



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. **Not true!!** 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 **really important** 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 *Pictures*

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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RELATIONSHIP *Pictures*

Let's 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 *Pictures*

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) impels 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?

Have 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

MODULE 5 - CHECKLIST

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