

Healing Heart Protocol Online Course
Module III – Earth Element: Open to Love
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Module III ~ Open to Love
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Track 1: Presencing Meditation

Welcome back to the third Module of our Healing Heart Protocol. With this Module we are entering the realm of the Earth Element. Traditionally the Earth Element relates to Healing. To whom do we run as children when we are hurting and wounded? Most of us naturally turned to our mother, that we saw and felt, at least to some degree, as a source of love, acceptance, safety and support - all components of Healing.

For those of you, who didn't receive this nourishing motherly love from your mother, likely at some point in your life you came in touch with this energy through someone else, maybe an aunt, or grandmother, a sister, a friend, a colleague. It is not an accident that we speak of our home planet as 'Mother Earth'.

Throughout this module, we will call upon the gifts the Earth Element: compassion, kindness, self-love and forgiveness, to help us move forward on the journey into wholeness and into beginning a totally new life.

We like to start this Module again with a Presencing Meditation.

Best would be for you to do all our meditations at the same area in your home. Let us start with shifting from the outer to the inner world, by allowing your eyes to close. Behind the closed eyes you can sense that what you call your body is actually more like a field. The inner body is like a field of energy or life force, or vibration. Look within and sense around, what do you notice? Allow your deep and full breathing to help you relax.

Remember that your feelings or emotions actually manifest themselves as sensations in your body. As you take another inhale, notice if there are any sensations like heat, texture, pressure, sharpness, dullness present in your body? Notice -- as well-- if the mind labels those sensations as sadness or anger or fear, or grief?

Pause and give space to whatever sensations aka feelings are present.

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One of the themes of our work in this Module is about self-love – and – one way of practicing self-love is, to learn to allow whatever feelings or sensations are occurring. Your breath is your greatest ally to help you learn the art of allowing. With the next in-breath, imagine that you put attention right on that spot where you're feeling that strong sensation...just surrounding it with your in-breath, and then -- on the exhale -- allow yourself to soften in to that sensation. You can practice breathing in this way for a few more rounds...inhaling and breathing right into those sensations...exhaling and softening into that spot.

See if you can also notice any reaction of wanting to get away from sensations (a.k.a. feelings) that seems to be unpleasant, and show up in experiences of heaviness, contraction or darkness. Continue to practice breathing into the sensations themselves... stay with them. It is even okay if the breathing is shallow or even difficult. Continue to soften and relax with the ex-hale. The great truth that everything always changes applies also to challenging experiences – they will not last either.

Bringing more awareness to your breathing itself now. Follow the in-breath as it expands your lungs and all the way to the apex of the in-breath...and then out as the lungs contract as air leaves the body on the ex-hale. Breathe slow and deep all the way down into the belly. Sense it lifting and sinking, experience how life is supporting you by breathing you. It happens by itself. We humans constantly forget that the greatest gift of all – LIFE – is given to us moment by moment through our breath.

Particularly in such times as these, this is often forgotten – so remember right now, LIFE is on your side. It is supporting you, literally breathing you.

See if you can relax even more as you even deeper within, sensing the inner spaciousness or presence, this inner center, that we call the Aware Self. Something in you is aware, it notices the sensation of the body, the breathing, it notices the thoughts, your surroundings.

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Expand your attention beyond body sensations to what we usually call thinking. Most people's thinking is like an ongoing inner commentary, that once in a while becomes audible, when we talk to ourselves out loud. Yet this narration goes on all the time. Spend a little time, while we are quiet right now, to tune into this narrating voice.

Now, take a few conscious slow breaths and particularly after the exhale it is often easy to sense that there is an inner space that is silent and vast, kind of spacious behind the eyes. We could call this field a 'presence', another word for it is 'consciousness' or, to make it more personal, we call it the Aware Self.

As you can experience, this Aware Self is not a person, it is a presence, a loving supportive presence, that doesn't judge or criticize you. Remember whenever you find yourself judging yourself, just know that is one of your inner voices passengers on the bus. It is not the Aware Self. Your Aware Self is a presence that just notices what is, objectively and compassionately. It doesn't comment or evaluate, that's why so many teachers and traditions refer to this presence as non-judgmental Awareness.

