT

Maybe this is a touchy subject but I am going to say it anyway. Many people are caught in group thought, dogma or belief and live their whole life invested in something that has not originated from themselves. Now before we go pointing fingers at people who preach values and don't live by them (these examples are pretty easy to find) - in my experience we all have many things that we live our life by that we assume are our values or truth but they aren't. It is common to adopt something because you have been told it or shown it over and over again. It is also common to believe something because you want it to be "the way" so then you convince yourself that it is "your way" or your value. There have been many movements or waves of cultural expression that we can look back on and see that where we were operating from wasn't a core belief but instead something we were swept up in. Whether it was a fad, fashion or political ideology, it is important to look at these events and understand how the impact of belief, dogma and group thought played a role.

**For example**: The hippie movement as a response to the social unrest accompanying the Vietnam War, shows a time where many people gave themselves over to ideology that they moved on from later in life. Maybe part of the movement had some truth and resonated with a deeper core value but many of the aspects were the product of group energy, reaction and being swept up in the vibrational flavour of the moment. We can also see smaller examples in our life where we have been swept up in group energy, agreeing to things we wouldn't normally or behaving in a way that we look back on in disbelief, wondering what we may have been thinking. I have experienced this as a kid travelling with sporting teams and the way in which you think, behave and feel is completely different due to being caught up in the momentum of the group energy.

Question 3: Describe what you feel when either yourself or someone else is holding a value that is intellectual but not embodied? How does this feel different to a value that might be more embodied?

Question 4: Start to list some of your own intellectual values i.e. values that you have taken on but they don't come from you:

Values coming from

#### INVESTMENT, ADDICTION, EMOTIONAL NEED

If someone you know was addicted to meth and you have money to buy meth, we could say they would value you if you gave them the money. In the moment of the addiction the thing that they value the most in the world (even more than loved ones, even more than themselves) is fulfilling their addiction. But where is their value coming from in this moment? Is it their depth or essence or is it their outer need / addiction? This example is of an extreme case and therefore easier to clearly see that the value placed on the drug or means to get the drug is not coming from their depth. What is important is to understand how this could be applied in more subtle forms. Someone else might really value a friend who doesn't ever bring up difficult topics. Is this value coming from a depth of essence or is it coming from a protection? This is where we have to differentiate (feel) whether a value comes from someone's outer layers or an inner core. You can not discern this intellectually, it has to be felt because both can look exactly the same by way of choice or behaviour but the why, the intention, and the depth of where the value originates from is completely different. In other words they can look the same but have a distinctly different feel.

Question 5: Describe what you feel when either yourself or someone else is holding a value that is an investment, attachment or a need rather than a core knowing?

Question 6: Start to list some of your own emotional attachment values i.e. values that are emotive or reactive rather than core knowings:

Values coming from

#### HIDDEN INVESTMENT AND EMOTIONAL NEED

Now this is where it gets interesting because many of the things we have invested in and are emotionally attached to are things we are not even conscious of. To uncover these "hidden investments" can be really satisfying as it can point to the understanding of why things happen the way they happen in your life. Yes you hold it dear but is it coming from an outer investment or an inner knowing and core vibrational resonance? Have you ever experienced a situation where you realise that what you were strongly invested in wasn't the deepest truth for you? A moment where you take a step back and say - "wow I was actually over-invested in that outcome and what I thought was dear to me was actually based on a need and not based on a core value". Well maybe we didn't think about it that succinctly but many people have these moments of realisation even if they don't fully form the experience into words.

For example: you have ended yet another relationship that didn't work out and you realised that you seem to keep choosing the same type of partners that result in the same type of dynamics within the relationship. We don't say that we want to choose an abusive or unhealthy relationship but obviously there is something about us that is choosing it if it has been a reoccurring theme in our life. The same could be said for what we allow to play out in work or with our family. As difficult as this is to be completely honest about, it is extremely powerful and revealing when we start to be able to look at some of our more hidden and subconscious investments. The interesting thing about hidden investments is they don't always make logical sense, even though they affect our life in a real and impactful way.

Another example: when people realise they have invested in the setup of being unsuccessful. Crazy yes, but also very common. Our mind might think thoughts of wanting to be successful but really there is a part of us that is self-sabotaging and more invested in not being successful. There are two ways to uncover your hidden investments (values). The first is to look at the re-occurring themes playing out within your life that seem incongruent and don't make sense to what you truly want to play out in your life. The second is to consider what makes you react, especially if there is no logical sense to why something makes you react so much.

And worther: when I was first a new mum I noticed that I had started to become annoyed with my husband over little house cleaning things. Stuff I had never been concerned about before as he was always more tidy than me. I was surprised but I couldn't help my reaction when things weren't put back where they were supposed to go. After sitting with it for a few days, I realised that I had a hidden belief that I had to keep the house clean because I was no longer working. I hadn't realised that part of my self-worth came from doing a good job at work and so when I no longer had that propping me up I started focussing on keeping the house clean. The even crazier thing is I didn't even consciously believe that (quite the opposite) but somehow I had still taken on the belief (a hidden investment) that as a mum/wife I needed to keep the house clean. Question 7: Are there scenarios that don't make sense in your life? Are there re-occurring themes playing out that don't feel congruent with what you would want your life to be? Write them down.

Question 8: Reflect on the re-occuring themes above and consider what may be your hidden (illogical) values that a part of you is invested in?

Question 9: What are the hidden reactive values that you have? In other words situations where you overreact and you are not even sure why. If so write them down.

