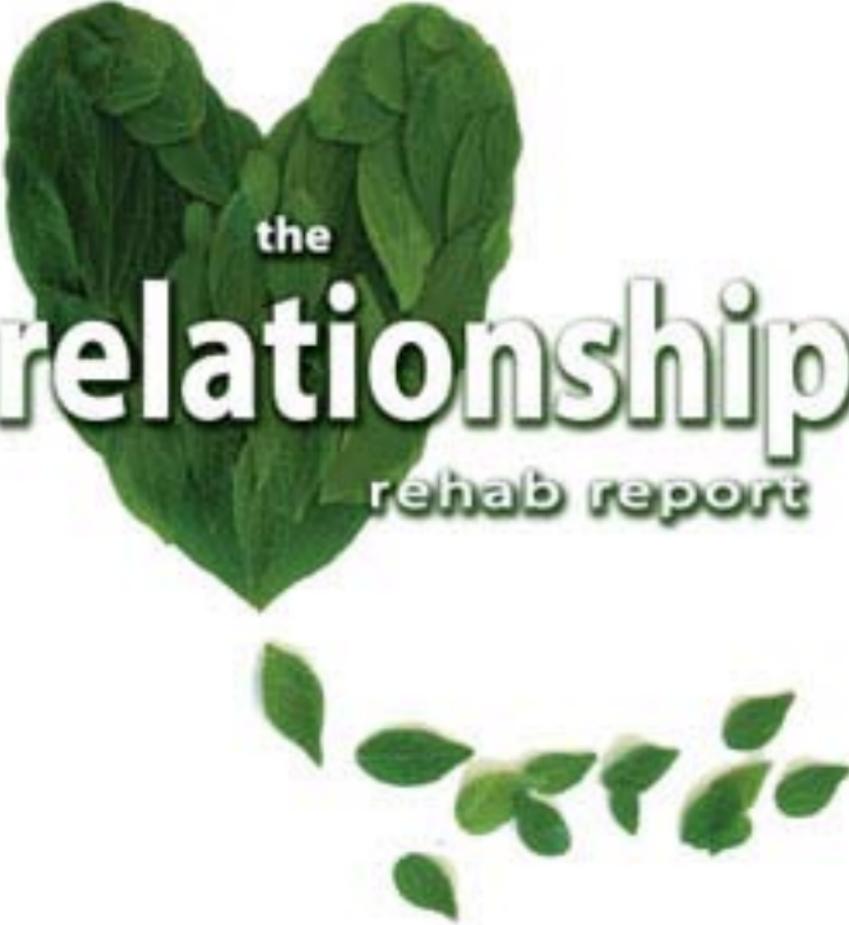


Handbooks for Entrepreneurs



the
relationship
rehab report

Xtreme Skills for Busy People

Grow Your Relationship

Handbooks For Entrepreneurs

“ Relationship Rehab Report”

Xtreme Skills for
Busy People...

By Chris Walker

A MASTER IN THE ART OF LIVING

*Draws no sharp distinction
Between their work and their play
Their labour and their leisure
Their minds and their bodies
Their education or their recreation.
They hardly know which is which.
They simply pursue their vision of excellence
Through whatever they are doing and leave
Others to determine whether they are working or playing.
To themselves, it always seems as if they are doing both.*

Grow Your Relationship

ALSO BY CHRIS WALKER

Self Leadership Report

Personal Stillness Report

Inspired Vision Report

Better Relationship Report

Best Relationship Report

Xtreme Skills for Busy People Report

Grow Your Relationship

Handbooks For Entrepreneurs

“Relationship Improvement”

Xtreme Skills for
Busy People...

By Chris Walker

Xtreme Skills for Busy People Report

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While every attempt has been made to provide information that is both accurate and proven effective, the author, and by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical and mental conditioning, body type and the specifics of mind Spin, successes may vary.

A special note for Those of You Who Are Suffering from the Painful Symptoms of a Bad Relationship, RIGHT NOW:

If your heart is spinning and you feel on the verge of desperation you need help Right Now and we're here to help. You can book a personal consult over the phone or by internet connection within 24 hours of reading this simply by going to the web at www.innerwealth.com and sending me an email.

Other wise, this report will contain all you need.

To your health!

Grow Your Relationship

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About Me - Chris Walker

My first marriage lasted thirteen years.

When I was in it I wanted to be out. When I was out, I wanted to be in.

Finally, it didn't matter what I wanted. I'd done enough damage to the relationship over the course of my entrepreneurial life to justify my ex-wife finding the love she really deserved in a home that really made her feel appreciated.

There are two things that come from this. One is that whatever we don't appreciate we lose. Eventually, simply because I focussed on building wealth as a form of relationship contribution I sabotaged my relationship.

I played victim for some time after the separation. That didn't achieve much. I then begged to be taken back, that was even more stupid. Really, if I am to be honest, one part of me was happy that tired relationship was over, but another part just couldn't let go. Having three children under the age of seven didn't make matters any easier.

It took me four years to do what should have taken four weeks. Thirteen years of clumsiness in relationship management doesn't get fixed and in retrospect, if I'd really wanted that marriage to last, I needed to make the effort long before the gate shut.

So, this report is about what to do when all the warning signs are starting to wave red flags in your direction. Do you really, really want the relationship to last? And if so, what are you going to do about it?

All the answers are here.

Chapter 1. Introduction

Most entrepreneurs can deal with work challenge, life challenge and financial challenges with one hand tied behind their back, but when it comes to relationship, a mediocrity drives us to all sorts of unnecessary reactions.

Relationships don't fix themselves. In fact, left to their own devices, relationships gravitate to mediocrity and the question, "What the heck am I doing here?"

All relationships go through growth, that's important and normal. There are, however, different degrees of challenge and these extend from little tiffs at one end of the spectrum all the way to heart break and trust shattering betrayals at the other. They are all signs of a need for growth, change and investment.

Leaving mediocrity and challenge unattended in a relationship has the potential of causing a serious infection. It leads to uncertainty, lost commitment, evasion of intimacy and an independence way beyond what the relationship began for, and needs to survive in a healthy way. This, half in - half out, stay for the children, hope it changes head space in a relationship is a no-mans-land of emotional distraction, disappointment, lost drive and premature aging.

Our mission in this report, is to make the time, between the realisation that things are not perfect, and fixing that is as short as possible.

So this report focuses on rapid response and cure for any of the signs of diminishing relationship quality. It puts to paper many of the topics couples talk around but rarely resolve. The report pre-

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sumes that you want to stay together. So, it's not about break up or fixing disasters too late.

In this report we're going to assume that staying with mediocrity in your relationship is not an option.

I am going to put every possible recovery option in front of you so that, you can both have the excellence in relationship you deserve.

You are never a prophet in your own home, so, it's wise for both you and your partner to read this report and then discuss it. Relationships certainly do not improve by blame or victim-hood, but instead, by two people making a deliberate commitment to both acknowledge the need for improvement and second, for you both to accept the importance of making change.

What does a great relationship look like?

Nobody can say. It's up to the couple to decide what a great relationship looks like, but, the emphasis must be on couple. It is so often the case that one individual in a relationship can accept complacency or mediocrity while the other is craving the intimacy and inspiration of a great relationship. And here begins the understanding of why affairs and long work hours happen.

If one person out of two is not happy with the relationship, then there is need for urgent change. All too often that voice of discontent is ignored and this is a warning sign.

On the other side of this equation, the "complainer" might also become the "blamer." It's my experience that it is all too easy to blame our partner for our own discontent and in doing so, shift the focus away from our own lifestyle choices and onto our partner.

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So, there's a fine line between identifying the opportunities for improvement in a relationship and the all too common habit of projecting blame onto our partner.

One thing we do know for sure is that complaining doesn't fix things.

If you find yourself in the unenviable position of being disgruntled in your relationship, or even seeing opportunities for improvement those observations are not set in concrete. They are just ideas and at best, opportunities to experiment and try something new.

There are huge emotional challenges being an entrepreneur or self made individual. Far greater than anybody who has not lived that life can imagine and not the least of these is staying positive, inspired and committed to success in the face of, what sometimes appears to be unbelievable resistance.

This often leads entrepreneurs to want to have things their own way at home. They just don't have energy left to contribute in a healthy way or even deal with resistance in a healthy way.

That was me. I stayed married for thirteen years, worked my butt off, but had no awareness of my clumsiness at home. I was not content. I had neither the self-awareness to sort myself out nor the skills to communicate to my wife that things were not OK. We had different standards, different needs from the relationship and so, for the last eight years of it, wasted too much time, implementing work around strategies, rather than addressing the real opportunities we had for healthy growth.

I've made those opportunities clear in this report.

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There are many variables in creating great relationships and there are many variables in creating crappy ones so, it's understandable that people get the two confused.

The necessities for a great relationship are:

- * *Both individuals want it.*
- * *Both individuals have a creative day life.*
- * *Both individuals have something inspiring and demanding to do outside the relationship.*
- * *Trust still exists.*
- * *Neither person is in an unhealthy "can't live without you," head space.*
- * *Both individuals take responsibility for their happiness*

The necessities for a crappy relationship are:

- * *One individual doesn't want to be in it.*
- * *Both individuals blame each other for disharmony.*
- * *A third person has their nose in the door - guru, lover, friend etc*
- * *No interest in each other's work life - career*
- * *Ambition and greed for wealth.*
- * *Jealousy, anger, hate, resentment.*
- * *No laughter - total boredom - lost imagination.*

Chapter 2. Commitment

Even the best relationships, experience challenging times, it's part of life. However, independent, self made entrepreneurs, artists and performers are more susceptible than any other group to ignoring the opportunities to grow through those challenges until it's way too late.

People under pressure both at a public and private level place extreme demands on themselves and as a result, often struggle with their relationships. Being right at work wins jobs, being right at home, kills communication.

Maintaining a good quality relationship is a very demanding commitment. We bring home all sorts of needs. We become ambitious and suddenly see "what could be" rather than "appreciate what is." Commitment is demanding because in making that choice we are committing to get over our ego, to listen to the needs of others, to 'not take things personally' and this is a real challenge for the typical entrepreneur.

So there's a significant amount of self-awareness that is required to sustain the commitment of a high quality relationship.

Commitment means maintenance. Continual adjustment, personal growth, humility and some degree of sacrifice. And those demands are not always obvious at the start. Falling in love is easy, we can do it in a flick of a switch when the right person comes along. We know that getting into a relationship is easy once we fall in love, it's almost an automatic next step. We know that becoming pregnant is easy. But relationships are a completely different topic.

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People change, emotions change, expectations change and with those changes, relationships can struggle to sustain the quality that made it inspirational to start in the beginning.

All too often I hear the catch cry of people in relationship: “If I had my time over again, I wouldn’t choose this.”

The couple who grow together stay together. We know of one man who has been married nine times. When we asked him why he said with pride, “my grandfather was married for fifty years but that was in 1910. The pace of life is at least ten times that now, so, I figure my five year marriages are each equivalent to his fifty year marriage.”

This was all said with a wry smile, but there is an element of truth in it.

Diagnosing the problem/reason for Damage.

The trigger for a relationship damage is often an affair or lost intimacy but that’s more like the symptom of relationship problems. Working on the symptoms is like going to the doctor with worried about tiredness and forgetting that the cause is often a more serious problem with the heart.

Nature based healing of anything, works on cause, not effect.

An affair, lost intimacy, lost interest, addictions and many other symptoms of a damaged relationship are the effects of deeper issues. So, lets see if we can pinpoint the cause of any struggles you might be having first.

Grow Your Relationship

Relationships are built on four solid foundation stones.

- * *Love*
- * *Trust*
- * *Admiration*
- * *Appreciation*
- * *Vision*

When any of those five foundation stones are missing relationships struggle. Then, in order to survive in a relationship with shaky foundations people gravitate toward substitutes and these are often detected as the symptoms of struggle.

Four Substitutes for Shaky foundations in relationship are:

- * *Food and Substances (addictions and eating disorders)*
- * *Sex (craving affairs, pornography, prostitution)*
- * *Greed (extreme ambition, workaholic, luxury toys, anxiety)*
- * *Spirituality (withdrawal, guru worship, devotional blindness)*

As you will see from these four substitutes they are, in moderation a healthy part of life. However, in extreme, taken in excess or obsession they reveal the deeper struggle an individual is having trying to stay in a relationship that is damaged.

These are often the symptoms that people focus on in repairing a damaged relationship, but they are more the result of a deeper core issue than an issue to be processing.

Often, for example, a cause is undetected. Then one of a couple might have an affair. The result is a damaged relationship in which

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the “innocent” partner is dealing with jealousy. Can you see that jealousy is not the real issue? That it is the effect, of the effect of the effect of the damage?

