

Enriching Relationships Workbook

Contents

INTRODUCTION

WELCOME LETTER	3
how to use this workbook	4
ACKNOWLEDGEMENT	5
MODULE 1 - RELATIONSHIP STOCKTAKE	6
MODULE 2 - THE ENERGETIC ASPECT OF RELATIONSHIPS	14
MODULE 3 - WHO ARE YOU?	24
MODULE 4 - SELF-CARE AND SELF-LOVE REBOOTED	38
MODULE 5 - BUILDING YOUR SELF AWARENESS	49
MODULE 6 - READING THE UNDERLYING INTENTION	66
MODULE 7 - RESOLVING HURTS	75
MODULE 8 - UNDERSTANDING PEOPLE	86
MODULE 9 - REDEFINING STANDARDS	105
MODULE 10 - RAISING OUR STANDARDS	115
MODULE 11 - COMMUNICATING STANDARDS	132



It is so great that you could join me here for the Enriching Relationships Programs.

Although we may not have met in person, I can assure you that I have spent many hours pondering on what will support you the most in your life. I have spent years and years (actually the best part of the last 2 decades) supporting people with their relationships. I know first hand how much a relationship impacts a person's life.

As you complete the modules in this program, you will find that what this program offers is a very different approach to relationships. What you will unfold in this program, is the ability to have true soulful relationships - that's soul-full. Not just standard, get through life without fighting type of relationships, but ones that enrich to the depth of your being. This program is not just something you learn some tips from and try a few new things. I am a healer and my background is in supporting people to truly heal their relationship issues. Therefore, this program will cover the deeper meanings and aspects to relationships. It will also encourage you to look at life knowing that there is an energetic, unseen but felt aspect to each situation. Finally, this program is to support in healing, unlocking everything that is holding you back from being at ease with the depth of who you are.

Relationships can be magnificent. They can also be one of our most touchiest subjects. They can be the biggest support in your life or the most devastating and destructive plague on your life. Here you have two very different stories, stories which you may have experienced, but certainly from this point on you will have a choice of which story will be part of your future.

In this program I am going to challenge you to think 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. Your job, is to be as honest as you can and make sure that you do each part of the program. This program is only as good as your participation in it.

Sounds great! I hope you are ready for a transformational 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 archive and go back and read in a year's time to appreciate how far you have come and take stock of the areas that you still need to bring attention to. I recommend that you complete each section by yourself first and then share with your partner to support (and challenge) each other to go deeper. If you are single, feel free to discuss what you are learning with a close friend or family member or ex-partner (if you have that type of relationship). It is amazing what insight and wisdom you access when you express what you are learning.

This program was designed for you to do either by yourself or with a partner. The best way to approach each module is to give yourself a week between each module so that life can unfold and teach you all there is to know and unfold within each topic.



I have been privileged truth, depth and intim whom I adore more e	d to meet many people in m nacy of soul-full relationships. ach day. Our kids, who are fo	y life who have taught me aborefirst and foremost is my husbar	out the nd Lee, ur own
Caio, Annabella, Jenn has been one of the big	y and too many more people t ggest supporters of our relatio	nda, Michael, Natalie, Curtis, A o name. Last but not least Narel nship. Every relationship needs a In these people we have had it	le, who a group

RELATIONSHIP STOCKTAKE

WELCOME TO MODULE 1

WHERE ARE YOU AT?

There is so much to enjoy with taking your relationship to the next level! What this program is going to offer you is the key to start understanding the intangibles that play out in relationships. The depth, the meaning, what brings us unstuck and how to deal with the many everyday life issues that present. A true relationship program will always offer you an understanding and awareness about yourself first, your relationship second and tips or management strategies third.



In this program we are going to do just that. Most of what will be confronting about this program will have to do with your relationship with yourself. Sounds strange but the most important relationship you will ever have is with yourself, without it nothing else is genuine. More on that in module two. Here in module one, I am going to support you to take a genuinely honest look at where you are at. This is definitely a relationship stocktake, to look at what you truly feel about relationships, what you may be loaded with or carrying from previous relationships and what wisdom you have learnt to date. Most people have at least one area that they are naturally mastered at in relationships. However, very few people actually appreciate what they already do well because they may not be very mastered in other areas of the relationship. It is common for people to take their mastered qualities for granted, "what that old thing, I have always cared for people". For example: you may be discerning with your choice of partner, perceptive, wise, you may be light or playful, you may be steady and consistent: really the list goes on.

Now are you ready to enjoy all the awareness this module has to bring... even the moments you feel uncomfortable? If you are at times uncomfortable, celebrate these moments, as they are an indication of accelerated growth and healing. In other words, hopefully this module will help you squirm (grow) somewhat and if not, there is always next module:)

Unresolved Experiences

LET'S START!

Have you ever thought about your relationship with relationships? Do you like them, dislike them, need them, freak out with them or can't be bothered with them? Are you completely settled within relationships, confident with them, see the magnificence of them but at the same time you feel completely content within yourself and not one bit needy of a relationship? Most people tick one or two situations within the first scenario and very few can honestly say they live consistently in the later scenario.

THE IMPORTANCE OF A RELATIONSHIP STOCKTAKE

In this module we are going to look at your relationship library. Did you know that every thought, feeling, interaction or moment in your life is stored with you? For most people this sounds incredibly scary, weird or just way too much responsibility to get their head around. The first thing most people do when they realise this, is start scanning through everything they have ever done to another person or had another do to them. We can prefer to think that we can just move on from the past but the reality is, it doesn't work like that. Although we can try, the truth is you can never move on from anything: you can only resolve within yourself how the experience has left you feeling. Were you able to bring understanding, wisdom, and / or greater awareness to the situation? Did the situation leave you with an unresolved emotion or a lack of clarity? Unresolved experiences are what we commonly call "our baggage".

Our experiences, resolved and unresolved are a large part of what informs our perceptions and beliefs around relationships. Many people experience reoccurring patterns within relationships. The same type of partners, the same type of issues, the same hurts, the same frustrations, the list goes on. It may initially feel different (this time) but in the end it turns out to be the same old thing just a slightly different flavour. One of the most empowering moments we can offer ourselves is when we realise that we contribute enormously to the set up of these reoccurring patterns and relationship issues. We do this through not truly dealing with our stuff and holding onto our unresolved issues. In order to break an old cycle or take the next step in a relationship, you need to understand what you are carrying because anything unresolved continues to return to us (life is cyclic) until it is resolved. Yes, we are going to take an in-depth look at your baggage and after that we are also going to take a look at the wisdom and mastery you bring to relationships. Are you carrying any of the following?



A. Hurt

Understanding hurts does not mean indulging in any victim-hood but instead taking an honest look at what you are still carrying from the past. What wounds do you still carry? What hurts lurk just under the surface? Do you have some scars that still bother you? Are you easily triggered by certain situations? Do you tend to take things personally? Do you interpret situations as an attack towards you rather than an issue the other person has going on?

B. Fear

like to avoid? Sure, there are things no one likes to experience but are you holding back and not feeling empowered to deal with particular situations? Making decisions based on what you want to avoid rather than what feels true to you, automatically restricts you. It brings in an element of control in your approach that caps you from trying new things or putting yourself out there. For example: do you avoid sharing more intimately and expressing more care in case it gets rejected?

C. Judgement

Do you hold judgement or prejudices about people, partners or relationships? You can notice judgement by the feeling of holding someone at a distance. When you are in judgement, you drop your regard and care for someone. For example: 'Women are like this, men are like that.' 'It's all down hill once you get married.' I hear it all the time. Stereotypes about the sexes, about relationships and about marriage. What are your judgements?

D. Beliefs

Let's be honest, do relationships freak you out? Are If you were to explain relationships to someone there certain things about relationships you would from another planet who had never experienced a relationship before, how would you do it? You may be surprised at what you think. We can be influenced by beliefs that we don't even fully agree with but they still affect our decision making or how we feel about ourselves. For example: Are you a woman who feels bad if you don't clean the house even though you know it shouldn't be your role alone? Are you a man who feels pressure to provide for your partner even though he/she is more than capable of also providing for you?

"One of the most powerful things I have witnessed in people is when they realise that they are not a victim and in any one moment they can choose how a situation will impact them and how they feel about themselves or their life. The deeper we can go with bringing understanding to situations the more resolved the situation is within ourselves and the less heavy, burdened or affected we feel moving forward."

Rebecca Poole

Relationship Stocktake

With a relationship stocktake, it is really important not to judge yourself but instead, take more of a matter of fact approach. You have done, thought and experienced what you have experienced. What you can do is take responsibility for the aspects you could have done differently and to look at how this behaviour or pattern may be still playing out in your current situation. If you have had difficult or traumatic experiences, have an honest look at whether they are still affecting you today. If they are, it is important to seek help from someone who is a professional in that area.

Honestly ask yourself, what am I carrying and what is unresolved within me to do with relationships? 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.

RELATIONSHIP STOCKTAKE	AWARENESS
Do you carry a hurt or belief about relationships from observing your parents' relationship?	
Do you carry any hurts from a past relationship?	
Do you feel bitter or resentful about something from the past?	
Are you guarded or protected due to unresolved past experiences?	
Do you become needy at times? Are there specific triggers for your neediness?	
Do you avoid deeper levels of intimacy, care or tenderness?	
Do you avoid anything deep and meaningful and prefer to keep it superficial?	

RELATIONSHIP STOCKTAKE	AWARENESS	
Are you aware of a deeper meaning or purpose to your relationship?		
Are you easily inspired by your partner and their natural qualities?		
Are you able to see past the behaviour to understand what is going on for your partner when they are out of sorts?		
Do you share openly how you feel?		
Do you seek to understand your partner more than you seek to be right?		
Are you willing to evolve, grow and deepen within your relationship?		
Are you great at smelling the roses and feeling the richness in the small moments?		
Is connection important to you?		
Are you aware of who you are and what you feel? Are you able to bring a depth of you to the relationship?		
Are you naturally warm, loving and tender?		

MODULE 1 REFLECTIONS

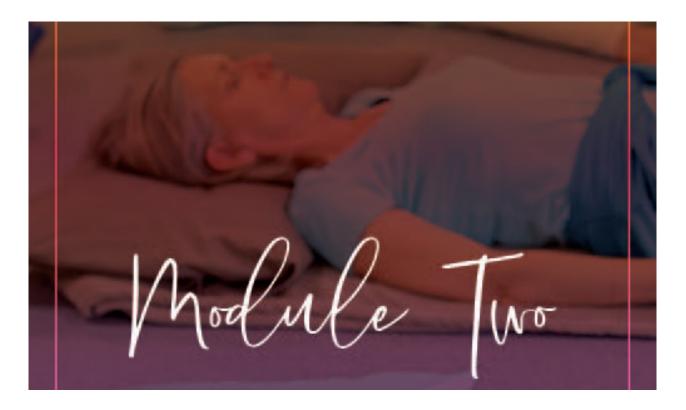
Question 1: You meet an alien (stay with me here) from another planet (Umm, they are probably not going to be from this planet) and you have to explain to them what a relationship is. Write down what you say. This will offer you insight into what you feel and think about relationships in general.
Question 2: How do you know that there is more depth to you than just being a physical body?
Question 3: What aspect of this module has really resonated with you?
Question 4: What aspect of this module has made you feel uncomfortable?

	y acknowledged?
uestion	6: If you could offer your younger self any wisdom about relationships, what would it be?
MOD	ULE 1 - CHECKLIST
□ W	atch the Module 1 Video The Importance Of Taking Stock
□ C	omplete Module 1 in the workbook
☐ Lis	sten to Module 1 In Session With Rebecca audio
ПА	tend the group call

THE ENERGETIC ASPECT OF RELATIONSHIPS

WELCOME TO MODULE 2

THE ENERGETIC ASPECT



To truly understand our relationship with relationships, we have to understand that we live more than a purely physical experience. We feel far more than our eyes can see and in fact we are receiving enormous amounts of communication in every moment. In other words we <u>feel</u> and this feeling aspect is the part of us that is aware of the energetic exchanges within life.

Are you aware of the silent communication that takes place in every moment?

Have you ever experienced a time where you feel there is a difference between what <u>is</u> said and what you feel is <u>actually</u> being said? Have you ever been part of a situation that didn't feel right but you couldn't quite put your finger on it? Are you able to feel people's intention even if they are not upfront about it? Do you leave situations still carrying a feeling that you can't shake? These are the undercurrents or silent communications that take place in every moment. Everything in our life, every situation, every thought, observance, feeling, interaction, conversation, activity, in fact every moment experienced by us is not only a physical experience, it is also an energetic experience. These moments are what I call energetic exchanges and every situation leaves us with an energetic imprint that we carry with us everywhere.

Have you ever . . . (tick the scenarios that you have experienced)

0	Felt drained after a conversation but obviously nothing physical drained out of you (this is energy)?
0	Sensed something was fishy or something just didn't feel right?
0	Felt uncomfortable with the vibe of a certain place or person (this is energetic)?
0	Sensed the tension between two people even though you were unaware of any overt problems?
0	Felt someone undermining you even though all of their words or actions were above board?
0	Felt that you were being talked about behind your back?
0	Felt that you were being stabbed in the back (not literally)?
0	Sensed how someone was feeling even though they never told you?
0	Felt like you have known someone for a long time even though you just met?
0	Felt a chemistry with someone that was more than physical?
Questi else.	on 1: Write down a moment where you were aware of the energetic exchange between yourself and someon

uestion 3: What feeling does this leave in your body? uestion 4: Ponder, Reflect and Write about the energetic exchanges you do feel good about.	
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uestion 5: What feeling does this leave in your body?	

COMMUNICATION AND DYNAMICS

UNDERSTANDING THE UNDERCURRENTS OF LIFE



Have you ever explored dynamics as an energetic outplay? If we are going to truly transform our relationships we have to bring it back to the energetic level. It is the energetic level that helps us be aware of the intentions, needs, hurts and underlying drivers that cause everything to happen. Without taking an honest look at these, you will never be able to get underneath the merry-go-round of issues and behaviours that take place in your relationship. Relationship tips and tricks to get on better, spice up your love life, find that spark etc only last short term. If you want to truly bring enrichment to your relationship you have to be prepared to roll up your sleeves and do the work.

THE NUTS AND BOLTS OF Dynamics

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In the **Communication and Dynamics Masterclass Video**, I explain what a dynamic is and walk you through the process of dealing with dynamics. It is really important that you have watched that masterclass before you answer the questions in the workbook.

Question 6: Now that describe dynamics?	you have watched the Co	ommunication and [Dynamics Masterclass, I	now would you

The interesting thing with dynamics is they are much easier to see when other people are in them as opposed to when you are in them. When we are in them, it is usually the other person is doing this and that . . . not I am getting hooked into a dynamic with someone. Your ability to deal with dynamics is directly related to your ability to take full responsibility for your experience of life. That might sound a little harsh and if you hang around me long enough you will hear me repeat this over and over again many times.

"Dynamics are the unspoken, energetic reactions, assumptions, agendas, games and plots to get an outcome. A dynamic can not sustain itself without two people feeding it. Arrest your part and there will be no dynamic."

Rebecca Poole

Question 7: What is the biggest dynamic playing out in your relationship?
Question 8: Describe the dynamic from a place of observation.
a) How does it make you feel?
b) Where is the other person at with their maturity, growth, awareness and intention?
c) Is it personal or is this how they are with others?
Question 9: What can you learn from the above dynamic?

Question 10: Do you have a dynamic with your partner around money? If so describe it.
a) What is your reaction to this dynamic? Do you react emotionally, do you withdraw, get overwhelmed?
b) What needs, fears or expectations do you have when it comes to this dynamic? Your needs are essentially anything that you invest in that causes you to override what you truly feel. (Hint: The truth of what you truly feel is never a need, it just is and is completely content without needing anything from another.)
Question 11: Describe another dynamic that plays out in your relationship, e.g. parenting, cleanliness, physical affection, family etc.
a) What is your reaction to this dynamic? Do you react emotionally, do you withdraw, get overwhelmed?
b) What needs, fears or expectations do you have when it comes to this dynamic? Your needs are essentially anything that you invest in that causes you to override what you truly feel. (Hint: The truth of what you truly feel is never a need, it just is and is completely content without needing anything from another.)

WH	ERE TO NEXT?	
\//ri+0	down your post stone in understanding the energetic appeats of life	
vviile	down your next steps in understanding the energetic aspects of life.	
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	tch the Communication and Dynamics Masterclass mplete Module 2 in the workbook	
1 Cი		

WHO ARE YOU?

