



DEEPENING YOUR RELATIONSHIP

Welcome TO MODULE 6

DEEPENING 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 list of obstructions goes on and on. It is any wonder that we can deepen at all. . .and even more wondrous that 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, 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 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 versa.

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.

Deepening RELATIONSHIPS REFLECTION

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

1)

2)

3)

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?

1)

2)

3)

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.

2. Our unfulfilled needs. Do we *REALLY* 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.

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 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.