So, for your own peace of mind, it is important to understand and diagnose for yourself, without external interference, what the real cause of damage in your relationship. The reason for this is that if you know the cause, the solution is extremely simple.

Facing Reality - An Honest Assessment

For a person who wants the best out of life, an entrepreneur or an artist a great relationship is really important. A bad relationship is, at least something that we can see an obvious need for change in. But a mediocre relationship can drift along, consuming some of the most wonderful years of our life, wasting, eating, and devouring time and life.

Great relationships birth creativity, can inspire and help a person stay grounded and fulfilled.

However, mediocrity in relationships is all too easy to avoid, and people too often regret it. We’ve observed thousands of relationships from all over the world and the reasons that so many gravitate to mediocrity are far too predictable. Here are our statistics on mediocre relationships:

60% - Taking partners for granted

30% - Not turning up in quality time

5% - Exhaustion from unproductive or uninspiring work

3% - Health problems including mental as well as physical

2% - Distracted by some ideology

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A great relationship is almost an imperative for balanced success as an entrepreneur, self made individual or small business owner so, the real trigger for recognising a problem relationship needs to be mediocrity. It triggers action before discomfort turns to disaster.

Home is our oasis, a place of confidentiality, respite and rejuvenation. A relationship in that oasis needs and deserves to be great.

Quarrels, negativity and disharmony at home can drift on for years. There's always some excuse for it, but none are good enough,

Mediocrity in relationship is really the result of dishonesty. A couple who know they are not celebrating life together, will accept mediocrity because they don't want to go through the drama of a broken family, or even confront some personal issues.

Before relationships turn soft and shaky, there are many warning signs. Sometimes we're so busy or consumed with life that we don't recognise them even when they may be obvious to everyone around us . So, from our clients, we've gathered the following list of early warning signs that could or should have triggered a change in behaviour to proactively prevent relationship problems.

- * *Communication breakdown*
- * *Anger, frustration and resentment*
- * *Slipped into maintenance routine*
- * *Sexual boredom and lowered sexual libido*
- * *Tiredness and no real affection*
- * *Sporadic romance only on holidays and special events.*
- * *Health problems including depression and sadness*
- * *Continual complaints, disappointment and criticism*

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- * *Partner rarely available for one on one time.*
- * *Sexual Obsession*

There are a further 200 signs that have been noted as pre-emptive of mediocre relationships. 80% of all clients who were asked responded that, “They knew the relationship was in trouble but didn’t know what to do about it.”

90% of all clients who were asked thought the problem was caused by their partner, and didn’t know what to do about that.”

The number of people who seem to know that their relationship is mediocre but “don’t know what to do about it” is rising in everyday relationships. People know something is wrong, but because of the children, their own security or fear they freeze and don’t act.

Compromise is not an option. Coming home to an unhappy partner is something we can live without. Problems which are ignored will only fester and grow. We are responsible for it, we can change it and it’s not really a massive shift. The key is, “No compromise.”

There are a million excuses. Listen to none of them. There are no real excuses for mediocre relationships. Poor health, bad management at work, stress, mental health, emotion - these are all choices, and if you or your partner choose those over the relationship, that compromise will end up in disaster.

Grow Your Relationship

Keeping Life Simple

The bookshelves are filled with philosophies on how to do this and how to live that. Many of them are valuable. Do you know which ones? Is the best selling book on relationship repair selling because it's good advice, because Oprah recommended it, or because it's telling people what they want to hear?

Self diagnosis is valuable because it can focus your healing time into a solution rather than a bandage to put over the problem. I've met people who have been in struggling relationships for over twenty years and still not resolved their problems. Their whole lives have been a twisting and turning journey trying to meet some new idea of how to be in love. I doubt you want that.

Reactions to reactions, rebounds cause double trouble in damaged relationships. Anger, for example, is a problem in its own right that can complicate a relationship healing. So, we need to separate our reaction to a partner's behaviour from their behaviour in order to keep life simple.

So, healing relationships must be approached on two levels.

* ***Personal***

* ***Relationship***

Personal means "getting over our reaction" - if our partner has not been turning up for our relationship, or has betrayed us, then we need to process our reaction first, so that we're not adding personal issues to the relationship issues. They are two independent topics.

In this report, we'll help you through the personal issues as well as the relationship ones.

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Signs of Personal Issues that need resolution before the relationship can be repaired.

- * *Depression and Anger*
- * *Blame and verbal abuse*
- * *Lost libido and sexual intimacy*
- * *Tiredness and immune breakdown*
- * *Stress*
- * *Long work hours away from home*
- * *Lost health and interest in personal wellbeing*
- * *Self help courses*

Signs of Relationship Issues that need to be sorted.

- * *Prefer other people's company to your partner.*
- * *Diminishing laughter*
- * *Communication breakdown.*
- * *Lost investment in home care and long term planning*
- * *More Television*
- * *Arguments*
- * *Family Interference*
- * *Children rule the home*
- * *Lost romance - no common interests*
- * *Lost physical attraction*

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Typical Reactions to Personal Issues that don't work.

- * *Medication*
- * *Holidays*
- * *Health Spa's*
- * *Addictions*
- * *Spiritual Guru's*
- * *Books*
- * *Public Self Help Seminars*
- * *Leaving relationships*
- * *Affairs*
- * *Alcohol*
- * *Work*

Typical Reactions to Relationship Issues that don't work:

- * *Complain and try to change their partner*
- * *Become independent*
- * *Work addiction*
- * *Sport addiction*
- * *Alcohol and substance addiction*
- * *Birth more children*
- * *Turn to religion and spirituality*
- * *Addicted to pharmaceuticals (anti depressants)*
- * *Have affairs*
- * *Spend money*

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So, by this point in the report you will have the capacity to diagnose the opportunities for improvement in your relationship and, in the worst case scenario whether you are holding onto a sinking ship.

It's a most important point to come to in any relationship to understand that to love someone is not to hold onto them. We hear this crazy notion over and over again, as if it's a mantra, "I love you so much, I can't let you go." This is an absolute mythical distortion.

If you love someone, there is absolutely no attachment. There cannot be love and attachment. Emotion is attached. Needs are attached. Feelings and bank accounts, hopes and dreams are attached, but love, no way. Love is completely detached.

If you are really in love with your partner there cannot be jealousy or control or anger. Those are not love. And this is a vital moment of health for a couple to speak this difference to each other.

I love you means, I have no attachment.

I need you means I have all the attachment in the world.

The more I love you, the less attached I am.

The less I love you, the more attached I am.

This is not Desperate Housewives love. This is real, grass roots everyday, roll up your sleeves, get your hands dirty, love. Real nature love and this is what you need in order to be authentic together.

So, with reality we proceed.

Chapter 3. Facing Up to Personal Issues

It's a huge step in the right direction to step up and take the power back by becoming the cause of your own life. If your partner is bored with you, it's because you are too. If your partner is not honest with you, it's because you aren't being honest with yourself.

By taking your power back and being the cause of your happiness in a relationship, you also get to be the cure.

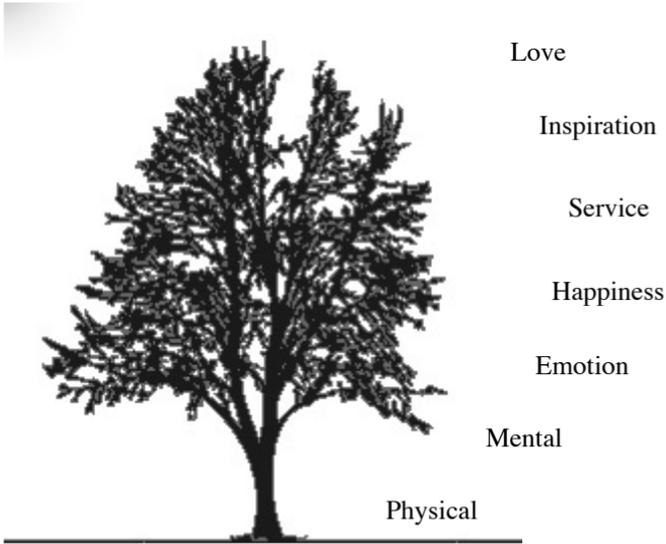
Blaming "the relationship" or your partner for the misdoings of your circumstance means they have to change in order for a great relationship to happen, and the truth is, it'll never happen.

So, the ball is squarely in your court. You can do many thousands of things to improve your relationship but none of them involve changing your partner. That's a great power you have.

We've uncovered some very clever ways people have created in order to avoid the real personal issues their relationship has brought to the surface. These include:

- * *Alcohol each night to numb the senses*
- * *Working long hours - Business travel*
- * *Over commitments to schools, committees and clubs*
- * *Obsession and prioritising of children*
- * *Spiritual meditations and yoga devotions*
- * *Blaming the job, economy or family*
- * *Addictions to family members as surrogate partners (social)*
- * *Obsession with money, material and shopping*

Personal Health - Where are you at?



You can exist in life at any of seven levels of PERSONAL HEALTH Diagram. Your level will affect your relationship, and the healing process radically but it is not caused by your relationship.

Let me explain.

There are seven levels of personal health, as demonstrated on the Personal Health Diagram. But there are also seven areas of life and these are illustrated on the following diagram.

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As you can see from the Self-Leadership diagram above, there are seven areas of life. In the diagram, the person in question has a high satisfaction index on financial, mental and health areas of their life and a lower satisfaction index on their relationship, social, career, and spiritual areas.

The important thing to note here is that “satisfaction index” has no external barometer against which an individual is comparing their score. This is simply a measure of how a person feels in relation to a perfect contentment - totally satisfied score on the outside circle and a complete bummer on the inside circle.

The most valuable lesson we can take from this Self-Leadership Satisfaction Index is: None of this score has anything to do with your relationship.

Not even your relationship score has anything to do with your partner.

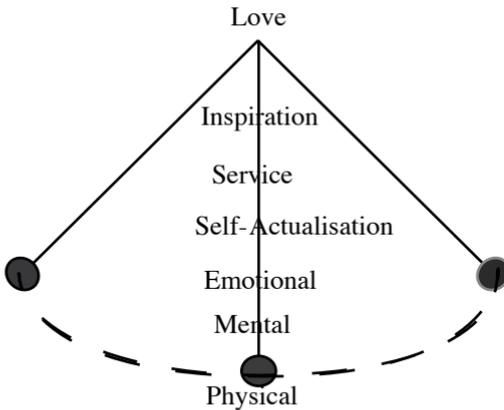
We are not leaves, blown about in the wind. We are given, as our unique birthright, the chance to think whatever we want. Free will

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to think. And those “Satisfaction Indexes reflect the quality of your choices in thought.

Crappy thinking means you set extremely high standards and have an extremely Low Satisfaction Index. This turns you into a miserable, depressed and dissatisfied person even if, you are beautiful inside your heart, this thinking process will sabotage that beauty.

A monk, the Dalai Lama, a priest of high order, a saint, a great inspired artist on the other hand may have no possessions, no relationship, the poorest of health and the least spirituality of all the people you know, but their thinking will lead them to a perfect score. They remain content, through hell or high water. Nothing can change it.



Now I have presented for you a MIND MAP of Emotion. Here the map is the same as the tree. The roots in the physical spread far and wide. The taller the tree, the deeper the roots.

A person who is thinking in the physical is always extremely low on the “Satisfaction Index Map.” Why? Because the physical can never be satisfied.

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At the physical level, pleasure is insatiable. We will eat and eat and eat because we can never be complete.

I would also like to draw your attention to the pendulum. This is the Quality of Life Marker - or as we've labelled it, Qi To Life marker.

Each day you have a certain amount of energy to give to life.

At the physical level, the pendulum swings to and fro, energy is spent physically in the form of nervous tension, exercise, buying things and creating things. It is what you could call a very physical life.

At the mental level, much of that physical energy is converted to thinking. As much as it is not recognised by most people as an energy consuming activity, thinking demands huge energy resources, and those resources are far more refined than physical energy resources, and so, the digestive system needs to do a far greater processing job on food and nutrition to feed this lifestyle. Worry, anxiety, study and concentration even driving the car in heavy traffic can consume massive energy.

At the emotional level an individual can spend their day either fulfilling their own or others emotional needs. Seeking approval, looking for acceptance, being elated, depressed, infatuated, resentful and any of the other 3,000 emotions can consume this energy. An entertainer or performer may even draw energy into emotion to perform for payment, they are reimbursed for emotional expenditure but the average person who celebrates their up and down emotion, gets very little other than self-satisfaction in energy terms.

At the happiness level the individual will spend their day getting, feeling, giving and doing what they want. They may want the world

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to change, or their health to change, so, the want level is considered the “heart level.” When we say, “I love you with all my heart, what we are actually saying is “you give me everything I want in a relationship.” This is as high an achievement in self-gratification as we can achieve. It is the ultimate realisation of self-actualisation to say, I get, I give and I have, what I want.