WELCOME TO MODULE 3

OUR RELATIONSHIP WITH OURSELVES



This wouldn't be a true relationship program if we didn't explore your relationship with yourself. To be brutally honest, you will have a hard time growing your relationship with your partner if you don't start with first looking at your relationship with yourself. Before we're in relationship with anyone else, we're in a relationship with ourselves. Who are you, I mean the real you? It's not only important to understand this, it is our responsibility to understand it. When we are in a relationship with someone else, we are taking something (who we are) to that relationship. If we don't have a relationship with and understanding of ourselves then we can't partake in a relationship with true integrity or authenticity. You might be working up a sweat just thinking about bringing the whole and true you to a relationship, but when you have built a deep and solid relationship with yourself it becomes as easy as breathing (or easier if you have respiratory disease). The reality is you are not here for "feel goods", you want the real deal in relationships and through this process you are going to get just that.

It is important that you are not hard on yourself and / or make yourself feel inadequate, ashamed or regretful throughout this process. You are here to enrich your relationship and I know you are the most valuable thing you have to offer your partner . . . and you are the only one who can bring it.

The importance of wake up wowevil

LET'S START!

In module 1 we explored the baggage that we have carried into our relationship. Having awareness of your unresolved hurts or issues is important and is part of building your relationship with yourself. The problem is people start to think this baggage is who they are, and their sense of self is built from their issues rather than their essence. The truth is, our issues (or baggage) are caked on over the top of our essence and this will often preclude us from having a deeper truer sense of who we are. Unless you really explore the depth of who you are and what you feel, you will end up being a lesser version of yourself within the relationship. You will lose your voice . . . even if you make a lot of noise. Many people wake up after 20 years in relationship and ask themselves, "what is this". This is not the life I intended. The problem in this situation is not the 'wake-up', it is the length of time between 'wake-ups'. If you are living with a depth of relationship with yourself, your 'wake-ups' are daily, not yearly or every other decade.

Question 1: Describe the importance of wake-up moments.					

"There are so many different ways that we can mould ourselves into relationships. Unless we are building a genuine relationship with ourselves, we are for the most part unaware of the moulding and think it is just who we are. This not only develops a deep down unrest for the person who has moulded themselves (a time bomb waiting to surface), it forever caps the depth of intimacy possible within the relationship."

Rebecca Poole

OUR RELATIONSHIP WITH Self-awareness

WHAT DOES A RELATIONSHIP WITH YOURSELF EVEN MEAN?

Everyone has a relationship with themselves whether they know it or not. Whether you do engage or don't engage with a deeper aspect of yourself, it doesn't matter. In other words, whether you have focused on it or not, you are still equally in a relationship with yourself; you just are experiencing a different quality of relationship. This module is not about teaching you that you have a relationship with yourself (I think deep down you already know that). This module is about giving you permission to take your relationship with yourself to the next level. As you take the time and bring your all to this module, you will find that deepening your relationship with yourself can be one of the most enriching things there are in life. Ultimately, a relationship with yourself or not about what you do for yourself, it is about the quality in which you engage yourself with.

DO YOU RELATE AND/OR ENGAGE WITH YOURSELF			
	On a physical level?		
	On an emotional level?		
	On a mental / thought level?		
	On an energetic / sensory level?		
	On a depth of being level?		
Questic	on 1: Write down any of the above aspects that you feel unsure of or know that you dismiss.		

THE DIFFERENT ASPECTS OF Self

WHO ARE YOU?

There are many aspects that make up the 'who you are' when it comes to having a relationship with yourself. Have you ever had the experience where a part of you felt one thing but another part of you felt another? Have you ever felt torn or had conflicting thoughts / feelings. There is much that can be said or written about when it comes to "who we are" but for the purpose of this program let's start with the below.

A. Physical

There is you on a physical level, that experiences a very visceral life. If you fall, you bruise, if you burn you blister, if you over-eat you bloat, if you drink alcohol your body changes, if you over exercise you ache, and if you don't sleep enough you get tired. These are all real human body experiences and they form an important part of our relationship with our self.

Before a thought is a thought it is essentially a package of energy (communication) that we process through what we call our mind. Our awareness, insight and focus, depends on how our mind is placed. Narrow mindedness has a very different energetic configuration to open mindedness. I go into this in much more detail within the De-Stress your life course.

B. Emotional

Our emotional experience of life is based on our reactions, likes and dislikes. It is an important aspect of ourselves to understand because it teaches us what are essentially our unresolved issues. We may be triggered by a situation to have anger, frustration, sadness, neediness, withdrawal etc and when we have gone into this state, it is important to know that something has triggered us . . . and if possible, know why.

C. Mental

What types of thoughts do you have? What are your thoughts towards yourself? The mental aspect of us is very well experienced but not very well understood. The understanding of our mind could be a whole program on its own as it is generally so poorly understood. We view our mind from the basis of the end result, which is our thoughts. But what are thoughts before they are thoughts? Have you ever experienced a moment where a thought is formulating but you haven't quite yet converted it into a linearly structured sentence?

D. Energetic clairsentience

Every aspect of us (in fact the whole universe) is energetic. The energetic clairsentience aspect of us is the part of us that can clearly feel and sense vibration. We experience it as a deep knowing and with this, can feel if something is congruent or not congruent with us

E. Depth of being

Understanding that there is a part of us that is essential to who we are is important. This has nothing to do with our likes, dislikes, behaviours, experiences or anything else based on life. It is the part of us that we can call our 'depth of being'. Some people experience this as a deep knowing, others a deep yearning for more. It can be felt as enormous love or deeper purpose. Whatever it is for you right now is fine. The important part to acknowledge is that you have a deeper aspect to who you are, and the more you connect with this depth, the clearer and more profound it becomes.

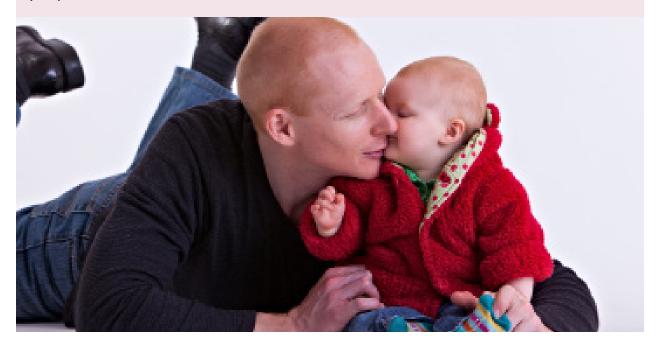
Question 2: Describe how your physical aspect has a voice in your life. What wisdom does your body offer you and are there any times / situations that you should be listening more to it?		
, , , , , , , , , , , , , , , , , , , ,		
Question 3: What are you like emotionally? Are you steady? Do you jump from one emotion to anothe What are the predominant emotions that you feel?		
Question 4: What types of thoughts do you have? What are your thoughts towards yourself like?		
Question 5: Describe what it is like when you can feel whether something is congruent with you or no When something resonates with you, what do you feel in your body?		
Question 6: Do you have a sense or experience of your essence? If you don't, don't worry. If you describe it.		

RECLAIMING SENSITIVITY

ARE YOU TOO SENSITIVE?

HOW MANY PEOPLE HAVE BEEN TOLD THAT THEY ARE TOO SENSITIVE ... HANDS UP? OH, I SEE SOME PEOPLE ALSO HAVE THEIR FEET UP AS WELL.

The interesting thing is that it is impossible to have a proper relationship with yourself without having a relationship with sensitivity. Sensitivity is the way in which you know the truth of what you feel.



SENSITIVITY IS A DIRTY WORD

In our society, at this point in time, sensitivity is about the last thing people want to be accused of. We live in such a 'harden up princess' society that we have lost the true purpose and understanding of sensitivity. It seems as though in today's world, it would be easier for someone to be a special forces soldier in a war than to truly value and stand by their sensitivity.



The more uncomfortable you feel with sensitivity, the more you have to gain by bringing it into your life. In my experience, the tougher you are, the more sensitive you truly are deep down. Sensitivity changes the status quo in your life, it allows you to feel what resonates and what doesn't resonate and then set standards that are truly true for you.

THE WAR ON SENSITIVITY

One "Drink a bucket of cement and harden up"
two "Suck it up"
three "Stop being a girl"
"Stop being such a baby"
"Man up"
"Harden the F*** up"

THE ART OF SHUTTING DOWN SENSITIVITY

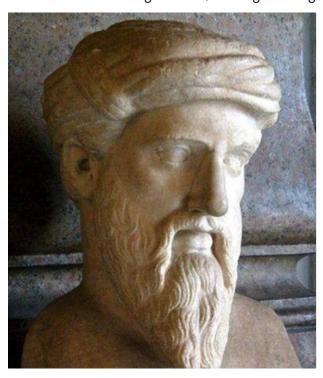
So much of our language is used to shut down sensitivity. I doubt anyone could count the amount of times that they have been directly told that they are too sensitive or that sensitivity is weak or inherently wrong. The above 6 phrases are only a small sample of the types of shut downs that we are bombarded with when it comes to sensitivity. It is any wonder that any sensitivity has survived in the world!



LET'S CLARIFY SOME THINGS

1. SENSITIVITY IS NOT THE SAME AS WEAK

Sensitivity is not the same as weakness, in fact, they are worlds apart. Sensitivity is our ability to feel the subtleties of life in great detail. It is the courage to discern everything in life for its ability to stack up to harmlessness. Through sensitivity, we know that all life's interactions can be felt and have an effect on all those around us. Sensitivity knows how each person affects another and therefore the responsibility we naturally have towards one another. It is something to be valued and honoured. Without the ability to sense the subtleties in life, we are left without **true philosophy**, have reduced **insight** and no compass with which to **navigate the world**. If we discount our sensitivity then what do we allow to navigate the world? Is it the cool calculating intellect, the dog-eat-dog mentality, or impulsiveness and greed for fast gains?



It takes a lot of strength to feel everything that is going on and not bury our heads in the sand. It takes even more strength to stand up for and speak on behalf of our sensitivity. If there were more people who valued and honoured sensitivity, the world would be a very different place. If everyone was to toughen up, then as a society we become more tolerant of abuse and less compassionate. Sensitivity holds us, others and the world accountable. As a collective, are we moving towards a less accountable society in our pursuit of a "harden up princess" way of life?

2. SENSITIVITY IS NOT EMOTIONAL

Sensitivity is not emotional, it is completely different.

When we become emotional through reacting to what we have felt, we are no longer able to see situations clearly. As soon as there is a reaction, we are part of the fight and we let what we have felt change how we feel about ourselves. . . we have become upset, hardened, dejected, frustrated etc. In this we lose our clarity to be able to bring truth to a situation; we are no longer able to see both sides as we have become part of the right and wrong tussle and often fall for being the victim.

If we do not value our sensitivity for the true strength it is, we do not give ourselves any avenue to bring truth to situations. Strength comes from our sensitivity, not from emotional outbursts of anger or frustration. It takes a lot of strength to be sensitive enough to feel, and a lot of back bone to stand for the truth of what you have felt without an ounce of judgement or reaction.

FROM TENDER TO TOUGH

DO WE REALLY KNOW WHAT WE ARE TRADING?



Years ago I wrote a blog about honouring our tenderness. This blog was in response to a quote I read from Betty White . . . think Rose from the TV. show Golden Girls.

"Why do people say "Grow some balls"? Balls are weak and sensitive! If you really want to get tough, grow a vagina! Those things take a pounding!" – Betty White

On a superficial level, this quote is quite funny (albeit crass), however, on a deeper level this quote is to say the least . . . very exposing. What it exposes about our society is how much we are championing toughness, and we are in a constant battle of the sexes.

Sensitivity and tenderness are qualities available to anyone, regardless of gender or age. Who can say that as a little kid they didn't feel the pressure to toughen up? Probably very few. I know for myself as a young girl I thought that the tougher I could be, the more awesome I was.

What if the common expression wasn't "Grow some balls", meaning toughen up? Instead, what if it was normal to say "Find some curves", and it meant "Where is your tenderness?" In this situation, we would have as our social standard a level of tenderness that was normal and if you dropped below that you would be called out and asked to lift your game and be more tender... find your curves. If we had more tenderness, wouldn't we be more sensitive to the welfare of those around us. Wouldn't we be naturally more caring? There is no way that abuse, aggression, violence and corruption of any kind would be tolerated if sensitivity and tenderness were valued characteristics in our world. What if we asked men, women and children to be amazingly sensitive and tender? What if this was our standard?



"It is now the trend to harden up and be tough but this isn't a new thing and although it is gaining momentum, it has been around for a while. Today, toughness really transcends generations. I see children in primary school through to people in their 80's that have forced themselves to toughen up. I am absolutely sure that as a society we are unaware of what we are losing when we harden up, we are unaware of the devastating impact this has on us personally and also on a global scale."

Rebecca Poole

7 MYTHS OF SENSITIVITY

- Sensitivity is weak.
- Sensitivity is emotional or messy.
- Sensitivity means you can't be efficient or productive.
- Sensitivity is only for women.
- Being sensitive is draining.
- Being sensitive means you get walked over.
- Being sensitive means you have no courage.

REVIVING **SENSITIVITY**

Question 7: How do you feel about being sensitive?
Question 8: What is your greatest strength in sensitivity?
Question 9: Who inspires you with their sensitivity?
Question 10: What would the world be like if we valued and nurtured the quality of true sensitivity?

WHERE TO FROM HERE

SENSITIVITY IS A HUGE SUBJECT



There is so much more I would like to share on this topic. Understanding sensitivity, knowing the depth of what you feel and the steps required to build a strong and clear relationship with yourself is a huge topic. To fully support yourself to bring a true sensitivity into your life is a game changer but it is also no small feat. I say this because I see few people who have really been able to do this. Most people have either hardened and dismissed their sensitivity or they have reacted to their sensitivity and become hurt and what we might call "over-sensitive" but it really should be called 'emotionally reactive'. It's rare that I meet someone who has been able to truly keep their sensitivity and use this sensitivity to form the basis of their strength in the world.

So what next! If this workbook has struck a chord with you then I encourage you to enrol in my Meditation Essentials course. This is much more than a meditation course as it is really a foundational course for connecting more deeply to what you feel and understanding your sensitivity. You might also want to subscribe to my masterclass library and in particular watch Anxiety and Sensitivity, Anxiety and Healing as well as the Confidence and Inner-steadiness masterclasses.

At the very least . . . I encourage you to re-do this module again in the near future.

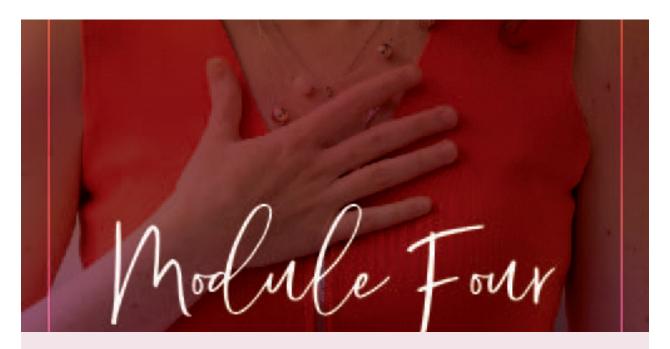
MODULE REFLECTIONS

Question 11: Reflect on Module 3, what was your biggest take home message and why is it so valuable to you? Be specific.
Question 12: How is your current relationship with yourself impacting your other relationships?
Question 13: Reflect on Module 3, what changes would you like to make within your relationship with yourself?
TAKING IT EVEN FURTHER
One of the things I come across a lot in clinical practice is people who can care for others but not truly care for themselves. Quite often, people will feel guilty when they decide to take even the slightest bit of care for themselves.
<u>TIP:</u> Caring for yourself plays a huge part in starting to value what you feel and know is true. It is in fact an essential building block for developing a stronger relationship with yourself. In the next module we are going to explore Self-love and Self-care in more detail.
MODULE 3 - CHECKLIST
☐ Watch the Module 3 Video - The only way to be authentic in relationships
☐ Complete Module 3 in the Workbook
☐ Listen to the Module 3 In Session With Rebecca audio
☐ Attend the live call

SELF CARE AND SELF LOVE REBOOTED

WELCOME TO MODULE 4

SELF-CARE AND SELF-LOVE REBOOTED



Welcome to module 4. So far in this program we have looked at baggage and completed a relationship stocktake, we have explored the fact that there is an energetic aspect of relationships and we have started the process of making our relationship with ourself a vital and important part of all of our relationships. Modules 4 and 5 are where we take this deeper and we leave no stone unturned when it comes to knowing what you truly and deeply feel, preparing you to be able to engage in your relationships as authentically as possible.