All content in this workbook  $\ensuremath{\mathbb{C}}$  2021 Rebecca Poole

### CLAIMING YOUR Core Values

By now hopefully you are a little curious about what core values are and more specifically how you can understand with more depth what your core values are. Clearly knowing your core values offers you no end of support within your life. It also supports you in being able to bring more standards into your life and also into your relationships. In The Enriching Relationships Program we explored in depth what standards are and having a clear understanding of your core values will bolster your understanding of standards immensely. Your values are pre-standards and are the spark or inspiration for your standards. You could say that your standards are your claimed, lived by and expressed core values. NOTE: Once you have finished this module, go back to The Enriching Relationships Program and re-do the exercises around standards in Modules 9, 10 and 11. This will offer another expansion to what you are learning here.

So how can you tell that what you are feeling is a core value? As you have probably gathered knowing a core value is something that has to be felt. You can feel whether something feels like a core value for yourself but you can also sense where someone else's value is coming from. When something is a core value it is something that has a deep resonation within you. Core values are things that feel very settled within and come with a deep knowing. Core values never leave anyone less, never judge and never diminish because when you are talking about the depth related to your core, you are talking about a part of you that is still connected to the all. Core values always come with a holding and caring, as well as true and deep respect. This is different to the politeness of social rules as your core values are not governed by rules; only by the truth of your essence. For me my core values things (truths) that are very sacred to me and come with a feeling of very deep stillness and knowing. Core values are always holding, caring, true and respectful - not of politeness or social rules but a depth of what feels true. On a practical level, the first step in uncovering your core values is to simply ask yourself the following questions on a regular basis. NOTE: This is a very important first step because the more you ask yourself these questions the more you train yourself to be aware of and get a clear sense of what a core value feels like to you.

Question 10: At this point in your awareness, what does a core value feel like to you? What changes happen in your body when you feel a value that comes from your depth / your core?

#### UNCOVERING HIDDEN CORE VALUES

However there is another scenario that takes place which is important to discuss. This is when we have true core values that we have denied, buried or hidden because we cannot imagine rocking the boat or standing out in the way we would need to in order to stand by the value. Sometimes our hidden values only pop their head up occasionally when we can't bare it anymore and we react to a situation that goes against our grain and every fibre of our being. In this scenario, we need to first deal with the reaction we are feeling and then the space is cleared for us to be more aware of a value that we have pushed down and not claimed. When you react to certain situations you need to read whether this reaction is actually coming because you have denied a core value. This is for each person to read for themselves and sense whether there is a deeper truth / value to claim.

Question 11: Write down some core values that you feel you have dismissed, pushed away or hidden.

#### CLEARING UP THE CONFUSION

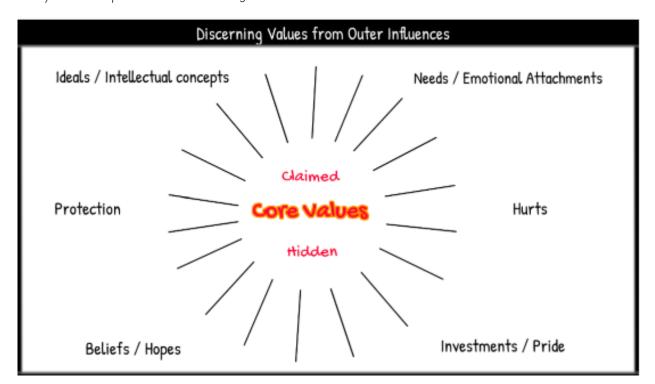
So far in this module we have been exploring how to uncover the different types of outer values that we may be carrying. A lot of conflict and confusion comes into relationships when we carry outer values and treat them like they are core values. We have been using the word value to describe anything that we may say we place value on, and differentiated these through where they originate from, calling them inner core values or outer values. On one level of language we could say this is true as we hold value in many different things that come from different levels of ourselves but it is not quite energetically accurate to call everything a value. It is much more energetically accurate (i.e. considerate of the vibration of language) to not call these outer values, values at all and instead call them investments, ideals, beliefs, hurts, protections and needs. This clearly differentiates the feelings that originate from the outer aspect of us and something that resonates with our core; the depth of who we are.

## PERSONAL Core Values

In order to appreciate, confirm and find strength in your relationship through shared values, you need to have a really good understanding of your own personal **core values**. Part of this includes letting go of the many outer layers that keep you protected, needy and investing in things out of unresolved hurts. As you find perspective with your unresolved outer layers, they don't have such a strong hold over you and are not able to as easily confuse you away from your deeper core values.

This is an ongoing process as with each layer of "outer" you let go of, a clearer offering of the inner is made available. Every core value you claim, live and make a standard - the more your core values reveal themselves to you. It might sound cliché or corny but it is an absolute fact that values are never ending, they come from your essence and have endless depth (the more you live by them the more they reveal themselves).

<u>Pay attention</u> to when an inner-voice brings any harshness towards yourself. Know that this is not your truest deepest inner voice, but instead a remnant of an outer imposition or unresolved experience. Especially when you start to become aware of core values that you don't honour or make a lived by standard. You may even notice that you start to awaken the hidden core values that you used to be able to push aside for a momentary easy run. <u>Be aware</u> that once you start to bring your focus of awareness to strengthen your relationship with your core values, you will feel more steady, more true and more unshakable than ever . . . but this may cause others around you to feel affronted, confronted and exposed. There will always require an appropriate amount of time and space for an adjustment to this. Don't rush this time and force your partner into seeing the core values you have, there is so much rich learning for you to have during this time that you actually miss out if it is all smooth sailing.