Now, before we continue, consider the question carefully. If life is moving in a direction, which in this case is bottom to top, what would be the most effective use of the energy of that pendulum, the Qi to Life arm? Would it be best expressed physically in big side to side swings or would it be better in little swings side to side and more of that energy focussed on the direction of life?

The answers to this vary from person to person.

At the service level an individual is reconnecting to nature and at this level the focus is shifting to a different motivation. Where the individual was focussed on Me, my, our, your and I, up until the Self-actualisation level, now they can focus on some sense of contribution to others, even at their own cost.

The higher a person goes on this MIND MAP, the higher their score on the Personal Satisfaction Index and the higher we go on that index, the greater our Personal Health will be.

Ultimately it all comes down to what we consider a priority and how we choose to think about life.

The more thankful you become for what you’ve got, the higher your contentment index. The higher this index the more effective your energy expenditure will be.

At the physical, mental and emotional levels of Personal Satisfaction words such as GOT To, SHOULD, and NEED To drive our

Grow Your Relationship

life. They reflect a level of thinking that is still not very productive. What is even more significant is that these lower levels of thinking generate many of the personal issues that sabotage relationships.

These include: depression, anger, jealousy and greed.

Moving to Healthier Personal Ground -

Are you hoping to be treated better than you treat yourself?

To learn about being happy, sustainable happiness within yourself is the first step in a happy relationship. It is a whole science. You get to know yourself, and eventually to love yourself.

This means that any unhappiness you are having right now, has nothing to do with your partner. You might blame your partner and say, “you don’t behave like I demand,” or “you broke my heart,” but this is so disempowered, and worse, it make the situation you are in totally frustrating.

You can’t change the past. You can become happy. Happy is not a “if you do this” situation. It’s a quality of life decision. And you are the only person in the entire universe that can cause it.

Relationships and people in them do not cause stress. Your reactions to your partner might cause stress.

When you are happy it shows. In your eyes, your face, the way you walk, the way you sit, everything will show it, because you are not the same person when you are truly happy. You have been touched. The desiring mind is not there. You look younger, feel younger and hold life in the palm of your hand.

So what are you going to do? Make your relationship or your children the prime source of your happiness? What crazy notion is

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that? Are you going to make the condition of profit in your work the prime source of your happiness? It's ridiculous. Life goes up and down, support and challenge, but that doesn't mean you have to go with it.

Addictions and drug dependence all come about because people hook their happiness to something that fluctuates. That's like building a house at the top of a tree and complaining that you feel unsettled.

If your relationship - life has dropped in quality, the most important thing is to not push that stress onto your partner. What it's revealing is that you've lost yourself in a relationship and you need to go get it back. (It being your happiness and independence.)

If you are only happy when you find a partner to fall in love with, your life and relationship will be a mess. When your partner is up you'll be down and when they are down you'll be up. It's a reactive silly existence.

The key to all this is to be able to separate emotion from reality. The person who loses touch with reality, nature, loses all sense of separation between their emotion and their love.

Even before you met your partner if you were happy because of one thing and sad because of another, and your real inner inspiration fluctuated with the wind like that, then transferring that to a relationship has just exacerbated a preexisting issue. I'm going to show you how to get around it.

If you can become connected to nature, I mean really embrace it you will not have these emotional dependencies that make people one person before they fall in love, and then somebody else after they fall in love,

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To become “in love” without someone to love means you create a good attitude to life, to trees and children and sunsets; in love with a movie, and in love life itself. To be ready to fall in love, we must be at peace with ourselves and inspired by life.

The harmony of your relationship is no accident. It is the consequence of your approach to life.

Being connected to nature doesn't mean climbing Mount Everest with one hand tied behind your back. What it means is a dire and all pervading love for flowers, insects, trees, birds, animals, the beach, water and the sky.

It's just a higher priority that puts relationship down the list a bit, instead of on top of it.

There is a lot of depression around at the moment. Most of it is caused by a disconnection from nature. When we disconnect from nature, we, our children or our relationship becomes our top priority, and that's a disaster.

Especially if, in raising those elements to the top, we become so attached to those elements of life that our happiness becomes conditional on the good behaviour of others.

Consider it like this. You can watch a yacht sail past, nice yacht right. Now, put someone you know on the yacht and now you'll realise there's more at stake in that yacht being safe. Now put someone you are totally attached to for your happiness on that yacht, and your emotions will go up and down with the weather.

Can you see that at some level you and your emotional reactions need to be separated. While you go up and down with your emotions

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watching that yacht, where's your happiness, inspiration, love for life? One the boat is the answer and that's tough.

The way to reconnect to nature and create this individuality that stands the breeze of life is to be alone each day in nature. This might simply mean bringing a flower into your private space and giving that flower 100% of your undivided attention for a few minutes.

By being alone, we mean connecting with nature AND feeling good about it. That good feeling simply comes through one single act of thought. Appreciation.

Nature is filled with fascinating things and just for short periods you can go there and seek out things to be thankful for.

Start with a few minutes each hour, then make it five minutes and eventually ten. Don't rush the journey, just go, take a breath of air, look for something precious to admire - a texture or a drop of water - and return to your day.

This process can even be done indoors. You can collect a beautiful flower arrangement and use this as the focus of your appreciation exercise.

At first, you might start with one of your senses, simply looking, then, after time start to smell, hear, feel and taste with appreciation. This is nature's greatest antidote to stress, depression, sadness and anxiety. It awakens the spirit and is considered one of the shortest and most powerful process for inner peace.

There is no need to think about your problems or pains. They will come to a clarity if you can dutifully follow this process. And this is what you can honestly recognise. The more we reconnect with nature and appreciation for it, the better and stronger our mental health will become.

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Out in nature away from the claustrophobia of air-conditioned offices and television sets, let even your jealousy and suspicions fall away, become more and more connected to something inconceivably beautiful. There is no need for regret and pain or personal drama if you can just get humble to the beauty and majesty of nature.

Let the sky become your roof, the earth your floor, the plants, trees, birds and insects your walls. Eventually you and your new home will merge and there will be a greater sense of life.

If you feel rejected and not desired by our partner this exercise alone will regenerate interest in you. As you develop humility with a sense of connection to nature you are returning to a most powerful state of your own being.

If you feel guilty or angry, being appreciative and connected to nature will transform your emotions and give you peace. This is beyond the realms of your mind and intellectual process which, ultimately sabotage your relationships.

Come alive in the reality of what is, this is the world of nature. This is your home beyond the mind.

Learn to appreciate nature rather than wanting to change it. Finding contentment within yourself will be illusive until you can anchor it in appreciation for nature and her process. She is managing the pollution, the forestation, the supply of nourishment. See if you can grasp a greater appreciation for nature by understanding how nature adapts - evolves - in times of challenge.

Look into the heart of nature, and see how support and challenge are nature's constant companions. Challenge - storms, deforestation, over fishing, predators, insects, disease cause nature and her specie

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to adapt and grow stronger. Learn how support in nature is a time for consolidation and regeneration. See your life in this context.

Just for now, in these moments in nature, these little minutes of connection, forget those questions and take your mind to healthier places.

Happiness in life that is built on the temporary art of emotional gratification is unsustainable. Upper emotions and sweets take you up and so, downer emotions and bitters take you down. This is more like a leaf that's lost contact with the branch on which it grew.

Your life is the tree. Appreciation for nature are the roots. Learn to appreciate nature and you learn to appreciate life.

I have studied Zen and Yoga extensively. I have researched the ancient mysteries and psychology. I have attended self-help workshops, therapy sessions, meditations in Himalayan caves and danced with First Nation people all over the world. Simply by sitting and appreciating nature, you will get all the gifts those mastery experiences provide, in days instead of years.

No drug can substitute for the natural connection human beings have to nature. But there is still a necessity to be disciplined in this practice. Too many people consider running through nature or protecting nature or fighting for the rights of nature as their process of connection. This must be separated from this current practice of reconnecting with nature.

Appreciation for nature will bring you home to happiness. Then, whether you are running, talking, reading, working and taking responsibility for the problems of the world, having dinner or taking a bath whatever you are doing, appreciation for nature, is going to shine through.

Grow Your Relationship

Nature never changes and so, this appreciation for nature can be an anchor point for your heart. Whether you are in or out of a relationship you are solid in a connection to nature. It is beyond your intellect, has no amplifications of moral judgements or ethical religious values. Nature is, after all the most perfect mirror of the mind of creation that is possible.

Whoever created life created nature. Simply bypassing all the translations of what nature presents, you will find in nature a connection to your deepest being. There are no need for labels in nature, some people say Soul, but in nature those labels become secondary, what is important in nature is experience.

Appreciating the path of an ant in nature is as important as the appreciation for the vast magnificence of the Amazon or the depths and beauty of an ocean.

Avoid the temptation to try to conquer nature by pitting your mind and body against it. Many people choose to go into nature to reinforce their list of achievements and this is stimulating. But it is temporary. We are building here a permanent, sustainable and non intellectual basis for happiness. This is a separate thing.

1/ Go to nature or bring things into your space and spend short periods of time in deep appreciation for nature.

2/ Go out to nature and spend short periods of time there looking for interesting things that seem beautiful to you.

3/ Go to nature and spend longer periods of time looking and appreciating nature, the beauty, the cycles of nature, seasons, day and night.

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4/ Go to nature and try to see with all your senses - your whole being. Feel the beauty, touch it smell it, listen and become absorbed in it. The whole point here is to lose yourself and just have so much appreciation for nature that you feel connected to it.

5/ Go to nature and just be. Use the awareness of step 4, to bring yourself totally into the moment and then be very still, try to just be there without movement. Now repeat the Peace Mantra:

I need nothing,

I want nothing,

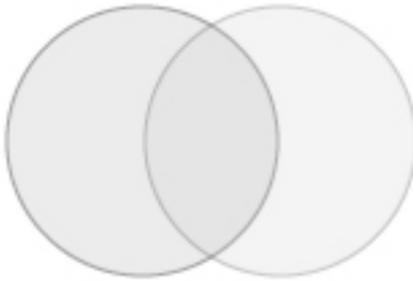
And therefore,

I have Everything.

This is the ultimate happiness. This is the mastery of happiness.

Chapter 4. Facing Up to Relationship Issues

It takes two to tango but one person can do a lot to improve a relationship. Assuming your Personal Issues are in process, then we can turn our attention to the remaining huge chunk of life we call our relationship.



A massive 33.333% of your life is affected by your relationship. That's one third and an incredibly important one third. This model is taken from the studies of all bodies in nature and represented on the above diagram - the Vesica Piscis.

If something is not right in that huge part of your life, the rest can easily become bruised by it.

So, it becomes more than just the desire to have a great relationship that motivates us to improve our relationship. This is really the most significant single factor in our quality of life.

In this effort, we need to spare no compromise.

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Inside this 33.3333% of life we call relationship there are five absolutely essential ingredients to great relationship. If one or more are missing, then the cause of a relationship problem is revealed.

(it is important to point out to single people that this 333.333 is never empty. Most single people have filled this space with children, work addiction or self obsession) it is never empty.'

The five key ingredients of health in relationships are:

Love - the Ability to Accept

Love means really turning up in your relationship non verbally. When love is missing we feel it. We feel it long before our partner speaks it. Sometimes we don't trust our intuition on this, but our intuition is always 100% accurate. If we don't feel the love then it's probably gone. If love is gone, or clouded by stress, this is a very important cause of relationship issues. We need to recognise and solve this.

Trust - the Ability to Grow

Love is trust and trust is love. To trust your partner is the gateway to loving your partner. Jealousy, anger, control, fear and guilt block trust. Those are personal issues, nothing to do with the relationship or your partner. No one can betray your trust more than you do to yourself.

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Admiration - the Ability to Adapt

Respect plays a big part in great relationships. It begins with self-respect and extends, almost automatically into respect for and by others. To admire your partner is very important. It means they are, in your eyes a super special person. If admiration turns to complacency or even disrespect, then this is a cause of relationship breakdown that needs to be addressed.

Appreciation - the Ability to Nourish

What we appreciate grows. What we depreciate gets worse, fails and breaks down. People become as we treat them. If we stop appreciating the gift of our partner in our relationship then we automatically sabotage our relationship. This is a prime cause of mundane and unloving relationship.

Vision - Sunshine

All human eyes are turned to the future. People merge in relationship to create the future. When there's hope, there's relationship; when it's gone there's survival. Energy comes from hope, and sometimes reality in a relationship destroys it. When the future is not positive or trustable, energy drops and relationships fail.

Healing time

In order to jump over the option of dragging out the discomfort of a challenged relationship for months or even years, it's wise to devote some high quality healing time to your relationship.