So, what determines whether a person is willing to themselves. This is where I hope to turn this type feel the depth of what is truly going on for them? In of thinking on its head and support people to feel my experience, a person's willingness to stop and feel comfortable in caring... and possibly even loving is always directly related to how much regard, care themselves. The ability to care for and love yourself and love they have for themselves. It is very difficult is directly related to your ability to deeply care and to feel things that are uncomfortable or to be very honest about our short comings when we lack the foundation of holding ourselves with care or regard. For many, being tender or caring with yourself is difficult at the best of times, let alone when you are being honest, self-responsible and feeling things you may not want to.

As I mentioned at the end of Module 3, one of started to build a VERY important aspect of self-care the things I come across a lot in clinical practice, is into your life. Caring about the energetic aspect of people who can care for others but not truly care relationships, in other words, caring about the quality for themselves. Quite often, people will feel guilty of energy within your relationships is a huge step when they decide to take even the slightest care of towards self-love.

love another.

The difficult thing is, where do you start with selfcare or self-love when you feel like you have lived many miles from there? There are no fast tracks with this, as these are foundations that are built over time. However, what I can share is the building blocks that will get you started. In fact, you have already

REDEFINING SELF-LOVE

LET'S NOT SUGAR COAT THIS



Self-love is not some airy fairy concept made up to sell expensive perfume and holidays to the Caribbean. Yes, some people and industries may have corrupted this word for their own agendas and turned it into something it is not but that doesn't mean that the common use of this word is the true understanding. For example, what about the concept that self-love is selfish. No, selfish is holding your needs and demands as the only thing of importance and you are willing to sell others out to get them met. Whereas self-love brings about a natural care for yourself, regarding and respecting yourself (body and being) which ultimately supports you to more completely love, care and respect another. Which means the authentic meaning and applied understanding of self-love is not only useful but crucial.

"If it is not the quality of care that you would accept for a child then why are you accepting it for yourself?"

The above is a question you can ask yourself when you are wanting to redefine the way you care and love your self. In this module I am introducing the concept of self-care as well as self-love and although many people use them interchangeably they are not exactly the

Self-love is not some airy fairy concept made up to sell same (though they have a natural flow on effect with expensive perfume and holidays to the Caribbean. Yes, each other). The following is a simple but very helpful



overview. Care is the precision, awareness and approach you take in looking after something i.e. yourself. Love is the warmth and overall appreciative quality of regard you hold for something i.e. yourself.

"True change needs to come from a genuine quality of care that you bring, derived from the quality of warmth and love you hold for your self."

WHAT DOES LOVE even mean?

KEEPING IT SIMPLE

It may not seem like you are a master of knowing what love is but the truth is you are. The problem is that your knowing of love has been mixed up with a whole lot of other meanings, imposed upon by rules and buried under layers of hurt. In order to rediscover our connection with love, we need to talk about love as a quality of energy, a vibration that we can register. There is so much to explore with this, and I can guarantee you that understanding love as a quality will revolutionise your life. We have been so polluted in our understanding of love through false images and ideals that in actual fact, peeling back the layers and feeling the truth of love can take many years. However, with each layer peeled back, a refreshingly, free and empowering approach to life appears.

Enjoy pondering on the foundational principles of love!

A. Love comes from your inner-most heart... your essence.

No one is void of access to love. Some may choose to shut down their connection to their essence (where love is accessed) but no one is void of the potential of this. If you have got this far in the Enriching Relationships Program then you definitely already have a connection to love. How much you are following through with this connection to love and living from that place is up to you.

B. Love is a quality of energy that beholds... not a gesture or deed

What we need to understand as a society is that love is an energy / a quality of vibration. . . it is not an act in and of itself or a set of rules. It is something that can be felt more so than seen. How many times do we mistake love as what someone will do for us or won't do to us rather than the actual energy that they hold us in? We talk about holding someone in high regard but did you know that you can also hold someone in love? When we hold someone in love, we are actually holding them in the vibration of love we feel in our inner-heart. It is a sense of holding them buoyant and not dropping them. When you hold someone in love, you naturally are inspired to follow through with loving gestures, touch, expression etc but it is never a should / burden or role you are playing. It is a natural extension of the love you hold.

How do you hold yourself in love. How do you relate to yourself? Do you hold yourself buoyant or do you drop yourself?

C. Love is a quality of energy that emanates... not emotional attachment

Love has no need in it. It is complete within itself and does not need anything in return. The way the vibration of love moves is that it emanates from your inner-heart out spherically all around you. You can quite easily see and feel this in children. When we describe children as a ball of love or a ball of joy, we are actually more aware of energy than we realise. In this, love is a holding not a yearning. Many people mistake emotional attachment for love i.e. I can't live without you. I would do anything for you. These statements are filled with neediness and are more accurately classified as emotional needs or attachment. This forms a chord or rope between 2 people and will often become an energetic tug-of-war for each person's needs to be met (much more on this in my *Mastering Relationships Program*).

D. Self-love builds a body of love

Love cannot emanate from an empty, shut down, needy, drained or conflicted body. Self-love is what builds the quality / energetic vibration of love to be held, felt and expressed through your body. If your body (physical and energetic) is hard, cold, shut down, withdrawn, angry etc it is much more difficult for your inner-heart to emanate its natural expression of love.

In other words: the natural emanation of love from our inner-heart is capped by the layers of disregard that we have lived and therefore, put our body through.

SELF-LOVE Reflections

Question 1: Observe your mind and thoughts throughout the day. Bring particular attention to exploring the quality of love and care your thoughts contain. Are there any themes that seem to play on loop?

NOTE: The biggest change is not the outcome, but how you relate to yourself, starting with honesty (not harshness). The intention to care more about yourself is already a huge step.

Types of thoughts:			

you would talk to a friend, child or loved one in the way you treat yourself with your thoughts. This can be ver
revealing as we often just accept a harsh tone towards ourselves as normal.
Areas in life that trigger lack of care towards yourself.
Question 3: Explain why love is a quality of energy (vibration) and not a deed, or emotional attachment.
Question 4: If love needs a body of love to fully express, what are your next steps to ensure you ar building a body that can emanate the vibration of love?
Question 5: Write down some of the pressures, expectations or beliefs that push or pull you.

Question 2: Do you vibrationally hold yourself buoyant, or do you drop yourself? What areas or

BUILDING A BODY OF LOVE

CHECKING-IN NOT checking-out.

TO BUILD A BODY OF LOVE YOU NEED TO STOP AND FEEL WHAT YOUR BODY IS TELLING YOU.

A. Taking the edge off life

We don't always want to truly feel what is going on for us in life. As much as we hate to admit it, a lot of the time we can prefer the ignorant bliss over the uncomfortable truth. Everyone has ways that they 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 and this will always reduce our connection to ourselves.

B. Create a Stop!

The first step in any true type of change or expansion, 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 Judgement

When you check-in you are not trying to change or control anything that you feel. You are just observing without judgement how you feel in your body. Change that is true and sustainable comes from honest reflection not judgement. Honesty is a beautifully levelling 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.

Question 6: Write down all of the things you do in order to not feel or to take the edge off life?	

STOP MOMENT Reflections

Question 7: Take a moment to consider whether you have had moments of true contentment in your life. If so, write down the first one that comes to mind. NOTE: this is not what you had or what you did and it is not reliant on any external factors. It is simply a feeling of ease from within. If you can't think of any, don't worry, go to the next question.
Question 8: What does it feel like when you are in a momentum and you can't seem to stop?
Question 9: Where do you usually hold tension in your body?
Question 10: How can you create regular stop moments in your normal daily rhythm, to feel what is truly going on for you?

WHAT ARE YOUR qualities?

Truly loving yourself (and therefore others) starts with having an awareness and then appreciation of your qualities. Use the following questions to prompt yourself to start appreciating more of your innerqualities.

Question 11: Make sure you have wat qualities.	ched the Module 4 video on self-love, and write down 10 inne
Question 12: Ask 3 different people to	o share with you 5 inner-qualities they feel from you.
a) Name:	Relationship to you:
b) Name:	Relationship to you:

c) Name:	Relationship to you:
Question 1	3: How comfortable did you feel writing down the inner-qualities you felt for yourself?
Question 1	4: How comfortable did you feel asking someone else to talk about your inner-qualities?
Question 1: others felt	5: Was there a difference in the answers of what you felt for yourself and what inner-qualities for you?
Question 16 sure you ha	6: What have you learnt from doing this exercise? What can you take forward with you to make eve more of a relationship with your inner-qualities?

"We are all role models whether we like it or not: we're all role models for children, for nieces and nephews, for partners or family members, for cousins, for friends and work colleagues. We are actually all role models and if we are going to change the conversation in the world we have to start to understand our place and not having these feelings about ourselves that are denigrating, belittling or lacking in the decency of love and care that we would want to afford others. If we would want our loved ones to have loving relationships with themselves then we need to role model what it is like to make loving yourself normal."

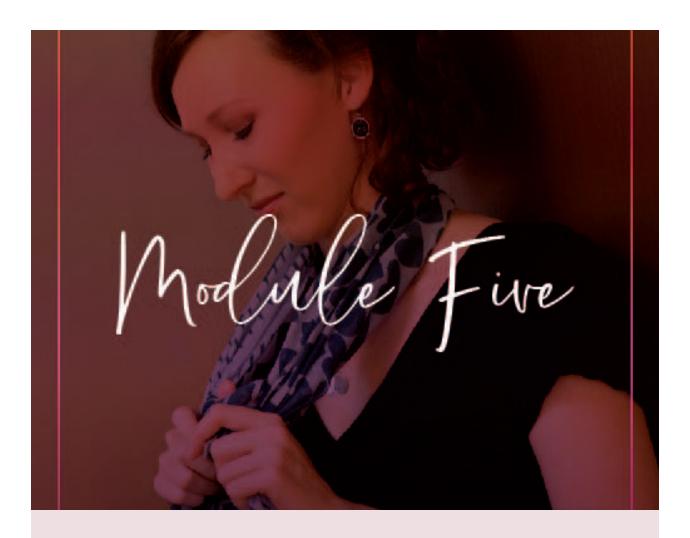
Rebecca Poole

WHERE TO NEXT?	
Write down your next steps in how to	o bring more self-care and self-love into your life.
MODULE 4 - CHECKLIST	Т
Watch Module 4 Video Self-I	
Complete Module 4 in the w	rorkbook
Attend the live call	

BUILDING YOUR SELF AWARENESS

WELCOME TO MODULE 5

BUILDING YOUR SELF AWARENESS



In this module we are going to accelerate the amount of clarity we bring to our relationships through building self-awareness. In the last module we talked about stop moments and our ability to check-in instead of check-out. What we are going to learn in this module is a way to make checking-in and building self awareness a normal everyday thing. The first step in this is to build a healthy relationship with your wake-up moments. In module 3 I introduced the concept of wake-up moments and the appreciation we should have for them . . . even if they are uncomfortable. What is valuable, if not vital, is to be able to be aware of when you are moving to a wake-up moment (moment of greater awareness and clarity) and hold steady with all you feel and see, without turning away.

WAKE UP MOMENTS

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 outcomes (functional). From this space there is no magic, no true depth and anything other than magic and depth gets tired over time.



Unless you really explore the depth of who you are and what you feel, you will end up being a lesser version of yourself within the relationship. As I mentioned in module 3, you will lose your voice . . . even if you make a lot of noise. Many people wake up after 20 years in relationship and ask themselves, "what is this?" This is not the life I intended. The problem in this situation is not the 'wake-up', it is the length of time between 'wake-ups'. If you are living with a depth of relationship with yourself, your 'wake-ups' are daily, not yearly or every other decade. When wake-up moments are regular they are much more comfortable and for the most part even enjoyable. They bring back the magic and wonder into life. It is like little light bulb moments going off all the time.

APPRECIATING WAKE UP MOMENTS

Wake up moments are the moments when we have been brave enough to have the cotton wool pulled away from in front of our eyes and we have the courage to see life for what is truly going on and take responsibility for our part in it. They are the moments that ensure that you live a life that is truly aligned to who you are. They are the moments that prevent you living a life that doesn't fulfill you, doesn't inspire you and doesn't represent you. Let's face it, wake up moments can be extremely uncomfortable which is part of the reason we avoid them. However the more you truly appreciate wake up moments, without complaining or making them a drama, the more you wake up. What is important to appreciate is that the sooner you wake up, the less painful a wake up is. Therefore it is wise to not only appreciate wake up moments but build a way of life around knowing the importance of them. For instance: 1) Making sure you have enough time for reflection within your day, week or month as this offers an opportunity for honesty and further wake ups, 2) Be sensitive to vibration and the quality of energetic exchanges as this allows you to honestly reflect on not only physical outcomes but also the depth and quality of life.

WHEN I WAS Joung

Have you ever had a wake-up moment in your life? A moment where you suddenly realised that things needed to change? I had one of these moments when I was in primary school. The school that I went to was a small country school and extremely rough. We wouldn't just play tag, it would be tackle tag, fighting and punching were games, and it wasn't unusual for me to have been punched or be punching someone back. It was not cool to be sweet, sensitive or joyful and I was slowly losing my deeper sense of self. To make matters worse, the principal (who was also our teacher) was a bully and would take pleasure in degrading certain boys while having his favourites one of which he encouraged to constantly sit on his lap. He would say things to the boys like "the lights are on but nobody's home", "I could put a sign up on your head that said vacant space". He would walk around the room with his metre ruler slamming it down on people's desks if he thought they weren't listening. Even though these degrading comments were never said directly to me and thankfully I was never invited to sit on his lap, it was a slow torture having to sit through it everyday and I could feel it was killing me a little on the inside. I tried to numb it out with the usual after school TV and food but it got to a point where I couldn't take it anymore. One day, I had had enough, I was 9 at the time and I had decided I couldn't sit through this anymore. I stood up in the middle of class and I told this fifty something year old man that it wasn't right. It wasn't right that he said those things to the boys and it didn't help them at all to learn and it wasn't right that he had favourites and let (a certain person) sit on his lap all of the time. Well, did he lose his mind at me. I got hauled into the principal's office where he stooped over me and put his big face about 2 cm away from mine and started yelling. "How dare you stand up in class and say such things" etc etc. I don't remember the exact words he used as he tore shreds off me all I remember was his big face right on top of me yelling at the top of his lungs. I don't know how long I cried for but it seemed like forever as he left me in his office for a while. I remember looking at the phone and considering calling my mum but I didn't dare. He had forced me to apologise and then swear that I would never tell anyone or say anything so rude again. I didn't tell my parents, the boys I had stood up for started taunting me (yes we are strange creatures) and I went back into my box and continued with hardening my sensitivity, punching the boys if they tried to have a go and numbing myself after school with food and TV.

This continued on for about a year with many more instances bit by bit demanding I surrender my connection, sensitivity and spark. I remember sitting in class one day and I don't know what I was thinking about but all of a sudden this feeling came over me. It was warm, settling and like the oldest, truest friend you have ever known. It was a powerful and deep knowing that I had to change schools. In that moment I was offered the feeling of what actually felt true for me. I remember sitting there thinking, I want to go to a school where I have a diary, where I have homework, where we have to wear our uniforms. The feeling I was being given was order, accountability, clarity, responsibility, opportunity. Not the disordered mess of disregard and oppression that I had been living in for far too long. The feeling of having to change schools was so strong. I knew it to the depth of my being and I was so absolute about it.

Moments like this can change everything in your life and they are made possible by your connection with yourself, your awareness and your willingness to feel the things you don't want to feel. Ultimately it was my selfworth (and my soul) that ended up saying enough is enough and I deserve more.



	·up moments.	ake-up moment	in your life? Write d	own some of your most	
Important wake-	up moments.				
you were truly f	eeling? If so write a	about them and s	ome of the reasons	you stopped listening to	o yourself.

CLEAR FEELINGS VS Gut Reactions

CLAIRSCENTIENCE VS GUT REACTIONS

Clairsentience is our register of what resonates with us (vibrates in harmony) or doesn't resonate with us. The more we allow a connection to our depth of being, the more easily we register what feels true to us and what doesn't. This in fact is what makes you truly discerning and very difficult to manipulate or deceive.