This presence – by its very nature – is curious, caring and compassionate. Right now, from this expanded inner field you can actually send warmth and tenderness to yourself and to all the parts that make up what we call your personality, which is made out the many parts of you that we compared to the passengers of your inner bus.

You can tap into and sense this compassion or warmth right now and let it spread to all the parts within you that are hurt, struggling, or suffering. Imagine that with your breath you can send a wave of compassion loving kindness to all these parts of yourself.

This Aware Presence is where your strength, your vision, and your wisdom arises and in the course of our time together, your access to it will increase and by the end of our 5th Module, you will be able to settle and rest even more on the inner 'seat of Awareness', the Presence.

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Now gently stretch a little and come back and open your eyes. We are excited to take you to the realm of the Earth Element, which will create the possibility for completion with your Ex in Module IV and the creation of your new life in Module V.

Track 2: Teaching Segment: Why Relationships Degenerate

We'd like to start out this session with a teaching regarding the general nature of relationships. There are a wide variety of answers to the question of what it is that ultimately causes relationships degenerate, drift apart and then ultimately separate.

In our opinion it has a lot to do with hurt. At the core of relationship challenges or separations is - in most cases - an accumulation of pain.

There are many, many different reasons for this hurt, yet hurt seems to be at the core of virtually every relationship ending. If you are not hurting, you likely will not leave the relationship.

Not being able to deal with hurt constructively is what seems to destroy our relationships. Upon close observation, there is a process by which hurt accumulates. This process can be broken down and understood in 4 phases.

Phase 1 – Slight different opinions

Phase 1 is called *slightly different opinions*. On and off, as you engage in your relationship, slight discord or gentle disruptions happen. You feel the first experience of unease or a sense of feeling not important arises, causing discomfort inside. This is the first time in the relationship that you feel hurt by the other. If this beginning sense of discord or hurt is not resolved, or if you don't find a way to get out of it, that hurt will move deeper. Most of us, unfortunately, haven't been taught constructive ways for dealing with, or communicating, this initial sense of discord or unease. Because of that, it often grows into the second phase.

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Phase 2 - Putting the other in a box

The second phase we call *putting the other into a box*. The human mind can't help but to form images about life. It creates categories or 'boxes' to deal with the overwhelming onslaught of information it receives on a daily basis. So we all have boxes or fixed ideas about situations, events, and people. Our brain automatically comes to conclusions based on prior experiences and decides in split seconds - based on our past - what category each person it meets falls into.

For example, it will decide within milliseconds whether someone you meet is a good person or not. This mechanism of the mind carries over into our relationships. Our minds pretty early on in the relationship form an image about our partner. We put them into a 'box' that says they are like this, or like that. And then we begin relating to him or to her as that box, that image. It can be that we potentially even marry an image and don't relate with the person but with the image of who we think they are.

You can see this happening when in a conversation. Even before our partner is completed, we often already assume what he or she will say or do. That assumption indicates that we are relating to him or her through an image, a box wrapped around them.

Unfortunately, this leads to less and less present moment relating. We are no longer meeting our partner anew in the moment, but rather we are meeting them with an idea about who they are and how they will respond to life. This means our real present moment communication with them deteriorates and a distance starts to arise between us.

If we don't catch this and heal it, the alienation continues. A crack in the wall of the relationships starts spreading and it leads to the third phase.

Phase 3 – Judgment and Doubt

The third phase is called *judgment and doubt*. In this phase our images about the other become very strong beliefs or judgments;

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the famous accusations start to ensue like ‘Why are you always late?’ ‘You can’t be trusted.’

We start to view the other through a judgmental attitude, and at some point we start questioning each other’s intentions:

Does she/he really love me?

Will he or she really be there for me?

Can I really trust him/her?

If we cannot recognize and call into question the beliefs and judgments we hold about the other, then it becomes very difficult to close the gap of separation that’s occurring. The gap widens even more as it progresses to phase 4.

Phase 4 - Indifference or Separation

Phase four is known as *indifference or separation*. If you still live together you have internally become mute to each other and a huge wall has been built between you. This is where the metaphor of stone walling comes from. The relationship is dead and very hard to resurrect at this point.