WHAT ARE MY Core Values?

| CORE VALUES   | AWARENESS |
|---|-----------|
| What are your core values when it comes to personal hygiene?                    |           |
| What are your core values when<br>it comes to taking care of your<br>body?      |           |
| What are your core values<br>around your relationship with<br>yourself?         |           |
| What are your core values when<br>it comes to how you are with<br>other people? |           |
| What are your core values with caring for your home?                            |           |
| What are your core values when<br>it comes to intimacy, care and<br>tenderness? |           |
| What are your core values with work?  |           |
| What core values do you have<br>around money?                                   |           |
| What core values do you have around friends or neighbours?                      |           |
| What core values do you hold<br>around children, parents or<br>family?          |           |

Use the blank space below to write your own areas of core values to explore.

| CORE VALUES  | AWARENESS |
|--|-----------|
| Do you have core values around<br>being expressive, open or<br>spunky?                   |           |
| Do you have core values around<br>education, awareness, learning<br>and personal growth? |           |
| Do you hold a core value related to standard of living?                                  |           |
| Do you hold dear core values<br>around enriching life?                                   |           |
| What quality of connection is a core value for you?                                      |           |
| Do you have religious or spiritual<br>core values?                                       |           |
| Do you have core values around<br>quality of life, human rights and<br>lack of harm?     |           |
|  |           |
|  |           |
|  |           |

WHAT ARE ... Shared Values?

When people are asked to appreciate the shared values within their relationship they can often feel uncomfortable. Especially if they are carrying some hurt or resentment towards their partner that is still unresolved. "If I appreciate him or her then I will be "giving in" and they (their partner) will never learn." This can end up being a stalemate for many years with little jabs being taken at each other at opportune times, a distanced yet workable / functional relationship that lacks the intimacy, care and tenderness it could otherwise have. When we have tug-of-wars that are unresolved, it spills into every aspect of our lives and we are energetically always in a stance of opposition. Sometimes people can feel like they are letting their defences down and if they appreciate one aspect of the relationship it means that they are "giving in" on another area of the relationship where they are unresolved or in opposition. It is enormously powerful to be able to stand in what you feel is true uncompromisingly with awareness, patience and care while also being able to appreciate the bejeebers out of another area of the relationship.

#### Do you have the strength to confirm and appreciate another when there are other areas of your relationship that you don't appreciate?

Question 12: What do you appreciate about your partner / your relationship?

Question 13: What resistance do you have to appreciating your partner / your relationship?

# BARRIERS TO ... Appreciating

If you are used to living in a tug-of-war it can feel like you are "giving in" to confirm or appreciate your opposition. It is important to let down any hurt or guard you may be carrying and start to ask yourself what shared values are in your relationship and what is it you appreciate about having these values.

Question 14: What areas of your relationship feel unresolved?

Question 15: How are these unresolved areas affecting your ability or desire to appreciate your partner and the relationship?

## CLAIMING YOUR SHARED Core Values

In this exercise we are going to explore the shared values that you already have within the relationship. Every relationship has at least a few shared values and it is important to understand the base of shared values you are coming from. Even if it seems like the platform of shared values is really, really small, it is still one of the most important assets you have to build more understanding and constructive communication within the relationship. **Pay attention** to any inner voices that bring a sarcasm or resentment towards your partner. When you are reading the shared values examples it is important that you don't go into any "yeah right, as if we have shared values there" type energy. This will only further lace the relationship with heaviness or poison and won't truly support you to develop more shared values. When you do have a moment that you are confronted with feeling a lack of shared values, sit with it, accept where things are at and don't load your partner or the relationship with the resentment. As much as a vent may feel like it lets off some steam, **be aware** that bringing grace and a commitment to go deeper and change things is the only real answer here.

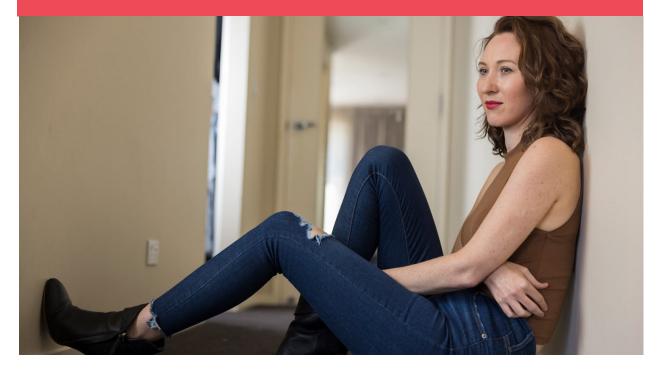
| SHARED VALUES  | AWARENESS |
|--|-----------|
| Do you have a shared value<br>around wanting the best for<br>each other? Even if you disagree<br>on what that "best" is.             |           |
| Do you have a shared value<br>around wanting the best for the<br>kids / pet / house? Even if you<br>disagree on what that "best" is. |           |
| Do you have shared values<br>around the way you like to care<br>for your living environment?   |           |
| Do you have shared values to do with honesty and openness?   |           |
| Do you have shared values<br>around deeper levels of intimacy,<br>care or tenderness?  |           |
| Do you have shared values<br>around enriching life?  |           |

Fill in the blanks for the rest of this worksheet by adding your own areas of shared values.

| SHARED VALUES  | AWARENESS |
|--|-----------|
| Do you have shared values<br>around exploring the deeper<br>meaning of life?                       |           |
| Do you have shared values to do<br>with supporting each other not<br>pulling each other down?      |           |
| Do you have shared values<br>around growing and evolving<br>each other?                            |           |
| Do you have shared values<br>around resolving issues and<br>not sweeping them under the<br>carpet? |           |
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## LOW POINTS AND High POINTS