Clairsentience is different to our emotional reactions or 'gut reactions'. Many people use the term gut feeling to explain when they have had a gut reaction or when they are in fact clearly sensing something using their clairscentience. It is unfortunate that we do not distinguish between these two processes as they are very different in why and how they come about. It is very important to know the difference between the two. Gut reactions or as some say gut feelings, are in fact unresolved emotional experiences that are triggered by a situation or our perception of a situation. They can sometimes be accurate and sometimes not. For example: You might meet a person and you get a bad feeling in your gut. Your stomach (which not only digests food but also digests life) says nope I am not dealing with this and tightens up. This gut reaction is very different to having a clear (non-reactive / non-emotive) sense of a situation, it is not clouded with previous hurt, judgement, frustration or anything else unresolved. That doesn't mean that you ignore your gut feeling, but it is important to understand it for what it is. When we are clear of past loading, we are naturally empowered to clearly feel situations for what they are and know how to respond appropriately.

Our clairsentience (ability to clearly feel) gives us our navigation in life, and is one of the most important aspects to a healthy relationship with yourself.

For those that are still a bit lost, maybe a Star Wars analogy will help make it clearer. We could say that in Star Wars, Yoda was using clairsentience to know that a situation was not quite right by sensing a 'disturbance in the force'. This is no different to when we have a deep knowing that something isn't right, or we sense that everything is not stacking up, even though there is nothing that you can physically see that tells you that. On the other hand, when Anakin Skywalker is fearful that his wife Padme will die, he was not clearly feeling, he was overtaken by unresolved emotional issues to do with his mum. Even though his "gut feelings" became "true", they were not the deepest truth available to him and in the end sealed his and her own fate.

Energetic clairsentience is built through clearing your unresolved baggage and connecting to the deeper (stiller and wiser) aspect of yourself. Clairsentience will always offer you a deeper truth than a gut reaction.

Question 4: Hav	e you ever had	l an Anakin	Skywalker	moment? A	moment wl	nere you wer	e triggered ir
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THE SELF AWARENESS Audit

Here are a series of questions to reflect and ponder on. This is enormously supportive, as it gives strength to what you have already been feeling but dismissing. This strengthens your access to your clairsentience as well as strengthens your connection to your depth of being.

RELATIONSHIP WITH SELF	AWARENESS - describe your answer in detail, don't just answer yes or no.
How in tune are you with your body's needs? i.e. food, water, sleep.	
How in tune are you with your health? Knowing when and who you need to see about your health.	
How do you treat your physical body? With care, disregard or hardness?	
What do emotions feel like in your body? i.e. knots in your stomach, heat rising, tension etc.	
What are your main 'go to' emotional reactions?	
What are your main emotional reaction triggers?	
Do you have difficulty switching off your mind? Does your mind have a life of it's own? Do you have internal arguments with yourself?	
What are the main thoughts that you have towards yourself?	
What is the quality or tone of the thoughts / thinking towards yourself?	

RELATIONSHIP WITH SELF	AWARENESS
Do you have any particular triggers that set your mind off or out of control?	
Do you have any particular triggers that cause you to bring in more harsh thoughts towards yourself?	
Are you constantly having to remind / force or coach yourself into thinking positively?	
Do you get a clear sense of what is true and what is not true around you?	
Are you able to sense the intention and agenda behind situations?	
When you look into the mirror, do you see the beauty or the faults? Describe what you see.	
Do you notice the depth within your eyes? What do you see when you look into the depth of your eyes?	
Do you feel really settled within yourself? If so, describe it.	
Do you have a sense of a deep love for yourself and others? If yes, how does it feel within your body?	
Do you have a sense of a deeper purpose? If yes, describe how it feels.	

MEDITATION & AWARENESS WORKSHEET

DATE:

Take your time with this sheet. There is no need to get it done aka finish your homework. This is purely for your own developing awareness and therefore there is no right or wrong only a deepening relationship with yourself. You may even want to track if this is a work day, day off, shift work, taking care of kids/grandkids, day of your cycle or any other specific detail. This enables you to reflect on your quality for each different type of day.

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

Ask yourself, how does my body feel? Is there hardness, pain, restriction, discomfort, bloating, cold, hot, empty, full etc:

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 with self, ease with others, joy, purpose, warmth, connection etc:

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 just in the function of life.	
Enrichment – joy or down, dampening and low	
Love – warmth or reaction	
Grounded – present or checked out, flighty	

Extra notes:		

SELF-AWARENESS EROSION

THE OVERRIDE

Now it is time to get into the nitty gritty (detail) of what <u>ERODES</u>, yes erodes, your self awareness. By now you will be familiar with the importance of knowing what you feel and bringing that authentically to your relationships, but have you looked at how often you dismiss or <u>OVERRIDE</u> what you feel? For most people the act of overriding or dismissing what they feel has become so common place that they are not even aware when it happens. Isn't it normal to have a load of self-doubt or self-criticism? No it's not normal or natural but certainly yes it is common.



When you dedicate a small time each day to checking in, it doesn't take long before you naturally feel more. If you are not sure about what you truly feel then it doesn't mean that you don't feel anything in that moment, it just means that something is getting in the way. The truth is, you are actually feeling all of the time and when we feel like we can't feel anything it is because we have spent so long trying not to feel.

This is called overriding what you are feeling!

OVERRIDING WHAT YOU ARE Feeling

We can override what we truly feel in a multitude of ways. We can dismiss or diminish the feelings we get, "don't be silly, you are just being stupid" etc. Or we can disconnect or numb ourselves before the thought of the feeling can even form. We do this by over eating, having a glass of wine/ beer to take the edge off (what we are feeling), drugs, losing ourselves in TV or a book, and many, many other distractions. Anything we use to numb our tension instead of increase our awareness to truly deal with the tension is considered an override. The override is the opposite to a wake up moment and in a lot of ways it is a giving up, saying that I am resigned to this life / predicament and I do not want to feel it. The truth is that every single situation in life has a true way forward that is possible to feel when we allow ourselves to connect to our depth. We often avoid this because we do not want the responsibility of this greater awareness and the actions that might need to take place. The thing is that responsibility and empowerment go hand in hand and as you become more aware and more responsible, you are naturally more empowered in life. Understanding how we feel and not overriding these feelings is the fastest way to grow and evolve.

Don't be silly

Maybe In Wrong You are just being too sensitive

You are just being stupid

Maybe it's me

THE BEST WAY TO STOP OVERRIDING

connect to more of what you feel is to do my 7 day of the ones that are dismissive or eroding. Sounds Meditation Essentials course. Dive into this course simple hey! It is simple but not always easy. We have over the next week and you will be able to get much become so good at overriding and it has become more out of the Enriching Relationships Program. In so automatic that often we override before we order to stop overriding, you need to become aware have even registered what we feel. The good thing of the quality of your thoughts, feelings, movements is that most people become aware of overriding and impulses. This then builds a foundation that quite quickly and find it relatively easy to start truly supports you to back the thoughts and feelings that listening to what they feel.

One of the best tools to stop overriding and come from the depth of who you are, and let go

OVERRIDING Awareness

Question 5: What are the areas of life that you tend to override. Your work, relationship choices, family friends, self-care, self-empowerment, enjoying life etc.
Question 6: In what ways do you override what you are feeling? Drugs, alcohol, movies, work, exercise etc.
Question 7: Why do you override what you are feeling? Do you know what you are avoiding?
Question 8: Write a list of feelings or situations you are going to stop overriding in.

MASTERCLASS VIDEO Reflections

Question 9: Write about a situation you would like more clarity on. Be specific.
Question 10: What are your reactions associated with this situation? Does it trigger you?
Question 12: Why do you want to be able to read this situation with more clarity?
Question 13: What can you learn from this situation, what opportunity is there for you to evolve?
Question 14: What was the flow of life leading up to the situation? Was it evolutionary or anti-evolutionary Was it an opportunity for expansion and growth or was it an opportunity for a correction of somethin that wasn't true?

MASTERCLASS VIDEO Reflections

hat are some exa	imples of symbolism that come to you?
uestion 16: Write	e about what the symbolism felt like and what you feel it meant.
c++	
Extra note	\$:

"Building self-awareness is one of the most enriching masteries you can possibly offer yourself. That along with the courage to embrace and never turn away from the revelation of a wake-up moment."

Rebecca Poole

Write down your next steps in building your self-awareness.

MODULE 5 - CHECKLIST
☐ Watch Module 5 Video: Building Awareness - keys to confidence masterclass
☐ Complete Module 5 in the workbook
☐ Listen to the Module 5 - In Session With Rebecca meditation audio
☐ Attend the live call

READING THE UNDERLYING INTENTION

WELCOME TO MODULE 6

WHAT GETS IN THE WAY

There are a lot of things that get in the way of having an amazing relationship and we will discuss many of them in the next three modules. One of the biggest burdens on relationships is our past unresolved hurts and the ensuing unhealthy or destructive behaviours that are a result of them. Most people are aware that hurts and baggage are not great to carry into a relationship as they are often an enormous contributor to relationship problems. However very few people really know how to deal with these hurts and resolve them on an energetic level. Many people think that being able to talk about a past issue without getting upset is a sign of having dealt with it, but this is not true. To properly deal with hurts, we have to take a step back and be able to look at the underlying intentions that we have in relationships. It is very difficult to resolve our hurts when we are unaware of the key drivers of why we started our relationships in the first place. Once we have looked at our intention (and other's) and dealt with our hurts, we are finally ready to truly be able to understand people.



LOOKING AT THE Foundations

WHAT GETS IN THE WAY

Let's look at some of the ingredients that get in the way of being able to build amazing relationships. Over the next three modules we will explore in detail what they are, how to be aware when they make their way in and how to move beyond them.

A. The underlying intention / impulse to start the relationship (module six)

There are many different reasons why someone goes into a relationship. It can be to be taken care of physically, emotionally or financially. It can be to increase status or some sort of image. It can also be to fill some sort of ideal picture or fairy tale you have of what life should be. This may include not just what you want but what you think your kids may want or your parents or friends. It can also be the intention to not be alone and / or fill a gap. We can also go into a relationship as a distraction from past hurts, or a distraction and sabotage of the potential to step up and be successful in another area of our life (like work). We can also choose a relationship that is comfortable and won't ever challenge us to grow or a relationship with someone who we know will never ask us to deal with our hurts. We can also go into a relationship from a true intention, which provides an amazing foundation and a strong platform to build a loving relationship from. Some people will have a bit of both (true and not true intention) but everyone will get something out of exploring the underlying intentions within their relationships.

B. Unresolved hurts / baggage (module seven)

In module seven we will look at unresolved hurts which can play out in two main ways. They can propel you into a pattern of being abusive and justifying the way you treat partners because you have been hurt in the past. They can also make you withdraw, give up, disengage and not choose relationships that will challenge you or ask you to give your all.

C. Our level of understanding for people (module eight)

To truly understand people is a massive topic, which is why I have dedicated the whole of module eight as well as several other modules within the *Mastering Relationships Program* (the next program after the Enriching Relationships Program) to addressing this topic. For the purpose of this program we look at *Understanding People* and how our relationship "pictures" create a lens over everything we see, feel and experience. This gets in the way of so many true relationship potentials because it can cause tension, disappointment and create doubt when a true relationship comes along because it doesn't fit the mould or picture someone is expecting.

UNDERLYING INTENTIONS

THE IMPULSE TO START A RELATIONSHIP

The initial intention of a relationship is an imprint that has an ongoing energetic outplay within the relationship. Most relationships naturally evolve from this initial place but if you take the time to intentionally review this you will find that the relationship will blossom faster. The process of renewing the intention of the relationship first comes from being really honest with yourself and secondly with your partner about what was really going on for you at the time of initiating the relationship. This depersonalises things enormously and allows your partner to also reflect on where they were at and how they played into whatever was going on for you. It is never one sided and even if an intention is unspoken, energetically it is agreed to (directly or by lack of objection) by both parties, for independent reasons. Once you have taken an honest look at some of the (not so true) drivers that were behind why you got into your relationship, you will naturally be more aware of how these underlying intentions may still be playing out in your everyday life.

Share as much detail as you can,	what it means, who	at it feels like, wh	nen you are aware	of it.	

HAVE YOU EVER WANTED TO

Be With Someone...

- 1. because you know they will then take care of you financially?
- 2. because they will cook and clean for you or be a good mum / dad to your kids?
- **3.** because of the sex or attention or the way they look?
- 4. because other people told you to?
- 5. to distract you from past hurts?
- **6.** to distract you from connecting more deeply with yourself or stepping into your potential at work?
- **7.** because you don't want to be single or you think it is as good as you can do?
- 8. because you know the relationship won't challenge you, ask you to be more or ask you to deal with your hurts?

UNDERSTANDING THE UNDERLYING Intentions



Question 1: Have you ever experienced a situation where you could feel that someone's words or deed were not congruent with what you could feel was their underlying intention? If yes explain how it felt.
Question 2: Have you ever been in a situation where you could feel that the person with you had a absolutely pure intention? If so explain the experience and how it felt.
Question 3: Have you ever been in a situation where someone had an absolutely pure intention but thing went wrong on the surface level? If so explain the experience and how it felt.
Question 4: Explain your understanding of how a harmful intention with nice words or deeds can hur us more than deeds and words that come with a pure intention (think children who say or do things o accidents that don't come with the intention to do harm).
Question 5: Have you ever experienced a situation where you are with someone who is not even aware of their ulterior motive, therefore not aware of their own underlying intentions? Think, someone who is so used to getting their own way that they are not aware of other people.

REFLECTING ON THE UNDERLYING Intentions



Question 6: What were some of your underlying intentions within your first relationship?
Question 7: What were some of your partner's underlying intentions within your first relationship?
Question 8: What were some of your underlying intentions when you first went into your curren relationship?
Question 9: What do you feel were your partner's underlying intentions when they first went into you current relationship?
Question 10: What are some of the current underlying intentions within your relationship?

RENEWING OUR INTENTION

COMING FROM A MORE TRUE PLACE

A lot of people attempt to do this with renewing their vows and although this can be a great process to go through, the real test is whether this change in intention carries through to everyday life. A much more simple (not to mention cheaper) approach is to start to catch the old intentions playing out as thoughts or behaviours in everyday life. You can then re-imprint these old intentions by coming from a more true place within the moment. In the following activity: Pick 3 situations that you would like to re-imprint. Ask yourself how would you approach the situation differently, coming from a place of being transparent and honouring of who you are and who the other person is.

Situation 1:			
c			
Situation 2:			
Situation 3:			

"You don't have to be a wizard or a witch or a mind reader to be able to feel the quality of intention someone is coming from. In fact, you are always registering the quality of energy behind everything, you may just not be paying enough attention to it, overriding what you feel because you don't want to be responsible for taking action on your awareness or you may be too invested in it being different to be honest about the reality of where things are at. Getting honest about your own intention and the intention of those around you is one of the most supportive and advancing things you can ever do."

Rebecca Poole

Write down your next steps in how to be more aware of the quality of your intention and other people's intentions.					

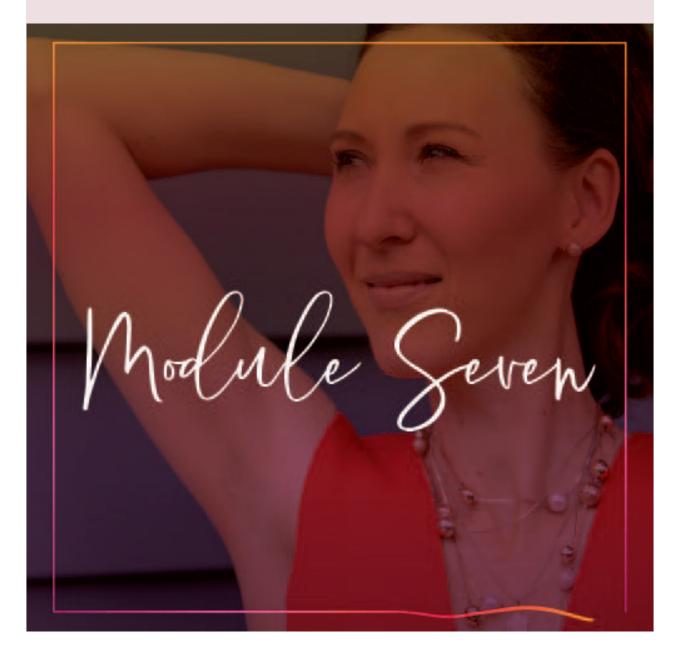
M	MODULE 6 - CHECKLIST				
	Watch Module 6 Video Starting out on shoddy foundations				
	Complete Module 6 in the workbook				
	Listen to the In Session with Rebecca audio				
	Attend the live call				

RESOLVING HURTS

WELCOME TO MODULE 7

RESOLVING HURTS

There is no way that I could make a relationship program without talking about the hurts we can feel towards another as well as the hurts that others can feel as a result of their interactions with us. Having a true understanding of hurts will take your relationship to a whole other level. Do you know the difference between feeling a hurt and becoming your hurt? Most people know they are hurt when the hurt is large but are we aware of all our more subtle hurts? We think it is our right to feel hurt if someone else has hurt us but do we actually look at our responsibility in the "becoming hurt process"? Or do we consider what becoming our hurt does to us? What I have found is that how we deal with hurt has the ability to harm us more than the original hurtful situation ever did. Something to ponder on.



