

Handbooks for Entrepreneurs



the
relationship
report

Xtreme Skills for Busy People

Handbooks For Entrepreneurs

“The Great Relationship Report”

Xtreme Skills for
Busy People...

By Chris Walker

Xtreme Skills for Busy People

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.*

The Relationship Report

Also by Chris Walker

The Xtreme Stops Report

The Self-Leadership Report

The Relationship Report

The Why am I Single Report

The Vitality Report

The Personal Harmony Report

The Inspired Vision Report

The Innerwealth Report

The Staying Young Report

Xtreme Skills for Busy People

About the Author

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He has nine published books and continues to write on Natural Balance for Entrepreneurs.

Walker spends three months each year in the high Himalayas of Nepal taking private groups and individuals on personal journeys to the two highest non-technical trekking peaks in the world.

When at home in Sydney, Australia, Walker consults to individuals and small business on improved productivity, human development and lifestyle planning. He keeps himself fit paddling his sea-kayak around the oceans of Australia and trekking.

The Relationship 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!

The Relationship Report

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Xtreme Skills for Busy People



The Relationship Report

There are three things everybody wants in life.

Be Loved

Give Love

Be Happy

This report demonstrates how, in 10 minutes a day, you can
have all three.

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CHAPTER 1 Relationships

For a person who wants the best out of life, an entrepreneur or an artist a great relationship is really important. It births creativity, can inspire and help an entrepreneur stay grounded and fulfilled. Being aroused, attracted to, inspired by and totally loving someone for forty years and more is totally possible.

A great relationship is almost an imperative for balanced success as an entrepreneur, self made individual or small business owner. Sure, we can all make money and do stuff, but success without a relationship is only partial.

Home is our oasis, a place of confidentiality, respite and rejuvenation so our relationship needs to be great. We'll share ways to guarantee it.

Love

Really turning up in your relationship is a skill mastered by Zen practitioners. We'll show you how to turn up and fall in love daily, anytime, anywhere.

Trust

Love is trust and trust is love. To trust your partner, trust yourself. But which self? We'll share a real awareness of human nature. You'll know people, yourself and your partner, beyond emotion.

Admiration

Respect plays a big part in great relationships. It begins with self-respect and extends, almost automatically into respect for and by

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others. Devotion to a relationship does not breed respect. Devotion to integrity and authenticity in life breeds respect. We'll give some solid ideas around this.

Appreciation

What we appreciate grows. What we depreciate fades/withers/dies. People become as we treat them. This is not an exercise; it is a way of life that begins at home.

Vision

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. Vision quest is an annual maintenance process that can be done at home. We'll share how.

It takes ten minutes a day to sustain a great relationship and a bit more to turn a shaky relationship into a strong, solid happy one but it's totally possible. That ten minutes is the best investment you'll even make in life. There's a guaranteed 900% return on investment.

90% of relationship looks after itself. So, this ten minute maintenance focussed on that last 10%.

Entrepreneurs need great relationships - not just average relationships - entrepreneurs need great relationships because there's already a huge potential for stress in their work life. We need home ground advantage, the ability to go home and celebrate life without tension. So, the last thing an entrepreneur needs is more stress at home.

Entrepreneurs love with inspiration but can often be subject to significant distraction. In relationship, we can be moody, stressed

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and sometimes forget the basics. So, this handbook presents some reminders, some new ideas but most importantly, skills to build and maintain a great relationship. All it takes, that last 10% is just ten minutes a day.

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CHAPTER 2 The Couple Who Grow Together, Stay Together

Entrepreneurs and artists are more susceptible to shaky relationships than any other group. It's not a matter of social class, wealth or even success. Busy people grow fast, they often leave their partner behind, and that is all too often called the cost of success. The key to preventing this issue is to know that the couple who grow together, stay together.

We know that 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 making babies is easy, well at least the getting pregnant part. But people change, emotions change, expectations change and with those changes, relationships can struggle to survive.

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 his fifty year marriage grew only the equivalent of five years in modern terms. So, I'm not that far behind him."

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This was all said with a wry smile, but there is an element of truth in it. The purpose of a relationship is to grow us, but some people don't want to grow. They prefer to repeat old patterns rather than adapt and grow with their partner. This is where the ground becomes shaky and trust gets broken.

When a couple doesn't grow together, and by growth I mean learn to unlearn some old habits fast, a great relationship can turn bad in just weeks. You'll know the symptoms: quarrels, negativity, disharmony and lost libido and this can seriously impact our work.

Corporate training usually avoids the subject of relationships but my estimate is that 50% of a person's productivity at work is impacted by the health of their relationship at home.

The key here is to recognise the symptoms before they become problems. The benefits of a good home life and the costs of a bad one are telegraphed long before troubles turn to disasters. It's therefore a primary imperative that we do the right thing before we dig ourselves into a hole and can't get out.

It's better to act proactively in relationship. Repairing a damaged relationship is a brave and expensive journey which, with hindsight, could have been avoided.

We've gathered the following list of early warning signs that reveal when a couple is not growing together - adapting to change.

- * *Communication breakdown*
- * *Anger, frustration and resentment*
- * *Slipped into maintenance routine*
- * *Sexual boredom and lowered sexual libido*
- * *Tiredness and no real affection*

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- * *Sporadic romance only on holidays and special events.*
- * *Health problems including depression and sadness*
- * *Continual complaints, disappointment and criticism*
- * *Partner rarely available for one on one time.*

80% of all clients who had experienced significant relationship challenges confirmed that, “They knew the relationship was struggling long before it came to a disaster but didn’t know what to do about it.” This report aims to get head to head with that astonishing response and provide the “what to do.”

We do need to be proactive. Even if your relationship is over, there is no reason to feed the lawyers or become enemies, treating each other with respect and appreciation is a rock solid standard whether you’re in or out of the relationship.

Why do entrepreneurs and independent busy individuals struggle in relationship? Our research shows the following issues are the most common causes of blocked growth.

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

Proactive management is really going to sustain a great relationship.

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CHAPTER 3 Symptoms of Depreciating Relationships.

There are no half hearted success stories. There are no successful half hearted relationships. To be half hearted in a relationship is like skiing down a black slope not committed, or doing a business deal when you are uncertain. There is no half relationship. Just mediocre ones.

There are a million excuses. Listen to none of them. There are no real excuses for accepting a depreciating relationship.

Signs of a Depreciating Relationship:

- * *Depression and Anger*
- * *Lost libido and sexual intimacy*
- * *Tiredness and immune system breakdown*
- * *Focus on child care*
- * *Long work hours away from home*
- * *More television*
- * *Diminishing laughter*
- * *Communication breakdown.*

What Challenges a Great Relationship?

Most of relationships start out brilliantly but then the quality drops and the couple find a way to subsist or end up failing.

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Why? Because what brings two people together is not always what keeps them together. We fall in love, our head stops thinking, our ego stops working, we're attracted because we see beauty in someone.

Then, all too easily we relax into busy-ness and the beauty goes out. When the beauty goes out, we go out. Beauty, defined here, can be physical, mental, spiritual, social, financial or family - or even all of them.

It's human nature to appreciate beauty. Men and women are both attracted to beauty, whatever their definition of it is, that's the core of human attraction.

The Cause of Relationship Depreciation:

The fake mistake.

It's easy to get mesmerised by somebody who knows how to seduce you. Sometimes, we see beauty and fall for it but that person isn't quite as beautiful as we thought. We find that out, usually after the honeymoon period. WHAM... So, one challenge in relationship is choosing the wrong partner based on all the wrong reasons. Nothing we can do about that, best to love-em and leave-em.

The Illusion - Delusion

Sometimes our expectations of human nature are so bent out of shape by judgements and anger about the past, or from watching too many fairy tale movies that our expectations are absolutely unlivable by a real human. We see beauty in someone and then spend the rest of our relationship being disappointed, mainly because our partner is really human. There is something we can do about this,

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and that is - GET REAL. Judging people for being dual and human is ridiculous and lonely.

Fickle Vision

One reason people are beautiful to us is because we see a future together. We see our dreams manifesting with this partner, so suddenly we're on fire, life looks even better with this partner in it. Then, suddenly, that can look different. We either quickly realise that a life with this person is going to be a nightmare of distraction, or we change the outlook and they don't fit. This happens, most often after childbirth. Sometimes our vision and dreams for the future are so narrow and short term, no one can keep up.

Dog and the Bone

There's a story about the dog with a bone looking down from the jetty and seeing it's reflection in the water. That bone in the reflection looks huge compared to the one in its mouth, so, it releases the one it has and dives into the lake to grab the reflection bone. Hmm, when we're with the one, we want the many. When we're with the many we want the one. That's natural, but it's wise to check that we're not looking at smoky mirrors. Green fields are green because there's fertiliser under the grass... There's plenty we can do about this mythical chase...

External Factors

Mother in laws, ex partners, mischievous friends, children from past relationships, illness, financial struggles, addictions, business travel, stress, depressions, lost dreams, business failures, ambi-

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tion, bad attitude, no time, broken promises, complaining, trying to change each other, emotion, unfinished baggage, father in laws, study, health obsession... just to name a few little distractions that, if not dealt with, are the death of and darkener of, beauty.

The me, me, me, me, me, me, me, me, me, me Syndrome

Most of us give to get. That's a normal human function. Some people think they don't, but they do. However, there are some people who have taken this art to the extreme, they Get to Get. Their primary question in life is: "what's in it for me." As all good relationships are built from a balance of give and take, this tension - is energy draining. There's not a lot we can do about this. Life has it's own way of sorting out this paradigm.

