



# 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. When you have these things 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, not elevated by the notion of another.**

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

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## 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 partner 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).

**Soul Chemistry and Spirit Chemistry are two completely different ways to register connection in your body.**

# ATTRACTION VS *Constellation*

**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 **constellation** (although there is more, 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.

## *Attraction*

You've probably heard of the law of attraction. There 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 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.

When we work with attraction we are confirming that we need something outside of ourselves to complete us. The unresolved part of us has a much lower level of intelligence than the wise and all knowing depth of us.

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 *Constellation*

## *Constellation*

**Constellation is far grander and more expansive than you could ever work out from your emotional or mental mind.**

It is born from the intelligence of your essence, your soul, and has the awareness of life at a level that knows the truth about everything and the larger meaning to your life and all life. When something is constellated for you in life it works beyond time and therefore continues to unfold ongoingly.

**“I often reflect on “things” that have constellated for me in my life 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 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.”**

The science of constellation is based on a deeper 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, heal, grow or support others. When we constellate a relationship or opportunity in our lives, we are coming from 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 a constellation. You can't fake, force or push a constellating call, it is an awareness of something that is happening 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 constellation. When we are unresolved our first step needs to be to take responsibility for what is unresolved or truly make a call to be resolved, not fixed.



# ATTRACTION VS CONSTELLATION

## 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.

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

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

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

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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?

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# 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?

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

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## MODULE 4 - CHECKLIST

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