THE HEALING Process

Everyone can resolve hurts no matter how big or small they seem and no matter how long they have had them for. People say that time heals all wounds but that is not exactly true. Time sometimes gives people the distance they need to bring more perspective and understanding but it is not time in and of itself that heals. Everyone gets hurt at some point in time within their life and the answer is certainly not about trying to avoid hurts. This does not support anyone as it reduces your openness and natural freedom to try new things. The answer is equally not about becoming resilient to hurt, toughening up or moving on or becoming less sensitive. In fact, we have to be open to feeling hurt as this teaches us an enormous amount about our undealt with issues and our core values. The catch here is that there is a huge difference between registering that something hurt and then taking it in and holding onto the hurt. In other words, feeling hurt is different to carrying a hurt around with you.

THE BEST WAY TO STOP OVERRIDING

The first real and honest question you need to ask yourself is (and be very honest about this) . . . Do you really want to let go of your hurts? Or is there a part of you that likes what being hurt offers you? I say this with all due respect as I know that many people have experienced horrendous things but I have worked with people and the human condition long enough to realise that we can at times use being hurt to our advantage. Sometimes this is an intentional manipulation and other times it is a self preservation. Either way it doesn't matter because if we don't honestly address how we have used hurt to our advantage we will have a much harder time in letting it go. So the question is, are you ready to let go of your hurt and all of the perceived or real "advantage" it has given you, for a more true and whole form of empowerment? Yes that is correct. It is only through letting go of our hurts that we can step into a more true and full empowerment.



5 QUALITIES THAT SUPPORT

Healing

one

Our ability to hold steady and not take things personally.

two

Our ability to see through our reaction and understand what is going on for someone else.

three

Taking full responsibility for how a situation or interaction leaves us feeling. This means not being a victim but instead being empowered.

four

Sensing the deeper meaning and learning being offered in every situation.

five

Seeking truth and healing over needing to win or be right. There are moments where what is true may not be "right or just".

WHAT ARE OUR UNRESOLVED Hurty!

Question 1: Do you have any hurts around how your parents treated you or treated each other?
Question 2: Do you have any unresolved relationship hurts related to money and how you were financially treated?
Question 3: Do you have any hurts around how attentive or engaged your partner was or whether you have felt dismissed or uncared for?
Question 4: Do you hold any unresolved hurts around how you have been physically treated?
Question 5: Do you hold any unresolved hurts to do with how you have been emotionally or psychologically treated?

1. NOT TAKING THINGS PERSONALLY

In a moment where we are being challenged with a situation that is hurtful or inconsiderate we need to be able to have the presence and steadiness to observe another's actions without changing how their actions make us feel about ourselves. This is the ability to not take it personally. Most of the time you will find that the other person's intention was never to cause hurt but for whatever reason it did. Some people take things incredibly personally rather than being able to see that it isn't even really about them. A trap people fall into with this is to judge another's action based on how they themselves would think or feel about a person if they had done said action. It is important to not think "I would never do that. If I had done that it would mean x, y, z". The truth is, other people have different strengths and weaknesses and are aware / or unaware of different things.

Question 6: Write down any recent situations where you can feel that you took something personally.
Question 7: If you were to approach the situation with a steadiness that allowed you to read where the other person was at (and not at all make it about yourself), how would you read the situation differently?
Question 8: What constructive feedback, insight and clarity could you have offered the other person if you didn't personalise things, and you were simply able to share what you felt was really going on?

2. SEEK UNDERSTANDING

The ability to seek understanding no matter the situation comes from a commitment to resolve what is unresolved. It comes from a deeper knowing of harmony and a discomfort with holding something against someone. People who are strong in seeking understanding are also not great at holding grudges because everything in them seeks to resolve disharmony and finds it uncomfortable to carry something against someone else. The best way to strengthen your understanding is to see the beauty of people deep down. If you can connect to someone at a deeper level, you have a sense of who they truly are and therefore when they are behaving differently to this, you know that it is not them but their issues, hurts, stress or pressure behaving in that way. Part of this is not getting attached to the potential of someone (because you see the beauty of who they are) but accepting where someone is at and what choices they are making.

Question 9: Write down any recent situations where you can feel that you held something against someone
Question 10: What was it that you had difficulty understanding?
Question 11: Through exploring what is going on for the person (past, present, future) and where they are at within their own evolution and growth, bring further understanding to the situation.

3. TAKING FULL RESPONSIBILITY FOR HOW YOU FEEL

This is a tricky one because no one likes to be told to be responsible when they feel like they have been a victim or been taken advantage of. The truth is there are many different ways that people respond to hurtful situations. Some bury it and pretend it didn't happen and others indulge in it or get identified with it and most people do a bit of both. What most people don't realise is that a hurtful situation has much more to do with your relationship with yourself than it does to do with what someone else has done to you. When people hold onto hurt, it is usually because they have not backed themselves in the situation and the situation has hurt / crushed them. This is where we need to be honest about our hurts and ask ourselves whether there is any part of us that "likes" being hurt/staying hurt. So many people stay hurt because they want to see revenge and they think letting go of the hurt lets the other person off the hook. Also, being hurt can give us a lot of manipulation bargaining power but in reality it is monopoly money because it holds us back more than any seeming quick win it may deliver. We also have to ask ourselves if there is a part of us that likes being a victim. This can be really difficult to look at but when we do it is really revealing because we only become a victim when we have let a situation change how we feel about ourselves and we continue to carry that feeling with us. You don't need to keep carrying the hurt to protect yourself or have the energy to fight off future hurtful situations. Empowerment doesn't have an ounce of fight in it.

Question 12: Write down any recent situations where you felt like you were the victim.
Question 13: How did the situation make you feel about yourself?
Question 14: What is the truth, regardless of what happened? Deep down what do you know is true abou
yourself?

4. SENSE THE DEEPER MEANING

When you have a sense that everything in life has deeper meaning, it holds you somewhat steady in excruciating or difficult situations. There are many things in life including deaths, break ups and accidents that seemingly can't be explained. I have observed that the people who are able to live full and enriching lives after tragedy, are able to do so because they have a sense of a bigger picture, the life lessons, and a deeper meaning to life. This can be difficult, so if you can't feel a deeper meaning then just sit with the possibility that there may be a deeper meaning. The more you live the "little moments" with a sense and understanding of the deeper meaning, the easier it is in the "big moments" to also sense the deeper meaning.

Question 15: Have you ever experienced a hurtful situation and then later down the track found that you were able to see the deeper meaning of why what happened, happened? If so write about it.
Question 16: Are there certain types of situations where you can easily feel the deeper meaning and learnings? Are there other types of situations where you struggle to feel the deeper meaning? If so write about it.
Question 17: Allow yourself to feel what you may be avoiding when it comes to life lessons and the deeper meaning associated with hurtful situations.

SEEKING TRUTH AND HEALING OVER NEEDING TO BE RIGHT

I think most people have experienced the thirst to want to prove a point or be right. It takes a lot of strength and sense of self to choose truth over being right. This does not mean 'turning a blind eye' or 'having a stiff upper lip 'or 'turning the other cheek', as the sayings go. 'Right and Wrong' is a very black and white way of approaching situations. It is very rule based and leaves little room for reading the underlying energy, meaning and truth of a situation. Sometimes what is true is to expose something that is underhanded, even when on the surface there has been nothing "wrong" that has been done. Other times, it is a drain on your life-force and out of your natural rhythm to confront someone about something when you can feel that no growth or learning will come from it. In this situation, your awareness of the truth is often enough and can certainly be sensed by the other person. In other words, they can feel you know what is true and what is not true and often this is enough to facilitate change. It can be very powerful to know the truth but refuse to argue for the truth, instead hold an openness to share your awareness when the other person is ready to discuss it in an appropriate way. When someone is given the grace and space to come to something in their own time it can be extremely powerful.

Question 18: Write down any recent situations where you can feel that you really wanted to prove you were right.
Question 19: Write down a situation where you knew you needed to expose something underhanded, eve though what was being done was still lawful or within "the rules".
Question 20: Write down a situation where you knew you were right but it wasn't true to push the point

"As we start to peel back the hurts we start to see life differently and we are less likely to get hurt in a situation and we're more likely to be able to have understanding. In this, we don't make the situation about us and our hurt, we understand that the hurt is there but we have a more broader awareness of what's going on within the whole situation. It's very very very empowering when you can have perspective and not lose yourself down the "rabbit hole" of hurt that can flood in when you reduce your perspective down to the perspective of the hurt."

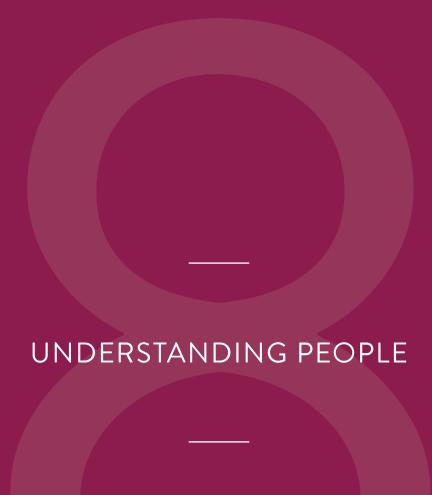
Rebecca Poole

Nrite down your next steps in how to resolve your hurts					

Watch Module 7 Video Building loving communication masterclass
Complete Module 7 in the workbook

☐ Attend the live call

MODULE 7 - CHECKLIST



WELCOME TO MODULE 8

UNDERSTANDING PEOPLE



Welcome to module 8 where we are going to re-invent what understanding people actually means. When I say let's look at understanding people more, I don't mean let's cut off any of our sense of something not stacking up to truth. It is important that you don't confuse understanding people with "giving sympathy" or being emotionally entwined. We are so brainwashed into thinking that giving sympathy is a good thing that we are being selfish, harsh, unloving or uncaring when we don't. Ask yourself, do you like it when someone feels sorry for you aka sympathy? I know I don't because I don't even like feeling sorry for myself let alone someone else telling me that I should feel bad about where I am at. What I do love is not sympathy but when people really understand me, they get me and they really know what makes me tick. When someone "gets you" on a really deep level that is even better. One of the most powerful ways to pull someone up in their standards is to first start from a base of understanding who they are and where they are at.

Question 1: Write down how sympathy makes you feel and whether you ever feel pressured to give sympath those around you?.						

WHAT GETS IN THE WAY OF Moderstanding?

- Sympathy or feeling sorry for someone.
- Reacting or being triggered by someone.
- Personalising things.
- Interpreting everything through your own lens.
- Manipulation and games.
- Not being open to what another offers.
- Not reading where someone is operating from.

UNDERSTANDING (Inderstanding

HOW CAN YOU BRING MORE UNDERSTANDING?

The first step in bringing more understanding is not to search for more understanding or try to learn more about another person. The first step is to lay down all of the ways that you contribute to the relationship environment not being fertile for understanding. There are three main ingredients needed to make the fertile ground necessary to nurture understanding.

- 1. The willingness to understand. Do you really want to understand or do you want to be right?
- 2. The ability to stay open no matter what you are being presented with. This means not shutting down, not checking out or withdrawing, not hardening and certainly not dismissing.
- 3. The ability to stay steady and present so you can clearly read the situation, person, intention etc... instead of reacting.

Most people don't consistently bring the above three ingredients to their relationship. Instead they end up in the land of hurt and personalising the interactions that have gone on. This then sets in motion an outplay of what I like to call "adult tantrums". A tantrum can be anything that you "go into" instead of being able to stay open, steady and present with all you truly feel. A tantrum can be anything from yelling and screaming to trying to please someone. When we are younger our tantrums are more noticeable, more direct and in a lot of ways more honest. We react because we can't control things, get our own way or we feel hurt and misunderstood. As adults we do the same thing just with a little more sophistication and much less honesty. I could have used the word reaction but I like the word tantrum because it is a bit more confronting and it reminds us that even when we are being silent or "nice" we could still be wielding a force equal to a screaming match.



WHAT ARE YOUR Tentrums?

Have you ever felt like you are losing it? Any moment you will snap? Have you ever felt like you wanted to

fall on the ground in a heap and start crying? Have you ever wanted to scream? These are what are known as direct or overt tantrums. Question 2: Do you have any direct or overt forms of tantrums? If so what are they? Question 3: Does your partner have any direct or overt forms of tantrums? If so what are they? Question 4: Do you have any covert or more hidden forms of tantrums? If so what are they? Question 5: Does your partner have any covert or more hidden forms of tantrums? If so what are they? Question 6: Do you or your partner go into any other forms of reaction that you may not call a tantrum?

1. THE WILLINGNESS TO Moderstand

Do you really want to understand people or do you want to just understand some people? In order to really understand people you have to be prepared to have your own foundations rattled. You need to be prepared to put your own versions or stories of life aside and the comfort of how you have constructed the truth you live by and be touched / challenged by another. Having a true willingness to understand others is a form of humbleness as you are saying I don't know it all and what you have may be something really valuable. It is important to really challenge yourself here and get really honest. Are there certain types of people that you find it difficult to understand? Is there a part of you that doesn't really want to understand them, whether you have been hurt by them and you want to keep them as the "bad guy" or whether their world view challenges some of your foundational beliefs and through understanding them, your own foundations and comfortable views might be challenged?

Question 7: Is there a certain type of person that you have trouble understanding?
Question 8: Why do you think you have trouble understanding them? Is it because they have hurt you or because they stand for something that challenges you?
Question 9: What does it feel like when you have resistance to understanding someone?
Question 10: What does it feel like when you really want to understand someone?

2. STAYING OPEN NO MATTER What

Staying open no matter what you are presented with is a fitness of your state of being. It is the ability to not shut one out or close them down but be open to taking in what they share, feel and know about the world. Being open to people doesn't mean you have to agree with everything they do or say but it means you stay aware and present with who they are and where they are at. You can absolutely be open to someone and disagree with where they are coming from. You can also call someone to be more responsible or come from more integrity all while staying open to who they are and aware of where they are coming from. Staying open even when you are being confronted or challenged or having to feel something uncomfortable or even disturbing is an ability that strengthens the more you do it. You develop a certain fitness to openly feel what is truly going on for someone else without taking on any of their "issues", ideology or reaction. To be able to stay steady and open is a very powerful platform to communicate from.

Question 11: Is there	e a certain type of person that you have trouble staying open with?
Question 12: Why d	o you think you have trouble staying open to them? What vibe do they give off?
Question 13: Wha	t does it feel like when you shut down and are not open to someone?
Question 14: Wha	at does it feel like when you are really open, aware and present with someone?

3. CLEARLY READING A Situation

Your ability to consistently bring numbers 1 and 2 creates the foundation for which you will be able to bring number 3: clearly read a person, their intention and the situation. The first two ingredients lived consistently give you the energetic fitness to be able to stay steady and present in all aspects of relationship and life . . . giving you the clarity necessary to read a person, situation or intention without clouding it with hurt, reaction or your own needs. Being able to clearly read a situation without your own need to be right or have a certain lens of the world means that you naturally start to really get where people are coming from. Their logic, their intelligence and the reason behind why they do what they do. Having a deep understanding of where someone is coming from is the only way that you can ever truly support someone to move or grow. Too many people try to arm wrestle their partners over to their world view and all this does is frustrate, exhaust and hurt each other. The biggest thing that gets in the way of us being able to clearly read is when we lose our steady presence and react.

Question 15: Is there a certain type of person that you tend to react to?
Question 16: Why do you think you have trouble staying steady and present with them? Why do you react?
Question 17: What does it feel like when you react to someone instead of staying steady and present?
Question 18: What does it feel like when you are steady and present and get a clear sense of where someone is coming from?

WHAT TRUE INTELLIGENCE Do you Hold?

Do you claim all of your true intelligence? Intelligence meaning your deeper know how. How to be nurturing, loving and aware. How to bring in a spunkiness or aliveness to dead conversations. How to hold people accountable, finish what you started, dedicate, commit, be astute, initiate new ideas . . . the list literally goes on forever. Question 19: Write down some of the forms of true forms of intelligence that you hold. Question 20: Write down some of the forms of true forms of intelligence that your partner holds.