The Relationship Terrorist

Control might be an important skill for an airline pilot or a heart surgeon, but there are some people who apply it just a fraction too much at home. These are the relationship terrorists who have developed a one way, one eye, one path, one idea, one belief, one God type of life into which the aim is to collect as many stray humans as possible. Anyone who doesn't fit the mould is criticised, emotionally put down, "sarcasmed on" and verbally abused until they conform (including offspring). This relationship makes Guantanamo Bay detention camp look like Club Med. Fundamentalism is hard to change.

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Mental Health

Some people go a bit off the track. But rarely before you meet them or during the honeymoon period. It's strange how, when people really want something they can act quite normal but when they get what they want, turn into our worst nightmare. Mental health, including depression, anxiety, chronic fatigue, rage and obsession are sometimes accidents of fate, but others are really the rest of a commitment to a mindset that was put aside until the gates were shut and the relationship committed. This situation is never, ever easy for either party. Accept it and you encourage it, reject it and you antagonise it. In these situations, seek professional help - don't wait for the problems to cure themselves and be wary of new-age herbal miracle cures. And be prepared to shop around.

The Busy-ness Syndrome

There are seven areas of life, all competing for time, each pulling at you and your partner: Family, financial, spiritual, health, career, social and mental. Each area is important for life balance, each could consume your whole day. Many people manage this with the fire fighter solution. They just wait until there's a problem and then go pee on it so it goes out. This of course is very reactive, especially if, in relationship we are just waiting for our partner to complain before we act and do the right thing.

Conventional Remedies for Fixing Depreciating Relationships

- * *Complain and try to change their partner*
- * *Become independent*

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- * *Holidays*
- * *Romantic weekends*
- * *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*
- * *TV*
- * *Therapy*

Why they don't work

If we always do what we've always done, we'll always get what we've always got. Conventional solutions rarely change the real cause of a relationship depreciation. Instead, they just work on survival.

I worked with one guy who was in prison. He kept telling me what he was going to do to change his life but he was still in prison. He was never going to come out. All he was doing was decorating his prison cell.

In most relationships there's the dumpee and the dumper. Or in more rational terms, the complaineer and the complainer. One is trying to improve their life by improving the relationship (call them unhappy) and the other is trying not to spoil their life by getting too tangled up in the complexities of the relationship (call them unin-

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vested). While this is the reality of a relationship, all the re-engineering in the world is not going to convince the unhappy person to get happy nor the uncommitted one to give up what they've already got in terms of happiness outside the relationship.

This is the tension that underpins most relationship dilemma.

They both have obvious need for change. The unhappy person needs to lower the opposite sex and relationship as a priority and raise their own happiness as an individual. The uninvested person is missing out on important intimacy and they need to work out how to bring a little happiness into the heart of their lover.

Two people, one relationship, two different pathways to solve the issues. Easy? No.

Everybody seems to think their watch tells the right time. So we go looking for ways to solve problems or stay happy rather than ways to adapt our own behaviour. The key here is the realisation that the purpose of a relationship is not happiness and by the end of this report you'll see what really does make a relationship sing.

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CHAPTER 4 Solutions - The Relationship Detox

While we appreciate the beauty of our partner we stay attracted.

Beauty is in the eye of the beholder. What one person sees as beautiful another may call ugly. We are the projector, they are the screen. So, our heart opens to a relationship based on perception, and it can close just as quick based on perception. We see, interpret, translate and experience people based on our perception.

That perception is fickle. We can, with the flick of our fingers go from thinking our partner is a gift from the heavens, to thinking that we've crossed the path of a black cat, and been cursed into hell. It's a simple flick and that flick, if we don't know how to reverse it, can become the "norm" for our relationship.

We hear this crazy stuff all the time from divorced couples. They say, "how the hell did I ever see good in that bastard?" or "that bitch took all my money, next time I may as well go find someone I don't like and give them all my money." We get negative on people we would once have walked on broken glass to be with. That's how fickle perceptions are.

The first step in managing these fickle perceptions is to manage disappointment.

In ancient Buddhist texts, disappointment is considered one of the most spiritual and honest states of mind possible. The difference between the way those clever monks saw life and the way we see it

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is that: if we're disappointed then the object is at fault and our perception is right. The monks on the other hand see their perception as wrong and the object as perfect. To manage disappointment a monk simply changes what they think to line up with reality.

As one monk said, "You Westerners are funny, you want what you haven't got and therefore are always disappointed. We, on the other hand, want what we've got and are forever delighted."

Disappointment is a result of a mismatch between what we expected to be, do or have, and what we've got.

When we're disappointed in a relationship, is it because that person changed, or were we just blind to reality and now we're seeing it?

A significant step in moving toward a long term sustainable and great relationship is to embed in your mind that disappointment is an important and natural part of relationships. Get used to the fact that even the most perfect angel of a human being looks a bit different up close and personal.

Now what?

Once you've made that realization, you can choose to abandon the conventional outlook on relationships that results in an expectation that what we want is what we deserve to get.

Instead, you can practice the age old art of human adaptation. What we've got is what we need, and what we need is what we deserve. (please don't throw extremes such as violence and abuse in my face here, those are not matters for relationship - they are unlawful and come under different banners)

We adapt by taking something we don't like in our partner and learning to like it. Now, this is counter intuitive in some ways be-

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cause we're so conditioned to the idea of fighting for our rights, we can't see that criticising or wanting to change people actually depreciates them and makes the problems worse.

It can't be more simple, albeit counter intuitive at first but you can take anything you don't like in your partner, find where you do it somewhere in the seven areas of your life, learn to like it, and thereby adapt to it.

In separation counselling I say to people, "Love em before you leave em." It means, there's no use staying fixed in your expectations of a partner, leaving them because they don't meet your expectations and going to another relationship. The reason will become clear later, but for now, just know that what you judge you breed, attract or become. Frightening reality isn't it?

We can't change people. They are who they are. Our glasses can change, we can change our perception and with that there's growth and adaptation, but we can't change people.

Sometimes an expectation is built out of religious paranoia or fear, and even in this there is an opportunity for growth and adaptation. What you fear comes near.

You can keep a sense of beauty about your partner, no matter what. You're able to adapt as your eyes see more and your disappointments surface. In that way you can, if you choose, sustain that magic you felt when you first met.

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Stay or Go?

I get asked this question fifty times a week. Should I stay or go? And my answer is always the same. While you have to ask, the answer is stay.

We grow at the border of chaos and order. To the person who entered a relationship looking for a half life, the chaos is good cause to run away. That's human nature and with many relationships not bound by government or religious contract, the door is never very far away.

As a consultant for the past 30 years I've come to believe that there are no hard questions to answer, however, the wrong question is impossible to answer. In other words, if you ask me "stay or go?" I might be totally unable to answer so, it's the wrong question. Maybe the question is better put, "do I adapt or run, do I change my expectations or keep them and run to another relationship?" Now that's an easy question to answer.

Choose well - Stop Loss

Another great key you'll experience in this report, and one that's transformed the relationships of many people, is the ability to choose well in the first place. Now for some, this choice is past, but it's important to state here that people do put on a front when we first meet them.

In particular depressed, unhappy or stressed individuals get happy, undepressed and relaxed because they find a new relationship, but after the shine wears off, their true colours might surface. In this instance its a real possibility that you are in the wrong place.

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In business we speak about stop loss. It means, stop investing, sink the cost invested and admit defeat before more investment is wasted. Relationships are not business deals and stop loss can be very painful in a relationship, but it is a real and important option. Sometimes we just find ourselves in the wrong place at the wrong time and admitting that, as quickly as we discover it, is a really important long term integrity.

Whatever that choice, staying attracted to this person is still important. Respect, appreciation and value do not have to be a part of any stay or go model. We can stay attracted to our ex partners for a lifetime. That's an authentic and beautiful humanity to bring to any human relationship.

So, choices aside, a commitment to make a relationship work must start on the premise that your attraction to your partner must remain a priority whether you want to stay or leave.

That's human communication as it is meant to be and it is in direct conflict with many western religious judgements of worthy and unworthy of love. That's the real starting point.

It's easy when someone does what you want. But 50% of the time in a relationship that is not going to happen. Can you adapt, stay in your humanity fast enough? Most people don't, they criticise their partner and start wanting to fix or change them.

Here's a great insight that helps many people in this adaptation process but please remember, we're not saying stay or go, we're saying adapt, evolve yabastard, get over it. Then you'll be asking and answering better questions than that. All human good qualities, the ones we're attracted to, have consequences. Let's see...

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Consequences

Human nature is often stomped on in the interests of good community and safe society. We seem to like certain things about people and call this lovable and dislike certain things and call this, unlovable. But beauty is everywhere in your partner.

It's one of my favourite exercises to do with couples and that is to ask them to write down a list of all the positive things they really like about their partner. This list can be quite extensive, especially for newly weds (and in that lies a tale of its own).

Now with this beautiful list all complete there's a great feeling in the room, everyone has written down all the good news, basically, it's a list of where their partner meets their expectation. We call this attractive.

Now, I ask them to write down the negative consequences of each item of the good news. Let's try a few:

Good News	Consequences
Smart	In their head a lot.
Creative	Not always practical
Sexual	Demanding and emotional
Driven	Sets high standards of support

You can see this list could go on forever and it should. The great thing about the list is that everything people like about their partner on the left, produces exactly everything they dislike about their partner on the right. So, it's a great exercise to show that if we change the right hand column we kill the left.

(Some blank sheets at the back of the book for you to play)

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Now, this leads me to another important ingredient about attraction in relationships.

If you change to meet your partner's complaints, suggestions, ideas and recommendations for you, then you will sabotage your relationship. It works in the exact same consequential model as this last chart but in reverse.

Partner Complains	Result
Relax - lower your standards	Less driven
Less emotional - less demanding	Less sex
More practical	Less creative
Get out of your head	Boring

If you comply with your partner's complaints you may just end up being exactly like them. Remembering here, that they were attracted to a smart, creative, sexual, driven person when you start to comply with their complaints, which are really the consequences of all the things they like about you, then, well you end up shooting yourself in the foot.

