



# Rewarding Relationships

Galdhopiggen Mountain, Norway

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# Introduction

Relationships are the primary reason we incarnated into this world. We cannot grow without relationships, yet we cannot have solid relationships unless we have a good relationship with ourselves.

Our exercises start with the prefix 'ex' because 'ex' means from. When we are motivated from a sense of goodwill and heartfelt feelings, we experience fulfillment for ourselves and others that goes way beyond what we can see and feel. When we are motivated from ego and a need to control, we equally experience a sense of loss for ourselves and others that also go way beyond what we can see and feel.

Relationships are what we yearn for and yet are also what we fear. Today, relationship is associated more with hurt, betrayal and disrespect rather than kindness, loyalty and glory. With all the negative human experiences thrown our way, we have become desensitized. How sad this is because in order to maintain a healthy relationship, we must be acutely aware of all of our senses; such as sensitivity, sensibility, common sense and sense of responsibility.

Yet, we have the power to change these statistics. Healthy relationships can win if each and every one of us makes an effort to stabilize and ignite our own individual heartfelt goodness. This kind of loyalty to ourselves instigates a change in our way of thinking, our way of being and our way of loving. We will then no longer accept things in our space that do not serve our highest good and we will no longer let our hearts go unconscious and numbed. What was once extremely excruciating becomes extraordinarily exquisite.

# Exercise 1

## Exploring A Relationship With Me

*We cannot love another purely until we love ourselves properly.*

It is unfortunate that most of us were not brought up in an environment where love was expressed in a healthy and constructive way. More often than not, we experienced being criticized or shamed. We were not given the honor we rightfully deserved. As a result, our self-esteem and self-worth reflects what others thought of us rather than what we think or feel about ourselves.

It has been said that there was a great plan to send a cycle-stopper to every family. When a cycle-stopper steps in and honors themselves, he or she heals seven generations back and seven generations to come. We suspect that if you are doing this guide, you are indeed that exact chosen one from your family.

Each and every one of us is important. It often takes an outsider to recognize this importance. The purpose of this exercise is to awaken the glory and significance of who we truly are.

### Instructions

There are 44 attributes starting with the letters **M** and **E**. The purpose of this exercise is to introduce you to your magnificent self.

Score yourself on the following I AM qualities.

1 being the lowest and 5 being the highest.

# I Am M

- \_\_\_\_\_ 1. **Magical** – thinking outside the box
- \_\_\_\_\_ 2. **Meaningful** – deep thinking
- \_\_\_\_\_ 3. **Majestic** – a touch of royalty
- \_\_\_\_\_ 4. **Mystical** – otherworldly
- \_\_\_\_\_ 5. **Mindful** – intellectual, thinking
- \_\_\_\_\_ 6. **Mysterious** – keep cards a little hidden
- \_\_\_\_\_ 7. **Masterful** – fine tuning, contemplative
- \_\_\_\_\_ 8. **Magnetic** – attractive to
- \_\_\_\_\_ 9. **Mainstream** – think inside the box
- \_\_\_\_\_ 10. **Microcosmic** – focuses on world in a small way
- \_\_\_\_\_ 11. **Macrocosmic** – focuses on the world in a big way
- \_\_\_\_\_ 12. **Managerial** – takes charge
- \_\_\_\_\_ 13. **Mannered** – filled with grace
- \_\_\_\_\_ 14. **Mannerly** – polite, well behaved
- \_\_\_\_\_ 15. **Marriage type** – loves commitment
- \_\_\_\_\_ 16. **Maternal** – motherly
- \_\_\_\_\_ 17. **Maximizer** – makes the fullest of
- \_\_\_\_\_ 18. **Mechanical** – loves to put things together
- \_\_\_\_\_ 19. **Military** – loves rules
- \_\_\_\_\_ 20. **Mingling** – social
- \_\_\_\_\_ 21. **Missionary** – helps others
- \_\_\_\_\_ 22. **Moralistic** - integral