WHAT DESTRUCTIVE INTELLIGENCE Do you Hold?

What I mean by destructive or untrue intelligence is intelligence that holds you back or holds others back. Do you have the intelligence to be able to turn any moment into a moment of self-doubt? To turn a compliment into a negative thing, to dismiss appreciation and to kick yourself when you are down? Do you know how to tear others down, do you have a sharp tongue that you use in reaction? It is so important to start to see the forms of intelligence that do not truly serve us or our relationships.

Question 21: Write down any destructive intelligences you hold.							
Ouestion 22: Wri	te down any de	estructive in	telligences	that your pa	rtner holds.		
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Question 22: Wri	te down any do	estructive in	telligences	that your pa	irtner holds.		
uestion 22: Wr	te down any do	estructive in	telligences	that your pa	irtner holds.		

TAKING IT Personally

One of the beautiful side benefits of understanding people is that you stop taking things personally. One of the questions I often ask clients is, "Did they get pleasure out of hurting you?" If the answer is yes then it is important to take a really good look at the relationship and most likely get professional couples' counselling support. But if the answer is no, as in they didn't get pleasure out of hurting you or seeing you hurt then there is a lot for you to uncover about why they did what they did and what intelligence was informing them.

OUR RESPONSIBILITY TO NOT TAKE IT PERSONALLY

If you hang around me long enough, you will hear me say this many times in many different ways. Nothing good comes from taking things personally. Even when people do crappy things, the why they do them is their thing not your thing. It is important that you register when something hurts, or when something does not feel honouring or respectful but registering it so you can learn from it and communicate a shift in standards (more on this next module) is very different to becoming the hurt and letting it change how you feel about yourself. One of the major true purposes of a relationship is to grow you and your partner. This means that there will be areas of life that you are mastered in and they are not and areas that they are mastered in and you are not. You can not escape periods of time where your standards are higher than someone else's and visa versa. Which means there will be times where you need to hold the space for another to grow and not take their current level of intelligence and mastery personally. Because who holds the space for growth if you don't? No one does, it just becomes a merry-go-round of ups and downs.

Question 23: Pick one area of your relationship where you take things personally (lack of understanding).
a) Describe the situation and what hooks you into taking it personally?
b) Describe how taking it personally leaves you feeling, how it impacts your relationship and the rest of your day / life?
c) Describe how harmful it actually is for you to take things personally.

UNDERSTANDING THE Detail

Reading WHERE SOMEONE IS COMING FROM

Being able to read the detail of where someone is coming from is so important. Of course you can't just click your heels three times and all of a sudden you can read the detail of where they are coming from. You need to first be operating at this level within your own relationship with yourself. By this I mean, are you thinking about your own intention, are you aware of the different intelligences you operate from (deeply true and not so true?) Having the openness and honesty to "go there" yourself first is the foundation for being able to clearly sense where someone else is sourcing their intelligence from. We start to understand in more detail when people are either operating from their hurts, ideals and beliefs or . . . when they are operating from their essence. What are the ideals, beliefs, social settings, cultural norms and experiences that have helped form the intelligence you and your partner source from? What era did you grow up in; the 70's, 80's, 90's or 2000's? What was your childhood experience, country of origin, religious background, social setting, traumas, wars, global events, schooling, family dynamics, influential movies, music, role models, sporting culture . . . the list goes on but every single one of these has its own form of intelligence that informs you of how to be in the world. When you override what you truly feel to align to these imposed upon intelligences, you will notice that you can say things and do things that are not truly representative of your deeper feelings or core values.

Question 24: In your own words, write about how intelligence can be evolutionary intelligence as opposed to intelligence that does not grow you at all and in fact holds you back. For example: some people have the intelligence to know how to get out of taking responsibility, others have the intelligence to shut people out.				

EXPLORING WHAT INFORMS Deople

I have always been fascinated in people's life stories. What they have experienced, who has influenced them, what was their community like, what hurts do they carry, what ideologies did they take on, what was the social norm in their childhood, 20's, 30's and so on. I would spend hours listening to my grandmother's stories about growing up in Far North Queensland (Australia) in the early 1900's and the stories of her parents, grandparents and great grandparents. Life was really like the wild, wild west and it explained so much about how and why she did things the way she did. I loved hearing my grandfather's stories about working as a kid on the farm and how tough life was back then. Another grandfather was born illegitimate which was a huge deal for him his whole life and you could tell how much that had influenced his life. What it was like for my grandmother to not know what a period was until she thought she was bleeding to death and couldn't tell anyone because she was sure (in Irish Catholic style) that she was being punished for something bad she had done. In fact, she told me that she didn't know what sex was until my grandfather told her after they were married. Being the second oldest of 10 children you would have thought she would have known but she said women wore baggy clothes in those days and mum was always pregnant, then breast feeding then pregnant again that she never realised. She thought the doctor kept giving her mum babies and she couldn't understand why on earth he would do that because we already had so many to look after.

If you take the time to listen to people, and not just the stories but the vibration of how those stories have affected them, you learn so much. You start to build a catalog of vibrations that you understand the intelligence of and therefore have much more scope to be able to learn from the truth and wisdom they offer or breakdown the illogical logic of the hurt, protection, ideology or disordered mechanism that is playing out. So start with yourself and begin to take the time to understand the intelligence of the environment, people and life events that have influenced you to see and feel life through a particular lens.

"For instance, when and where I grew up influenced me enormously when it came to my relationship with myself as a woman. I never would have thought I had a problem with being a woman but I certainly didn't understand the depth and vibrational quality that my "womanliness" brought. I in effect held it back and was shy to bring that aspect of me out too much but was very confident in many of my naturally boyish or masculine ways. I know that not everyone who grew up around me was affected in the same way I was and there is definitely a momentum of hiding my feminine qualities that I had brought with me into this life but the overall messaging of my childhood to teenage years was one of girls being boyish over feminine. As I exposed these false influences it helped me understand why I had chosen certain partners or friends and also helped me to free myself to be able to freely express both my masculine and feminine qualities."

Rebecca Poole

EXPLORING WHAT HAS INFLUENCED Jon

Honestly ask yourself, what influences have I been submerged in and how have they created a lens that you see and feel life with? The more detail you bring to this the more aha moments you are going to have.

INFLUENCE	INTELLIGENCE / VIBRATION / HOW DID IT FEEL?
What was your childhood house like? What did it communicate to you superficially but also on a deeper level?	
What was your family life like?	
What era did you grow up in and what was the messaging of the time?	
What was your first job like and what did you learn true and not true from it?	
Who were the main influencing people in your life and what did you learn from them?	
What was one of the most major life experiences of your life as a young adult and how did it leave you feeling about yourself?	
What was the biggest influencing factor that you reacted to in your childhood and either rebelled or did everything in the complete opposite?	

EXPLORING WHAT HAS INFLUENCED Your Partner

Honestly ask yourself, what influences has my partner been submerged in? How have they created a lens that changes the way they see and feel life? The more detail you bring to this the more aha moments you are going to have.

INFLUENCE	INTELLIGENCE / VIBRATION / HOW DID IT FEEL?
What was their childhood house like? What did it communicate to them superficially but also on a deeper level?	
What was their family life like?	
What era did they grow up in and what was the messaging of the time?	
What was their first job like and what did they learn true and not true from it?	
Who were the main influencing people in their life and what did they learn from them?	
What was one of the most major life experiences of their life as a young adult and how did it leave them feeling about themselves?	
What was the biggest influencing factor that they reacted to in their childhood and either rebelled or did everything in the complete opposite?	

EXPLORING WHAT HAS INFLUENCED They

Choose another person to honestly explore what influences have created their lens and the way they see and feel life. Once again, the more detail you bring to this the more aha moments you are going to have.

INFLUENCE	INTELLIGENCE / VIBRATION / HOW DID IT FEEL?
What was their childhood house like? What did it communicate to them superficially but also on a deeper level?	INTELLIGENCE / VIBRATION / FIOW DID TIT ELL.
What was their family life like?	
What era did they grow up in and what was the messaging of the time?	
What was their first job like and what did they learn true and not true from it?	
Who were the main influencing people in their life and what did they learn from them?	
What was one of the most major life experiences of their life as a young adult and how did it leave them feeling about themselves?	
What was the biggest influencing factor that they reacted to in their childhood and either rebelled or did everything in the complete opposite?	

SEEING OTHERS THROUGH YOUR Cens

AN EXAMPLE OF PROJECTING ONTO ANOTHER

One of the hugest relationship issues I see is when people project their own stuff onto others. This can be anything from their own deviate ways to their very best attempts of virtue. Some people see the world as dog eat dog, scam someone before they scam you type of thing and they can project this onto others. I have a friend who was selling a good quality nearly new wardrobe system. You know the fancy ones that have all the things and a place for everything. They were moving house and no longer needed it so they decided to offer it to the people who were moving into their old rental. They offered it to them for about half the price that they thought they could get online but didn't want the extra hassle of having to organise pulling it apart and getting someone else to pick it up. The new tenants told the real estate agent that they would like to purchase the wardrobe so my friend left it in the house. When he called the new tenants to talk to them about price my friend spoke to a woman who was currently pregnant and moving into the house with her partner. She loved the wardrobe and wanted to buy it but couldn't afford it straight away, even though she knew it was a great deal (as any quick Facebook market search would confirm). My friend (one of the most generous people you will ever meet) said no problems I will give you a payment plan, have a chat to your partner and get back to me.

That night the woman's partner rang my friend and started abusing him from as soon as he answered. Literally yelling at him furiously calling him all sorts of names and here is the important sentence. He said, "You are trying to F^{***} ing rip me off, I know because it takes a rip off to know a rip off and that's what you are F^{***} ing doing". He also threatened my friend saying that he could not pick the wardrobe up as it was now on his property. My friend, slightly rattled and not really expecting what had just taken place read the situation for what it was and instead of reacting felt the learning in it for him. He realised that he is sometimes over generous in the wrong situations and he hadn't read the energy of what was playing out from the beginning. My friend's partner on the other hand has said something doesn't feel right about this and had encouraged him to make it clearer from the beginning. My friend hadn't worried because he was ultimately happy to even give it away and hadn't considered that there was anything for him to really lose. He was seeing life through his own lens of reasonable, respectful and generous nature without reading the situation for what it was. What he didn't realise was more important to him than the money was the feeling of being respected and appreciated, and to give the wardrobe away to these new tenants after the threats and abusive phone call would have left a very bitter taste in his mouth. The guy moving in to my friend's old rental was obviously operating from a place of 'everyone is out to get you and can't be trusted'. However deeper than that, my friend's sense was that this guy didn't like the confidence and empowerment that the new wardrobe would offer his partner. My friend felt that the relationship was very abusive and controlling and that the guy was furious at the level of care and detail the wardrobe represented and how much his pregnant partner loved it.

In the end, my friend ended up getting his wardrobe back and sold it within 24 hours for \$1000 (double what he had asked for). From the moment he read the situation and took responsibility for his part, everything flowed and he learnt an enormous amount from the experience.

UNDERSTANDING THE Ceny

Question 25: What are some of the lenses that you know you wear?
Question 26: How do these affect you in your relationships?
Question 27: What are some of the lenses that your partner wears?
Question 28: How do your partner's lenses affect you and your relationship with them?
Question 29: Write down one thing that you know supports you to take off your lenses and feel / discern life without judgement?

"Have you made it a priority to truly get on the same page as your partner? And not just any same page, a same page that is deeply nurturing, highly evolving and forever enriching for you both. Most people do not even know that this level of togetherness is possible, let alone made it a priority. We get so consumed with trying to meet the external demands of work, kids, mortgage, family and friends that we don't have the space to consider the depth of quality in our togetherness until we drop a ball or something severely goes wrong. We have it the wrong way around, we don't have to sort life then deepen our relationship. By deepening our relationship, life sorts itself out with much more ease, grace and magic."

Rebecca Poole

Write down your next steps in how	best to understand pe	eople	

M	DDULE 8 - CHECKLIST
	Watch Module 8 Video Understanding People masterclass
	Complete Module 8 in the workbook
	Attend the live call

REDEFINING STANDARDS

WELCOME TO MODULE 9

REDEFINING STANDARDS



Welcome to module 9 where we uncover the beauty of standards. It is so easy to drop your standards when you are stretched, strained or under enormous amounts of pressure. In this module we are going to take an expanded look at standards so that it becomes easy to bring healthy, loving standards to your relationships. We are going to look at what standards actually are (and what they are not), some of the things that erode standards and why they are so important. In the next module we will start to redefine what is possible within your relationship, taking out any of the ho-hum areas and injecting them with vibrancy.

WHAT ARE STANDARDS?

In order to raise the standards within our relationships, we have to first take away any preconceived ideas about what standards are. Standards are not benchmarks that need to be reached by those around us in an us vs them type of way. Standards are established markers of what feels true, extending from our inner-values and qualities we have mastered. They are that which resonates deeply with us and what registers as truly important. Most people think that you have standards so that you don't accept less, or people don't treat you poorly. These outcomes do often occur when you are mastered in standards but they are by no means the intention or the focus and they never come across as demands. Standards are in fact more about what you can offer to another person than what they are giving to you. Standards are not about getting a desired outcome; they are actually all about our own responsibility. Are you ready to turn your view of standards on its head?

STANDARDS AND RESPONSIBILITY

What we don't realise with standards is that they come from our mastered qualities: generally aspects of life that we easily know and live. We can take for granted the mastered qualities that inform our standards and just think "this old thing, I have always easily and naturally cared for people in this way - its not a big thing". This is where we expect others to have the exact same mastery as us "because it's not a big thing" and take it as an insult if they don't. Have you ever stepped back and without judgement really and truly assessed where a person is at with their growth? It makes sense for there to be many standards that you have mastered that your partner would not have mastered and vice versa. This is the beauty of relationships and how we learn and grow within them. It is actually our responsibility to introduce and share our mastery with others so that they too can learn and feel how it resonates with them.

STANDARDS AND EXPECTATIONS

You will often hear me saying that I try not to have any expectations. When I share this with people they struggle to get why I would want to have no expectations. Aren't we told that having low expectations gets you into trouble? How can you make sure you don't get walked over when you have no expectations? How can you make sure that the standard isn't compromised? Most people don't know the difference between standards and expectations and therefore they use them interchangeably without discerning the energetic meaning. This is just one of the many problems that occur through living in an energetically ignorant society.

As an important point and simple clarification, knowing the difference between standards and expectations is not something that you can intellectualise. What is required is for you to feel and register the difference through being open and observant of the quality of energy you feel as you live your life. The biggest difference between standards and expectations is that standards come from your depth, your soul or core not your needs or unresolved emotional issues. When you feel a standard, you feel settled, open and sure. You are not reactive, hurt or in any way loading the situation with a demand. The standard just feels true to your core, it just is and doesn't need to be justified. As I mentioned above, standards go hand and hand with responsibility. This is not to be confused with burdens as responsibility in its true form is very beautiful and an absolute honour. When you are dealing with standards, you can feel the purpose and responsibility of what your mastery (aka standard) is bringing your partner and the relationship. There is a feeling of spaciousness and a steadiness to continue bringing your standard in many different ways as a support to your partner, not a demand for your need.

An expectation on the other hand is always loaded. It is often created through projecting what you want onto another or what you think is right. It usually has judgement and a sense of right or wrong or better. There is also an underlying threat of you need to do this or else a) I am going to get upset / hurt, b) you will have to deal with my reaction c) I might withdraw or d) all of the above. In reality, having expectations sets you up for being disappointed and it lacks the fresh lens that you need every time you are with someone. In fact, our expectations can cap someone through lacing them to always have a certain "issue" or "problem" as well as give them no space to have a "bad" moment where they can act out of character and get support rather than hauled over hot coals because they dropped from your expectation.

Getting TO THE NITTY GRITTY

EXPOSING EXPECTATION

So now that we know the vibrational difference between standards and expectations let's take a look at where we are still operating from expectation. Once we explore and expose our expectations we can feel how to best unfold a true standard in that area of our life.

Expectation 1
F
Expectation 2
Expectation 3
Question 2: What are 2 expectations that you have that you feel you load others with? Expectation 1
Expectation 2

PERSONAL Standards

Everyone has standards (even if they are very low) but are they your truest standards and do they resonate with you to the core? When we talk about raising standards the focus is often on the other party. We want someone else to change in order to meet what we call our standard. What we miss in this approach is the crucial first step, which is understanding, deepening and confirming your own personal standards.