The best therapy, is nature.

When two people who care for each other and really want their relationship to work they need to get away from the city and really immerse themselves in nature, they fall back in step with each other, naturally.

Life in the city has become strangely cut off from nature; man-made buildings have taken the place of valleys and mountains, and the roar of traffic has been substituted for that of boisterous streams. Something definitely happens to us city-dwellers; we get brittle and polished, we have churches and museums, drinks and theatres, beautiful clothes and endless shops. There are people everywhere, on the streets, in the buildings, in the rooms. It's so easy to lose connection with nature, and then we become emotionally spun out with all the hustle and bustle. There is rush and turmoil, emotion, ambition, desire, so little time for real, natural connection.

So, depending on the level of challenge you are both experiencing in your relationship, a good few days in nature, not too far from the comforts of home in a beautiful rustic environment would make a huge difference.

Isolation is the key, getting away from bell captains and registration desks, fancy linen and television. Away from concrete swimming pools and bus tours. The exploration that comes from just a walk in nature, in a park can be enough.

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What you are searching for in this experience in nature is something to take your mind off relationships. You want to be walking in the bush with such and intensity that you need to focus on it. Or playing at the beach exploring the undersea world. This nature time is not a time to be taking courses in skuba or learning to face your fears skydiving. Being in nature means being in a place where beauty overwhelms your small sense of life.

For me, the ideal walk is in Nepal. Magnificent mountains, plenty of alone time, miles from fancy hotels, but no need to be roughing it. It's got physical and emotional challenge but not enough to overwhelm the beauty of the walk.

Not all people can afford the cost or the time to spend a few weeks in Nepal. Here are some other ideas I've tried and enjoyed.

Sailing - we hired a yacht and sailed around the Whitsunday Islands.

- * *Snorkling*
- * *Kayaking*
- * *Surfing*
- * *Photography journeys*
- * *Throwing a ball*
- * *Horse riding*

To really make an impact on your relationship you need to spend time alone together. This means no guide, teacher, doorman, dry cleaner, cook, instructor. Alone means alone and dependent on each other.

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When a couple is willing to make this commitment to their relationship, meaning both people want to try, then the what you do, becomes less important.

What hasn't worked are:

- * *Staying in five star hotels for a week*
- * *Health resorts*
- * *Road trips with the children*
- * *Boat cruises*
- * *Health Spa's*
- * *Meditation retreats.*
- * *Holidays in far off lands*

To be together in nature uninterrupted and focussed on nature is a very precious healing. This is when you forget each other and just enjoy the time, let nature do the match making. The key is alone, because a third or fourth or one thousandth person distracts you both from what is really important in this time.

The other important element of this healing time is that it's not an opportunity to drag your partner into something you love to do and they don't. One client described taking his wife scuba diving to get her qualified. She hated every minute while he loved it. This is not the time for that. This is a time for doing relatively easy, low risk partnering minus all the usual distractions. (including children).

And last but not least, quality relationship time is not a time for wild sexual gymnastics, romantic dinners or extended sleep. This is not pampering time, it's reconnecting to nature time, a whole different thing.

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Healing time means focused time. However, try to avoid talking about your problems. They don't resolve themselves by talking, they resolve by healing. Just learning whether you still enjoy each other's company is going to be a huge step for you.

In nature, you can just stop trying. Stop trying to impress, reject, accept, change, fix or sort out your problems. Just go and enjoy whatever you are doing in nature.

One client took her partner on a photography day, just shooting anything they could find in nature that was beautiful. They used point and shoot cameras so there wasn't a big time delay in taking shots. When they came home they put the photos in an album and went through them sharing their insights. It was, according to them, a whole new level of experience.

Your Stress is Not My Stress.

Sometimes the challenge in a relationship belongs only to one person. Then there's a stress that either you or your partner can't do much about. So, in relationship challenge, if your heart is open, your mind is soft, you're not feeling fearful, guilty or angry then you are at peace and the stress is not your stress.

During this time, it is vital that you don't start reacting to your partner. They might be experiencing all sorts of crappy feelings, blaming you and being hard on themselves but you must remain clear, focussed and with integrity.

A stressed and dizzy person is subconsciously pushing you away with one hand and pulling you close with the other. So, when your

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partner is in stress, it's best to give them space to have that spin, and not get caught in it.

When you feel that your partner is stressed and projecting that stress onto you, simply affirm, **“Your Stress is Not My Stress.”**

When is it time to implement the “Your stress is not my Stress policy?”

At first you might try to intervene, to reach out a helping hand, try to calm them, ground them, but really, changing somebody else to fit your mould of who and how they should be is narcissistic at best.

Sometimes by caring we become a part of the problem instead of the solution. It is hard to stand back and watch our partner struggle, but this is a part of their life process too.

Once there was a child decided to help a chicken hatch. As the shell started to crack, the child used a pin to pry open the egg shell so the chick didn't have to struggle so much to get out. The chick died because the struggle was an important part of it's own development. Sometimes helping people, hurts them.

Can you stand still enough to let your partner's stress be their stress? You achieve this by learning to love people rather than wanting to change or fix them.

Osmosis is a legitimate form of communication. By staying open hearted and with love, by not buying into the emotion and drama, and by keeping your head in a healthy space, you are actually helping, rather than projecting onto your partner.

If we take on other people's stress, then there are two people in spin, sharing the drama, instead of one. One is enough.

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This is an extreme test of your commitment. Maybe you don't love your partner enough to stand still while they spin. Maybe you don't really want the relationship enough to sit by while your partner gets professional help. Your choices around this must not be blamed on your partner's behaviour, challenge in life is a part of life, but you can instead, blame your choices on your own realisations.

Sometimes it takes extraordinary patience and commitment. Some people willingly stick around and work through their own issues in order to be the pillar around which their partner can spin. Others don't. It all depends on the level of love and sense of time a person has that determines these choices.

It is so important to hold this loving stillness in a long term relationship. If you start reacting to your partner who is reacting to somebody else, who is in turn reacting to global warming, you've just made your relationship a complex catastrophe instead of a sanctuary in which your partner must face their stress.

Sometimes you might be faced with a stressed and tense partner who refuses to change, who wants to blame you for everything. This is a real test. Most people find excuses under these circumstances not to come home too much. They either start building things in the garage or get extremely busy at work.

Space is a way of holding love in a relationship. If one partner is stressed and in an unhealthy blame game head space, the other will stand back far enough to sustain their love. Physical distance is just another way of saying, "Your stress is not my stress."

One guy came to me for a Reality Check. He'd been spinning out at work, dizzy with worry and stress. His partner had become more and more removed, taking holidays with friends, doing Yoga

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and basically not being around too much. He was angry at her until I explained that a thorn bush is hard to get near, just like a stressed person, whose thorns are depreciating and negative, is hard to get near.

By implementing the “Your stress is not my Stress” process you also prevent the reacting to reaction, rebound effect. It’s not uncommon for the original problem to become lost in a cloud of reactive problems. One client came to a Reality Check session angry that her partner was negative. When she explored what was going on before he was negative toward her, and before she got angry with him she realised that she had been unavailable for a real intimate relations for a long time before that. She’d had a bad year of health problems and hadn’t been able to sort it out. What happened was that her partner reacted to her lost presence, she’d reacted to his reaction and forgotten the real source of her stress. It’s a great example where, if he’d just stayed, “Your stress is not my stress” the focus would have remained on the real issue.

The more you react, the less loved your partner feels. When you react, they react, which in turn causes you to react, which in turn makes them feel less loved. It’s a cycle that’s best not to start and one that, if there’s children involved in the relationship, they’ll probably feel the need to fix.

Underneath all the stress and struggle there is love. It is there, always, behind the drama, the emotion, the strain.

I need nothing

I want nothing

And therefore

I have everything - Now, I can truly love you.

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Many people think that their role in relationship is tied up with fixing something about their partner by comparing them to some ideal, but there is nothing to change in anyone.

Once you decide that “your stress is not my stress,” you can separate love from your emotion and then begin the journey of acceptance.

Healing demands that you find appreciation of what you already have. If you are single appreciate the friendships you already have, appreciate yourself as you already are. By being thankful for what already is, you close the appetite for “wanting to fix the world”.

The person who wants to fix their partner is hiding from the real source of the problems. Judgement...

Your lover is perfect; you are perfect, as you are. If you are not perfect already then there is no possibility, no way that you can become perfect. The whole situation is totally crazy; you are already that which you want to attain. This is why simple techniques can help. Love is not an attainment, but a discovery. It is hidden beneath expectations, judgements, emotions, ambitions and it is hidden within you. It is not a matter of doing something, that just causes more unsteadiness; it is a matter of not doing, being in love with reality. The person is worthy of love and so are you, right now.

In modern relationships people are taught to change the world in order to create lovable circumstances. It is an approach to life that causes much suffering because it begins with the premise, “I do not

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have something, and now I will go out and get it.” .Or, “I do not love something so now I will go out and change it to make it lovable.”

Automatically, there is a loss because there is a premise of “without,” or “inadequate” and if you change enough to meet my expectations, if you do the right thing “I will be happy and therefore I will give you love.”

Core Values of a Healthy Relationship

In a challenged relationship, there will always be evidence of one of four important values. By focussing on one or all of these, relationships inevitably come back to life.

These four values pervade all great and happy relationships. They are the cornerstones of health, respect and admiration. The four values are: Kindness, Generosity, Compassion, Appreciation.

Kindness

Kindness because it places the heart and mind of others higher than your own. Kindness is a gentle attitude, expressed in the way you think, speak and act. There is limitless scope to show this attitude, and no matter how much attitude is developed in this way, it is never too much. It grows great dignity. One can never do too much.

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Generosity

Generosity because it raises the energy of the moment and allows hearts to open. Generosity will unlock any emotional gate and find its way to any heart. It is the key to progress. It implies abundance for all, but requires some sacrifice at times. All those recognised to have been great in their time have been generous, giving people, but they have never been weak. They have never softened their responsibility towards themselves or depleted themselves for others.

Compassion

Compassion because it keeps us humble. Compassion is care. It begins at home but expands and grows with people in work and social environments. The simplest definition of compassion is the removal of suffering of others. That means, in essence, not causing suffering.

Appreciation

Appreciation because it makes us grow. Appreciation is a great foundation for a loving relationship. Thankfulness, which is appreciation in real life is a wonderful intention. A thankful person can live joyfully, can accept change, will grow with an open heart and will be magnetic in love.

What we appreciate grows. What we don't appreciate depreciates. If we criticise our partner or offer them advice they don't ask for basically we are saying we don't appreciate them the way that they are, and that depreciates them, their feelings and commitment. The most beautiful gift we can give our partner is appreciation, not only at Christmas or Valentine's Day but everyday.

Check Your Space

The environment in which you share your relationship has a great affect on your feelings about each other. Your home can celebrate love to such a degree that it keeps a relationship together during difficult challenges.

Designing your home to include the essence of romance is a vital part of creating and sustaining love in your life. The environment a person lives in affects their mind, their health, and their heart. So your space is a vital step in creating a healthy relationship.

Create zones in your home where work, television, cooking and sleep are separated from intimacy and romance. Have a parents only area, or put the television in a television room, not the family room.

Be mindful of the energy carried by objects. I have seen stolen property, dead people's ashes, old furniture that carries the suffering of an old relative, and paintings of torture placed in areas where love was meant to thrive. Antiques are wonderful, and some, even the cheap ones, carry such a wonderful charm, but if your love changes after the purchase of a object in your home, or a new painting on the wall, be aware of the fact that those objects can carry very bad energy.

Be aware that visitors and phone calls can carry energy with them that's not good for the home. Even a tradesman can bring in more than muddy boots. Allowing such energy into your home is contagious and detrimental to your love.

Make your home sacred, you can even ask people to take off their shoes as a symbol of respect for the space.

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Be conscious of the effect of dark news, violent television, aggressive music, and bad attitudes on the space you have created for love.

Book shelves are affirmation shelves. On the spine of every book is a message. That book speaks to your subconscious. If you have recovered from alcoholism, then it may not be the best affirmation to have on your wall, "ALCOHOLICS SURVIVAL GUIDE." After you are done healing something, pass the book on. Books on healing keep you healing. That's an important moment when you say, "Ok, I'm fixed, now what?" Surround yourself with great books, whose spine is a testimonial to the aspiration you have in life.

Photographs and paintings on the wall affect a home.

Respect for the cleanliness, order and organisation of your home is a ceremony, a ritual and a vital ingredient for a loving relationship.

An altar is always good: a place where memories of those past, tokens of love, respect for higher powers are placed. Those altars can be a simple box covered with cloth, or, in the case of some I have seen, marble covered rooms with golden statues monitored and maintained by a priest full time. It matters not what the altar cost, it matters what it means and how much respect and devotion is given to its tidiness, maintenance and care.