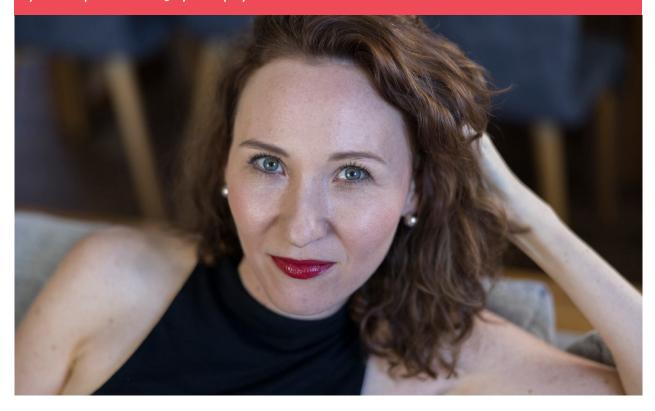
This brings us to another great area of growth. How are you at holding your values at low points and at high points? What values get thrown out of the window when you or the relationship hit a low point? Where do you get lazy with appreciating when you are living in the high point? This may be a really obvious change for you or maybe it is a little more subtle. Either way, in my experience we have different modus operandi when we are registering a low point and registering a high point.



Question 16: What values do you let go of in your low points?

Question 17: What values do you let go of in your high points?

What we really want to do is we want to develop an inner-reflex where we drop more deeply into our values at low points and we expand our expression of our values at high points. What if every fibre of your being sought counsel within your values when you hit a low point and confirmed, celebrated and expanded your values at your high points? Wouldn't this completely change your life and your relationships? What if both parties sought to do this in relationships? How would your low points and high points play out then?



Question 18: What values do you turn to for support during low times?

Question 19: How can you confirm, appreciate and expand your relationship during high times?

## APPRECIATION & Confirmation

So what is **Appreciation** and what is **Confirmation** and how do these relate to love and affection? Like most of what I share within our programs, the first place we need to start is to come back to the energetic clarity (or lack there of) within our language. In other words, how do we use these words and do we understand the true energetic meaning behind them? Both of these words feel completely different when they are actioned in life. They are synergistic yet differing in purpose. Have you noticed how little we truly operate with a fullness of appreciation and confirmation (for ourselves, others and our relationships).

I often have clients who share with me amazing stories from their life, magic in the real-life-everyday sense, where they have shifted hurts or changed dynamics beyond what they ever thought was possible. They also share how their partners have grown and changed in ways that they would never, ever have imagined. What I have noticed is that even when these beyond imaginable amazing shifts take place for people, it is not so easy for them to be able to express appreciation or deeply confirm themselves or their partner. Someone in their life has stepped up and started living more of their potential, expressing honestly, confronted their fears or suddenly started to express genuine tenderness and care . . . but . . . that is it. The appreciation and confirmation is kept within and never expressed. As soon as I hear these amazing stories, "I can't believe my husband actually listened to me or spoke with care or agreed with me etc"and . . . my very next question is always -

#### Did you let them know how much that meant to you?

Bom Bom. No is usually the answer followed by "I thought about it but I didn't" or "Actually, that's a good idea I should". Trust me my forehead has now become accustomed to the palm of my hand. When you let these moments slip by, you are letting the single most important opportunity for deepening the relationship and building a solid platform of love and affection also slip on by. It's kind of like admiring the beautiful diamonds, emeralds, pearls and sapphires passing through your hands but never stopping to cup your hands and catch some.



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### ~ APPRECIATION ~ THE FABRIC OF AN Enriched life

Appreciation is the fabric of enriching life, smelling the roses and basking in the richness of what is on offer. It is the activation of feeling and expressing the meaning and value something has which is felt as a warmth that originates from the depth of your heart and bubbles and dances forth. It is like a big warm hug that simultaneously approaches from within and all around you. Appreciation supports you to truly value what is meaningful in life and it is the only way to understand the depth and breadth of who you are: and how truly magnificent you are. Appreciation teaches us about perfection because in order to be able to offer and receive appreciation you must be able to have a healthy relationship with strengths as well as weaknesses. One of the worst things you can do with appreciation is to disagree with it, diminish it or dismiss it. This is more poisonous than never having the appreciation in the first place. When someone is appreciating, it is a very sacred and intimate feeling they are sharing and to have that shot down can be very assaulting.

Note: It is just as important to appreciate your weaknesses as it is your strengths and it is very possible to understand the purpose of your weaknesses, address them as needed and not indulge in them for one moment longer than necessary.

Question 20: Do you have moments of appreciation? Appreciating yourself? Others or life? If yes describe how it feels.



Question 21: How do you handle receiving appreciation? (from yourself or others) Give some examples.

Question 22: What specific appreciation (from yourself or others) has come to you but you have disagreed, diminished or dismissed it? Write the specific appreciations that you couldn't accept.

Question 23: What do you appreciate about yourself and how do you express this?

Question 24: What do you appreciate about your partner and how do you express this?

Question 25: What do you appreciate about your relationship and how do you express this?

### ~ CONFIRMATION ~ FORTIFICATION & Consolidation

When you feel confirmed, by yourself, another or life speaking back to you, it feels like every cell in your being is fortified and consolidated. It feels like everything is in its right place and as it should be. This is so very important as it marks a moment that allows you to feel a very strong platform or steadiness and order before you take a step into the next expansion that is awaiting you. Confirmation is only possible when you have first accepted and acknowledged what is there to be confirmed. It gives you the strength to make what you know and feel absolute and is great for building inner-steadiness and confidence. One of the worst things you can do with confirmation is to not receive the full fortification and instead move on too quickly and busy yourself with "the next" or things that are yet to be confirmed; living in a perpetual "not there yet" cycle. For example: We use the yeah but . . . this isn't done or finished or another area isn't quite right to reduce the potency of the confirmation coming to us.