A personal standard is a standard related to how you engage with yourself and life. It is 100% determined by you and you are completely responsible for maintaining it. The beautiful thing about personal standards is that you have no one else to blame. No one can force you to drop your standards; they only drop on your command. Yes, you might slip up or act out of alignment to your standards (due to many different reasons) but they are still there - asking you to deepen or refine your choices so in the future you can hold your standard no matter what.

Are your standards compromised? Or have you been living to another person's or group of people's standards? When we raise our standards personally there is always a natural flow on effect to those around us. Some people are naturally and easily inspired and you don't have to directly communicate the change but others are more resistant. Later in this module we will explore how we communicate standards within a relationship but to start with, let's explore our own relationship with raising our personal standards. This is a very humbling exercise and in truth it offers a very necessary understanding before trying to raise the standards within a relationship. Have you ever tried to raise a standard within yourself? Maybe you have attempted in an area of life or self-mastery that you have struggled with? For example, a lot of women find it difficult to feel truly and deeply beautiful. Maybe you find it difficult to let go of your anger or resentment? Maybe you are not so good with money, cleanliness or communication? The point is, it is fantastic if you have ever struggled to raise a standard within an area of your life. Through this, you have an understanding of how difficult it can feel and therefore an understanding of how difficult it might be for other people to raise standards in the areas that you are strong in but they are not.



WHAT ARE YOUR Personal standards?

Question 3: What are 3 standards that you personally have with the way you treat yourself? i.e. how you speak to yourself, how you dress, how you represent yourself to others, what food you eat, cleanliness etc.
Standard 1
Standard 2
Standard 3
Question 4: What are 3 standards that you personally have with the way you treat others? i.e how you speak to others, how you speak about others, the quality of touch, your intention etc.
Standard 1
Standard 2
Standard 3

RELATIONSHIP Standards

To have a relationship standard, you first need to have a personal standard. This is one of the most powerful keys to being able to raise standards which we will talk about in more detail during the next module. This aspect of relationships is commonly overlooked as many people are yet to consider the power of silent communication. What I mean by this is that most people operate from a place of saying the right thing or looking the part but they lack the energetic foundation of what they do stacking up to the full package. Once you have mastered a standard personally, you are then able to bring it to a relationship if it is of benefit to that relationship. When you come from a place of steady knowing, you offer a whole other form of communication that has a tangible effect on everyone around you. In effect, what you live by way of a standard has a magnetic quality that people just want to be around and the real icing on the proverbial cake is that they can't help but be inspired. Setting standards within a relationship provides a platform of shared quality to operate from. This means that the quality of the relationship as a whole can continue to refine because standards mean you have a base to build upon and you don't have to keep establishing the starting point. One person may present a standard but it takes all parties to say yes to the standard for it to truly be part of a relationship. There are many relationships that require you to hold your own personal standards (without compromise) but never expect the other/s to have to meet you with every single standard you hold. You will also have standards that you do require of every relationship. These may be founded around the qualities of respect or harmlessness.

It is important to understand your personal standards and how or when they are needed within a relationship. For example: my husband and I have a standard where we don't just relay life events in conversation with each other but we will always offer our read on the deeper meaning of why x, y or z occurred. The standards we set for ourselves personally and then also together are not standards that we would expect of all of our relationships. Each relationship needs to be assessed and understood in terms of where it is at, the purpose of it and the potential. This is then what determines the next levels of standards that need to be added. Not one person's wants or needs.



WHAT ARE YOUR Relationship standards?

Question 5: What are 3 standards that are foundations within your relationship with the way you treat each other? i.e. standards that you both live and breathe by. i.e. the way you speak to each other, the quality of touch etc.

Standard 1
Standard 2
Standard 3
Question 6: What are 3 standards that are foundations within your relationship with the way you treat others? i.e. how you speak to others, how you speak about others, your intention etc.
Standard 1
Standard 2
Standard 3

PERSONAL VS RELATIONSHIP Standards

Question 7: Describe the difference between a personal standard and a relationship standard.					

STANDARDS AND VALUES What's the difference?

Values are something that we explore a lot of within the Mastering Relationships program. That being said, there is an important distinction that needs to be made between standards and values for the purpose of clarity. In truth you can't really explore values without exploring standards and vice versa as they are symbiotic in nature. Values are not things that you can build or create and they are especially not things that can be instilled in another (through a good wholesome upbringing). No, values are always and forever more part of your essence. Where the confusion comes in is that society isn't built for us to honour essence first. This means that we grow up losing connection with our essence and the depth of what we truly feel and we feel much more acutely the expectation, rules and dictation from others. We then start to see values as "good morals" that have been taught and instilled into you. This way of thinking completely bypasses the fact that by our true energetic nature we are whole and complete and do not need to be moulded. Have you not clocked the purity of quality that a baby has access to? It is our access to deeper parts of our nature that ensures an integrity and depth of value that can never be equalled by "schooling" and "upbringing". Our schooling and child raising is only at its best when it is governed by the supports that one's inner quality requires to be able to express itself in truth, without reserve.

Standards are your lived and claimed core values. As you open up to more depth within, you uncover more and more values that are born from activating more of who you truly are. When you start to become more aware of your core values you not only give voice to the values that have been pushed down but you also give permission to the values that have laid dormant waiting for you to bring them alive again. It is difficult to have genuine, inspired and alive core values when your relationship with yourself has not been nurtured. As you continue to nurture your relationship with yourself, as all my programs do at their core, you will fall in love with the strength and power that core values and the lived claiming of them as standards, offers you and all of those around you.

"There is nothing more fortifying and nourishing than being around someone who is completely claimed in their lived expression of their standards. In this, their boundaries are loving and all inclusive and their moments of standing their ground are rich in integrity and encompassing of a true support of all ."

Rebecca Poole

Vrite down your 1 tandards.	ext steps in how to expose	expectations and be	aware of personal and re	lationship

Watch Module 9 Video Standards vs Expectation
Complete Module 9 in the workbook

☐ Attend the live call

MODULE 9 - CHECKLIST

RAISING OUR STANDARDS

WELCOME TO MODULE 10

RAISING OUR STANDARDS



Welcome to Module 10 where you are going to learn the exciting process of raising the quality of your standards and then deepening your livingness of them. In module 9 we looked at what standards really are, redefining them as something that comes from our core, not from our unresolved hurts or reactions. We also looked at the difference between a **Personal Standard** as well as a **Relationship Standard**. Knowing the difference between these is critical when it comes to raising the quality of your standards. This is the module were you start to put into action all of your increased awareness about relationships, so that you can take your relationships to the next level.

In this module I am also going to step you through the process of deepening your standards, something that is an ongoing process and one of the biggest factors in a relationship never going stale. We are going to explore what it means to **Initiate**Standards, Embody Standards and make your standards Foundational.

The beauty with the whole Enriching Relationships Program is that you don't need anyone else to do it with you. This works just as well when one partner does this program as it does when both partners do this program (I kid you not). This can be difficult to get your head around because we are trained in life to think that other people are to blame for the relationship not moving forward, but the truth is - a relationship can never be stale when you are living your depth.

PERSONAL Standards



WHERE ALL STANDARDS Start.

Understanding the difference between a personal standard and a relationship standard is crucial because we never start with relationship standards. The great thing about this is that you are not stuck in that common cycle of waiting for your partner to be ready to make changes. What this takes into account is that there is much more communication that goes on than what is ever being said verbally. The first thing we ever communicate is our own lived standards, not our own lived expectations. Do you get it? If we are not living our standards (not expectations) and we are asking (or demanding) others to step up, we will never get anywhere other than a whole heap of frustrated mess. Let's start with taking a look at some personal standards that we need to make foundational in order to be able to bring a change to our relationship standards. The first personal standard we are going to look to raise is how understanding, nurturing and patient you are with yourself. This is a super important personal standard because if you can not approach yourself with warmth, you can not truly approach others with an energetically authentic warmth and understanding. The next personal standard we will look at over the page, is your personal standard for how you treat others / your significant other.

YOUR QUALITY OF Understanding

Question 1a: What is the quality of understanding you have with yourself? Are you hard or harsh with yourself Describe in detail how and why.
Describe in detail now and why.
Question 1b: If you were to raise the quality of understanding you have with yourself, how would it feel, how woul
you describe the difference?
Question 2a: What is the quality of understanding you have with your partner? Are you hard or harsh with them Describe in detail how and why.
Question 2b: If you were to raise the quality of understanding you have with your partner, how would it feel, how would you describe the difference?

THE 3 STAGES OF DEEPENING a Standard

In this next part of the workbook we are going to learn about the 3 stages of deepening a standard once we have raised our standard. In other words, you raise the standard of quality within a certain area of your life and then you deepen your living of this until it becomes a non-negotiable foundational standard. Read through the below descriptions and over the page we are going to start to see how you are with your approach to being understanding (as opposed to harsh) with yourself.

Initiating Standard

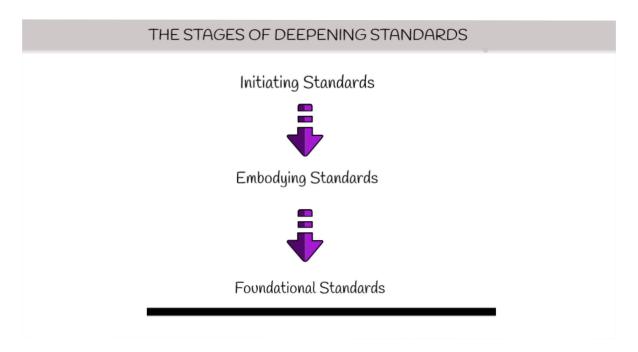
The Initiating Standard Stage is the first stage of raising a standard and this is where we first start to feel the impulse to change where we are at. We may realise that what we are currently doing is not working and be inspired to make changes. At this stage of raising a standard you are usually having thoughts about what you want to change, feeling impulses or being inspired by others but you haven't yet started to live any of those changes. In simple terms this is like the aha wake up moment.

Embodying Standard

The Embodying Standard Stage is the second stage of raising a standard and this is where you have come to terms with the idea of making the change and you now start to bring it into your movements, your activity, your daily rhythms. This stage is not about perfection, it is a re-imprinting stage where you bring your new level of standard into every aspect of life. There is a dedication in this stage as you bring your claiming of this standard in all ways and you really get to see how outdated the previous lower standard was for you.

Foundational Standard

The Foundational Standard Stage is the third stage of raising a standard and this is where you (without perfection) claim that there is no turning back. The standard for you now is non-negotiable and it takes zero effort to live as part of your natural every day life. In other words, there is nothing in you that wants any part of a lower standard.



WHAT STANDARDS ARE YOU READY TO Raise?

Question 3a: Now that we have gone through the process of looking at our standard of understanding yourself and others, pick three more personal standards that you would like to raise and describe what stage of deepening you are at. Standard 1 Standard 2 Standard 3 Question 3b: Describe how long you have been at this stage for. Standard 1 Standard 2 Standard 3

RAISING OUR STANDARDS Reflection

Question 4: Write about a standard that you have recently raised within yourself.					
Question 5: How has this standard changed your life?					
Question 6: How has this standard changed the life of those around you?					
Question 7: What stage are you at in the deepening process of raising the standard?					
Question 8: What new personal standards would you like to bring to the way you are with others but you haven't yet?					

RAISING OUR PERSONAL Standards

Raising your personal standards is one of the single most powerful things you can do in your life. When you have authentic and solid personal standards (not high expectations or harshness) people are drawn to respect you. You also find that what you do or say carries much more weight, as people know it comes from a high quality. When you live with high personal standards, you become a role model and you will find that people naturally lift their game when they are around you. It is much easier to ask someone to step up when you are solid and consistent with your own living of that standard.

WHAT STOPS US FROM RAISING Standards?

1. Lack of self-worth

Often we accept less because we don't feel like we deserve any more. We can't fathom that there is more love, more respect and more care possible for us. It is a form of comfort to play small and see ourselves as less. To accept more, we have to feel the hurt and sadness of the many years we accepted less.

2. Self-loathing

When we are hard on ourselves or make ourselves wrong we can cement a lower level of standard for ourselves. This is the ultimate judgement; the judgement on yourself that there is something inherently wrong with you or you have done something that can never be forgiven. None of this is a truth but we fall for it, which means we stay trapped in our own prison and others around us miss out on the true you that is hidden underneath all of the loathing.

3. Social Norm

Have you ever noticed that our standards tend to drop if the standards of those around us are lower? Have you ever quelled the feeling of the need for change because you have it better than those around you that you compare yourself to? When we witness the extremes of low standards it makes our low standard not feel so bad and we can get trapped for many lifetimes comparing ourselves to others with lower standards without listening to what is being called for from our own truth.

4. Status Quo

Not wanting to rock the boat is a huge cause of keeping lower standards. We know how exposing it can be for others when we start raising the standards of how we treat ourselves. Others can feel awkward around us, they can avoid us, they can undermine us or they can directly attack us. For many people, raising standards (even just within themselves) can mean losing friendships.

"Our personal standards are our first responsibility, without them, we have no foundation to develop shared standards within a relationship."

Rebecca Poole

WHAT HELPS US RAISE OUR Standards?

1. We feel a pull for something more

We never truly or sustainably raise standards to please another person. We might go through the motions but to raise a standard requires a deep commitment to a truth. When we feel a pull for something more, we feel it in every cell of our body and when you have registered it at this level, it can never be taken away from you.

2. We feel tired of the current status quo

When we have been on a merry-go-round that seems like lifetimes of the same old sh*t, it is no surprise that we start to slowly but surely wake up to the possibility of doing things differently. This is when we dislodge the cap we have placed on our

inner-feelings (for whatever reasons) and we start to listen more closely to the truth of what we feel and the standards that are natural to us.

3. We are inspired by something that feels more true

When we meet someone who lives a standard that is higher than our own standard we can either try to tear them down through jealousy or we can be inspired by what they are living. Being inspired is not only one of the most powerful ways to raise your standards, it is also one of the fastest ways to raise your standards. The added bonus is that when we raise our standards, we ignite a domino effect where others are in turn supported to raise their standards.

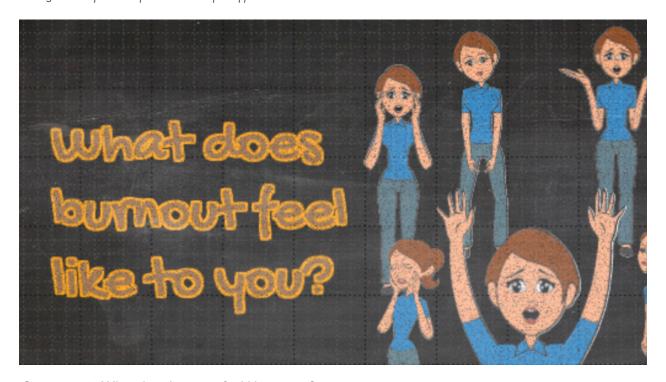


RAISING OUR STANDARDS Reflection

Question 9: Choose one or two reasons for why raising this standard (in question 8) has been difficulties (refer to page 122 for the common difficulties).
Question 10: Write about 2 standards that are easy for you but not so easy for someone else you know
Standard 1
Standard 2
Question 11: Referring to page 122, connect to why raising these standards is difficult for this person
Standard 1
Standard 2

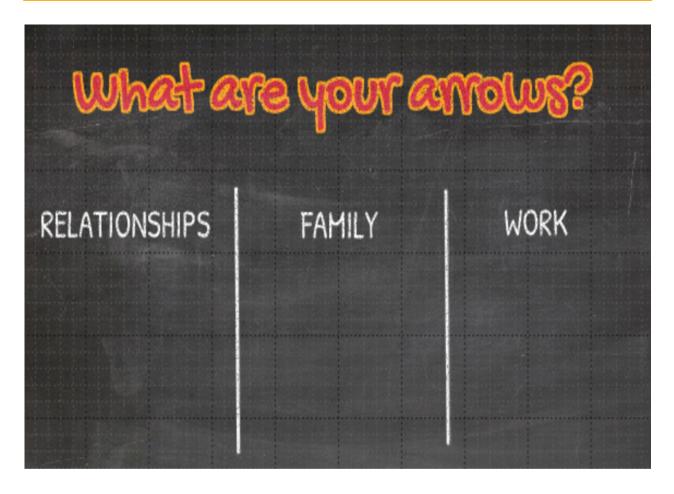
Raising Standards

In this next part of the workbook we are going to take a look at our relationship with stress and burnout and how we can raise our standards in this area of our life. By now you should have watched the **Stress, Burnout and Taking Energy on Masterclass** video. If you haven't, make some time to watch it before continuing with the rest of the workbook. I wanted to include this particular masterclass because stress and burnout is an area of life that most people don't have a proper handle on. I also wanted to include the masterclass in this Enriching Relationships Program because most of the stress and burnout experienced in the world has at its root cause an inability to properly deal with the underlying energetic stressors and dynamics in relationships. The Stress and Burnout Masterclass focuses on this aspect of burnout and if you have already watched it you would have realised just how much the energetic aspects of relationships affect us.



