



5 KEYS
TO BETTER
COMMUNICATE

DISCOVER HOW I WENT
FROM FEELING
UNHEARD &
INSIGNIFICANT TO BEING
EMPOWERED & EQUAL IN
MY RELATIONSHIPS

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The most important thing in communication is to listen to what is not being said

Reading between the lines is a skill that can be developed by active listening, simply by being present fully when the other person speaks. Just listen.

When a loved one is in pain and is not sure how to communicate it, they will turn into their coping mechanism. complete silence and avoidance, or an ongoing chatter with endless details. Both are trying to connect and that's what they may sound like if not feeling heard.

I too used to communicate this way and watch my partners do the same, It wasn't until I found my own centre and confidence to share my views with sensitivity and vulnerability, that I could communicate equally.

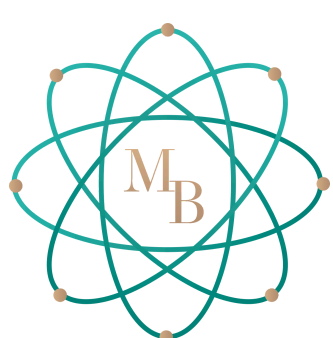




Table of Contents

Chapter 01

GET CLEAR ON VALUES
RESPECT AND KNOW EACH OTHER'S

Chapter 02

DISCOVER COMMON GOALS
RE-FOCUS & RE-EVALUATE OFTEN

Chapter 03

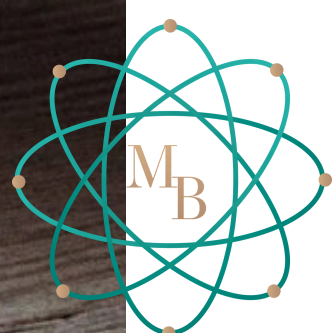
ALLOW FOR GROWTH
BE MINDFUL & ASK FOR PERMISSION TO CHALLENGE

Chapter 04

DISCUSS YOUR NEEDS
PRACTICE THAT OFTEN- IT IS NOT OBVIOUS

Chapter 05

LOVE THE PERSON
TAKE RESPONSIBILITY DURING CONFLICTS





A while ago when I met my husband Bill, I got onto a chat with a dear old friend. Yes those ones back from high school, the ones that contributed mostly to some of our current values. I remember him saying "This is not a business contract. This is love. This is relationship. Do you love him or not?". My evolved self is still looking at these statements and questions, and thinking, life is not just black and white. It is not just two dimensional. Everything in life is a contract. Life it self is a contract between our souls. Our souls hold our true values. So how do we get clear on that??

KNOW YOUR VALUES

When you dive into the work of discovering your values, you find that some cross over in different parts of your life, different relationships, work space, family etc. I found that our struggle in having true, honest and open connection comes from not being truly clear on what are our top 10 values are. From there we can focus into what ever specific situation we are looking at, and identify your top 5 or top 2.

What are your top 2 in an intimate relation? What are your top 2 in a work environment?

KNOW THEIR VALUES

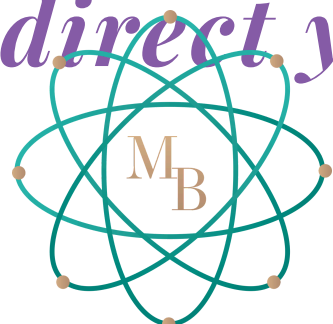
I dream of a world where we can meet someone for the first time and easily bring up that question. What are your top 10 values in relationship? What are the top 2 on that list? That gives you an immediate insight into your ability to work, love, share some of life together.

So go on and ask your partner at home, at work at your team. See what comes up. Let that be the first honest and open conversation you will have in getting to know each other. Truly.

RESPECT EACH OTHER'S VALUES

Remember that we are all different souls with very similar purpose. When our souls are pure with intention and not at all influenced by any past life experiences, I would imagine that we will all have same values too. If we can respect each other's past and allow each other true expression in the moment. No judgment. No persecution. Just love and compassion, we would understand that we each have and are allowed to have different values. In order for our communication to stay healthy, supportive, equal & balanced.