That's why it takes courage to be in a relationship. You can hear a complaint, but can you not take it personally? It's a vital key in allowing your partner their opinion, without sabotaging your own attractiveness. But I digress, this chapter is about staying attracted.

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The Relationships Detox

I did Yoga Kriya's for a few years. In this, you drink clear goo, until you pass clear p...

In a relationship where you want to remain totally attracted to your partner, there's a really important detox you can do once a year because there are some toxins that, if you have them in a relationship make it hard to hold a real appreciation for the beauty in your partner.

Detox 1. The Blame Game Detox

Here, a person blames their partner for the lack of attraction they feel toward them. They might say, "You put on weight" or "you don't do this or that." This is the poor baby victim head-space and it's a toxin. By not taking responsibility this person is depreciating their partner instead of appreciating them. The Goo to take to clear this out is really great not only for relationships but for life in general. It goes like this.

List down all the ugly bits of your partner that you are not, I mean really not attracted to. Like this:

Unattractive	
Fat	
Grumpy	
Demanding	
Needy	
Selfish	
Pimples	
Lazy	

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Ok, that was fun right? So you can list up to 3,000 (yes that's a real three thousand) negative things about your partner. They are human and have every trait and if you stay long enough your list will grow that long... trust me.

Now, the detox.

Take the list and in the right hand column put in the exact opposite quality. Now, don't complain, maybe your partner doesn't seem to have those opposites, that's not important right now. Go on just write the opposite... try it. (there's some blank sheets at the back of the book.)

Unattractive	Opposite
Fat	
Grumpy	
Demanding	
Needy	
Selfish	
Pimples	
Lazy	

If you are having a struggle it's because we tend to become co-planar in our relationship with our partner: we only see them in one dimension, potentially that's most often at home. But if you expand the reach of your perspective, you'll see that your partner has roughly seven areas of life in which they function. Financial, social, career, health, family, mental and spiritual. So, they might be fat in the health area but really neat and trim in the financial management area. This is an extraordinary discovery. That absolutely every

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human being has two sides of that chart - called The “DETOX the BLAME GAME Chart.

Now, I’m going to push you to a new level of awareness that most people have never even dreamed possible right here in this little report.

Can you see the two sides of your partner? And are you willing to see that every partner has those two sides? And therefore do you love and respect your partner enough to accept the two sides of them but to focus your attention on the Opposite to the Unattractive?

So, if I am selfish, I must be kind - maybe not to you, but to somebody, somewhere, somehow. And what’s more, the degree of it, is exactly balanced. I can’t be more selfish in my life than I am kind, and visa versa.

This one DETOX is the single most powerful humanitarian realisation a human being can ever experience. No matter who it is, they have two sides. And they are equal. A terrorist focusses on one side and condemns, a lover recognises both (don’t want to be naive) but focusses on the good side. That’s how you stop toxin building up in your beautiful friendships and especially your relationships.

I’ve run this game with youth, with corporate CEO’s and most powerfully, with indigenous people who have confirmed that this is ancient teaching that comes right from the earth we walk on. Everything has a balance.

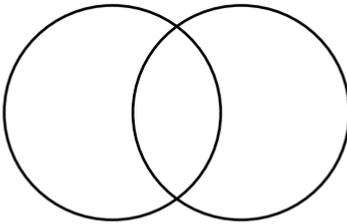
The one place it has not been welcomed in is fundamentalist churches who are determined to divide the world into acceptable and unacceptable human beings based on religious beliefs. That rubbish aside, to keep your heart open in your relationship seek the balance, focus on the good news: you’ll be in love forever.

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Detox 2. Get a Life Detox

Trying to fix, mother, father or change a partner. is more repelling than a trickster who wants to paint the world the colour they like instead of changing their glasses.

All of life is a matter of priority and relationship is right up there for most of us. However, there's an acute difference between being a partner and being a parent. Sometimes the lines are blurred and we start parenting each other - suckling instead of kissing.



In the diagram above there is a great and profound wisdom. This diagram is called the Vesica Piscis. It's great to look it up on Wikipedia.com. It represents the optimal overlap between any two bodies in nature. It explains the distance between stars in the sky, trees in the forest, molecules in an atom and you and your partner. The mathematics of this symbol are astonishing, however, right now in this report it is a great symbol that forms the basis of 'Get a Life Detox.

The area of overlap of these two bodies is 33.33333% meaning that the secret of a great relationship is 66.666666666% independence and 33.333333333% interdependence.

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Once a year, in the Get a Life Detox, it's a time to remind yourself that the key to remaining attracted to a partner, is for you both to do a reality check on the rest of your life outside the relationship.

66.66666666% of the key to a great relationship comes from being a great, happy, inspired individual outside the relationship.

There's no way around this.

Sometimes we put massive pressure on our relationships in order to get a life for ourselves. The consequence is toxic and we soon lose attraction.

In each of those circles, which represent an individual life, there are seven areas of life. Relationship is just one of them. The other six: Spiritual, mental, financial, career, health and social life are not independent of relationship, however, they determine the health of the individual who comes into a relationship.



Sometimes people find a relationship in order to escape the other six areas of life. Then there's a really intense dependence on the relationship and that makes all people attractive for the first few months then clingy and vulnerable for the rest of the time.

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A person might be mentally depressed or financially threatened or confused in their career, so they find a relationship to help make them feel better. But the Vesica Piscis determines that a couple can only affect 33.3333333% of each other's lives. So, that strategy causes loss in attraction between partners. Every time.

I've worked with so many entrepreneurs whose business has become far bigger than they ever dreamed, and subsequently they've lost their inspiration for the other six areas of life, they have the money, career social life, health in a state of maintenance, they get bored with life, they lose their inspired vision and so, they start focussing more and more in relationships, sex and affairs. I've witnessed the best of relationships collapse because entrepreneurs flattened out, got conservative in their life and turned their whole life drive into their relationship. That's a lot of energy to focus on people, a lot of expectations and demands.

So, once a year, sit down and check your life balance. Look at each of the seven areas of life and ask, "What would I love to BE, DO, HAVE in each of those areas? Don't stop asking that question until you have it nailed down. If you find yourself saying, "I don't care, or I already got what I want, or I don't know. Go to the back of this report and do the vision quest - or come with me to Nepal and get your Inspiration back. Otherwise BOOOM your relationship might be the price you pay for complacency.

Detox 3. Address Your Stress Detox

Hyperactive, running too fast, overly ambitious? Over driven people avoid intimacy, they have seagull relationships because they fly in, poop, and fly out.

Stress means we don't turn up. A stress detox is not a week in a health camp or a massage on a Saturday. That's a ridiculous notion for stress management. No athlete would train all day without recovery periods, and no wise entrepreneur burns themselves throughout the week without recovery. And, more important, no self respecting partner sits around waiting for an entrepreneur to sort out their stress levels so they can have some intimacy in between caffeine hits and emergency phone calls. That's toxic.

To stay attracted, you need to turn up for it.

If you turn up for love then the whole foundation of your relationship is solid. Love has to be at the core of your connection to your partner otherwise your relationship will be uninspiring.

Turning up for love is a skill. Many people do it by accident but that's hit and miss. There you are, picking your nose at a party and bingo, you're in love. Goodness knows how you did it or why.

Three years later the two of you are sitting there wondering what happened. It felt great, it was great, where did the love go? Perhaps that "bingo" was more infatuation than love. Now infatuation can evolve into love, but not without dedication, time and effort.

Love happens when you stop. Actually, it's always there but spin - mind noise, stress, expectations, emotions and a whole swag of stuff fogs our experience of it. So, if we don't know how to "STOP" we can't turn up in love, we'll be waiting for another accidental nose

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picking moment when it just happens again. Maybe next Christmas and maybe never.

The Address Your Stress detox is a potent and critical skill both for sport and good intimacy.

If we can't stop talking, thinking, worrying, comparing, judging, expecting, needing, wanting, hoping, wishing then we can't turn up and if we can't turn up, why are we here?

To demonstrate what turning up really looks like. Imagine someone sneaks up behind you and lets a huge fire cracker go off right beside your ear. BOOM... now, where are you?

Are you worried about your dinner? Are you thinking about ten minutes before or after this moment? Are you thinking about some proposal? Are you reading the paper? NO you probably wet your pants right here and now. And that (minus the unfortunate loss of control) is called turning up.

I'm not recommending that you do that fire cracker thing but we do need to acknowledge that it's getting harder and harder to turn up in a healthy state of mind and that's why so many relationships are getting toxic. The world still spins once a day, but we seem to be doing that at twice the speed. And relationships are paying the price.

Our heads can start spinning - thinking, thinking, thinking and they are hard to turn off. That might be a great skill elsewhere, but in a relationship, it doesn't lead to accidental nose picking moments or deliberate a fire cracker in the ear moments - it leads to lost intimacy and disaster..

Sometimes people turn-off their head spin by spinning it in the opposite direction. They use distractions like the TV, Ipod, a few beers or a round of golf. So, in between spinning to the right and re-

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laxing to the left with play, the relationship gets a fleeting moment, a morsel of attention.

Recovery on the Run for an entrepreneur is the same skill we use to fire an arrow at a target. In that time you'd concentrate on the moment, the bow, the arrow, the target. You wouldn't be talking about last week's tennis match or thinking about tomorrow's business presentation when you shot that arrow, would you? You would be focussing on where you want the arrow to land. The issue is one of being present, being in the moment, not re-living the past or worrying about the future, It is a matter of living here and now and focusing on what is really important. Turning up right now - in the moment - not distracted.