# I Am E

- \_\_\_\_\_ 1. **E**nthusiastic – inspired, passionate
- \_\_\_\_\_ 2. **E**ntertaining – cute, funny, fun
- \_\_\_\_\_ 3. **E**nergetic – full of excitement
- \_\_\_\_\_ 4. **E**nduring – lasting, dependable
- \_\_\_\_\_ 5. **E**volving – growing
- \_\_\_\_\_ 6. **E**xacting – detailed oriented
- \_\_\_\_\_ 7. **E**verlasting – committed, lasting forever
- \_\_\_\_\_ 8. **E**ducated – knowledgeable
- \_\_\_\_\_ 9. **E**arthly – down to earth
- \_\_\_\_\_ 10. **E**ager – intense feelings
- \_\_\_\_\_ 11. **E**ven-tempered – slow to anger
- \_\_\_\_\_ 12. **E**arnest – direct
- \_\_\_\_\_ 13. **E**asy-going – flexible
- \_\_\_\_\_ 14. **E**clectic – enjoys many different things
- \_\_\_\_\_ 15. **E**lectric – sparked
- \_\_\_\_\_ 16. **E**fficient – qualified
- \_\_\_\_\_ 17. **E**ffervescent – hopeful, looking forward to
- \_\_\_\_\_ 18. **E**lated – happy, joyful
- \_\_\_\_\_ 19. **E**valuating – studying
- \_\_\_\_\_ 20. **E**loquent – graceful
- \_\_\_\_\_ 21. **E**mootional – filled with feelings
- \_\_\_\_\_ 22. **E**ncouraging – loves to help others succeed

1. Name the highest 5.

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2. Name the lowest 5.

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3. Which one of the lowest 5 do you want to work on? Which one of the highest 5 do you want to manifest more?

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## Exercise 2

# Exchanging a Relationship with Another

*Do not love for the sake of being loved - love for the sake of loving.*

Love is the most revolutionary agent of all. In order to exchange love, we must learn and practice ways of loving that strengthen its foundation and does not undermine it. After all is said and done, when we leave this earth, as we all inevitably will, the only thing that really matters to our spirit is how well we have loved in our time of being here.

We tend to make love much more complicated than it really is. There are 6 simple **L's** that are the steps to loving another respectfully and peacefully.

**L**istening

**L**earning

**L**eading

**L**aughing

**L**oyal

**L**enient

## Instructions

Do not be hard on yourself. Answer the questions honestly for the exercise to be successful. If you feel you do an **L** too much state that also.



# Lessons of L

## LISTENING

*Love does not bloom if **listening** skills are not in the room.*

1. When with another person, are you **listening** enough? If not, why?

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2. Do you **listen** too much and not share enough? If so, why?

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## LEARNING

*When our willingness to **learning** stops; our ability to loving stops.*

1. When with another person, are you **learning** enough? If not, why?

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2. When with another person, do you think you are the only one who has to **learn**? If so, why?

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## LEADING

*If we do not take the reins to **leading** our life; someone else will rain on it.*

1. When with another person, are you **leading** enough? If not, why?

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2. When with another person, are you **leading** too much? If so, why?

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## LAUGHTER

*Enjoy the **laughter** before the hereafter.*

1. When with another person, are you **laughing** enough? If not, why?

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2. When with another person, are you **laughing** too much? If so, why?

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## LOYAL

*More things get foiled because one is not **loyal**.*

1. When with another person, are you **loyal** enough? If not, why?

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2. When with another person, are they **loyal** enough? If not, how can you improve this?

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## LENIENT

*Be **lenient** because it is wise, not because it is convenient.*

1. When with another person, are you **lenient** enough? If not, why?

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2. When with another person, are you too **lenient**? If so, why?

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1. What is your weakest 'L' lesson?

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2. What is your strongest 'L' lesson?

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3. Of the 6 introduction quotes to the 'L' lessons, which one resonated the most with you?

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# Exercise 3

## Experiencing Relationships

When we experience a relationship in a concrete way, it becomes the foundation in support of all that is good and meaningful in life. As we learn to give and accept appropriately, we have a positive effect on everyone around us and the world at large.

### Instructions

1. From the 22 Relationship Tips, choose the 5 that resonate the most with you in order of their importance.
2. With each choice, write how you live this in your life. If you do not live it presently, then write how you plan to live it in the future.
3. Which 3 Relationship Tips are the most challenging for you and why?

# Relationship Tips

1. Truth be told.....truth must be told!
2. Do not fool yourself; relationships are never problem free.
3. Watch what you stand for and be careful what you fall for.
4. Our anger is worthy; losing our temper is worthless.
5. Actions speak louder than words.
6. For a relationship to be authentic, sincere criticism is far more important than insincere compliments.
7. “It is my greatest pleasure”, are the words of a true partner.
8. The depth of our heart is far more significant than the height of our head.
9. To find faults, whether in someone else or ourselves, is to fund personal growth.
10. Charm can start relationships but character is what keeps them going.
11. Problems can be opportunities for more peaceful times to come.
12. Love is as love does.
13. Making a point without making an enemy is the art of conflict resolution skills.
14. Negative thoughts can create words, and worse they can create actions.
15. Don't stumble over truth; just stand up for it.
16. Be impeccable - keep your integrity.
17. Only through commitment can love be maintained.
18. Do not think a legitimate excuse is the same as a clear conscience.
19. When one stands tall, it strengthens the backbone of another.
20. Without remorse, change cannot happen.
21. A simple request becomes complicated when it is received with resentment.
22. Relationships create our history.