Food carries the energy of the cook. If a couple is arguing while one of them cooks a meal, anyone who eats that meal will experience the thoughts and feelings of the cook in the food prepared for them. How a meal turns out is not only about the level of skill the cook possesses, or the ingredients, but also what they were experiencing and thinking when they prepared and made it. If the cook's

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mood was irritated, grumbling, or depressed, the final state of the food will express this lack of presence and loving preparation.

The people who help you maintain your home can also have energy that affects the loving space in which you live.

In a home that values love, a daily half hour of sitting quietly would be highly beneficial. Intimacy and love cannot survive in a home where stimulation is continuously keeping emotions running. In fact, that's how people deliberately avoid intimacy.

By focussing on the good news at home you do your bit to strengthen your loved one and your children from the inevitable judgments of others. I think it is best to speak only goodness about the world and not get caught up in all the rag tag rhetoric about global paranoia. It is important to see there are problems, and act responsibly and to care about the environment but there are good things happening too, and it's about balance. It's far too easy to forget that really, nature is in control, there's order in the chaos.

Romance is revealed in your choices. If you walk in the door of your home and you are exhausted from everything you do outside your relationship, then what chance is there for vitality and love? Now we need to be real. In the first months of your relationship, you'd save energy because you wanted to make an impression, be good, and alive. Then for some reason, because we are in a relationship, we think its a done deal and become all self important. A vital time of your day needs to be the time you spend with your lover - when they are not your recuperation machine, they are your focus.

Use this morning time alone to keep your mind healthy. Worry is terrible for a romance. There are some people who cannot control

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their inner thinking, who have excess inner dialogue, worry excessively. In my experience, no sooner do they have the solution figured out to one problem than the next worry is upon them. They affirm some form of necessity to have disturbance in their lives. Use the morning time to search for beauty in your life. Make it a discipline to be your best self at the start of each day.

Leave notes, write emails, SMS like when you first met. Why drop the standard just because you sign some meaningless form.

Good health means staying young and avoiding the collapse of old age, where the lower abdomen protrudes, the shoulders slump, the head drops forward. That is the posture of collapse into old age. Keep the neck muscles strong and your neck long, abdominal muscles firm (inner core muscles as developed in Yoga and Pilates) to support the internal organs. The potbelly on so many men is the true reflection, not of old age, but of collapse of the vitality of youth, the surrender to gravity. To overcome it, is simply a habit of youthfulness.

Compatibility and Growth

The couple who grow together stay together. When one person is working their butt off at home trying to bring children into the world in a healthy way, and the other partner is out running around the world on global business, it can be a really devastating reality how quickly these two people, in spite of their Soul connection and Spiritual bonds, can grow apart.

Compatibility is defined by the ever changing balance between the Public and the Private persona's. For example, somebody might

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go to a weekend retreat and discover that their old movie script for their self-worth, (I call it Inner Wealth), completely changes. Now that's the thread that's woven in compatibility with their partner who, deciding that those workshops, "are rubbish" might go fishing. Here's the dilemma. The Soul bond is there, but now the carpet is coming unravelled.

What does a person do when they've bonded with a partner in compatibility and soul connectedness, but then, the compatibility breaks down?

First, and foremost, what helped me most in this is to know that the soul bond with another person never - ever - ever, goes away. No matter how dead that person is or how many times they marry or how much they hate you or cheat on you: the soul bond between lovers never leaves.

At least at a spiritual level, a relationship, even one that lasts 30 seconds, lasts forever. Love never dies. A child always loves the parent, no matter what happens. A parent always loves a child no matter what. A lover sustains the love they experienced even in the shortest of relationships. And blocking that love is very dangerous and painful.

Now the question is about compatibility.

Staying immune from growth is impossible unless we hibernated in a cave, didn't have children and shut out all knowledge of the real world around us. (Five years isn't a bad effort at no growth isolation - we just needed to protest about change and be righteous about our beliefs).

How Long Will It Last?

Living in the now, we can love anyone. We can love our worst enemy if we don't have to spend the next thirty seconds with them, so, the whole question of how long will a relationship last depends on how much emphasis we place on the future.

If we have ambitions to create a better future, then there are a whole heap of other variables that come into play. Like, do I want to trust my future with this person? Do I see our future's having similar paths? And what is my priority, happy now or sustaining that happiness for the long term?

When I entered my marriage I was a country boy with one or two teenage relationships under my belt. So the person I brought into my marriage was the result of an escape from my childhood domestic violence, a dead mother, a drunken step mother, a self taught street gang mentality and a survival mechanism that got me into university.

13 years later, I'd worked in London, Korea, Singapore, Nashville, New York, Malaysia, Manilla, Bali, Jakarta, New Zealand, Toronto, Fiji, Hawaii, Hanover, Berlin, Hong Kong, Los Angeles and more.... Was I still Chris? Yes and No. I was still Chris, but what I wanted, needed and could contribute to the world was completely transformed.

The real question is: "Did my relationship grow with me?" And because I got divorced, the answer is an emphatic, No.

Relationships break down for two simple reasons.

1. People fulfil the promises and there's no reason to stay.
2. People break their promises, and there's no trust to stay.

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Dreams are the glue that holds lovers together. After the infatuation dies then it is the future that binds people in a relationship. If we lose interest or hope or trust in a future together then there's no relationship.

There are short term dreams, medium and long term. Short term might be great love making tonight, medium term might be trips and holidays together and long term might family, wealth creations or social contribution.

Once achieved, or even having some reassurance that visions will be achieved, they are no longer motivating. So, let's say, you want to become pregnant but you also want to bring that child up your way, not a shared way, then the relationship might end very soon after the birth of the child. Maybe your dream is to own your own home, then once the home is under construction, the vision is complete. Visions of the future only motivate when they are unsure, need work or require investment.

Another example of dried up relationship is wealth creation. Say you start with \$10,000 in the bank and you build this to \$1,000,000 that was a great journey together. Now, you set your sites on \$2,000,000 but now, the fall back, the worst case is \$1,000,000 - wealth is already created so the extra is no motivation to stick to relationship principles.

This is an important consideration because one of the primary reasons relationships become unhealthy is this loss of trust, motivation or vision of a future together. It doesn't mean love is gone, it just means the reason to be together is gone.

The three things that keep couples together.

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Someone to love.

Something to do.

Something to look forward to.

A Personal Vision Quest For Partners

As life grows your possibility grows but maybe the relationship doesn't. Your partner might say, "No way" and now there's a gap between what's possible and what you've got. You have a possibility for helping others, for more love, or something sacred, but your partner is stuck with their family cooking barbecues.

Your dreams are bigger, because the possibilities are bigger, especially now the kids are growing. But your old buddy is in the garage still doing things in the same old way, in the same old mind space.

What do you do?

The way to guarantee that you are growing is to undertake vision quests each year and write what is in your heart.

A relationship that is built on a constantly evolving sense of responsibility is a relationship that will remain sacred, magnetic and highly sexually charged. Lovers who share an ever expanding dream, are lovers that have a higher cause. At first that cause might be a family and children, but the definition of family might grow to include the broader world, and the definition of children might grow to include all children of the earth. There might be an orphanage or a children's book to help children love.

Shared visions and dreams come from individual dreams and visions. We must try to understand our own truth in order to arrive in

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relationship in a healthy way. We truly know ourselves by knowing our dreams of the future.

You can do this at home:

For the next 21 days you and your partner set aside 20 – 30 minutes to be alone.

Below are a list of questions all culminating in the question “What do you want?” Start on day one, close your eyes and visualise the future, and what you want to BE, DO and HAVE in your future. Write your ideas down

If you get a mental block use this structure:

In the Seven areas of my life, what would I love to BE, DO, HAVE. Spiritual, mental, social, career, health, relationship, financial?

Then ask - do I have any training needs? What are my natural talents? What gifts have I been blessed with? What have I demonstrated talent in? Type of help I need? Who can help me?

After 21 days repeating the same process each day, make the final list of your BE, DO, and HAVE in each of the seven areas of life. Then bring those to your partner and read them out loud.

Then listen to your partner’s list.

Look for areas in common.

Look for areas of potential conflict.

Never diminish a partner’s dream.

List questions like - How can we do that together?

Remember that only 33.3333% of a dream can be co-created.

Make a to do list for the year. Commit to it.

Make a “gee I’d like your help list.” Commit to helping.

Chapter 5. Seven Realms of Relationship

Throughout my life and all the different relationships I have had, I learned that love can be expressed or experienced in seven different realms. We all have the potential to experience them.

Got To - The Physical Realm Of Love – Infatuation

Be careful down here at the base of the tree. Physical love is the celebration of everything physical that love can bring. The sharing of a home, the attraction of beauty, the infinite pleasures of sexuality. The earth realm concerns itself with touch and smell. Happiness comes through obsession. A Sense of “I can’t live without you”, two peas in a pod, the family home, a binding in all material ways.

The trouble is that it’s a bit blind. At this level of love people dive in and don’t think even medium term, how are we going to sustain this? There is a lot of heart break at this GOT TO level of life.

It’s wise to enjoy it but not be motivated by it. GOT TO do anything is about as primal as it gets.

We call this level of love the infatuated phase. When you first meet your lover, this level is the most dominant. Infatuation completely overwhelms the senses, blinds us to logic. It switches on the horny hormone and makes people highly physical, highly sexual. This is the honeymoon. Potent attraction, a dream state in which the fairy-tale can come true.

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Conversations with people who reside in the infatuation realm of love, contain the words “always”, “never”, “got to” and “have to”. This is how you can recognize this level of love. Comments such as, “I’ve got to be with her” or “I’ve got to get away” or “he never” or “she always

With this level of love and the highest pleasure imaginable, comes significant pain. Because everything is expressed so physically, the love in this realm is blind, short lived and unsustainable.

A person who is trying to sustain this level of infatuation in their relationships will be depressed continuously. This level of love also leads to obsession, compulsion and control.

Many relationships that began at this level of love, end in this level of love, with spiteful separations, painful divorces and mean violent behaviour. Because of this, I always recommend to couples that they know how to dive into this wonderful pool of joy, but also know how to climb out quickly.

Infatuations are comments like, “I am looking for the right one”, “I can’t let go”, “They are perfect”, “I have never been in love like this before”. Resentments are, “He hurt me” or, “She’s not what I thought she was”. This level is where 99% of all relationships exist. And why 55% of them fail and 45% move on to something more.

There are many ways to rise through this level of love, but the most important one is to establish a sense of security in life that is not subject to vulnerability. Just like money in the bank can make us feel financially strong, so a sense of abundance in the mind can make our love strong.

At this lowest and most physical level of love, one person’s dreams go out the door, while the other person believes their dreams

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are the future for both. This dynamic breeds a lot of emotion. Dreams are usually material in nature at this level. Car, house, family, holidays, success, business. One individual often throws their career away to become the supporter. Significant illness and mental stress are in this type of relationship. You will recognise people at this level of awareness by the way they identify with what they have and will achieve in their life, and by what they can offer you in terms of material comfort and physical pleasure. Of course, no one is a victim, and people who are attracted to this type of relationship are usually infatuated with pleasure as an antidote for their real feelings.

Should Do - The Intellectual Realm Of Love – Shared Values

When we begin to understand that there are many layers to a person, when we can get past our infatuation of the physical-only phase of love, we find another layer. We find that people have beliefs. This is the core of the ego and the foundation of religious structures. Our beliefs form our values. Our values determine our behaviour. So, it is totally possible to love a person because of what they say, do, and believe.

This is the realm of expectations. Only about 5% of all relationships can rise past this point. It is a wonderful gift to find someone you trust, someone you believe in, someone whose values are the same as yours. You hear them speak, see what they do, watch them, measure them, and finally can love them.

For most people, this “living up to my expectations” is the safety they need in order to “let someone in”. It is often a gateway to sexu-

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ality. “I can’t have sex until I know them”, is a most common test for the ‘discerning person’. A wonderful home for lovers can be created out of this realm of love.

At this level there is a huge opportunity for relationship growth. However, in this realm of love, our identity is based on what we think . So, we measure our love by how people conform to our expectations. We build a virtual model of how life should be, then those things that fit the model are lovable, and those things that don’t fit the model are not. This is highly religious thinking and, as you can see throughout the world, is the cause of much judgment.

Conversations with people who live in the intellectual realm of love contain the words “should, could, and ought to.” They will tell you what you should be doing, could be doing or ought to do. This is commonly referred to as self righteousness. In its extreme, religions tell groups that they should do this and that, and in so doing create expectations of life. In another extreme, gurus and motivational speakers will say “Your partner should” Most parents think that they transmit the greatest love to their children by expressing what they should or ought to be doing. Most business leaders run on this level of love for their work, which leads to high expectations and significant stress.