In the Address Your Stress Detox, your partner needs to be the target of your entire focus for at least 10 minutes a day. Now you might say, "I already do that." So, that's perfect, but in that ten minutes are you listening without thinking. Are you doing compassion, putting yourself in their shoes, feeling their feelings, tasting what they taste, experiencing what they experience.

It's not so easy as people think, this turning up.

Turning up in your relationship basically means falling in love with your partner each day, ten minutes a day, or anytime you choose.

That's what turning up means, just for a few moments here and there you deliberately and perfectly fall back in love with your partner. Again and again and again.

In sport, turning up means being in the zone. In business it means being inspired. Learning to turn up in your relationship is the easiest of the three so why not start there? It benefits all areas of your life.

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Don't wait for sex or the weekend, birthdays, valentines day or annual holidays. Turning up each day involves learning to turn off the "all about me" mind and turn on the "all about you mind."

That's one of the most powerful outcomes of meditation. The great meditators sit in caves for years to learn it, and here you are, cutting through the fog doing it in the real world of your relationships.

Learn to listen with all your being, that's compassion and the ultimate Address Your Stress Detox.

I think this is why people love to kiss. Because when you kiss on the lips you really turn up. You can't talk, it's a part of listening.

If you haven't got a partner to turn up with, practice with a tree. Listen to a tree with all your senses.

In our old house my partner and I used to leave the TV on. So, one ear would be listening to the TV the other to each other and the other ear, the inner ear was probably listening to our own inner voice rattling away, spinning and thinking.

What makes a person feel loved? It's when we turn up.

When we turn up our partner gets turned on. When we turn up 110% they feel totally met, completely accepted, totally embraced. It makes them tremble at the knees. That's not a bad result of a Detox and it takes just ten minutes a day. What better investment could there be?

Detox 4. Getting Off Your High Horse Detox

Unfinished business makes it hard to be really open to the whole breadth of relationship and therefore almost impossible to stay attracted to our partner.

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Let's say you went through a recent divorce. Your partner really pissed you off and so, gratefully you move on. Now what?

What happens if your current partner does anything that remotely reminds you of all the things that caused you to so angrily dislike your ex? All of a sudden you'll be on red alert, and if that behaviour pops up, you'll shoot it.

Relationship terrorists can also carry a lot of baggage from past experiences into their current relationship. That's a sure breakdown in real communication, and a guaranteed loss of attraction.

So we need to flush any of that old crappy mindset down the toilet so we can enjoy and celebrate getting a whole lot of new crappy mindset in this relationship, rather than just repeat and repeat old stuff.

It's an important point. There's always going to be crappy stuff, the only question is whether you dredge up the same old, same old garbage for the whole of your life, or find something new.

I think nature prefers we process the old and move to the new.

Here's the process. Now, I usually help people through this process in a workshop, and so, I want you to be really compassionate with yourselves here in this detox. Play the game, have fun with it and do it a few times on a Friday night in bed. It's a hoot.

So, the first thing you both need to do is to get off the high horse. What's that mean?

Well human nature usually wants to define our personality by separating us from others. It likes to say, he's that, I'm this. It's the old primal competitive spirit. So, with that we get on soap boxes and start defining ourselves by how much better or worse we are than someone, in particular, our partner. This is the high horse.

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Getting Off Your High Horse Detox

Step one, the good news.

Here we're going to get off the high horse by finding where we are the same as anyone else we choose to nominate, but I'd recommend you do this the first time with an ex partner (someone you still have anger or infatuation about) as the target.

The table below is step one.

Getting Off the Positive High Horse - infatuation leveller.

1. Trait	2. W..I.H.T	3. Neg 1	4. Neg 2
Nice	p,k,t,j, l	Not totally honest	Hold back, swallow anger

In column one list all the good personality traits you like in the person you are dealing with.

In column two list the initials of all the people who would say you have the same traits as column one.

Column three write at least two negative results for others that we do what we do in column 1.

Column four write at least two negative results for ourselves that you do what you do in column one.

Now you are half way off your high horses...

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Step two in the game of getting off your high horse: the bad news.

5. Trait	6. W.I.H.T	7. Pos 1	8. Pos 2
Mean	e,d,f,g,l	Strength, Self-aware	S a f e , independent

In column five list all the bad personality traits you dislike in the person you are dealing with.

In column two list the initials of all the people who would say you have the same traits as column one.

Column three write at least two positive results for others that they get from what you do in column 1.

Column four write at least two positive results for ourselves that you do what you do in column one.

Now you are well way off your high horses...

This can be a great game. There are some blank sheets at the back of this report.

Detox 5. Your Stress Is Not My Stress Detox

A couple who are caught up reacting to each other are going to snowball their stress and kill their intimacy. Their tension will sacrifice all that is special by trapping the ego in an emotional tug

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of war. The harder one person pulls on their emotional strings, the harder the other will react. They will, in the beautiful ambition to help each other in love, undermine their whole capacity to live what they deserve together.

Somebody has to stand still in a relationship to let the other person spin. There will always be one person spinning, stressed or flustered and in these times the other partner has to love them enough, to be vigilant enough, to stay still.

When you feel stress in your partner try not to react to it, try not to jump in and fix it, simply reconnect to your 110% Stop and let them spin, affirm: “Your Stress is Not My Stress.”

Releasing a person to have their stress is sometimes frustrating. They disappear off the radar for days and weeks, but if we react, if your stress becomes my stress, we turn a few days of compassion into a month of yo-yo relationship.

Intimacy comes in many forms. Deep intimacy is a wordless, action-less. So, by not reacting, we hold intimacy at least in our heart, and just wait for the spin to slow down to enjoy it in other ways.

I describe it like this. If a person stands in the middle of a room and swings a metal chain around the room, you’ll soon learn to stand outside the reach of the chain. That’s the “Your stress is not my stress” process. So, the more stress they have, the less sexual intimacy we can have because that stress is, like the metal chain, determining how close we can stay.

The, “I can fix your problems” intimacy means we run in and try to stop the chain, block it, or even get hit by it. But if the person swinging the chain doesn’t learn to stop swinging the chain, if we are always rescuing them, then they’ll keep causing the stress. We

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can't change that by running in and grabbing hold of it. Control doesn't work.

What works is being inspired regardless. It's almost ambivalence, a space where you become unaffected by their drama. You simply say, "Your stress is not my Stress." People complain to me that this is really unsupportive, and I don't mean to imply that we stand back and don't lighten the load for our partner, but we don't get emotional, we don't get stressed or reactive, that's the point.

It is so important to hold this loving stillness in relationship. If you start reacting to your partner reacting to somebody else reacting to somebody else who is reacting to global warming, you've just made your relationship a complex catastrophe instead of a sanctuary from which some real change could take place.

Reacting to reaction is a rebound effect. The weird part about this is that when I tried to help my partner reduce her stress, she felt judged and therefore unloved. The more we react, the less loved our partner feels, so, then they react, which in turn causes us 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 responsible for.

The ultimate awareness is to understand that people cause their own stress. And that's part of the support and challenge balance that is life. If we don't react, then nature will, in the right time, teach.

CHAPTER 5 Good Music in Your Relationship

What's your favourite music? Do you like rock bands or symphony music, or blues or jazz?

What would happen to your favourite music if it was limited to one note and one instrument? What would happen, let me guess: you'd become bored....

There are seven levels of relationship, and it's important to play them all, as you would play a variety of instruments in a band or orchestra - but this time, it's your relationship.

Consider the 7 levels of relationship like a tree. The roots are based in the physical and the very highest leaves are based in the zone of 110% Stop - Unconditional love. The higher we go on this tree, the less emotion dictates our motive, and therefore, the more emotion we need to inject in order to be romantic and physical with our partner.



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Physical Relationship - Primal Rhythms - Got to...

The most primal level of intimacy between two people is physical. That primal drum beat underpins most music, gives pace and rhythm to life and can be heard over all the other instruments.

There are many different instruments in the rhythm section from tiny triangles to classing symbols and powerful drum kits. All sorts of tempos all sorts of beats.

What's yours?

Keeping physical intimacy healthy and good quality is a really vital part of good relationship. Making sure it represents a real connection between two individuals is a discipline in its own right.

Laziness is the big culprit of so much lost physical intimacy. At the start of a relationship, emotional infatuation can drive desire, but when this naturally wears out, we have the opportunity to raise the motivation for physical intimacy from infatuation to many other driving forces. All of them represent a keen appreciation of the beauty and physical existence of our partner.

Lost libido, impotence and reduced physical intimacy are mostly caused by mental states that translate into physical. Stress, anxiety, anger, resentment and lost appreciation for a partner are just a few of those mind states.

Physical intimacy is a real tangible measure of what is going on at a less obvious mental and emotional level. Faked physical intimacy - like not even mentally turning up or physical connection without intimacy and affection reveal significant lost quality in other areas of relationship that are often swept under the carpet.

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Mental Relationship - The Theme Song - Should do.

The common values and trust people have for each other form the equivalent of the music itself - the theme song of the relationship. This is not so much an instrument in a band but the music from which a couple draw inspiration to be with each other.

This music score needs to be harmonious. This means that core values are similar, visions of the future are similar and, in essence each partner admires the intent of the other.

Liking each other as individuals plays a vital role in bonding and trust. This acceptance of the beauty of an individual is deeper than skin and goes to their real actions, intentions and integrity in life.

Mental motivations are less physical however, they do engender a feeling of commitment. It is based on not physical but mental perceptions of values, goodness, ethics, and beliefs. Ultimately it builds the music on which a partnership can be sustained, trust.

Moral based, this level of relationship is experienced as highly conditional and is often the basis of dishonesty, deception and pretence, facades that are - in the long term unsustainable.

This is the commitment level of relationship. 99% of people in the modern world base their relationship on this level of common values and trust. Sadly, it is all too prone to change.

