

RELATIONSHIP GUIDANCE

There are four (4) simple things you can do now to attain joy and happiness in your life as well as your relationships:

1. **Find joy in the moment** for what it is and not what you want it to be
2. **Love yourself unconditionally** in order to receive unconditional love from others
3. **Become peaceful and more prosperous** in your own life by removing the judgments that you have toward yourself and others
4. **Say thank you** to all the people in your relationships who are the most difficult – they are your greatest teachers

When you live in the moment you live in reality instead of the illusion. Loving yourself unconditionally allows you to receive unconditional love from others. When we refuse to pass judgment on anyone, we are able to accept who they are as a reflection of who we are. In other words, what you like and dislike about others is what you like and dislike about yourself. As a refresher, be sure to regularly reread the chapters on “Living In The Moment,” “Unconditional Love” and “Judgment.”

The “Relationship Pointers” below are designed to help you achieve greater awareness and understanding of how natural laws can improve your relationship with self and others.

- **Awareness** is accepting the responsibility for being the creator and master of everything in your life, including your relationships.
- **Self Reflection** is a portal to discover unconditional love and passion within you. Know and truly believe that you and your partner are mirrors of each other being reflected in the opposite gender.
- **Acceptance** is knowing that everything in your world is God and that relationships are a gift from God to expand, grow, and fine tune the reality of the God within your own being.
- **Appreciation** is the recognition that you orchestrated everything in your world as a personal movie written for the purpose of creating and re-creating the never-ending script called “your life.”

- **Communication** is honesty with self and others that puts integrity and impeccability above all else.
- **Commitment** is the act of giving the greatest gift that you can give to yourself and others: Respect and honor the right of each person to be who they are or who they choose to be in any given moment.
- **Compromise** is knowing that everything in the universe is equal and opposite for you and your partner. Never see anyone as less or greater than yourself.
- **Friendship** is a journey that begins through unconditionally liking and honoring yourself which in turn enables you to unconditionally like and honor someone else.
- **Faith** is knowing that there are no victims in this universe and that every lesson found in a relationship (painful or joyful) has a divine purpose and message attached for us to see.
- **Patience** is the greatest lesson to learn on this planet. It helps to teach us that there is nothing wrong with our movie (life). Simply get out the way and resist the urge to adjust the controls on your TV set.
- **Passion** is something you find when you stop thinking and start feeling, touching, and allowing yourself to be who you feel with yourself and your partner.
- **Support** is a basic premise for life that begins when we put our happiness before the happiness of others without feeling guilty or selfish for doing so. By carrying the frequency of unconditional love within your being you help others to see it and feel supported.
- **Respect** is an inside reflection that reflects outwardly. You receive respect in your relationships when you respect and honor yourself. Other people can only see what you believe to be true about yourself. Giving thanks for the lessons received in all your relationships is a great way of respecting yourself and every decision you made.
- **Trust** is the glue that holds everything together in all aspects of life and relationships. Without trust you become a ship without a rudder or a car without a steering wheel. Trust leads us to the true self within.
- **Understanding** is knowing that we are the only person we can ever see, the only person we can ever truly know, and the only person we can ever truly love. Start now to live the change that you want to see in your life and relationships.

- **Family** is the closest mirror for us to see ourselves and to enhance the God power within. Family is the grandest reflection of who we are now. Truly honor your family and be amazed at how fast you become an enlightened healer of self and others.