At this level of relationship expectations are based on values. Couples will be devoted to specific religious or life belief systems and, therefore, dream of reaching high states of life achievement, as defined by their beliefs. They might aim for wealth, a happy family or success in sport or something similar. This level of love is clearly identified by goals, ambitions, ideals - expectations of how

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life should be. Therefore, this love is highly conditional, “If you do this, then you can be loved”.

The couple whose love is based on common values compare their relationship to what they think it should or could be, and want to get it right. They want to bring their children up right. They want to do the right thing, with the right people, at the right time.

Many couples break up because they are stuck in this level of love. One person might need to grow, explore and find new realms of their work or social life, but their relationship has set values about how things work. The trauma and judgment they get from their partner, means they leave the relationship in order to simply be themselves. This is unnecessary, if both people can grow from this realm to the next, and thereby expand the perception of their love. They could stay together, in love, and still be themselves.

When you read the “relationships wanted” column in the newspaper, you can read this level of dream. Wanted “Man who is perfect in every way”, wanted “Woman who doesn’t challenge my peace of mind”. Fictional expectations. This level of dream is about lifestyle. You can recognise the person stuck at this level of dream, because they will be telling you how morally good, how spiritually clever, or how religiously obedient they are.

Need To - The Emotional Realm Of Love

As we rise in motive for relationship, we rise to the emotional realm of love. Feelings. The realm of the moon and the element of water. Here, in the nurturing tenderness of water, we feel safe and cared for. Emotions come from our mind. We can simply fall in love if we experience the satisfaction, comfort, warmth and gratitude

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our chemistry loves to feel, emotional warmth. Emotional love is so romantic. A gratitude for life like no other experience. Romance causes us gush with gratitude, we'll do anything because gratitude is a very divine state of mind. We will be prepared to make wild and radical choices in this realm of love, sacrificing much of what we may have spent years building, even our life purpose, because gratitude sweeps us off our feet. We thrive in emotional happiness, even though our physical and intellectual values might not be gratified. If we are emotionally happy, we are romanced to this higher realm of love.

This is the realm of great health. An appreciation for life. The water element gives us a sense of contentment and lovability. At last, we feel loved as we have always dreamed. We are wanted and feel wanted. There is no need for minds and bodies, although we surrender to wonderful promises and physical happiness to celebrate our emotional victory.

This realm is touched by everybody, but is sustainable by the few. People stay single in order to experience this emotional victory because, in a long-term relationship, it can be a challenge to sustain it. But not impossible.

To remain eternally grateful for your lover is the requirement of this level of love. It requires that you learn to become humble. Humility is a great challenge. To be continually thankful you must move beyond blame and victim; you must always see that every emotion has two sides, and try to focus on the positive side.

Conversations with people in this realm of love are based around the word, "need". For example you may hear a friend talking and they will constantly say, "I need a man who can understand me" or,

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“I need a person I can trust” or, “This is what I need and if you can’t give it to me, then why am I here?”

This love comes from the abdomen, a potent self awareness that can, in extreme, verge on self obsession. The individual has risen above expecting material or intellectual conformity, but has now shifted into emotional feelings as the measure of worthiness of love.

For this person, “If it feels good, it is good, if it feels bad, it is bad.” This individual, and the couple who exist in this area of love, have some precious intimacy but there is a frailty to this level of love, an emotional instability because emotions are highly susceptible to environment and acutely sensitive to opinion. Nature grows us at the border of support and challenge.

‘Need to’ people are those searching for a pleasure - only love. They dream of a home so different to the violence of their childhood, or so different to their last relationship, or so in line with some ideal. They want to deny the beauty of challenge, avoid pain, avoid the process of breaking down their ego and identity.

To rise above this level is very difficult, because for many people who run stories of their past about how painful life was, they become obsessed with painlessness. Any sign of displeasure, challenge or a breakdown in their expectations of always being happy, is a sign to withdraw back into their yoga class, meditation or beach walk.

This third realm is motivated to love because of good feelings and because of this, individuals find themselves changing cities, changing houses, changing each other, curtain changing, holiday

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making and all else that can be dreamed up to avoid interfering with “good feelings”.

Romeo and Juliet were locked into this romantic space where feelings are a powerful emotional addiction. Therefore, a couple locked in this embrace might forget health, hobbies, work, money and of course they might forget the future.

You will recognise the person in this realm of love because they base all their decisions on how they feel. If they feel good they stay, if they feel bad they leave. They design their whole life around avoiding feeling bad. Their dream is calm and peace, rather than love and inspiration.

Want To –The Heart Realm Of Love

The heart is the highest level of human motive for love that we can achieve without a sense of the greater good. We all experience moments of it, in a movie, or when something touches us deeply, music or words. There is an unquestioned beauty that comes from our heart that can make a relationship at this level of love idyllic.

Conversations at this level of love entertain the word ‘want’. “This is what I want.” “I want this and I want that.” It is a strong sense of independence, a powerful feeling of “I” – isolated and immune from the pains and vulnerability of the past. It is the level where love is mastered, the exposure minimal.

This is also the highest level of love that the ego can experience. Our body has reached the sun, the fire in our belly is alive, we are, in a sense, at one with ourselves and the world around us.

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At the level of the heart we are ambivalent, not because we don't care, but because we have mastered the ego, built the business, created the foundations. We are ambivalent.

In the ancient teachings the heart is the meeting place between Heaven and Earth. The ego in the first three levels builds the material life.

In this fourth realm of love, we hear people talk about saving the whales, rescuing pink pandas, and preventing globalization. This dream level is the highest state of self actualisation possible. Couples band together at this level of dream to fight for or against a cause. The cause is not important, it is the philosophy behind it that is important. This fight for right can bring people together in highly intellectual, highly compassionate relationship.

Desire To - The Realm Of Devotion

Ask an emotionally healthy child, a very young child, "What do you want to do when you grow up?" Their eyes light up, their face sparkles with joy, and they throw out a guess, "I want to be a ...", and if you ask, "What else?" they'll change their mind 180 degrees. They dream, they vision, they fantasise, possibilities are infinite, love is abundant, they are unafraid. Nature has planted a seed in their heart and they will allow it space to guide them, to see and think whatever they choose. Life, like love, is abundant and limitless for an emotionally healthy child.

This fifth realm of love, is the realm of the spirit. The inner child, awakened and enlivened by possibilities. This spirit cannot be dampened by the material insecurities of the first realm, the in-

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tellectual prison of the second, the emotional gratifications of the third, and the self absorption of the forth. Here is a realm of spirit, a reach into the unknown, dreams, visions, service to others, a picture of a role in a world greater than the individual ego.

Two people who come together to share the spirit are not motivated by who their past lovers were, nor jealousy, nor fear of material insecurity. There is no loneliness here. The spirit, buried beneath the rubble of the ego in the first four realms, now springs to joy, a self-sacrificing desire to give, to help, to care; a motive beyond being liked, or pleasure, or the avoidance of discomfort. This love between two individuals is the love that nature demands.

Two souls, two dreams merged creating a third. It keeps every star in orbit, every cell independent, every tree alive, every ocean apart. This is the locator of suns and moons, and hearts and souls, the overlap of the spirit. 33%.

Nature gave us a dream – some skill – a gift to share, entertain, explain, remain, and manage a domain. We've been planted like trees and in love, can grow.

When a couple merge at this level of love, they are aware of their own dreams, each other's dreams, and the great potency that comes from merging them. These dreams may not be of the same end, but they are collusive, they benefit from each other. Now one and one make three. This is nature at her best.

You can tell a couple who share dreams at this level because they are softened. They merge because of love, they work through their challenges in order to grow love, and they are devoted to each other in order to create each other's hobbies to reality.

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People working at this level of dream, are no longer motivated by attachment to profit, they are not distracted by pleasure, nor afraid of challenge. They do what they do because they love it.

The couple that merges at this level is inseparable. In other words, they have mastered those levels and can return to them without becoming trapped. We need all these elements in a great relationship - romance, pleasure, intellect.

Choose To - The Inspired Realm Of Love – Higher Callings

Our spirit is alive in the fifth realm, and now it is time to feed it. To do what you love, and love what you do, may sound like a self-gratifying motto, but it is not. It is a commitment beyond the measure of anything comprehensible. It is a lifestyle that demands the greatest mindfulness, a poise and steadiness. This is the Everest of life. The highest peak of human communion. It is to love those you don't love, to let go of someone precious, to want someone, yet, not hold them.

Here, time has become unimportant, lovers merge to bring change to the world, inspire evolution. To make an impact, small or big, not by aggression or condemnation, but through non-violent action, loving action. Now, we are beyond the focus of family. The world has become your family, all the children of the world are your children, all the women sisters, all the men brothers. Those older people your ancestors. The boundaries between countries mean nothing to you, the whole world is your home and everyone is visiting with you. Economic separations are not the basis of your division of life; the poorest is the wealthiest, and the wealthiest is the poorest. Your

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heart has no boundaries, your love undivided by good and bad, right and wrong, self and other. Others are you, you are others.

Relationships that are built at this level may or may not be highly motivated at the physical, emotional and heart levels.

To the individuals who live together at this level of love, all is sacred. From the nastiest emotion to the most trivial action, all of life is sacred. Every flower is a prayer, every war a part of nature's plan, every sunrise a great blessing, a new day. This couple, who sit side by side looking out at the universe, they know they are simply blessed to be awake. They know they are grains of sand on an infinite beach. Not the centre, but at the extremity of a magnificent universe. In the billions and billions of years this earth has existed, they are here for a few years, and in those years they have a great opportunity to do something together as part of nature's plan.

*In the deep silence,
there is soul, no time.
No me, no you.
All those things vanish
We are one.*

Chapter 6. Soul - Love

What does it mean in emotional terms to have Soul Love?

Have you stood on a lookout point somewhere in the world and been simply stunned by the view. You can't touch it, change it, fix it, even taking a photo feels like it can't capture the essence of it? You see that view, but what you feel is something completely different. Some people say, "I've been here before," even though, in this lifetime they have not. There's a memory - the memory is not always of the view, it's a memory of the feeling, a familiarity.

This is Soul Love. A memory and when we feel it, we say, "yes, I have felt this before," and we have.

There are moments that entrepreneurs don't often speak about because they sound intangible and too personal to put words to, but every entrepreneur, in fact, every human being, has them. They are moments of arrival.

Moments such as those are like the alignment of the stars, but really, they are even more profound than that. They are the alignment of body, mind and spirit. A moment of deep personal recognition, a memory of something so deep and yet so intangible, we struggle to put a name to it. Inspired is close, Soul Love is closer, divine is yet again, a reach toward it. But it remains nameless. Maybe, just maybe, it is simply, truth.

Soul Love has no attachment, however, we want as much of it as we can get. People have done the most extraordinary things to get it, to keep hold of it and to celebrate it. We often marry the person we

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feel this feeling toward, but this is like buying the view, eventually the connection becomes evasive.

There are techniques to guarantee Soul Love connection does not fade like the view. For example, a period away from that view will potentially bring you back to it like a novice, once again stunned at the beauty, connected to the moment, mesmerised once more.

Meditation, done correctly can wipe the fog from our heart and allow this moment of connection to shine again.

Sexuality (Refer: The Currency of Sexual Energy - Yasin Sheryl de Jong. ISBN 9781921578663 www.bookpal.com.au)

Healing, the Eastern healer enters this zone of Soul Love inspiration in order to delve beneath the crust of the human condition.

Prayer, a deep gratitude can bring this connection back to the surface of life.

Poetry and music has been used for centuries to bypass the ego mind and tap the deeper recesses of the human Soul Love connections.

Guru's and the touch of a divinely connected hand can bring this state of consciousness to an individual.

Travel into nature rekindles the inner child, the innocence of being new and awakens so many memories deep historic Soul Love memories.

Falling in Love cuts straight past the surface direct to the memory of Soul Love.

Dance can allow the mind to wander far enough off track for the worries and cares of life to be swept aside and for a deep body memory of Soul Love to emerge. Ecstasy.

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The Quest

The quest for these Soul Love connections is the real motive of human existence. We forget this, and buy a car, hoping this will give us this moment, and sometimes it does, for a few seconds. We climb mountains hoping that, by the top, we reconnect to this precious memory. We build companies in order to free us to experience more Soul Love moments, but we forget, and the company becomes the mission.

Soul Love is the human mission. We want moments of it.

In a relationship we feel it, at least at first meeting, but it is hard to sustain. And then we walk down the street to get the milk and in the corner store we collide with another Soul Love moment.

That person and our person collide and now we are confused.

Should we be guilty? Should we do something, say something? In these moments of connection we feel our current relationship diminish, this moment is what we married for. We crave it in our deepest being and yet, we work, make families, build houses and farms and have lots of other things. We crave this Soul Love and when we are touched by it, we remember why we started something.