This theme of the relationship is often the basis of manipulation, control and forced compliance.

A couple who find this solid theme for their individual lives to overlap will be magnetic and inseparable.

This is the realm of expectations. It is a wonderful gift to find someone you trust, someone you believe in, someone whose values

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are the same as yours. You hear them speak, see what they do, watch them, measure them, and finally trust them. This is how harmony is created - and lost.

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 commitment.

Emotional Relationship - Lead Instrument - Need to

Romance comes from appreciation and this is the emotional level of a relationship. If the physical and mental levels are solid, romance automatically evolves.

The Need To brings the physical and mental levels of relationship to life in the form of day to day appreciation for each other.

It is, like the physical level of relationship a real test of the authenticity of the relationship. When romance and appreciation are healthy, quality control is at its best and a couple will feel better together than apart.

Because commercial aspects of appreciating each other have swamped the real lead music of a relationship, people often forget romance is an attitude to life and wait instead for Valentines day or special evens to “make up” for what they forgot to do on a daily basis.

Appreciation is that actual sound that comes from your relationship. The physical and mental levels can exist with or without a happiness, but happiness cannot exist in a relationship without the real sound of appreciation.

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All reference to “feelings” in a relationship are anchored in this level. This is the measure of a couple’s capacity to adapt to circumstances. There are always potential wet blankets, distractions and alternatives that can drain our appreciation away from each other and when this happens, we begin to depreciate each other.

Appreciation is a sensational word in relationship. It means, in this context, that each person in the relationship feels better in the company of their partner than any other human being. Relationship means - the most appreciated person.

This often dies around children who can take over the music of a relationship instead of dancing to it. There are many other attractions that can displace the real core of relationship, including success, sport, and self.

What you appreciate grows. And if our partner is not the most appreciated human in our life, second to none, then the relationship falls back to a mental and physical experience. A drum beat, a theme song but no real attraction, no music.

Heart Relationship - The Conductor

The heart is the highest level of human motive for relationship. While physical attraction creates the rhythm, and mental values create the music score and emotion creates the lead instrument of romance, the heart level is a place in which we are bringing all that together to ask, “How do you make ME feel?”

An open heart is an extremely sensitive and precious gift and when we have this in a relationship we are reaching the highest of vulnerability and personal experience in love.

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An open heart comes from satisfaction. It is the result of satisfaction of the physical, mental and emotional levels of relationship. It is, in fact, the ultimate purpose that drives all human beings to want to be in a relationship.

When our heart opens to another person it is because all three of the lower realms are satisfied. We feel physically, mentally and emotionally open.

To witness this experience in a relationship is a potent achievement in our life. Sustaining it, now that's a very precarious path.

We might be able to measure our physical attraction, mental satisfaction and emotional gratification based on what somebody does to us. But an open heart, that cannot be given to us, it is 100% based on how we choose to perceive and interpret life.

Blaming and victimising, close our hearts. We can say that a person broke our trust, or isn't attractive, or doesn't act romantically and therefore close down the lower three levels of relationship. But the heart level, that's all about us.

An open heart to a partner is the real conductor - lead singer of the music we bring to life. Relationships are where we have the most opportunity to rise to this level of self-responsibility, but ultimately, the quality of an open heart has little to do with anything else in life, that ourselves.

An open heart is our real humanity. Here, we find four powerful states of our being. Appreciation, generosity, compassion and kindness. This is the highest state of the human condition, a state of personal mastery, self leadership and independence in which we have achieved immunity, we are playing our own song in life.

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Unhinging this state of an open heart from physical, mental and emotional appreciation is almost impossible and takes a huge commitment - almost a religious or spiritual separation of the heart from the mind and body. Therefore, the great importance of good quality relationship can be seen as a pathway at an open heart in life.

This open hearted state is referred to as self-actualisation, a realisation of the highest state of personal contentment and happiness - a precious and potent state of life.

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 unique. When we experience this state with a person, we often say we have found a soul mate.

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 - the top three levels build the spiritual life. They meet in the heart.

Desire to - The Journey - Verses

Where are we going? Where is this music taking us? The start, middle and end.

What is your vision for life together? What are you creating as a couple? Where does the future lie for you both? Who else can you impact by being together?

Nothing happens in this universe, for nothing. A relationship built on self gratification will never last. The Me, me, me, my, my, me, I, I, I, is a great trigger to want to find a mate, but it will never, even if it does achieve that open hearted state, sustain a relationship.

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The real question every human being asks, is the same question that every piece of great music must answer, “Where am I going?”

Many relationships start physical, move to mental - create commitment and thrive in romance and appreciation - many relationships cause an open heart, but the relationships that survive are always answering this question, “Where are we going together?”

This question is easy at first. Babies, home, fun, life and conventional aspirations, but what happens then? What happens when the babies arrive, the income is paying the mortgage and life gets into a rut. What happens when the children get old enough to shake parents lose? Why are you together now?

The possibility to create something on this earth bigger than the individual, to leave an immortal impact is a potent but often hidden motive in relationship. Children are such a gift, but our children are not ours, they are only leant to us. What can you do as a couple to create something, even as individuals within the relationship, greater than self? This is the hidden question and one that the answers to, determine the longevity of any relationship.

It is a great insight. Physical, mental, emotional and open heart attraction between two people will not bind them in a relationship. What they can create as individuals and a couple, greater than themselves (beyond self gratification) determines the length and time of a relationship.

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Choose To - Love to - Inspired

In music the mystical exists.

Between the lines of a song, or hidden beneath the music buried in the notes are the thoughts and inspiration of the composer.

And buried within the realms of the music that is a relationship are the thoughts and inspiration of something far bigger than we can ever imagine. This is the Everest of life. The highest peak of human communion.

We can't put our finger on it, and words fail to express it, but relationships are very sacred. Whether they last a week or a lifetime, the world changes because of love.

It is not our role to judge physical, mental, emotional or heart love - simply to say that whatever level of love and relationship two people share, for a day, a week or a lifetime it is sacred.

We might have our trust broken, or lose physical attraction, we might lose appreciation and the relationship might die, but for the time it was awake, albeit a few moments, that love is sacred. The inspiration of the composer, the order in the chaos exists, even if we cannot see it.

It is at this level of relationship that these considerations become apparent. We cannot have a broken heart or blame anyone, be angry with an ex or in any way lose trust if we can rise to this awareness, all love is sacred, nothing is ever wasted.

Here, the world has become your family, all the children of the world are your children, all the women sisters, all the men are brothers. Those older people your ancestors. The whole world is your home and everyone is visiting with you.

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Ultimately, the greatest expression of this hidden inspiration that sits beneath every relationship comes in the form of detachment, letting go.

To the individuals who live together at this level of relationship, all of life is important. From the nastiest emotion to the most trivial action, all of life is sacred. Every flower is a prayer, every quarrel 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 The Cause of Lost “Into-Me-See” - Lost Intimacy



Lost intimacy is the result of not turning up.

To learn to turn up in a relationship is without doubt one of the most important skills for intimacy in the long term.

Taking off our clothes is easy but taking off our “mind clothes” is not.

“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

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One of the big causes of this challenge is the fact that we get wound up in such a way that moments of turning up - falling in love - don't come frequently enough.

Lost Physical Intimacy

Physical attraction is based on the primal paradigm of pleasure without pain. The more a person associates pain with that pleasure, the less physical attraction there is.

When a couple first meet, pleasure is easy to associate with physical attraction. However, after time, there may be tiredness, emotional neediness, demands and complaints that bring the pain side of pleasure up and this negates physical intimacy.

So, it's rarely the lack of pleasure that causes lost interest in physical intimacy but rather the presence of pain, discomfort and negative thoughts that "turns people off."

- * *Body Odour*
- * *Bad Breath*
- * *Complaints*
- * *Demands*
- * *Pregnancy*
- * *Inability to climax*
- * *Erectile dysfunction*
- * *Lost creativity*
- * *Repetitive*

Even though some of these are mental, they can still be directly associated with pleasure cancelling negative experiences.

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The more pleasure a person perceives in physical intimacy, the more of it they desire.

Lost Mental Intimacy

Mental attraction is based on the expectation of elations without depressions. The more a person witnesses the real duality of human nature, the less mental attraction they feel.

Infatuation is the height of mental intimacy. Infatuation means “all good.” Such expectations of human nature are usually based on an injury from the past. Hoping to find an “all good” person creates a huge infatuation that is eventually debunked in reality.

When we come to understand the duality of human nature, we see that there are two sides to everyone. Once we grasp this concept, then we can avoid the opposite of infatuation, which is depression.

Lost mental intimacy is revealed in: anger, jealousy, hate, depression, frustration and greed (possessiveness and control).

Sustaining mental intimacy requires mental balance.

Elation balanced with depression

Good balanced with bad

Right balanced with wrong

Uppers balanced with downers.

Many people mistake infatuation for love. They fall in lust, or fall in infatuation both of which are unsustainable. Those in-turn cause an early thrust of commitment, sexual desire and romance but end with bunt out of all three.

Lost mental intimacy also comes from the loss of trust. When we try to clone a partner or a partner puts on a false front, a confronta-

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tion (conflict) is inevitable. This will result in what is commonly called, a broken heart.

Lost Emotional Intimacy

Appreciation is a motivational technique. Please see this clearly.

When we appreciate what a partner has, and we want it bad enough, we will seduce and romance them in order to get it. So, offering appreciation to a partner is how we get what we want. That's called romance.

Sometimes, and all too easily, we get what we want, or we stop wanting what we get, and the ultimate result, is a loss in emotional intimacy, romance.

Appreciating people, motivates people. People become as we treat them, and by appreciating someone, we really do engender a great feeling of happiness. In relationship, appreciation is seduction and romance.