Many people cycle over and over thru these stages with different people and in most cases it is simply the inability to deal with the hurt that has the person decide to separate or end the relationship.

We learn so much knowledge in school, college and university, yet rarely are we taught the foundations of human life – how to deal with hurt and pain.

When you look back at Module I and II you can see that much of our journey with you has been to guide you to turn towards the internal hurt and pain. Here in Module III and Module V you will learn a set of helpful skills to help you to deal constructively with hurt and pain.

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Guided Exercise: Reflection

We invite you now to spend a little time to look at your relationship from the perspective of this teaching about the accumulation of hurt within you and between you and your Ex-partner.

Can you see how these phases that we described played out in your relationship with your Ex?

As you're reflecting on this, you might come in touch with the emotional hurt you carry within. Allow this too. Invite the hurt feelings to come out of the shadow. We will work with them throughout this module.

Track 3: Guided Exercise: Forgiving & Forgiven Process

This track will guide you through what we call the FFP, the Forgiving and Forgiven process. Please have a pillow, blanket, and a tissue box with you.

We invite you to start in an upright seated position with your back supported. We'll be guiding you with words and music into the emotional experience. There are several steps that will be of great assistance to you in releasing these deep held hurts and pains.

Forgiving & Forgiven Process Part 1 – Forgiving the Hurt that was caused to you

Let's begin now.

Step 1: Calling on Source or Allies

In your own way, take a few deep breaths and connect internally to something that for you is a source of strength and courage. For some of us this is the connection with God or Spirit, or the Divine, as we like to call it. For others, it may be a connection to a particular mentor, teacher or guide, or to the Great Mother, Mother Earth. For others it might be to a person in your life who provided you with great guidance, a grandparent, a family member or close friend. What is important is to find someone or something that can function as something greater than you for this process.

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Once you're connected to that person or presence, we invite you to reach out and humbly ask for support for this process. Pray for the willingness and support to go inside of yourself and feel all that accumulated emotion that lives there. Some of that pain you may be aware of, some not. We ask you to open yourself up to asking for help to reach to a depth you haven't yet gone to before. Trust that you can open for help, you can reach out, you can pray.

Step 2: Feeling your pain ~ 20 minutes

This next part of the process is a profound opportunity to heal and release the hurt that you carry with your Ex. We invite you to do this by feeling the feelings that are still held inside of you. Actually they are stored in your body.

The key in this part of the process is not to get caught up in the specifics, what your Ex said or did to you. Our guidance is to stay away from the story of what happened and let the memories and images just help you to come in touch with the actual emotions and feelings that are still living in your body. The more you can feel those feelings directly, the quicker the healing and release happens.

You're encouraged, with the support of our voices and the music that we will play for the next 20 minutes, to feel the pain, hurt, anger, grief, and any other emotions that you're still carrying from your Ex.

We are not taught or encouraged in our culture to feel our feelings, and so they get buried under the surface and fester within us. This process is a rare and profound opportunity to release all the baggage that you're carrying.

Your pain could be compared to a series of ice cubes that are held in the body. When you experience the pain directly, the light of your awareness melts the ice until it evaporates.

Now close your eyes, and allow yourself to remember times in the relationship when you experienced hurt and pain. Let your Higher Self show you the specific scenes and situations from the past when you felt hurt by your Ex.

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Allow the music to help you to feel these emotions directly, experiencing them right in your physical body.

Continue to breathe into your body and sense what is occurring.

Feel the hurt, the abandonment, the rejection, the betrayal, any form of pain. If you notice a resistance to feeling the pain, know that this is natural. We call this part our inner protector. See if you can thank that part for trying to keep you safe, but let it know that even though it's painful, this process is ultimately serving your healing. The pain needs to be released so that you can move on and that's what you're allowing yourself to do right now, courageously.

Call on that higher force and ask for help to turn towards the pain, the emotions and face them directly. Look inside and meet the hurt right where it resides:

The heavy chest, the tight throat, the tears coming down... breathe right into those spots that hurt the most.

Keep allowing your memory to bring up scenes about any hurt and pain from this past relationship. If there is grief, allow that too, jump into that energy too and fully experience it in this physical home of yours, your body. Whatever is there, let yourself feel it so that it can be released.