Question 26: When you receive something that is truly and deeply confirming, how does it feel to you?

Question 27: What do you do when someone or something deeply confirms you? Do you fully let it in or do you dismiss it?

Question 28: How does your partner confirm you? In their gestures, touch, or words and what are they confirming in you?

Question 29: How do you confirm your partner? What are you confirming in them?

"It is easy to appreciate someone when they are pleasing to your ear but what about being able to appreciate the gold amongst the silt? True strength comes from laying down arms and being able to appreciate, love and honour that which is true without any need to be "right" about an unresolved separate situation. Knowing that you can address what is disharmonious with openness and steadiness gives you the freedom to love when others cannot. There are many strengths in this world that go undervalued and the strength to appreciate during the low times is one of the most valuable. This strength is not just for others but is equally afforded to your relationship with yourself. "

Rebecca Poole

#### WHERE TO NEXT?

Write down your next steps in how to know and appreciate your values and the shared values of your relationship.

#### **MODULE 11 - CHECKLIST**

- Watch Module 11 Video
- Complete Module 11 in the workbook
- Listen to Module 11 In Session With Rebecca audio

### EXPRESSING

### LOVE & AFFECTION

# EXPRESSING Love and Affection



Welcome to Module 12 where our focus is attuned to expressing love and affection. Most people have been given a very narrow description for what expressing love and affection is. This narrowing (read squashing) of our natural emanation of love and affection has many implications on how we relate within our relationships. What this squashing disastrously does is it makes people feel like they are not affectionate (when deep down they are), they don't like affection (this isn't true when you know what affection actually is) and they give up on the enormous capacity they have to offer and receive affection. This module is like a bible for bringing out more love and affection and as such is powerful to read and re-read many times. Each exercise can be redone every 6 months and you will be surprised by what has changed and what you have stubbornly avoided changing. Sit back, grab a cup of tea and enjoy letting this module wash over you and observe the revelations that come to you about your own life.

Question 1: Write down everything that you have been told about affection.

fection

#### WHAT GETS IN THE WAY OF AFFECTION?

There are a lot of things that get in the way of having a true expression of affection in your relationship and we have discussed many throughout this program as well as The Enriching Relationships Program. It is very difficult to allow the expression of affection to flow freely when you are carrying unresolved issues, hurts, projections, right, wrong, reactions, lack of purpose, superficiality, momentums of stress, dynamics, undercurrents, blame etc, etc, etc.

Most people are aware that hurts and baggage are not great but very few people really feel how these are stored in their body and become a barrier to feeling and registering affection, or following through on the impulse, expressing the affection physically. Unresolved dynamics, undercurrents and ill intensions can make it extremely difficult to be truly affectionate. Without the clear space between you and another, all the murkiness dampens our sense of wanting to be close (and even causes repulsion). All this topped off with a good dose of unmet pictures and desires means there is enough resentment to fuel a resistance to affection for lifetimes. Taking the time to address all of the above is already 90% of the way to living free to truly express affection. The other 10% is simply learning how to stand out from the crowd and express affection even though 99% of other people are hiding it.

In the next exercise we are going to take a really honest (possibly uncomfortable) look at all of our experiences with affection. Where are we holding back, why we are holding back and how affectionate we deep down know we can be.



AFFECTION Stocktake

Have we confused affection with romance, chemistry and desire? Do we clearly read the type of chemistry or do we still get hooked by the promise of all our fantasies being delivered?

When we don't need another to deliver anything to us, we are much clearer on what the quality of energetic exchange actually is and free to discern what is true for us. When the chemistry has no hidden agendas or contracts you are free to feel the real chemistry of how two essences come together and what the deeper purpose of your "togetherness" is.

Note: The best way to do this exercise is with absolute openness and absolute honesty. Check yourself and ask, am I truly willing to uncover all of the pockets of ill-chemistry and affection in my life and start to feel deeper levels of affection?

| AFFECTION STOCKTAKE  | AWARENESS |
|--|-----------|
| What was your strongest<br>childhood/teenage desire when it<br>comes to relationships?                                 |           |
| Were there any movies, books or<br>idols that influenced your idea of<br>romance?                                      |           |
| Do you feel comfortable with your body?  |           |
| Are you guarded or protected<br>due to unresolved past<br>experiences?   |           |
| How do you feel about being<br>touched? Do you like being<br>touched? Do you like the way<br>your partner touches you? |           |
| Do you feel free to express deep<br>love with your touch?  |           |
| Do you become needy at times?<br>Are there specific triggers for<br>your neediness?                                    |           |

| AFFECTION STOCKTAKE   | AWARENESS |
|---|-----------|
| Do you avoid deeper levels of intimacy, care or tenderness?   |           |
| Are you easily inspired by your<br>partner? Are you drawn to be<br>with them?   |           |
| What are your partner's most<br>endearing qualities? What is it<br>about them that you adore?                             |           |
| Do you share openly how you<br>feel?  |           |
| Do you shut down your<br>affection? When do you shut it<br>down?  |           |
| Is your touch communicating more than a physical connection?  |           |
| Do you appreciate the richness<br>of your movements? The way<br>you smile, walk, touch and hold<br>yourself?              |           |
| Do you appreciate the richness of<br>your partner's movements? The<br>way they smile, walk, touch and<br>hold themselves? |           |
| Are you aware of who you are<br>and what you feel? Are you able<br>to bring a depth of you to the<br>relationship?        |           |
| Are you naturally warm, loving and tender?  |           |

# THE 6 ESSENTIALS OF EXPRESSING The

1. Touch



3. Words

Deeds 4.