When we don't want anything from a partner, or when we start taking what they give to us for granted we stop appreciating them as much, and as a result, we depreciate them and what they give.

Complacency is a low intimacy state in any relationship. We gravitate down to taking people for granted, and so remaining emotionally intimate and romantic is a discipline of commitment. To remain grateful for what a partner provides is the single most important discipline in relationship.

Many people hold something back from their partner in order to maintain this appreciation, romance. They don't throw them-

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selves 100% into the relationship in order to keep their partner appreciative.

That technique is certainly more healthy than throwing so much of your life at a partner that they take you for granted.

As you see in the “Get a Life Detox” only 33% of your life can be merged in a relationship, the rest is for you to manage and inspire yourself as an independent individual. Lost individuality is one of the reasons that intimacy can be easily lost.

When you appreciate what a partner brings to a relationship you get to stay in that relationship.

A Closed Heart

Our heart opens in a relationship because our partner makes us feel good, in other words we admire them, and being around them feels good.

Heart intimacy therefore, is a very fickle and sensitive part of a relationship. There are many people who offer physical, mental or emotional intimacy but never open their heart. They are driven to relationship for other reasons than celebrating love.

When we lose faith in ourselves, lose our confidence, lose hopes for ourselves we close our heart. That closure always includes our relationship.

So, a lost or closed heart, is more a sign of a problem with self leadership than it is with the relationship. However, it affects our relationship more than any other area of our life. To live with someone who has closed their heart to themselves is very difficult on many levels. First, by staying we are often condoning that self-destructive

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state, second, by staying we may become the kicking post for the heart break our partner has, rather than face their reality.

When a person starts to struggle with their self-respect, they will close their heart and go seeking substitutes to remedy that feeling. They'll go to the four substitutes: Food (including substance), greed, sex and/or spirituality to survive. This often leads to addiction and affairs.

When a person's heart closes to themselves it closes to others and that in turn triggers significant appreciation for pain relief. The form of that pain relief can be diverse, it can also be very seductive to the unsuspecting lover.

Self-respect is a really important element of heart to heart intimacy.

Lost Future Intimacy - Dreams

Couples who dream together stay together. When a couple cannot vision a better future together, the intimacy of their relationship will suffer, or, drop down into the physical, mental or emotional levels.

Often, lost intimacy that comes from broken promises about life or fulfilled dreams, causes a couple to revisit old motives for their relationship such as physical or emotional intimacy. This is a band-aid for lost vision in a relationship

Sometimes relationships achieve everything they can in a very short period of time. Then the couple is left to consider maintaining that "current reality" for the rest of their time together. This is a real dead end to inspiration and intimacy for a couple.

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Although this is not a prime intimacy issue in the first phases of a relationship, it is, ultimately what keeps a couple thriving together.

Lost Inspiration Intimacy

Turning up for a relationship, really does involve drilling down into the sacred space of inspiration together. This space, beyond contracts, words, actions and expectations is, in this authors life, the real spiritual core, the ultimate reason we celebrate relationship over and above the physical and material experience.

Entrepreneurs and independent people spend a lot of time trying hard, practicing disciplines, working to a schedule, maintaining patterns. So when there is a need to stop, they often don't know how. They try hard to turn up, but the trying sabotages the arriving.

The Ego hates the idea of turning up empty. Our mind even makes excuses like, "Ooh I am too busy" or "Oh, I'm OK, I'm already fine". There are thousands of mind games because to be emotionally and mentally naked, to sit in silence and feel emotionally empty is a strange feeling for driven people. We can think, "Oh, I'm not doing anything, I must be not doing something."

Noise can run our relationship, just like it can run our business life. Always busy doing, we can forget the sacredness of silence and just being together. Whether it is a religious practice or a spiritual practice or, like me, just being with my partner in nature, these few experiences are a great antidote to lost inspiration intimacy.

Inspiration in a relationship is a ten minute sanctuary where intimacy on a very deep level can be shared, without physical, emotional or mental action. This meditation can lead to very deep expe-

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rience, which, when missing, leads to lost intimacy at a very deep personal level.

Those moments in life in which true love can exist, require that we cease thinking and worrying and striving just for a few moments each day. Firstly, alone, so that we can bring our authenticity and self-love to the relationship and secondly, with our partner.

I went to India to study yoga for six months with my partner in one relationship. That practice of yoga really humbled us and as a result we shared the most beautiful time together. It wasn't India, the smell of diesel fuel or the lung killing dust, not the diarrhoea or perpetual melodrama of our western friends moving in and out of relationships. It was the pure humility and simplicity of a time when we shared a common journey and were bought back to the simplest things. The simple humble people on the street painting their doorsteps, lighting incense and touching their forehead to statues. It was the simple reverence to nature and creation that made turning-up for love, so simple and easy.

It's important that with all the to-do lists, schedules, emails, reality TV shows and bus timetables, that we just don't forget to be simple in life, with ourselves and as a result of that, our relationship.

So that we don't get into rebound stress, reactive loops of stress and emotion we need stop running for a few moments each day. Times when we can forget about the mortgage, the rent, the fat on our belly, oil in our hair, the spot on our face, the next deal, the kids at school, the yoga back bend, what people think of us and just be in love.

CHAPTER 7 Magic Mirror - Staying Attractive

Self respect is the grass root of relationship. Nobody can do to us more than we do to ourselves. If we don't respect who we are, no matter what it is, we can't expect respect from others.

What we do outside our relationship affects our relationship as much as what we do within it. This surprises many people as they feel that relationship is a separate topic to how they act and what they do in their life. But the thing about a relationship is that people get to see, over time, the difference between what you say, and what you do.

When we are single, we can say one thing, do another, play another and put on a brave face. We can sleep all day and no one will know it. We can even get a bit drunk and no one will know it. So, being single is attractive to many people who don't want the world seeing them in the "flesh."

Self-respect means liking ourselves both the public and the private one. This is not always as easy as it sounds. Firstly, it's easy to justify what we do, rather than accept it. Say, for example, I get really down. I hold that downer until nobody is watching me. So, when I'm single I say to myself, "it's ok, just slug out and watch TV." But when I am in a relationship, I don't get that permission, or better still, I don't give myself that permission because I might be trying to impress my partner. That's the beauty of relationship, it

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shows us where we are beating ourselves up or ashamed of whom we are behind the scenes.

The second reason that liking ourselves in a relationship is difficult, is because we have the capacity to lie. We can hold onto our real experiences until both our partner and the world at large can't see them. Now, we've internalised our real feel. Real Feel internalised means we're chewing, stewing and brewing and that's mind noise. Mind noise in itself is like a rat nibbling at cheese, where in this case the cheese is self respect.

What you do outside a relationship is as important as what you do in it. It both affects your own self-respect - and no one can respect you more than you - and, it reveals to your partner who you really are, in total.

Here's a good example. Lets say a man comes home and hosts a dinner party for friends. His partner celebrates that night in order to make it good for her partner. After the friends leave, the guy starts bagging them, criticising or being sarcastic about them. His partner sees that there's a double standard in him, and she begins to realise that this could apply to her as well. She's now not so open with him.

Remember, your partner treats you as you treat yourself. Putting up a false face in order to gain respect is exhausting. It certainly wins short term infatuation, maybe even short term commitment. But it's far healthier in the long term to be authentic and admired for that, than fake and try to keep up the facade.

We can't ask to be respected or admired more than we respect and admire who we are ourselves. This is not grandstanding. It is simple self respect.

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Looking into the Magic Mirror

Physically.

Stand in front of a mirror naked. Do you like what you see? If not - either change what you see or change how you see it over the next months.

Mentally.

Look into the magic mirror of your mind. Do you like what you see? Do you like how you think about people, how happy your mind is? If not, either change how you think, or change how you see how you think.

Financially.

Look into the magic mirror of your finances. Do you like what you see? If not, set up a plan to change it or, change how you see it.

Career.

Look into the magic mirror of your career. Do you like what you see? If not, either set up a plan to change it, or change how you see it.

Social.

Look into the magic mirror of your social world. Do you like how you contribute to other people's lives, the impact you make? If not, either set up a plan to change it, or change how you see it?

Spiritually.

Look into the magic mirror of your human spirit? Are you happy? Are you great to be around? Do you inspire peace in your own and other's heart. If not, either set up a plan to change it, or change the way you see it.

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The journey we take learning to be happy both in and out of our relationships is a really important step for healthy relationships. Basically, it means learning to like ourselves. If we are unhappy, or depressed and we get happy because we got in a relationship then, it's a guarantee, we'll revert to that original unhappy space eventually even in the relationship.

Relationships do not make people happy. They celebrate happiness and good health, so, entering a relationship might solve some personal issues for a while, but not forever.

Being comfortable in our own skin has many layers to it.

The idea of being comfortable in our own skin, to be our own best friend really means we like ourselves. It means we believe in ourselves before we start impressing others.

It can be a confusing journey because we usually start off by setting a whole swag of expectations and achievements on the wall and saying, "when I do that, I'll really like myself." Sometimes those are wild crazy things, sometimes those are serious achievements. But either way, they are expectations we place that say, "Right now, I feel crappy, but when I do x,y,z I won't." And that's a problem.

Even when we hit those targets we find an extraordinary discovery: And that is that when we hit a target, there's always another target. The more we achieve, the more we want to achieve. We need to become our own best friend instead of asking partners to be that for us. At first, it can be a nightmare. What are we meant to do?

Enjoying alone time is a whole science. Let's exclude computer time, TV time, down the pub time, playing sport time and reading the newspaper time. And talk about just being alone for ten minutes

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a day, doing nothing, sitting upright, good posture, good breathing, clear mind, feeling what it's like to be an adult with a heart inside.