Know this is not an analytical process. Ask for guidance and that your higher Self, your Aware Self or Spirit, will show you what you need to see, what you need to feel.

All that is required of you is your courage and willingness to shine a torch light of awareness on what is and then really allow yourself to feel, to re-experience in your heart and body all that is ready to be felt so that you can be released and healed.

Naturally your mind will take over at times and you might find yourself getting distracted or drifting away. That's totally natural and ok. Whenever

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you notice that, just take a breath and then bring your focus back on to your body and on to the emotions and sensations you're experiencing right now.

Continuing to call on that higher presence for guidance. Ask it to show you what you need to feel right now and allow yourself to turn towards it, however unpleasant it may be. This is true courage and each time you do this you are growing.

Keep tuning in to yourself and give yourself permission to finally feel whatever it is that's inside - lonely, abandoned, angry, grieving - or just hurt!

Keep feeling these feelings, in your body. Breathe right into the spots where these sensations live in your body.

You can always call on the Divine or that higher Presence to help you sense whatever needs to be released more deeply. Ask that force to give you the strength to fully feel it this time. Feel where this pain is stored and meet it there directly, right in your body!

You are a great warrior/warrioress, it takes great courage to consciously face your hurt and pain.

If we don't face the wounds and feelings of our past, the past will fester and eventually leak out into our life. It will be hard to have peace of mind or a truly happy relationship if the pain in our hearts has not been released.

By turning towards these feelings - however difficult - you are setting your heart free.

Just a few more minutes now. We encourage you to keep meeting the emotions directly. The mind will want to stay in the story that you have with your ex, either blaming them or justifying yourself. We invite you to let go of that story and come back to the body - continuing to be with where the hurt and pain live.

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If there is intense pain, you cannot forgive and move on. Be with the hurt and pain in all its nakedness and rawness. Allow it to be felt so that it can be released.

In these last couple minutes, reach out again to that higher presence. Ask it to show you and help you to feel and sense anything that hasn't been felt yet. Have a small prayer: 'Please, whatever is buried, bring it up, and let me consciously experience, face and therefore heal this hurt and pain, sadness... what ever it might be. Help me face and feel it in its rawness.'

Step 3: Healing

You have been so courageous, just allow yourself to relax now, you've done enough for today. Very likely layers of hurt and pain have been burned through. Acknowledge yourself for all your hard work. If you feel incomplete, or like there's more to be released, just know that you can return to this guided meditation another day to process more.

When you finally feel an emotion that's been buried, it gets released and so you might feel a little more spaciousness inside – or emptied out in a good way. Allow yourself to rest in this and take a couple of deeper breaths here.

Allow yourself to invite in the healing energy of Love, of Spirit. Breathe that into your body now and let it heal you - wash over you - cleanse and release any hurt that's left inside.

Step 4: Forgiveness

If you're lying down, we encourage you to come back to a seated position. Take another couple of breaths here and let yourself contemplate for a moment: Yes, your Ex has hurt you and caused you pain. And - looked at from a big picture perspective - he/she is not completely *responsible* for your suffering. They may have *contributed* to your suffering, but that's different than being totally responsible for it.

You played your part in their life's movie and they played their part in yours. So many factors contributed to this outcome of your relationship: Starting way back, potentially already in your mother's womb or in their mother's womb,

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birth traumas can have an impact, the childhood that each of you had, traumatic or challenging events you both went through, prior relationships, and so many other situations that impacted each of you before you even knew of each other.

He brought his history and she brought her history into the relationship dance and then there are the collective family histories, all being part of this unfolding.

This is why we ultimately are not entirely responsible for each other's pain and suffering. More than in any other human interactions, it is in intimate relationships where we evoke in each other our dormant unfinished pain and hurt from the past.

Take a breath and see if you can find compassion in your heart for both of you – for what you each went through in your lives, prior to ever meeting each other...

Allow yourself to call on Grace, Spirit and pray, ask for a healing, for the capacity to allow forgiveness and compassion to happen. Take a few slow breaths and connect to your Aware Self, that inner presence. From your connection to that presence, imagine now your Ex in front of you.

If it's right, look him or her in the eyes and tell them, 'I forgive you'. Trust yourself to the degree that you're able to forgive today, knowing that this is a process that can be done again and again.