5. Movement

6. Presence

### THE 6 ESSENTIALS OF EXPRESSING TVE

1. Touch

Touch can be exquisitely confirming, it can be very intimate, or it can make your skin crawl. When we understand touch as a vibration that is either an expression of love (something that holds and confirms) or. . . not an expression of love (something that doesn't hold or confirm), we can set quality and standards for touch in our relationships. An important starting point in building our awareness of the vibrational quality of touch is to ask ourselves how something feels (not how it should feel or how we want it to feel but actually the vibration that came with the touch). The most powerful way to build your sensitivity to the vibration of touch is to bring quality and standards to the way you touch yourself. Do you dress yourself with the same tenderness as you would a newborn baby? If the answer is no, then you are training your body to accept rough touch as normal.

2. ove

Our voice communicates much more than the meanings of the words it forms. We can bring an enormous amount of warmth and holding to the tone, quality and vibrational richness of our voice. Our voice can be used to be fortifying to the depth of someone's being or it can be used to foster doubt, fear and reticence. What is the quality that your voice carries? Does it lose its quality, if so how? Does it become tense, shrill, aggressive, frustrated or dismissive, cold or sharp?

3. Words

What I love about words (text, email, letters, cards, notes, articles, posts, blogs, books, conversation, speeches, etc) is that you can detail things in such a way to bring greater clarity or understanding that allows not only for people to get to the same page but also as an avenue to enrich each other. If you are using these in a way that comes with the vibrational quality of love, that comes with a regard, that comes with a holding, it translates. In other words, you can feel it, it has an impact and a tangible meaning. Do you use words to bring a detail that enriches people or do you use words as a pure perfunctory means to an end?

### THE 6 ESSENTIALS OF EXPRESSING TVE

4. Deeds

When you are holding someone in the regard of who they truly are, then your deeds, the little gestures, the cup of tea, the gift, making the bed, turning a lamp on, lighting some incense, running a bath, cooking dinner, whatever it is that is your deed . . . the deed carries the vibrational quality of love and therefore deeply confirms, nourishes and supports. Deeds can come with a hidden agenda, laced intention, jealousy, competition, comparison (all of the destroyers of love) and even if the deed is "good" it carries a seed that erodes love, honesty and openness within the relationship. Someone who does nice or pleasing things just to get their own way, score brownie points or tick a box for how they want to be seen will never offer love or enrichment as the vibrational transfer within their deeds.

5. Movement

Our movement communicates much more than how efficient we are at doing things. We say so much to those around us through the quality of our movements. We can feel steady, confident and assured by the way our Mum or Dad walk us into our first day of school. The quality of the way we move around the house can be harmonious, in deep respect for others in the house or it can be disruptive and individual. Our movements can communicate that we are open, receptive and non-threatening or they can indicate we are disinterested, uncaring or threatening. We can also show how empowered we truly are, our deep settlement and contentment, our deeper purpose or we can move in a way that says "I don't know who I am", "I am not valuable", "I have nothing to contribute".

6. Presence

Presence is possibly the most important out of all six expressions I have shared here. We could say that presence precedes all other forms of movement because it is created by the inner movement. Our relationship with ourselves, how we relate to life and essentially what we are willing to be in the world. In its true transparent gloriousness it represents us in our full divinity, who we are at our deepest level. In our avoidance of our essence and depth of purpose, it represents our hurts, fears, unresolved issues, desires, demands, reactions and the many ill-fed consciousnesses we align to instead of claiming what we truly and deeply know. We have an enormous impact on others (loving or not) through the quality of our presence. Have you ever felt buoyed or lifted by spending time in another's presence?

# 8 Foundational STEPS TO BUILDING A LOVING RELATIONSHIP

The 8 Foundational Steps to Building a Loving Relationship came from a Relationship Quiz that I created a couple of years ago. It's A LOT of fun to do and has the added bonus of delivering a lot of wisdom.

I recommend doing the quiz before moving onto the next section. You can also share it with your partner, friends, family or work colleagues to see what their next steps in relationship are.

https://www.healthhealinglife.com/relationships-quiz/

In the quiz you will find out which out of the 8 foundational steps to building a loving relationship you have to bring focus to now. If you have done this quiz before, I suggest doing it again as what needed focus 6 months ago may have changed or how you interpret the result might have a whole new meaning. In reality, you never have purely one area of relationship that you are focusing on and you will find that you will probably resonate with 2 or 3 of the foundations. That's why I have included all of the foundations into this module so that you can read and re-read over them.

Once you have done the Quiz (or re-done the quiz for those who have used it before) give yoursef time to read all of the foundations and feel which ones resonate with you the most at this point in time. You may even gain some more understanding of where other people in your life are at. You can also have a lot of fun sharing the quiz and finding out what other people's results are. I have also placed the link to the quiz in the Module 12 page in the Building Love and Affection content hub.



The times you need to let people in even more are the times when you are most in disbelief of someone's behaviour and the choices they make. When you are struggling to understand what makes them tick and everything in you wants to withdraw, give up or even run the other way, you know it is the time to let them in. Letting them in means letting down any walls that stop you seeing who they truly are and allow yourself to get a deeper sense of where they are coming from.

#### YOUR NEXT STEPS

What you observe about your partner's poor choices and uncaring behaviours may be accurate but it is not the deepest truth. The great thing is, you have an opportunity to go deeper with your awareness and see through (but not ignore) the issues, dramas and behaviours of your partner to understand who they truly are. Allow yourself to feel the deeper qualities they have... even if it is buried under fossils and ancient ruins. As you start to get a sense of the deeper qualities and aspects of your partner, you can more easily address any issues that need to be addressed.