For my clients, I ask them to connect with their inner child. It's a 3 year old kid, inside us all, and it often thinks in contrast to our adult needs. It might feel sad or happy even while you go about your day as if it doesn't exist. This might sound like therapy or something but it's not. This is the human spirit, a child and it's all too often negated as being irrelevant, childish or trivial to the big picture.

My client was going through hell in his relationship so I suggested he reconnect to this inner child, his spirit. He did and with that, started to compose music and sing again. Within a few months he was totally on his feet, and his relationship was sorting itself out.

Being alone each day for ten minutes can make a big difference in our lives. When we first start consciously sitting down to be alone, we often need a book to read or at least a note pad to get things out of our head and onto paper.

But eventually, being alone each day for a few moments of personal 110% Stop is a great enjoyment. It means without music or distraction just sitting down and seeing how things feel inside. Call it me time or some Zen time.

Sometimes we don't want to slow down, life feels great and really exciting so we are tempted to skip that time alone and just throw ourselves in at the deep end. But after a few bad choices we realise that just a few minutes of a reality check each day can make a great impact on our happiness, and in turn, our relationship.

Real happiness doesn't come from the outside. Doing things to make us happy is a never ending battle with life. It's much wiser to be happy and then go do things. A simple but powerful shift.

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In the times when we are single in our life, it's wise to spend the same time doing 110% Stop practice as we do when we're in a relationship. It's vital, because we know that nobody can treat us better than we treat ourselves.

Staying attractive means liking ourselves. That does not mean putting on robes or decorations. We can become a Hindu, or a Christian or a Muslim and move to a commune, but if the minute we stop our practices a crack appears and we find ourselves back where we started, then those practices were only on the surface. Underneath ideologies, concepts and philosophy, we don't really need to change at all. Even after 20 years of spiritual practices, highly disciplined Yoga and Zen, nothing changes, we are who we have always been, just dressed up in different clothes.

Learn to be content with life. Find contentment within yourself. There is a great Buddhist saying and that helps:

“Learn to be content with what you've got, not discontent about what you've not.”

Remind yourself that there is absolutely nothing to change, only something to appreciate about yourself.

Remember that your immune system is directly connected to you gratitude for your life. The more you appreciate yourself or others (same topic) the more your immune system will improve. No herbs can fight this.

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Peace of Mind

The right viewpoint not only makes clear the small size of this world in relation to the whole plan of nature; it also shows the unimportance of worry and anxiety.

The more we can expand our viewpoint of life, time, space - the more peaceful your mind will become.

If you look at the fields around you, a broader nature will become obvious. If, from the fields, you look at the forests and valleys and then to the mountains and far across the ocean to other lands, your viewpoint will be greatly shifted: you will no longer be limited by a bubble viewpoint. And with this will come a greater calm rather than a razor's edge of comfort. It is only by travelling outside of your self-consciousness that you can obtain a peaceful state of mind.

Peace of mind is so important, in fact the single most important element of being loved and attractive. A stressed, tense, mentally unwell individual can have many things but the essence is that they will not remain attractive. The stress is infectious, repelling and heart closing.

Mental health in a relationship creates the space for intimacy. This does not just mean therapy or sorting out emotions but more, the achievement of a state of mind that allows your partner to get close to you, underneath all the needs, wants, emotions and expectations.

It's also an ironic twist that people who lose their inspiration at work, struggle with their home life. This happens because when people are uninspired at work they try to compensate at home. This

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all too often overloads the relationship, rather than bring something great to it.

Here are a few ideas to protect the quality of your relationship:

Fix your work hours and never compromise it

Play between work and home.

Learn 110% Stop techniques for Stillness on the run.

Make turning up at home the highest priority when you arrive.

Split out some US time every day for ten minutes.

Be Generous with compliments

Appreciate your partner as they are.

Don't bring work into the living areas of your home.

During my two year full time MBA there was not one single class about relationship, about domestic stress management, self-responsibility in health or the art of turning-up. Which is ironic because if you ask any serious leader in business they'll tell you that those skills are absolutely important to success.

Stressed and dizzy people push others away. Stress, emotion, worry and excess ambition mean we might be losing everything we're working for and the irony is, the harder we work for it, the less intimacy we will share. So, we can easily be running in the opposite direction to everything that is important to us.

Real Expectations

Here's what we can learn about evolved relationships from nature.

1/ People fall in love in a moment of Stillness - non trying

2/ If there's no challenge there's no relationship

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- 3/ Emotion is made up of imbalanced perceptions
- 4/ Blame doesn't grow, heal or build relationships
- 5/ Love lasts -relationships sometimes don't
- 6/ People become how others treat them
- 7/ What people appreciate grows. What they depreciate dies
- 8/ Nobody does anything to us more than we do it to ourselves
- 9/ There are seven levels of love - Gross to Subtle
- 10/ What people judge in others they become

You can't fake it

I lied to my first wife. She used to wake up in the night crying from a dream she'd had about me and another woman. Those dreams were all too accurate. What a bastard I was, but I thought that I could fake it. I lied, then I lied about the lie, then I lied about, lying about the lie.

We're messing with other people's lives when we do this stuff. It's better to be just plain honest and either not do things we need to lie about, or fess up if we do. Really, we're totally transparent and when we lie, we're wasting precious years of our partner's life. Really they could be out falling in love with someone who has integrity to them. It's ok to want to cheat, that's human, but doing it, that's really saying you want out but don't have the guts to leave.

Be your own best friend

Single people are often fit, healthy, happy, enthusiastic, relaxed, inspired, ambitious, friendly, have a good group of friends, have plans, dreams ambitions, visions, fun nights, flirt a bit and spend

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time making sure they look good. They have the time for it and they are a bit lonely, so they are motivated.

Single people sometimes get into a relationship then forget fitness, get unhealthy, be boring, lose enthusiasm, get tense, be uninspired, drop goals, drop friends, lose interest in plans, dreams and ambitions, stop going out for fun, limit connections to people because they are not lonely anymore.

You can't give what you haven't got. So, become your own best friend and make sure that it is constant whether you are single or in partnership. That way your motive for love is love and your actions are authentic, not based on the fear of loss.

When you go to the bathroom and strip down all your clothes, who do you see? Are you happy to see it?

When you sit alone in nature with nothing to do, no one to talk to, no ipod to listen to. Alone with nothing to do. Do you like that feeling of being with you?

When you do something wrong, or when something goes really bad for you, a personal disaster, how do you feel about it? Do you feel like the captain going down with the ship or do you feel detached watching from above?

Here are some hints for becoming your own best friend.

1. Feeling generally happy with who you are
2. Being confident in your ability to survive your worst fear
3. Having energy for life, feeling enthusiastic about the day
4. Having work that you really enjoy and find rewarding
5. Having a physical regime for exercise 3 times a week
6. Being your healthy weight

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7. Being inwardly calm and centred
8. Feeling positive about life and the future
9. Having friends outside your relationship
10. Enjoying a hobby or activity that inspires you
11. Making a contribution to the world
12. Having a long term goal set you are working toward
13. Having a picture of the future that includes your partner.

Evolve Your Process

Refusing to compromise in a relationship is a significant test of virtue. There are a million excuses why we can compromise. We say, “I’m not feeling well” or “I’m under pressure at work.” I guess there’s a short term and a long term compromise, but in my experience, they both end up causing significant loss. Why compromise? If it is stress at work, fix it, not by backing away from your job, no, that’s disaster.

Fix it by raising your science of self management. Looking after yourself is an ever evolving process. Instead of staying fixed in your thoughts, like I’m a Taoist, or I’m a Buddhist, or I’m a Hindu, or your process, like I do Yoga, or I do cooking, or I do hard work, look at ways of learning more - adding more to your self management process.

Compromise in relationship is usually caused because a person is fixed in their approach to life-stress and pressure. There are different techniques and they are all targeted for specific levels of stress. As stress goes up, so do the techniques. Don’t back away from work stress, learn better ways to handle it. Evolve process.

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Beware Personal Growth Seminars

Although I run personal growth seminars myself, I am not a great fan of them. There are two reasons: The first is that the teacher is being paid, and therefore is earning a living from that presentation which usually means that their livelihood is coming from what they say. Hence they are seeking your approval and to that degree they are being a little manipulative, generic and not really speaking their truth.

It's a compromise between what they might say if they just opened their heart, and what they do say, if they want to win the acceptance and therefore money from, the audience.

The second is that group dynamics cause people to do all sorts of tricks that they themselves don't even understand. Sometimes groups help people feel safe and sometimes the louder voices, the more intellectual or more emotional people distract the whole group and waste people's valuable time. It's a complex learning environment when it comes to emotional and personal issues.

There are those who attend such seminars because they believe (blindly) in what the "guru" says. Their minds shut off and they accept whatever they are sold. This of course is extremely dangerous and potentially damaging. I am also concerned about the folks that look for the "answer" and assume that there is someone out there that has it "all" right. In terms of personal growth seminars, I think you are doing well if you can come away with one genuine concept/idea/or tool that can enhance your life. Then you take time to consider, deliberate and absorb the concept to see if it truly fits with who you are.

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Staying Sane

I take people into nature. They usually love it. I teach the laws of nature to bring nature to people. It's possible to be immersed in nature even in the middle of a city. You just have to implement the laws of nature in your thinking and then nature is all around.

Staying sane means avoiding depressions and other debilitating mind states. There are many nature based techniques for this but the best is getting your hands dirty. Getting into nature and really playing, working with it, depending on it.

Unlearning Judgement

There are few turn off's greater than judgement. At work you might have to use your left brain all day, then, when you come home to a relationship you might struggle to turn that left brain off and have the right brain active. That brings huge judgement into your home.

Relationships thrive on right brain creative experience. Work often thrives on logical left brain experiences. So, people need a really good process to switch across.