Question 12: What does burnout feel like to you?					

Raising Standards



RELATIONSHIP ARROWS				



FAMILY ARROWS	
WORK ARROWS	
WORK ARROWS	

Raising Standards

AP	art of us has to:
1.	Agree with
. 2 .	Be in symapthy to
3.	React
	. to what is coming at us.

If we're going to look at where we take energy on and how we are going to raise our standards with this, we need to first understand what is going on within ourselves. Because for us to absorb energy we need to either have a part of us that's agreeing with what is coming at us, have a part of us that's in sympathy to it, or we need to have a part of us that's reacting to it. That's the only way that we get affected by the dynamics or "arrows" coming at us.

Question 13: Give an example of when an energy (arrow) was coming at you and you absorbed it becausome part of you agreed with it. This may even be as simple as leaving a slither of doubt that it (whatev has come at you) may be true.						



Question 14: Give an example of when an energy (arrow) has come at you and you absorb it because sor part of you was in sympathy with it. This may even be as simple as not appreciating the growth or learni someone needs from the situation they are in.
,
Question 15: Give an example of when an energy (arrow) has come at you and you absorb it because som part of you is in reaction to it. This may even be something you feel you are justified in reacting to but it still a reaction and therefore an entry point for absorption.

Raising Standards

Question 16:

What are your next steps with stress, burnout and taking energy on?

Notes:

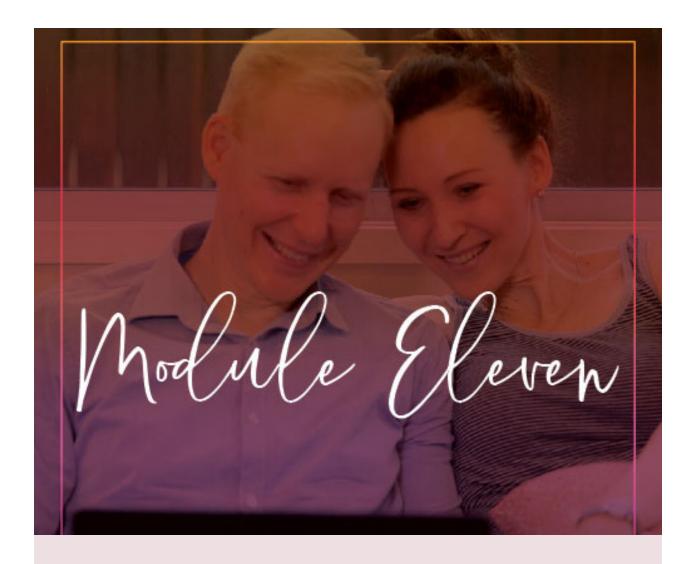
MODULE 10 Reflections

Reflection 1: What are your biggest 3 take home messages from this module?
Reflection 2: What do you feel are your next steps in Raising Standards?
MODULE 10 - CHECKLIST
☐ Watch Module 10 Video Stress, Burnout and taking energy on masterclass
☐ Complete Module 10 in the workbook
☐ Listen to the In Session with Rebecca audio
☐ Attend the live call

COMMUNICATING STANDARDS

WELCOME TO MODULE 11

COMMUNICATING STANDARDS



Welcome to Module 11 and before we start I want to offer you a huge congratulations, firstly for having the guts to explore everything you have and secondly for caring enough about people (including yourself) to want to put the effort into growing and evolving.

This is a jam packed module where we are going to explore how to communicate standards within your relationship to ensure that your relationship is always growing and expanding and not staying stuck or going stale. We will look at the different elements that need to be understood to support communicating standards as well as what goes into sustaining an enriching relationship.

COMMUNICATING Standards

THE PURPOSE OF COMMUNICATING STANDARDS.

Communicating standards can never be for personal gain. Once you are communicating for a personal gain or a desired outcome, you are no longer expressing from your standard and instead you are expressing from your hurts or unmet needs.

Expressing from an unmet need, hurt or ideal will always feel imposing to the person on the receiving end. When people feel that something comes with an agenda or an imposition, they tend to be more resistant to what is being communicated. The pure purpose of communicating a standard is to be open and transparent with what you will and won't be a part of. It is never a demand of another needing to change but always a sharing or offering of what you stand for. This then offers a point of reflection for someone else to feel whether that standard is also something that resonates with them. Essentially, this is how we raise standards in the world one relationship at a time.

WHERE ARE YOU COMING FROM?

When we take a look at how we communicate our standards it is important that we don't over-think it and try to get the "perfect" delivery. The best way to communicate is to let it come out as you feel it and from here you can honestly reflect whether where you are coming from is a true place or not. Sometimes we can be unaware of even our own hidden agendas, especially when we are operating from a hurt or an ideal or belief. We can just think that they are "right" because we feel strongly about them rather than really understanding and assessing the quality of that "strong" feeling.

ARE YOU COMING FROM A STANDARD OR IS IT A DEMAND?

Knowing the difference between the two is really important. **Standards** tend to come with more of **a spacious feeling** and the grace for someone to come to something in their own time. **Demands** tend to incorporate some **reaction or harshness**, as they are always the result of some sort of inner-compromise. What standards or demands do you bring to yourself and the other person and what is the feeling behind them?

VALUING YOUR MASTERY

Without appreciating your mastery, you will never understand how valuable what you have to offer others is, which means that you will have expectations and judgement and demand they do something rather than understanding where they are and why they don't resonate strongly with what you resonate strongly with. In this we devalue the lifetimes we have spent strengthening and mastering what comes naturally to us and we lack the understanding to support another who doesn't find it so easy.

HOW WE COMMUNICATE Standards

Standards are communicated in many different ways and it is important to feel when and how a standard needs to be communicated.

Most people overlook silent communication - that is the communication that is based on your quality of energy and the reflection your movements and actions have. So much is communicated by the way you hold yourself in life and this is often all that is needed to be communicated. Other times a more direct communication is needed. Knowing which form of communication is needed is easy when you are paying attention to what you truly feel. There are 4 main categories that people will fall into when it comes to being open to your communication of standards.

It is important to read how open someone is to your Communication.

THE FOUR STAGES OF OPENNESS:

- 1. Completely opposed to your reflection: furious and jealous
- 2. Very little openness to your reflection: defensive, resistant or reactive
- 3. Open to your quality and your presence but not wanting your direct wisdom: open to you but not ready to consciously commit to the level of standards you are bringing.
- 4. Open to all that you offer: ready, willing and open on all levels.

COMMUNICATING STANDARDS Reflection

Question 1: Pick standard? b) when lacing your standard	two standards and re are you coming fro ards?	explore in detai om? Are there ar	il: a) what is the ny hidden agendas,	purpose of comr , hurts or undercu	nunicating the irrents that are
Standard 1					
Standard 2					
Question 2: Pick your communicat	two people you are in	n relationship wit	th and assess what	level they are op	en to receiving
Relationship 1					
Dubata alita a					
Relationship 2					

YOUR STANDARDS WITH Communication

This is where you get to change the story. You get to decide what type of communication you are going to have within your relationship. Are you going to continue the tug-of-war, the arm wrestle, the hardness, dismissiveness, 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 3: What is your new <u>personal standard</u> when it comes to communication?
Question 4: Where is your relationship at with its standards during the conflict cycle?
Question 5: 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?

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 eventuality 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.

Question 6: What do you see as a possible challenge to bringing step 1 'dropping the blame' into your relationship?
Question 7: What do you see as a possible challenge to bringing step 2 'seeking understanding' into your relationship?
Question 8: What do you see as a possible challenge to bringing step 3 'honesty and openness' into your relationship?

DEALING WITH CONFRONTATION Masterclass video

Watch the *Dealing with Confrontation masterclass* video (you may even want to re-watch it) and write down notes from the parts that really resonate with you.

What really resonated with me.

DEALING WITH CONFRONTATION Masterclass video

Ask yourself the following questions regularly. They are a really important part of not only dealing with confrontation (within yourself) but they are also an important part of ensuring you have enriching relationships.

What in your life is not resonating with you? What do you feel needs to be confronted? What do you feel needs to change? What truth do you need to express?

DEALING WITH CONFRONTATION Masterclass video

Knowing the full impact that our expression carries is important. Anything that has a vibration is a form of expression, our tone, our movement, our words, our walk, our breathing, face, gestures, touch, intention, our presence, literally everything.

Write down all of the different forms of expressions that you can / feel that you bring to your relationship. Give as much detail and examples as possible.	



At this stage of the program it is important to discuss how relationships become ho-hum. Many relationships lose their spark and some start out without a true spark. Let's take a look at some of the ways relationships can become ho-hum. At this stage, what is important is to just start becoming aware of areas within your relationship that are contributing to a ho-hum feeling. In future modules you will be given the tools to start to re-ignite and bring truth to these areas but the initial stage of simply being aware is super important.

Relationship ARRANGEMENTS

Relationships that are dynamic and deeply fulfilling are relationships where each person is free (and supported) to completely express the depth of who they are. Sadly, so many people carry unresolved hurts, needs, and conditions that are imposed onto the relationship. This suffocates the natural alchemy that comes about from two people freely expressing from their depth.

Most of the relationships in the world are in some way, shape or form, capped by what we could call a relationship contract. This is an energetic arrangement (agreement) that both parties agree to (for whatever reason) and it comes with a whole set of rules. For example: You may have chosen someone who would not ask you to confront a fear and in return you also won't ask them to confront something they are avoiding. There are so many ways that we agree to no go zones and this can be in friendship, families and work relationships too.

SETTLING / Giving up

Sometimes working through stuff can feel too difficult and a relationship can have a resignation or "giving up" quality. It can feel like there is no point in continuing to "work on" or engage deeply in the relationship. This is usually when the people in the relationship have spent a long time on different pages and there is a lack of understanding of what each other brings.

It can be really confronting to be honest about where your relationship has been in giving up mode. No one wants to have a "giving up" experience within a relationship, especially when you can remember a time when it was different. As confronting as it is, it is important to be absolutely honest with yourself about when you feel the giving up coming in. This is a time to connect within and allow yourself the freedom to just be yourself no matter the outcome. This keeps you engaged in the relationship no matter what your partner's position is.

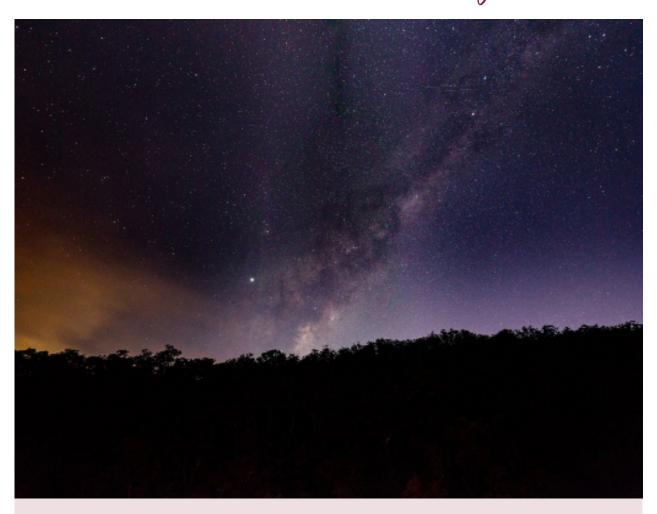
Feeling A DISCONNECT

Feeling a disconnect with your partner is a common experience of the couples I work with. Sometimes this is because of something that has occurred within the relationship that has not been resolved and other times it is because someone within the relationship is going through something personally that is affecting their ability to be present in the relationship. Another common reason for disconnection is when one person continues to grow and the other person does not grow with them. This can cause a lot of tension and it is a common reason for people deciding to part ways.

Question 9: Have you ever felt a disconnect with your partner? Or that one of you was growing faster than the Other creating what felt like a gap?					he

Standards support a relationship to keep evolving and not get stale in the same old same old motions. Each time you feel another level of enrichment that is possible personally or for the relationship, you can feel the new level of standard that can be brought. Relationships that commit to continued growth and raising standards never get stuck in the ho-hum of stale relationship. The next section of this module is where we discuss how to increase the spark within a relationship. I have not given you a whole heap of ideas or techniques because techniques on their own make no true difference if the underlying root cause is not dealt with. The "try new things" approach can become a distraction where the relationship has an injection of excitement and thrill similar to an amusement park but there is no progress made with deeper connection. Ultimately this next section is to open you up to feel the bigger picture again and let it (the bigger picture) awaken a spark that is naturally within.

RELATIONSHIPS WITH Spark!



Have you ever looked up at the wight sky?

Have you ever been awed by the perfect constellation and beauty of the stars? How the stars are complete within themselves, yet perfectly aligned to each other. You see the relationships that are really alive, require sparks, and you can't help but feel the awe of the sparks in a star lit sky. Have you noticed how you never get tired of taking in the night sky? It does not matter how many nights, months, years or decades, you will never tire of it. I like to use the analogy of stars as a way for people to start to sense what a different type of relationship could be like. Go out tonight, look at the stars and just feel (you would have as a kid!). When you do, ask yourself if you would like to have the same awe within your relationship? It is absolutely possible.

MOMENTS OF Depth!

Moving beyond relationship ho-hum

So, how do you move beyond the relationship hohum and embrace a relationship that holds the quality and awe of the night sky? Let's get practical about this. What is important about the analogy with stars is the understanding of the depth of who we are. We are not just flesh and bones. We have a depth to us, our essence. Our essence is our spark, it's what gives us our mojo and it is what makes us alive deep down. When you start to build a relationship from this place you not only start to feel the awe, you also start to really understand who you are and who your partner is deep down. As I have shared in previous modules, without a depth of you, there is no depth in the relationship.

What we can symbolically take from the stars is how they relate to one another. Stars shine without apology. They don't second-guess if their shine is the right kind of shine or whether they are too bright or dull. What I have found is that when people know who they are and express genuinely what they feel (not what they react to) the quality of the relationship changes enormously.

So how do you bring more depth?

So how do you start to feel and know yourself by the depth of who you are? To be honest, the answer is really simple but not always easy.

The simple answer is you stop, feel and listen to what you are feeling. In other words you check in with how you are feeling and you don't override or dismiss it. The more you pay attention and give focus to this part of yourself, the more clearly you feel and know it. The more you follow through on what you are feeling to do or not do, the more powerful the connection to your depth. The more you speak openly and transparently of the depth of what you feel, the more the awareness of what you feel expands.

In module 3 we stepped through a series of questions together. These questions are extremely important for you to reflect and ponder on as they give strength to what you have been feeling but overriding, doubting or dismissing. The depth of you is always deepening and when you bring this to a relationship there can never be any stagnation. There is nothing ho-hum about the depth of you or your partner.

Question 10: Have you ever felt a moment of more depth with your partner: It so describe now it felt.				

RELATIONSHIP HO-HUM VS Relationship Spark

In general, as people grow older they tend to lose their awe and wonderment of life. Life becomes a little more mundane and we energetically shut down our awareness, in other words we go to sleep. The stars are important as they represent something that we still know very little about. They represent the magic in life and the knowing that there is something bigger than us out there. The real magic in life is when you allow yourself to see and feel the deeper purpose and flow in every moment. Kids know this but as adults we tend to forget and keep life very task orientated as we shut down our awareness of the 'more to life than meets the eye' aspect of life. Relationships can also get stuck in the task focused mundaneness and lose the magic. Below is an exercise to help re-awaken your spark in life, which allows you to bring more spark to others. Spend a few moments each night taking in the beauty of the night sky. What do you see, how does it feel, what does the awe of it awaken?

The: Be playful with this activity. What we are doing here is distinguishing two qualities of approaches that you can bring to relationships. Everyone has had moments of both and by reflecting on this you start to bring more awareness to the quality of interactions in your every day life. Increasing your awareness means you start to have more of a say in the quality you bring to the relationship and the quality you stand for.

What do you feel when you look up into the wy W Sty				

"Communicating your standards from a place that honours your deepest values is a gift that only you can give yourself. The freedom to express from your depth is not only priceless, it is precious, albeit something I consider a basic human right."

Rebecca Poole

Write down your next steps in communicating standards and enriching your relationships.		
ODULE 11 -	CHECKLIST	
Watch Modul	11 Video Dealing with confrontation masterol	ass
	lule 11 in the workhook	

☐ Attend the live call