We started a business to feel that moment of divine inspiration that comes when a great idea manifests. We married because in those first moments of meeting our partner the Soul Love memory woke up. We remember and we so easily forget. We so easily lose contact with “why” we chose a certain path, and begin to focus on what to do to survive without Soul Love connections.

Lets ask ourselves this question. “What happens when we get into a relationship triggered by that Soul Love connection, but then

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lose contact with it? What do we do when we are at the checkout and find Soul Love connection with another person? Start a collection?

Forgetfulness

Soul love is perfect, we can feel it at a party, at the office or wherever, but it is not a motive. Soul-love is no reason to do anything. In fact, if you have to split up with a partner, all you do is return to Soul love for them, and there's no attachment at all. This is both a state of healing and one of connection.

Wanting something motivates us. Losing something hurts us. But Soul-love is a vacuum in which there is no motive. We don't want anything, need anything, desire anything. So, the motive to marry someone is not because we have a Soul Love connection to them, because we can have a thousand, million, billion people we have Soul Love connection to.

We marry people because we have Soul Love connection to them AND because we have trust, admiration, appreciation and vision for the future with them.

In marriage we can often lose one or all of those important relationship ingredients, but we can never lose Soul Love for a person. And this is a really important awareness in relationship. Once you feel the connection, it lasts forever.

Sure, Soul Love can become fogged with stress, anger, and busy-ness, and sure, Soul Love is no penultimate reason to stay in a relationship where the other four ingredients are missing, but, if you are going to place one thing, between you are your partner as absolute and sacred, place Soul Love way above the rest.

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To feel Soul Love for a person, male or female is a great connection and it has nothing to do with causing or killing romance.

Soul Love is by far the most important level of communion between two individuals. Without it, relationships are complex and emotionally unstable.

It is even more important to acknowledge this Soul Love connection when one or both people in a relationship are struggling with commitment. The ability to let a person spin and search their heart for appreciation, trust, admiration and hope for the future, that ability to stand in stillness without reaction can be found in the capacity to acknowledge a Soul Love connection to a partner that can never fade.

Sometimes we get scared. Sometimes we get jealous. Sometimes we even get resentful of our partner. These are not because of Soul Love connection but because of emotional attachments. They are a part of the struggle to be human in relationship, but they are not a reflection of the depth of your Soul Love.

Many people tell me that the more they love their partner the more jealous they become. This is inaccurate. The more we feel Soul Love for our partner, the more we can relax. They can come or go, leave or stay, it will not matter if your connection with them is based in Soul Love.

The Real Essence

Some people think that Soul Love is exclusive. That we have this experience with one person, and exclude all others. Others stay single just so they can have as many of these connections as life permits.

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It is safe to say that we need and want Soul Love connections and irrespective of our moral or social judgements about it, we do have them with multiple people. So, there are only two important questions. How do we have as many of these moments with our partner instead of becoming “familiar with the view?” And the second question is, “What do we do when, while in a relationship, we have these connections with others?”

The first question is the most difficult. How do we sustain moments of Soul Love connection with someone we become familiar with on an everyday basis?

Conventional attempts to sustain these Soul Love moments with a partner include: gifts, holidays, babies, sex, romance, new homes, picnics, pornography, self help courses, tantra and theatre.

But even these, over an extended period can become like the view we own.

To understand how to have more Soul Love connection moments with a partner, it may be important to understand the mechanics of Soul Love experiences.

You are sitting at your desk, the Sun is shining in the sky, but you don't look up and think, wow, there's the Sun. You just enjoy the daylight and night light (moonlight is Sunlight). Sometimes you see the Sunrise or Sunset and you marvel at the Sun. So, Soul Love is Sunlight. It's there 24/7 never missing. Without it we'd shrivel and become dust. However, we don't always think about it.

Sometimes a person triggers our memory that Soul Love is really there, and like a Sunset or Sunrise, we feel great at that incredible recollection.

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The key to enjoying the Sunrise and the Sunset, remembering the great beauty of the Sun, is that it makes us take notice. In that warm early morning or late evening glow, we just put down tools for a few seconds and turn up right in the moment.

Driving a car, it's hard to admire the Sunrise or Sunset. We've got our mind on the job of keeping safe, so, we might go wow for a nano second and then get back to driving.

Soul Love moments can happen fifty times a day, but if we're "driving the car" - too busy to notice, we'll slide right past in a blink. Gone.

In relationship, we're driving a car. We're romancing, dancing, prancing, freelancing. We're eating, showering, talking, thinking, emoting, wishing, wanting, not wanting, hoping, caring, not caring, worrying, giving, taking, sexing, pleasing and more... So, that takes a lot of head-space.

So, the Sun is there, Soul Love is there, but we've got so much going on in our tiny head that we just blink and keep focussed on "bringing up the kids" or "paying the bills." We blink, and the Sun is out of mind.

We recognise the loss. Something seems wrong. We're in a relationship, doing relationship, being invested in good relationship, trying to please, making the effort, but we know something isn't right. And what is not right is that in amongst all the pleasure seeking, love making, family caring, life creating, home building, and health preserving activities, we lost contact.

Imagine a space shuttle losing contact with earth. Imagine a kite without a string. Imagine a ship without a compass. Imagine a story without an ending. Imagine anything without an intent. It's impos-

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sible to imagine that such things would be good. And it's impossible to imagine a relationship without Soul Love at its core.

But that's what happens. That's one reason why couples have affairs, why lovers exist, why people become disenchanted with life and most often throw themselves into their work, trying to avoid the tedium of a relationship without the Sun.

I have lived that life. I have experienced that life just like millions of other people throughout the world. I caused it, I suffered in it, I searched for options and tried all sorts of bandages to repair it. But none work.

If the connection is blocked, the contact with mother earth is lost and with that, everything becomes mundane. I tried all the substitutes: Food, alcohol, substances, greed, sex, spirituality - none work. None replace the incredible life giving, health creating, heart opening experience of Soul Love connection.

In that time I was limited by two vital things. The first was that the only experience I could have of Soul Love connection was with a woman. I couldn't find it, or more likely, didn't recognise it, anywhere else. That was a real dependency on my relationship and when it faded, a real vulnerability with other women.

The second limitation I had was that, I confused wanting that Soul Love connection with my partner with romance, intimacy, relationship and responsibility. Everything else in my entrepreneurial life was achieved by wanting it bad enough. I wanted success, I just really motivated myself. I wanted family and wealth I just motivated myself. Life, in my model, was up for grabs. So, when it came to Soul Love, I just applied the same head-space. Foolish thinking...

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Soul-utions

The Sun doesn't reach out and say, "hey, please take my rays" just like Soul Love doesn't reach out and grab someone by the throat and say, "Love me." If we're in a messed up space, filled up with worries, wants, desires, needs, fears, ambitions, expectations, drama, emotion, stress, anxiety, motivation, and loneliness, we block the Sun. Soul love doesn't come to us, it comes from us.

We get into relationship feeling that Soul Love connection and the first thing most of us do is stuff it up by letting all our "relationship baggage" come in and plug the pipe, block the Sun, close the portal.

Then we start to fuss and talk and complain and worry. "Oh, hell, here I am again. In another loveless relationship. More hassles, less joy."

The single greatest discovery you can have for relationship, and one that will really transform your dynamic with your partner is the realisation that the feeling of love you are wanting to get from your partner is actually coming from you, not to you.

If I take you into nature, Up into the Himalayas for example, you'll love everyone and feel like everyone loves you. Suddenly you feel loved and loving. Weird? No, because out in nature, when your expectations drop away and all the "relationship baggage" falls off, you suddenly feel it. You feel Soul Love connection going on, without anyone to connect it to.

Suddenly you discover that it's not your partner that is the cause of Soul Love connection, it's you. You also discover that you can't give people Soul Love connection, you can only share it.

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My partner says, “let me in” and I say, “Piss off. Nobody comes in here.”

I used to let people come into my being just as if I’d created a beautiful garden and anybody could trample around, borrow the flowers, pick the fruit and stomp the grass. That was how needy and out of balance I was. Now, it’s different. I preserve this Soul Love experience inside myself and I know, what’s meant to be shared comes out.

I look at it like this. Fill a cup half full and then share it. As you do, you get less, someone gets more. You give some and lose some. So, that to me is like focussing on getting Soul Love connection. Instead of that head-space, I now fill the cup to the top and let it overflow, what comes over the top is absolutely unconditional. It’s my job to go inside and keep that connection, not someone else’s.

That’s a big shift. It means instead of having one Soul Love connection in my life I have thousands. Instead of it being limited to women, it’s available with all humanity. Instead of it being a freak accident, I can choose it anytime.

If you want your relationship to stay anchored in Soul Love you need to make sure your cup is full - and more. The way to do this is to stay focussed on the four virtues of high emotions: kindness, generosity, compassion and appreciation. That keeps your energy circulating, then, last but not least, learn how to really turn up.

How quickly that Soul Love connection disappears from view has a lot to do with how much stress I am having in my life. The more stressed I am, the faster the connection becomes vague.

We have to learn how to stop the rush and deal with the “relationship baggage” in order to stay connected.

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Learn to sit in silence, turn the TV off, turn the silence on, and fall back into Soul-Love. Remind yourself everyday that Soul-love never dies, it just gets covered by stuff, old stuff, new stuff and ambitious stuff.

“All human evil comes from a single cause, man’s inability to sit still in a room. And, all men’s miseries derive from not being able to sit in a quiet room alone” . - Blaise Pascal

The idea of stopping, breathing, smelling, tasting love had never occurred to me. I’d measured my love in pleasure’s and shouts and ecstasy, this was all new.

Exercises in Soul-Love Connection

Step 1.

Take a rose and sit it in front of you. Try to relax your posture and keep your spine quite straight. Look at the rose. Observe it. Observe it with your eyes. Now observe it with your ears. Listen. Now observe it with your nose, smell. Now touch it with your fingers or draw it up next to your skin.

Here, there is still a rose, and there is still a you. The rose is there, you are there.

This is normal life, everything is individualised. Separate. Hold the rose in front of you, or place it on a table in front of you.

Continue the exercise.

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Step 2.

With the rose in front of you extend the exercise to a mastery level by losing the separation between yourself and this rose. This is the culmination of years in Zen practice but you are a modern person with an incredibly developed and evolved mind, so it will not take you much time at all if you can follow these instructions.

Each individual aspect of that rose has to become absorbed into you. First the visual interpretation has to vanish. We do this by simply identifying all the aspects of the rose within ourselves. Say, for example: where are you delicate? Where are you perfectly shaped? This is a Zen practice of elimination of separation, detachment. So, then proceed to all the other aspects of the rose until you find that what the rose is, you are. As you progress without interruption the separation between you and the rose will, I assure you, vanish.

Then you will not see, hear, taste, touch, smell the rose. It will not exist in a form separate from you.

If this does not work for you after five attempts on five different days with a fresh flower on each day, change the rose to something else that is impeccably beautiful to you. Even a vista can be caused to become merged with the self.

Step 3.

Sit with your partner in front of you. Look for their real essence and beauty. Look with your heart, ears, nose, mouth and hands. Don't be afraid to touch and feel the beauty. Breathe the beauty in with each breath and let it move you. To really fall into Soul-love you will need to practice this exercise until you merge with your partner. Merge until there is no separation. You will eventually

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bridge the gap between what you see and who you are, and in other words, dismantle your ego.

At first it takes time. Just look, feel and become in rhythm with your partner's breathing. Make sure you've cleaned your teeth and freshened your breath before this exercise. I tried it once with a person with bad breath and it's very distracting.

Eventually you will do this in seconds instead of hours. It's natural. As long as your mind doesn't intervene and say, "Hey, this is a person over there, is the technique working."

The most important thing to remember is that this person is just like the rose. You were not seducing the rose, trying to make the rose smile at you. You were not staring into the rose trying to look into its eyes and make it feel horny. You were becoming the rose. Remember this at all times.

Soul-Love happens when we forget the separation between ourselves and what we experience outside ourselves. So, the great memory that is triggered in a Soul-Love experience is the memory of our connection to life, the universe and all that goes with it.

This is Soul Love and it is not the reason for relationship but it is the cause of the grounding that makes relationship possible and desirable.

The Essence of Great Relationships

If you have struggled to remain committed to a relationship, or you've had a great relationship that finished and can't seem to reconnect with that essence, then look carefully at your practices surrounding Soul-Love.

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Soul-Love does not come to you, it comes from you. If your “relationship baggage” seems to quickly flood the potential of a good connection with someone, then it’s a high likely hood that you’ve got some unfinished business with the past or present that’s blocking your connections.

Everybody connects, the only question is whether the noise in their life is making it harder to feel.