The 5 Relationship Tips that resonate the most with me are...

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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The 3 Relationships Tips that are the most challenging for me are...

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2. \_\_\_\_\_  
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# Exercise 4

## Examining Relationships

Relationships, whether they be with our parents, children, friends, business associates, or mates are meant to be a stepping stone to our empowerment and evolvment. Without them, we become isolated, introverted and closed off. It does not matter the form the relationship takes, it only matters how the relationships are formed.

### What the Attributes are to a Loving Relationship

They...

1. help us to work with our souls
2. help us to raise our sights
3. help us to lose our feelings of isolation
4. help us to face truths
5. help us to know that goodness does exist
6. help us to be in gratitude
7. help us to use our wisdom
8. help us to experience unconditional love
9. help us to learn no blame
10. help us to be conscious more often than not
11. help us to give up our ego
12. help us to deal with our doubts
13. help us to face our feelings
14. help us to learn equalized giving and receiving skills
15. help us to learn proper communication skills
16. help us to develop courage
17. help us to stay in integrity
18. help us to experience forgiveness
19. help us to be more giving
20. help us to work with commitment

What are the 3 relationship attributes that resonate the most with you and why?

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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What are the 3 relationship attributes that are the most challenging for you and why?

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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# Exercise 5

## Expanding Relationships

For those who have a desire to do good often have a tendency to act without enough contemplation. As a result, our heart becomes wounded and when it reaches its limit, it shuts down.

The heart has an intelligence all of its own. People rarely know of it and therefore do not use it. It is called our “thinking heart”. The thinking heart protects our energy field so that we do not get depleted or devastated. The more we use this intelligence, the more resilience we develop, the more relationships we can nurture.

There are 4 important wisdoms that the heart intelligence teaches us:

**Discipline**

**Detachment**

**Discernment**

**Directness**

When we live these wisdoms, our relationships in all areas of our life become happier because they are healthier.

# Discipline

*Opportunity reigns everywhere, so let us be disciplined and rein in our choices.*

We live in a world filled with too much information and too many choices. This factor, more often than not, facilitates ambivalence, vacillation and lack of discipline. No matter what falls into our lap that could divert us from our chosen path, we need to stay disciplined. Our discipline leads us to our destiny. Our destiny is the platform which marries our infinite intelligence with the yearnings of our heart.

1. Do you have **discipline**, if not, why?

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2. If you do not have **discipline**, how can this be transformed? If not, why?

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3. The gift of **discipline** is commitment. Do you find it easy to commit? If not, why?

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# Detachment

*For those who are detached are rarely discontent.*

Detachment guides us to our pre-destined purpose. If we make our decisions coming from a place of our heart intelligence instead of our intellectual mind, we will never go wrong. When we become attached to a result, our head interferes and our responses become egotistical. We stray from our ability to feel loving and compassionate and instead we become hardened and resentful. This is sad because love and compassion are the primary attributes that leave us feeling great about ourselves.

1. Do you have **detachment**, if not why?

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2. If you struggle with **detachment**, how can this be transformed? If not, why?

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3. The gift of **detachment** is faith. Do you find it easy to have faith? If not, why?

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# Discernment

*When you feel concern- take the time to discern.*

Most people think that if they allowed themselves to live openly through their hearts, they would give everything away or lose themselves. This is the farthest thing from the truth. When we are selfish to another, we are most selfish to ourselves. However, because of human flaws of greed and deception, it is indeed wise to discern and study the words “Yes” or “No”. Sometimes, the word “No” is as important as the word “Yes”. By being discerning we can give everything we want to, and yet not deplete or hurt ourselves.

1. Do you have **discernment**, if not why?

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2. If you struggle with **discernment**, how can this be transformed? If not, why?

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3. The gift of **discernment** is consciousness. Do you find it easy to be conscious? If not, why?

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# Directness

*The direct flight to a loving relationship is truth.*

So many times we are afraid to be straight forward or to be our authentic selves. Yet directness and authenticity are the only communication that can solve our problems. We need to be clear, own our truth and then be direct. This movement of straight forwardness removes the possibility of a curve ball coming our way. Where there are no secrets, there is safety. Where there is safety, therein lies the gift of truth. This kind of directness supports the seeding of miraculous events.

1. Do you have a **directness**, if not why?

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2. If you struggle with **directness**, how can this be transformed?

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3. The gift of **directness** is clearness. Do you find it easy to be clear?

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# Exercise 6

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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