#### HOW THIS EVOLVES YOU

On a broader scale, this allows you to really appreciate many more people and understand what makes them tick. When you start to see through people's issues you don't take their actions so personally and you don't get so affected by their behaviours.

#### CHALLENGE YOURSELF

When you feel the urge to withdraw from a relationship or completely wipe it, stay present and be open to feeling a deeper sense of who a person is. Seeing people for their essence first and then their baggage second won't be completely new for you as you probably did this very naturally as a young kid. If you can find what you value about them you will be able to take the next step in relationship, whether that is to continue as partners or to move on as friends.



When you feel like you have an inner world / outer world conflict going on you know it is time to let yourself out more (I don't mean parties and events). On one level keeping your inner world hidden can seem like it is safer or a more non-fuss drama reducing approach but on a deeper level you feel the cost of not truly sharing yourself with people. It may seem easier to have the outer version of yourself playing bodyguard to your more inner thoughts and feelings . . . but essentially it stops you from developing more meaningful relationships.

#### YOUR NEXT STEPS

Even though this can slightly freak you out, the key is to allow others to see past the outer face, quips, jokes, emotions or protection and into the depth of who you are and what you really feel.

#### HOW THIS EVOLVES YOU

Not everyone will "get you" but by sharing more of your depth with others, all of your relationships will be enriched. You will find that the superficial relationships will fall away and more meaningful ones will be drawn to you.

#### **CHALLENGE YOURSELF**

Start to bring a fresh approach to life and do things a little different. Start with one person who you feel will be more receptive and share with them more of what you truly think and feel. Start small and build your confidence in sharing more depth with others.



When you feel like you are routinely making choices that come back to bite you on the butt you know you need to bring greater discernment. This is not because you are stupid, dumb or even unaware . . . it is because you override what you truly feel. This may be because you don't like disappointing people or saying no or it might be because you get caught up in the potential of a relationship even though it never delivers. Life is too short to not be discerning, every decision is a decision that deserves your all.

#### YOUR NEXT STEPS

The key is seeing and discerning what is true in every situation before making a decision. Don't get stuck in the picture or outcome of what you would wish the relationship to be. . . or even what it could possibly be. Being swept off your feet may feel exhilarating in the moment but it doesn't come with the deep holding and settling feeling of when something feels true from the depth of your being.

#### HOW THIS EVOLVES YOU

By becoming more discerning your life has more flow in it and you don't end up in so many compromising situations. There is less drama and more space for enriching your life and supporting other people.

#### CHALLENGE YOURSELF

Start asking yourself what you truly feel about a situation / decision. Don't try to figure this out from your head, feel whether the situation resonates with you and offers a settling, surrendering feeling or whether you feel hooked, dazzled, excited or screaming noooooo. You know these feelings you just have to listen to them more.



ΜΑΚΕ

You know you need more understanding when you seem to be getting frustrated about everything. Have you ever had thoughts like "Why do they need to eat like that and surely they don't need to breathe so loud all the time". As awful as it feels to feel so frustrated all the time the great thing you can take from it is that you really do care. In fact, you care so much that sometimes you get tied up in knots about it all. You know, reacting, conflict and heated communication does not support you or your partner. In fact, when you react you water down your message as your partner doesn't get to hear the awareness or insight you have, they just feel your angst.

#### YOUR NEXT STEPS

It is important for you to see through the conflict, argument or tug-of-war to feel or understand the shared truth. Do you want to be right and win the argument or do you want to bring understanding, tenderness and a shared truth? The latter is definitely worth it, even if it means swallowing a few small amounts of pride that may come up.

#### HOW THIS EVOLVES YOU

As you start to work through your reaction (before you discuss it with someone) you find that you are clearer with your communication and people are actually wanting to listen to what you say. Over time, people start to feel safe to open up with you more and you can have some really constructive conversations and outcomes. This has so many benefits including reducing the drama and your stress levels.

#### **CHALLENGE YOURSELF**

Challenge yourself to more deeply understand what you feel and how to express what you feel. The only way to do this is to bring more tenderness to yourself and others . . . including your partner. There is so much you can bring to your relationship by being the first to put down the tug-of-war rope and feel what you truly feel (hint: no blame or judgement) and not what you are reacting to.



OFFER OTHERS sace log

You are fully committed to your relationships and you like to put 100% in. You see clearly what needs to be done and you understand what could really support other people. The problem is that this can become a burden for you and can somewhat take the joy out of life. When you start to feel like you are always carrying others then you know it is time to take a step back, let go of your attachment to them "getting it" and give them the space to grow.

#### YOUR NEXT STEPS

As difficult as it can be, sometimes we need to take a step back and allow another the space to grow, develop and understand life in their own way. Stepping back is not a withdrawal or a lack of care, it is an opening up and taking the pressure off yourself and others. In fact you are actually bringing a deeper, wiser love. Maybe there are shortcuts you could offer your partner but if they are not ready for them it won't help and can in fact put them off taking the next step.

#### HOW THIS EVOLVES YOU

Giving space to another also allows you to focus your energy on your next steps in life. What will grow you as a person? As you step back and let others find their own way a bit more you will be able to focus on yourself a bit more. This naturally has a positive flow-on affect to your partner and anyone else around you.

#### **CHALLENGE YOURSELF**

Take a step back and re-focus your commitment towards your own growth. Specifically, allow yourself to feel what lightens the load and brings you joy. Being joyful naturally brings so much to those around you . . . and that is without even trying. You already have a sense of what your partner's potential is and through this, you will naturally bring a very steadying and consolidating support for them . . . without imposing your timing on them. This allows your partner the grace to grow in a way that they feel is true . . . even if it is somewhat excruciating for you to watch. 6.