When I take some people to Nepal, it takes them 5 or 6 days to switch across from left to right brain. When they do, they are almost different people. More loving, more open, more creative.

I can't imagine what a rut they must be in at home and at work with such a clunky switching mechanism.

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Relationship - It's all in your head

If the moon is full and you are having a candle lit dinner with your loved one, this moon is perfect. If you are trying to get some sleep and the dogs are barking all night because of that full moon, then the very same moon is a total nuisance for disturbing the dogs.

My partner is like a full moon. I can see her with beauty and joy or I can see her as a nuisance, annoying or frustrating. I learned that it is better not to blame my partner for this shifting perception but rather to accept that I'm projecting my inner stuff onto her.

It is really my work.

Don't blame the Moon

CHAPTER 8 Romance - Staying Attracted

Falling in love every day, turning up, keeps your relationship grounded and immune from the stress of life. We've shared ways that you turn up and fall in love everyday but, staying attracted, romantic and magnetic in a relationship is not the same topic.

Love and good relationship are two different topics and 99% of people can't separate them. We can love somebody deeply, even be in love with them, but not necessarily feel attracted.

Appreciation is the key to romance, attraction and remaining magnetic. Authentic appreciation in relationship is the continual quality growth of a relationship and the root of sustainable happiness. It is rarely the lack of love that causes relationships to fail, more, it's the lack of appreciation, complacency and taking each other for granted that floods negative emotion into relationships, and often causes affairs.

Entrepreneurs love challenge, they thrive on new opportunities and so, at home, there is an exceptional opportunity to create the highest of standards in relationship by simply setting appreciation, kindness, compassion and generosity as the four great attitudes of your relationship.

Running, kissing, talking, reading, working, making love and taking responsibility for the problems of the world, having dinner or sharing a bath ... What ever you are doing now – that is the truth of your attitude. Nothing escapes it – this is the daily reality of your approach to your life, your relationship, your leadership: do not try

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to escape it. This is the benchmark for your relationship. This is the real fixture in your quality of life and, if you can learn to adjust your emotions to suit that standard without compromise, your relationship and your success will be a smooth and beautiful journey.

Every thing you do or are facing right now is your true encounter with life. This is exactly the point. Whatever you are doing now, do it, just do it with the best of your attitude. Don't avoid it, do it and value it. If you escape from this moment you are always escaping towards some future moment, from the cradle to the grave. Waiting for what is already here. Appreciation, kindness, compassion and generosity are the benchmarks of that attitude.

Make your attitude to your partner the most important measure of your contribution in life. It means that appreciation, kindness, compassion and generosity are honoured as much as, if not more than love. It means that negative emotion, ego trips, stress and business, do not rise to be more important than your attitude especially at home. When appreciation, kindness, compassion and generosity are valued between two individuals, all else is simply real, rocky, raw everyday life that has to be worked through. This is relationship.

As an entrepreneur you can present this exact attitude to the world around you and in this commitment there is never one word that is wasted. Our life is not a random existence. By knowing how to rise above emotional challenge, to speak thankfully with a commitment to continually express appreciation without compromise, to be generous, kind and compassionate you automatically stay humble and build your worth.

This attitude is more than your actions. Every word we speak and every syllable we hear has an effect. For thousands of years,

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medicine relied on the concepts of sound to cure disease. So, when you speak, think, or feel for another person, it is music, a harmony in the heart and it reaches them consciously or not.

Our Humanity at Home - Appreciation builds Magnetism

When we feel blocked or not attracted to our partner it is always because we are lacking appreciation for them.

But thankfulness has nothing to do with some other individual. Even sitting alone you can be thankful, even when no one is watching you can be thankful. It's in your nature, it has nothing to do with relationship.

A thankful person is thankful, no matter with whom or where they are. That means you must become more open to new ideas and it means to unlearn judgement. To hold an appreciative head-space, means that you appreciate all of life not just pockets of it.

What We Appreciate Grows

Nothing to Change

Entrepreneurs often think changing people, advising them, giving suggestions is going to help. Maybe at work we get paid to do it. But at home, that's depreciation. Appreciate means nothing to change something to be thankful for. Every time we talk about what could be improved we depreciate. The more we express our impression that nothing needs to be changed, we are happy the way another

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person is, the more we appreciate them. And what we appreciate, grows.

Your partner is perfect; you are perfect, as you are. If they are not perfect already then there is no possibility, no way that you can become perfect. Trying to change or improve your partner is totally a distraction.

It is not a matter of doing something, or fixing something, that just causes more unsteadiness; it is a matter of not doing, being kind even if it is not appreciated, the feeling of being kind is reward in itself. That person is worthy of appreciation right now.

The question is, and the only question is, “Do you love your partner enough to remember that there’s nothing to change?”

The head-space that causes great success at work is sometimes the exact same head-space that ruins great relationships. For an entrepreneur sometimes staying appreciative at home is difficult because we spend our whole working day judging good and bad choices, making improvements, looking for opportunity to change, but if we transport that head-space into our relationship, we’re going to diminish and depreciate our partner.

Appreciation for our partner means we need to take our dirty boots off after work: we need to change our head space before we come home.

What works in the office can actually be the destruction of our relationship. Living life under a microscope has its advantages in business but it is the furthest thing from romance imaginable.

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So much of the help I give people in relationship comes from just reassuring them that who they are, as they are, is worthy of love. This is really a function of me doing the work of a partner. So, to keep the honeymoon alive treat your partner as if there is absolutely nothing about them that needs to be changed.

In relationships we can sometimes feel like chewing our tongue off because we can see so many opportunities to reduce our partner's challenge or minimise our partner's pain but that is their life and their choice, and if they don't ask for advice, we have no right to give it.

*Only Nature can create the magnificence of a flower, but
any foolish mind can pull it to pieces.*

Have you ever noticed that after you've shown a little appreciation to someone, a heat wave of contentment comes over you?

Have you realised that the most profound moments of contentment are those that come in the moments when you give appreciation, unconditionally?

When you appreciate people, when you simply smile at a stranger in the street, do you recognise that breeze of peace that flows over you?

When you help someone up who has stumbled, do you feel that contentment pervading your heart?

When you present a flower to someone who is sick, or who is in need, do you feel a sense of warmth well up inside of you?

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Giving appreciation, not because it was your duty or obligation, or because that man is your father (or a complete stranger), is a gift, and this feeling of warmth is a great reward.

Giving without condition or reason, this is true appreciation, an attitude of your nature, the individuality reflecting your true nature, you, and it is not limited to events, it is a way of life.

Make every day a Valentine's day, and see how you can honour your partner in the simplest of ways. Don't ask or expect anything in return. Make sure the things you do are small, almost unnoticeable, just complimenting them is enough, but be genuine.

Come home with a flower or just send a text message, fill the car with fuel or buy a balloon for fun. It's about novelty, simplicity and happiness for no real reason. This is the generosity of spirit that makes great relationships into inspired relationships. Fun.

Another radical difference between good relationship thinking and successful business thinking is the desire to be right. In business we are rewarded for being right every time. In relationships we get divorced for being right all the time. Be generous don't fight to be right. It's depreciating.

When we are mindful of the quality of our thinking, and therefore appreciative, we can then watch our partner become a thousand times greater in love and happiness. A comment given with anger and resentment will breed that downward force wherever it travels. A comment given with the deepest appreciation helps, builds, heals and develops amazing confidence.

CHAPTER 9 Appendix

Vision Quest for Partners

The couple who grow together, stay together.

A good relationship is built on a constantly evolving sense of vision. Partners who share an ever expanding dream stay together. At first that dream might be a family and children, but the definition of family might eventually grow to include the broader world, and the definition of children might grow to include all children. You might write a children's book or become a foster parent.

You can do this Vision Quest together at home:

For the next 21 days you and your partner set aside 10 – 20 minutes each day to be alone.

Start on day one, be alone, close your eyes and visualise the future, and what you want to BE, DO and HAVE in all seven areas of your life in your future. Write your thoughts down in Be, Do, Have sequence.

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

Finish the exercise, take the notes and put them in a safe place. Do not look at those notes again. After 21 days, you can destroy them.

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Pure vision requires the stillness of self

“Give me a few moments by myself, let me alone, shut out all interruptions, and I can bring myself down to my work.

I take my pen in hand. I write a few thoughts. I see the future. And realise my responsibility. The more I think of the duty placed on me, the more profound my responsibility becomes to live authentically. Every idea has weight. I can see the effect of days ahead. I would rather have the whole world against me than my own soul.”

Shared Purpose - Sharing Your Inspired Visions

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.*

The ultimate gift of a yearly inspired vision setting exercise together is to reveal a bigger reason for your relationship. A reason

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greater than your individual happiness. This brings relationship to the heart and vision level.

The more you can feel that your relationship is instrumental in helping you live your inspired vision, the greater will be your sense of devotion to your partner.

If you are not living your inspired vision, or at least working toward it, you are working on lower priorities, and this alone will develop resentment toward your relationship and your loved one. If you begin to focus on lower priorities (things not connected to your dreams and inspired vision), then you will attract calamities, disasters and humbling circumstances into your life. Nature destroys anything that does not fulfil its purpose.

Once you both have a sense of your inspired visions, then all secondary decisions and choices are more effectively made. You'll know where to live, how to bring up children, what is possible from a time perspective, and on the negative side, what would destroy your love.

Having a shared vision means there is a big WHY in your love life, a big commitment. A devotion to each other. Then you can continually work on ensuring that your short term does not get priority over your medium and long term in your relationship.

Know your vision, bring this to your relationship, and pin it to the wall. Forget the wedding certificate, the real contract of love is to help your lover live their dreams. If you achieve this, they will never leave.

The Relationship Report

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