Values are deeply held beliefs that drive and direct your behaviour.- Glenn C Stewart



While it is healthy and important to stay focus on your individual goal, remember and check in on your common goals. What was it that got you together in the first place might have changed or evolved into the next thing. It is crucial to re-discover a new goal regularly so your general direction and drive is the same. When we first met our first and main goal was to have a happy family together. That was our common goal. Our individual goals was to built business and develop our careers, that somehow we've put all our focus on that and thought that it will somehow happen automatically. It is when we touched base, and truly checked in again that we realised that our common goal is still a happy family and this time it needs our full attention. Keep checking in. Is this ok with you? What are your thoughts on that? How can we support each other for that?

YOU ME AND US

While life and relationship may have many shades of grey, be sure to know your fair contributions in to what keeps you together as well as what keeps you strong individually. I will talk later about how to communicate your needs, this is a point to discuss how do we keep our cup full. Each for ourselves and each for our goal.

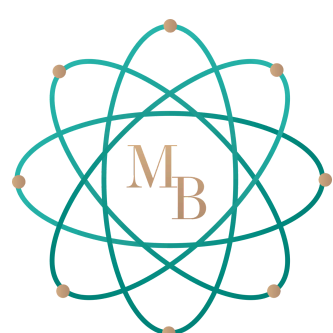
RE-EVALUATE

As you established your values earlier, remember that you may have different values on or towards different goals as they arise. Take time to understand each other, allow space to develop and change if circumstances have brought you to look at things differently. Go back to basics if you need to and align what's true to you at this moment.

SPACE & TIME

Our true and divine connection to our soul is only happening in space when there is no time. In that space we operate from a place to respond not to react, from a space to heal not to harm, a space of flow & awareness not control and disconnect. Ensure you do the work regularly to stay connected to your soul and your partner.

*Souls tend to go back to
who feels like home.-
N R HART*



When observing my clients and their interactions within a relationship, there is often what seems to look like a tag of war between allowing and permission. One seems more submissive than the other, more controlling or more discipline. The other seems more of a surrendering, forgiving from a place of love and compassion. Here is what the dictionary says:

Allow- let someone do something

Permission- the action of officially allowing someone to do something

What happens when you apply it to self?

I allow myself to receive love. I give myself permission to receive love.

Consider the challenge in finding that balance and asking for permission to challenge someone may support or resist their growth.



ALLOWING

This is only possible to grasp when staying focus on one self. The moment you look out for extrinsic reward, satisfaction, results you have left your body and your soul. This may only be needed in a non equal agreement or a parent child dynamic. So if you feel like your partner is behaving like a child there is a strong possibility that you behave like a parent

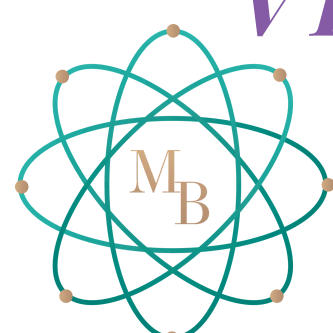
BE MINDFUL

Living with awareness and mindfulness is living eco friendly. What is good for me, needs to be good for others and my environment. When growing and evolving together, be mindful of each other's needs, pace, skills, desires. Be sure that your growth is supporting not breaking your relationship, equally be sure that your stagnation, procrastination is not causing those same things either.

PERMISSION TO CHALLENGE

This can be as granular as asking for time to talk about an issue. Ensuring quality time we spend together is used, we must ensure that we are all in a space to listen, process and challenge each other. When addressing issues at times or space with no permission may lead to a broken communication without setting a proper intention that is clear and understood to all sides.

We must not allow people's limiting perceptions to define us.-
VIRGINIA SATIR



It wasn't until I read the book 'Men are from Mars women are from venus' that I truly got what that means. On one hand we want to be and feel equal and on the other hand there are many things we don't simply get about each other until communicated clearly. For example lets look at the primary love needs for men and women:

Men need to receive: Trust; Acceptance ; Appreciation; Admiration; Approval; Encouragement

Woman need to receive: Caring; Understanding; Respect; Devotion; Validation; Reassurance

Make no mistake, this understanding does not come naturally to either side, it needs regular practice and reminders to and on both sides.