On the next breath, let out a big sigh and with your exhale release any left over feelings. And then, if the time is right, add: 'And I wish you well.'

Being connected with the Aware Self within, compassion and forgiveness happens naturally.

Pray for love to fill your heart. Breathe and allow yourself to send compassion and forgiveness from your heart to theirs. Remember you can forgive to whatever degree is possible right now.

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Take a moment to also remember the gifts that you shared together and if it feels right today, thank him, thank her, for the gifts that you did share.

Allow yourself to see and feel the healing power of forgiveness embracing you, surrounding you, holding you...embracing and surrounding your ex as well.

Forgiving & Forgiven Process Part 2 - Asking for Forgiveness for the Hurt we caused

Take a few deeper breaths now and if you are laying down, please sit up, for a little while. We want now to share with you another basic truth of life -every coin has two sides.

On one side is the pain you have endured and suffered.

On the other side of the coin is the pain you have caused. It might not be a 50:50 situation, yet, you too have caused pain and hurt. You too at times have been insensitive, and done and said things that affected your ex. This doesn't mean you are a bad or terrible person—it just means you're human...and, at times, have acted out. We tend to act it out particularly towards the one that we feel hurt by the most.

It's important to remember, relationship is always a dance and it always takes two to Tango.

And – most of the times that we've caused hurt—we've done it semi-unconsciously or maybe entirely unconsciously. If we can accept that reality in us, we can liberate ourselves from the cycle of feeling like a victim in our situation. It's empowering and freeing to admit “our side” because from there we have choice to transform, to grow, and to heal.

Step 1: Journal Reflection

To begin this process we invite you to take out your journal or a notebook and reflect on your relationship with your ex from the perspective of how *you*

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caused pain to him or to her. Think about situations where you didn't show up fully for them, where you were cold, insensitive, judgmental towards them, ways that you shut your heart or affection down... see if you can write down as many instances as you can think of.

As you do this, it's important to note, this is not about beating yourself up, or condemning yourself. Don't let yourself get lost in guilt, shame, or self judgment. That won't help the healing process, it will actually hinder it. You have the chance here to simply own, to take responsibility, for part of the equation. That is how we learn—we are all human, and at times we *all* make mistakes. The key is learning to recognize them, and grow from them.

Go ahead and pause this meditation while you do your journaling.

Step 2: Calling on Source

To do this following process is a tremendous act of courage and growth. Be humble and reach out and ask for help from any Being, Spirit, Existence or important guiding figure in your life. Ask, "Please help me now to own my contribution, to help me to see what I have done and to help me feel the pain I've caused."

Now, ask your Aware Self, your Higher Self to show you situations and times when you have hurt, attacked, ridiculed, maybe even humiliated your partner. Use our voice and the different types of music playing for the next fifteen minutes to help you open to your partner's side of the experience.

Step 3: Stepping into the other person's shoes ~ 10 minutes

At this point we invite you to do the unthinkable – to be willing to step into the shoes of your Ex. To go beyond just thinking about what happened, and to be willing *to feel* the hurt that **you** caused to him or her. It is in feeling the hurt that our heart begins to heal and release the past.

Contact their pain within, feel his/her hurt.

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Experience it in your physical body. Really go over there and open truly up what your partner went through with you, what you caused them.

There are many ways we hurt, and cause pain to the other. Think of times you judged him, you judged her...

Perhaps you were super insensitive to their feelings, or cold, uncaring –even numb.

Imagine, sense or feel what that was like for them

Maybe you withheld your love, your compliments, your affection...or even withheld sex as a way to punish them. Feel how it was for them when you treated them that way

Be in his or her shoes a little more. If you struggle, call on your inner guide, your Aware Self or your Divine, and ask for help to put yourself into the fire of truly owning and feeling the pain you have caused.

As far as we know, there is no other way to burn through Karma that our actions have caused. This is very important also for your spiritual well-being and unfolding.

Pray to experience deeply, not just thoughts, yet the sensations of hurt and pain...experience them in the physical body.

Ask your higher self to show you other situations, perhaps things from long ago, things you might have forgotten about, or even buried. Be willing to see and feel any other times you contributed to the challenges in your relationship.