If you are in a relationship and have lost this connection don’t blame your partner, it has nothing to do with them. It is because you have blocked the Sun through distraction or diligence to your professional life.

Remembering that Soul Love is the essence of relationship but not the motivation for it, the whole key to authenticity and comfort in a relationship, and the real choice to work through the challenges that come will be built around this core of Soul-Love. It can’t be emphasised enough how much this connection can transform even a damaged relationship let alone, inspire a healthy one.

Only Nature can create the magnificence of a flower, but any foolish mind can pull it to pieces. So open-hearted living is possible as long as we nourish our love.

Chapter 7. Healing a Broken Heart

Sometimes the world has no beauty in it for you. You can look out from your life on the most perfect day with blue sky, sunshine, friendly people, and see nothing, just cloth, people, wind and sun - a two dimensional event. Nothing, nothing, nothing, no beauty. And the pain is deep and sorrow is unbearable. But this is love too.

The best way to deal with this sort of pain is to let it in. Let it in fully, let it do its work and then let it go. You can do this quite fast but if we only let the pain half in, we only let the pain do half its job and the pain soon turns to suffering. That's different.

Suffering feels like there will be no end to it. If we suffer we have no idea how to stop, or when to stop or even if we can stop the hurt. That's torture.

But pain is simply suffering that we know how and when to stop. Challenge is nothing to run from. But suffering might be.

We can tolerate pain. You can tolerate pain. You are human and wonderful and in this essence you can tolerate pain using your will. All you need to know is for how long and how to stop it.

Challenge is an opportunity to grow. It will bring you out. It reveals you. It is not about your lover, it is all about you. Naked and stripped of all disguises, your feelings, emotions and issues will surface. Who you are with, who triggered the pain really doesn't matter, because you have to take responsibility for everything you feel. You have to rise above it because it will disempower you.

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Challenge and pain mean that we are exposed, it is weird and frightening, but, it is beautiful.

We feel uncertain that we can be loved for all of who we are. We try closing down a little for safety but then our heart starts to be a war zone. We try pretending but this doesn't work. We are trapped, our lover and our love are here, right before us, we are in a most strange place, struggling, drowning in love, and totally exposed. There's nothing to be afraid of. It's normal and human. Nothing to worry about, it'll pass. The most important thing is to let it in, let it do its work and let it pass. And to achieve this, we must avoid trying to escape.

Are you afraid? Do you feel the fear of letting go? This is just your ego protecting you from what doesn't really need to be protected. Treat your ego as a friend and tell it "everything is going to be OK" then let the pain come in.

Remember anger is the Ego's way of protecting you from some hurt, but that hurt is rarely anything to do with the situation you are currently in. It's usually an old hurt even from your childhood and this relationship situation has just dug it up. It had to be dug up sooner or later, because it was keeping you from your full potential. So, this situation you are facing just shows you how much energy you've been wasting protecting yourself by burying this hurt. Isn't now a good time to deal with it?

Protecting yourself from that deeper hurt is keeping you from your life. It is keeping you out of truth. You cannot be safe while that hurt is inside you. It was always there, under everything.

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A broken heart is really a broken mind. It hurts in our chest, but usually what has happened is that someone has broken a promise, and you feel betrayed. That promise came from their head, to your head, and met with your expectations. It's very intellectual but it hits us in the heart because it's so deep.

These promises and expectations come from our head and we call this area, for want of a clearer language, our EGO.

So, to begin fixing damaged relationships, we need to deal with this EGO pain.

The only thing an ego can't stand, is balanced information. The real nature of life is that there are two sides to everything and everyone. But the EGO hates that. So, with a two sided story - we call this truth - your ego just collapses. The more one sided your story, the stronger your ego gets. So, the solution is easy, if you want to let go of pain, especially that long term stuff you've been carrying, you have to retell your story, make it boring to listen to. Even for you.

That story, those stories of how this one hurt you, or that one broke your trust, or how you suffered, or how bad things were are rolling, juicy, delicious, big, fat lies.

The ego loves those half stories but they are never sustainable, they never fix anything and while you tell them, you can only do an "I'm right, You're wrong," and half heal.

When we fix a half story, a story about being hurt, or being abused or being cheated on, we fix a half truth, so we're half fixed. Really, the only way to fix a story is to make the story go away by finding the balance in the real experience.

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Retelling An Ego Story

I went into a disaster of a divorce a long time ago.

One day while standing at the kitchen sink in our new home in Sydney (we changed cities, houses, schools, jobs, careers, sports, underpants but nothing that really mattered), my ex wife sprung it on me totally out of the blue, we're finished. (Lie, nobody does to us more than we do to ourselves - 50% of me wanted out but couldn't resolve life without my children.)

I was devastated (Lie - I was devastated on one hand and totally relieved on the other) and went into a deep a serious depression (Lie - I went into complete polarity of emotion UP and DOWN, but, in order to manipulate the world to feel sorry for me, and to get control of my marriage, I displayed the most guilt causing, heart wrenching side to all those whose sympathy might get my control back in my marriage).

I nearly committed suicide (Lie - when emotional manipulation and cruelty didn't work I got angry and tried to punish my ex wife by making her feel like she caused so much trouble) but through a miracle (Lie - She didn't respond and therefore it was a waste of time) I didn't die. (I did want to get away from the emotional agony of losing control of my family, but not that far).

I tried all sorts of therapy. (Lie - I experimented with anything that would relieve my guilt and pain) but nothing worked. I even studied Zen and Yoga to try to heal my broken heart. (Lie - my heart wasn't broken, my expectations of how my marriage would turn out were broken and I had no plan B.)

Eventually I worked my way through the drama (Lie - Eventually the pain got numbed out and I found alternative sources of

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nourishment). I moved on (Lie - you never move on from someone you love - you just let go of attachment to them).

These lies run our life. It wasn't until about 5 years after the divorce when I sat with a guy who called me on my lies, and I realised I'd put bandages over the issues, and was still carrying baggage around, that I started to really unravel the truth.

And that's what it takes: Truth. Otherwise we're like Santa Clause, carrying a big bag of history around on our shoulder projecting it into our relationships.

So, eventually I got to retell my divorce story. One day my marriage came to an end, which was a good-bad thing. My ex wife, who was a good-bad person put me through good-bad experiences as I tried-didn't try to heal. I went through hell-heaven on the way to understanding-not understanding the whole journey. Eventually I came to like-dislike my ex wife and therefore love her enough to make wise choices about the future.

The true story won't win an academy award, or make the world news, because all the drama got taken out of it. However, it's a true, healed and complete story, one that I'm not running from, projecting onto my relationships, blaming anyone for or trying to avoid. The journey didn't need to last long if in all the therapy and so called spiritual advice, someone had confronted my lies. It just takes a few moments of truth.

If, in processing a challenging situation you validate your beliefs about right and wrong, moral and immoral, ethical and unethical you are going to turn pain into suffering. That just makes a bad situation worse.

“Love Pockets In Your Heart”

Every single person you’ve loved and love, has a love pocket in your heart. You need to make it your mission is to grow and evolve from every encounter you have in life.

Now the amazing thing about one relationship, or many relationships is that eventually it’s the same journey. So, the question is not whether you stay or go, it doesn’t matter if you stay with one person for life, or one person per week, the better question is, “have I fully healed that relationship challenge?”

Every person has every character trait, they just express it or repress it. Well, if you stay with one partner long enough, you’ll meet every human character trait in them. So, the choice to stay or go is, more about lifestyle, but the choice about healing a hurt is not.

Just look at the lives of those people who say they’ve healed a past disaster. They are usually not “comfortable” with what happened, they take moral high ground and then go public on how bad the crime against them was, and how clever they are to be where they are. It’s ego shielding, heart blocking, love constricting, emotion manufacturing, problem causing, healing. Which really, isn’t healing, is it?

If the stories of hurt without help get reinforced you will get lost. You will not be able to find peace, instead there will be wall of righteousness, an ego shield that will block you, block your love from coming out. And that’s the real suffering. Running away from a past “heart break” into the arms of a “good relationship” just doesn’t work.

So, the best way to heal pain is to love that person.

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The real suffering happens because we feel that our love just cannot come out. So, we block it to one person here and there. What we don't recognise is that if we block love to just one person we block love to every person.

It goes like this: We assume that certain people have certain character traits that are unique to them. We base this assumption of the good guy - bad guy model of life. Separating the bad guys and the good guys is great theatre.

But if you go to nature, and be real, you'll find, most astonishingly, that the bad guy is also the good guy and the good guy is also the bad guy. That's why, in a real democracy with an open public debate two candidates will actually split the votes 50/50. There's two sides to everyone. It's all really perception.

Now, most Westerners call the shots of life emotionally. They say, "If I like that person I can love that person." That's the good guy - bad guy thing. On the other hand, "if a person is bad, I don't like them, and can't love them." But there's a better way to look out at the world, and of course, be mirrored in yourself.

You don't have to like people you love.

There are two sides to everyone. Maybe you see the side you don't like. So that's the half story and you can, justifiably say, I don't like that. Now, add the truth. Add the other half of that person back to the picture. If they were abusive (Bad side you don't like) add back the non abusive side. (Good side you do like.) So, now you have a person you don't like, a part of them you do like, and when those two sides add up in truth, you can feel love for them. This does not mean the likable and the not likable sides vanish. You can still say "there is a side to this person I don't like, but I love them."

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That's where I got a real breakthrough in my own marriage healing. I eventually found I loved my ex wife, in fact, love my ex wife, but that doesn't mean I want her, need her, desire her or even like her. And from that, space of love, wise choices can be made.

In or Out? Stay or Go.

I am a hopeless romantic. I love the idea that nature intended everyone to be in a love filled relationship. I don't agree with the "I'm happy, I'm single" rationalisation. I think relationships really help us be our best, in all areas of life.

What keeps many people in relationships that have come to an end is that they fear being single. To that end I've rarely been single longer than I've wanted to be. I haven't found it hard to find a beautiful relationship, and I haven't found it hard to leave when the beauty goes out. I don't follow the conventional model of "You're the one" but rather think that there are many "You're the ones." As long as we heal the past this is real.

When I have been single for longer than I choose to be, then I know something is up. I do something about it. Nature never intended human beings to live in wanting for relationship.

Being always right, having life my way, is only possible as a single person, and it certainly drives away potential partners. So, I know, always know, that when I'm stuck being single for longer than I want, it's because there's an unhealed love pocket all gummed up in my heart. As a single person I can blame my ex partners for my feelings and therefore stay safe in my judgements, never challenged, but that way, I'm both single and full of delusion.

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I guess there are many reasons why people are single but for me, the major cause, when it happened for longer than I wanted it to, was myself.

When we love to be right more than we love to be loved, we become very opinionated. That starts to narrow the field, because somebody with an alternative opinion will be for us, an unacceptable invasion of our privacy, and then, on top of that, we can create a little oasis in our home in which we feel like we've created the universe we'd love to believe in. So, we get protective.

This is fine if it's a choice, but if we're doing it to protect ourselves from truth, and therefore block real healing, it's a difficult road and we don't need to add more difficulty to relationships by remaining blocked.

The more open our mind, the less opinionated we are, the more possibilities for love will come our way. So, complete healing of any challenge, whether you stay or go, is vital to the future of your love life.

When we are still reacting to the past or living with false myth about relationships, the odds of living happily with our current relationship or finding a new healthy relationship go down and down.

The more healed we are, the less we judge people.

Imagine a wall full of little doors, just like lockers in a change room, except there's thousands of them. Each one is a potential love pocket, a human character trait you can accept or reject.

If we don't heal challenges as they come to us in relationships and we have enough time in relationships, we'll eventually have the opportunity to unlock a lot of those little doors. Given that everybody has every trait, eventually, everybody we meet will inevitably

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display a trait or two that we don't like. So, if you heal as you go, your wall becomes open, unblocked.

Every judgement, every blame, every idea of victim hood turns this wall into a wailing wall because we're wailing about things we don't like in people. Closed doors are blocked love.

Now, here comes a partner. "Oh, no" they display one of the locked door character traits we've rejected in one of the thousands of people we've met or loved or lived with. Bingo, they're out.

So, this wall of closed love pockets becomes like a kitchen sieve, filtering out people and behaviours we don't like.

For each closed door - unhealed experience - more and more people don't fit into our wall of fame, we have less and less openings so, we could label this wall, "The Wall of Blame."

That wall is made up of all sorts of ideologies, ideas, past experiences and we say, "that's my thinking and I'm sticking to it." With that head-space even if we do leave our current relationship and find a new relationship it's going to be a difficult one. Real human beings probably have all the traits we chose not to include, so, they just end up faking it to make you happy, which is probably what caused the breakdown of the old relationship. We can't create trust using judgements.

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