BE BETTER

Back when I was living in the blaming phase, constantly pointing fingers and setting expectations from Bill, one of my mentors brought my attention to...you want a better husband be a better wife. I remember it rattling me a bit(a totally natural process when challenged to grow). It completely changed my focus and my attention and communication was redirected once again. That's right, I had to look back at my self and do the work for me. For us.

PERSPECTIVE

A few years later we found ourselves so disconnected again and so we had to get back to basics. Are we still on the same page? But I realised that I could be a better wife under my own definition of what that means. What I needed to check was what was Bill's idea of a better wife. What did he need from me?

FOCUS ON WHAT YOU WANT

While this applies to how your brain responds, it takes in data as is. No negatives. It understands STOP better than DON'T. Similarly when communicating your needs, think of where you want to go, what you want to do, who you want to be, what you want to have. This is the time to get specific and clear. This is also a time to go back to gratitude and focus on what is here not what is missing.

*We expect the opposite sex to like ourselves, we desire them to want what we want, and feel the way we feel.-
JOHN GRAY*



We cannot truly measure love when all things are flowing smooth. Imagine that perfect scene for a moment, perfect weather, perfect dinner, perfect outfit, perfect conversation, perfect kiss, perfect arrangement, perfect music, perfect view. If you are super lucky you may have experience a few of those with your perfect partner. I believe we can truly measure love through the challenges, through the discomfort and the far from perfect situations. Love is holding it together, even by a thread sometimes, just to get to the other side and reconnect even deeper than before. We often throw the word unconditional love up in the air. I am here to challenge that. Unconditional love only exist when you meet the conditions you have set in your unconscious mind. If you argue that you have no conditions you speak like a parent or a pet owner. In an equal adult love and relationship we have pre-set conditions, values, needs that we wish will be met or else that love will no longer be there, not healthy & receprecall.

START WITH LOVING YOU

Connecting with a vibration of love to yourself and to others, as well as to all other things and being, brings about a sense of acceptance and forgiveness. That practice can be done in many ways, and that too is a habit worth developing.

LOVE THE PERSON

Truly loving another person is identifying and separating the person from the situation. If someone gets caught off guard and start to operate from a reactive protective self, it is our place to find love and compassion and help them get grounded again, also take responsibility as we may have contributed to that behaviour, even if it wasn't intentional.

CREATE SOMETHING NEW

We are on this earth so we can create. On our own and sometimes together. If our values, goals, needs, love are aligned we are sure to be able to connect in such a way so we can create together while bringing joy into our daily lives.

*If I was your girlfriend, would you let me dress you
I mean, help you pick out your clothes before we go out?
Not that you're helpless, but sometime, sometime
those are the things that being in love's about.- PRINCE*





My passion and interest in personal development started a while ago, as far as high school. I was everyone's counsellor and I enjoyed every minute of it. Later in life I became a beauty therapist who functions as an "unqualified counsellor ". What I mean by that is that I always had a natural pull of people who trusted me with their deepest life experience, and often I would offer a great space to share and open up and I always felt that I wanted to offer more than that. I wanted to offer information for possibilities, ways forward, ways to grow and evolve. Now, with years of life experience as well as qualifications that I have gained in the field of personal development, such as coaching, counselling, hypnosis, NLP, positive psychology as well as developing my own tool for personality profiling, I enjoy and take pride of what I do. The joy in seeing someone expand and willing to challenge themselves is my passion.

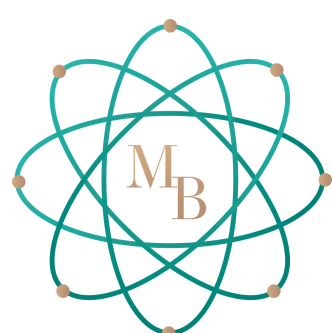
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Book now for your 30mins discovery call and start the journey to uncover the treasure within you with love, respect and acceptance.



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