# SHINE LIKE YOU HAVE

never shined before

#### WHERE ARE YOU AT?

What if I was to say that you are actually a role model. You have loads to offer everyone around you including your partner. So the question is . . . are you aware of everything you have to offer others? Are you saying yes I do have a lot to offer, or are you slightly cringing? If you are cringing, it means that you are more comfortable making yourself small than stepping up to be a role model and if that's you, you definitely have to start shining like you have never shined before.

#### YOUR NEXT STEPS

You have heard of the saying "Dance like you have never danced before". Well in this instance you need to shine like you have never shined before. Shining means that you are not afraid to stand out or be seen for who you are. You are gorgeous, let it out. When you decide to shine and keep shining you bring an enormous amount of spark to your relationship and to your partner.

#### HOW THIS EVOLVES YOU

In many ways it is understandable that you may have struggled with letting your shine out. When you shine it can bring a lot of jealousy your way. However, more than this, shining brings so much to others and an enormous amount of joy within yourself. Why sacrifice your mojo so others don't get jealous when really the whole world benefits from more mojo?

#### **CHALLENGE YOURSELF**

Each day ask yourself what is next? What do I feel, what do I know, what can I bring? There is so much enrichment that can come from stepping up and shining, what are you waiting for? If you need help with this, have a look at my <u>Meditation Essentials course</u>.



If you tick all the boxes of nice, caring or pleasant in the relationship but deep down you know you are not fully satisfied then you need to stop, connect and go within. There is so much more for you to explore within your own relationship with yourself but you have been too busy caring for other people and what you think they need. Without a foundation of knowing who you truly are and what you truly feel the relationship will always feel a bit flat to you. The beauty of relationships is bringing your spark to one another and if you are feeling all of the above, you are more than ready to do this.

#### YOUR NEXT STEPS

The next step in your relationship is to understand what you truly feel. It is difficult to be in a relationship with someone else when you are not first truly in a depth of relationship with yourself. There are many reasons that we don't allow space to connect more to who we are and what we feel. Often it is because we are avoiding feeling something that is uncomfortable. Even though feeling what we don't want to feel can be uncomfortable, it is only momentary discomfort as opposed to the longer lasting agony of living with less awareness of who you are and what you feel.

#### HOW THIS EVOLVES YOU

You will find that you will become stronger within yourself and people will start respecting you more. This not only feels great for you but it also means that others learn from your sensitivity, care and natural sweetness. When you start to understand more about what you are truly feeling, you will naturally raise the bar in how everyone around you cares for and treats one another. This is great for everyone.

#### **CHALLENGE YOURSELF**

Now is the time for action. You know the things in your life that reduce your connection and awareness . . . start to let these fall away. Instead, bite the bullet and allow yourself the space required for contemplation, pondering and a deepening connection with yourself. If you need support check out my <u>Meditation Essentials course</u>.



If you can easily see through other people's dramas to the source of the problem but you don't say anything or end up saying what they want to hear, or you find yourself saying "I knew that was going to happen" then chances are you are holding back bringing to others the wisdom you feel. There is no doubt that you have access to greater wisdom: just accept it. You have much more insight and awareness than you let on, now it is time to bring it to your partner and all those around you.

#### YOUR NEXT STEPS

No more holding back expressing the full truth of what you see and feel. Sometimes people can get a little shocked when they first hear the truth but in the end most people really appreciate the support. There is an art to expressing and sharing truth with people and as you express the truth of what you feel more and more you start to settle into this being a normal part of life.

#### HOW THIS EVOLVES YOU

When you truly care for people you know that it is your responsibility to bring all of your resources (wisdom) to another in order for them to take their next step in growth and evolution. Pandering to others, giving in or caring more about being liked than what will truly serve the situation are all in your past.

#### CHALLENGE YOURSELF

To understand, appreciate and confirm that what you have to share is valuable. Insight and wisdom is available for you to share if you allow yourself the opportunity to feel the truth of any situation . . . don't get swayed by the emotion.

# 8 Foundational STEPS TO BUILDING A LOVING RELATIONSHIP

Question 2: Having read through the 8 Foundational Steps on the preceding pages, feel which 3 out of the 8 Foundational Steps resonate with you the most. Write notes in each of the sections below to come up with your own personalised plan.

#### WHERE ARE YOU AT:

#### YOUR NEXT STEPS:

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#### HOW THIS EVOLVES YOU:

CHALLENGE YOURSELF:

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"Love is so strong, it holds the ability to withstand anything. It does not bend, it does not move, it does not cave-in because it has no need outside of the purpose to hold another in the true divine spunkiness they naturally are. There is no greater love than the love that comes from fully surrendering to the depth, magnitude and power of your soul.

Rebecca Poole

#### WHERE TO NEXT?

The Building Love and Affection Program is the second program within our Mastering Relationhships Series. You have already completed The Enriching Relationships Program and this together with the Building Love and Affection Program forms the foundation for the final instalment of this series, The Deepening Intimacy Program. The Deepening Intimacy Program is an advance that offers us to let go of everything that has infected, denigrated, diminished or damaged our ability to be absolutley transparent, infinitely intimate and completely content. Making love is an everyday and everyway occurrence and this program supports deep intimacy in the bedroom and everywhere else. I encourage you to allow what is next to wash over you and prepare you for this third instalment of the Mastering Relationships Series.

#### **MODULE 12 - CHECKLIST**

- Watch Module 12 Video
- Complete Module 12 in the workbook
- Listen to Module 12 In Session With Rebecca audio