And now, consider for a moment your Ex. They also carried pain in life that was even bigger than you. Consider for a moment what they went through in childhood; the traumas they faced, the difficulties and challenges they endured. their life's journey that made them the way they are.

It's sometimes hard to do this, but we encourage you to see your Ex and imagine inside him, or her...as a wounded little boy...or a wounded little girl.

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This is not to excuse their behavior but it is to help you to really understand that often he or she was acting from a part of them that was hurting, or confused, or in pain. Let yourself feel the pain of that little boy, that little girl, that lives inside your Ex.

Take two slow breaths now, thank yourself for this willingness and courage to do this process. As we come to completion now take a moment and call on grace, on your higher self and ask for these hurts that you caused to be healed!

Step 4: Forgiveness

Take a moment to bring yourself up into a sitting position again and connect to that inner spaciousness, that presence beyond the thinking mind, that we name the Aware Self. Let yourself rest with it presence for a moment.

With that presence within, now imagine your Ex standing again in front of you. If it is right, look in his/her eyes and tell him/her:

'I am sorry for the pain that I caused you consciously and unconsciously. I am sorry for any hurt and pain I caused you - Please forgive me'!

Allow the natural state of the heart, which is spacious forgiveness.

If this has been too early, accept that - everything has its own timing and also know that you can do this again.

Know that this is all you can do, feel your partner's pain and then ask for forgiveness. You did your part in the process.

If it feels right to you, thank your Ex for all that you shared. Especially if you had children, really than him, thank her for this, for without your Ex you wouldn't have the gift of your children. Thank him, her for anything else you are grateful for in the relationship.

As a way to complete, send your Ex your blessings now as they move forward on their journey. Wish them well with all they want in their life: be it a partner, health, wealth, love, success, happiness, spiritual growth, truly bless them to move forward on their journey.

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Now, trust your own intuition on how to complete this meeting with your Ex. For some of you the natural next step might be to bow to each other, to hold hands, or hug each other in an embrace, or just to acknowledge each other through the eyes and then turn around and go your separate ways.

Trusting what's right for you, find a way to complete this meeting.

Step 5: Forgiving of Oneself

We are nearly at the end of this forgiveness journey – and – there is one thing left to do. Connect one more time within. Focusing on slow and deep inhales and exhales helps you to connect with the spaciousness or the presence of the Aware Self. Trust, there is an inner stillness always patiently waiting to be turned towards. It is right there when the inner narration stops, when the feelings have calmed down. Rest a minute within this inner space.

In this next step, from the Aware Self, extend that same quality of forgiveness towards yourself now...

Whatever your part was in the relationship dynamic, or the breakup, see if you can recognize – that in that moment in time, with the awareness you had at the time, you did the best you could.

See if you can allow some mercy and forgiveness for yourself.

Continue to breathe and extend that compassion and forgiveness towards all of the parts of you – the passengers on your inner bus – some of whom may have acted out during your breakup or divorce. Invite all those parts of you that long to be forgiven for their contributions to the separation process into your heart now.

Just wait and rest and the part of you that acted impulsively at times might show up. Whisper from the Aware Self to this part: *“You are forgiven. I know you did the best you could from YOUR perspective.”*

Just wait and there will be other aspects, maybe like the part that years ago didn't forgive or didn't respect, or demeaned your Ex... and so on. We will

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be quiet now for 3, 4 minutes. Each part of you that arises, let it know with the same words: “*You are forgiven. You did the best you could at that time from YOUR perspective*”.

And then imagine it is held within the Presence of the Aware Self and in that inner compassion of the heart.

If you want you could even imagine that you, in your present form are holding the part in the heart for a short while, until a new part asks to be forgiven.

If there are more parts, know you can come back to this process anytime and continue the journey towards self-forgiveness when the timing is right.

For now, as you connect with a deep slow breath to your inner Presence, thank all the members of your inner bus and –as a way to complete—feel free to pause the recording now and spend as long as you feel drawn to in silence allowing the process to complete itself before moving on to the next track.

Guided Meditation complete.

Track 4: Guided Exercise: Harvesting the Gifts of the Relationship

All the work you have done so far, will now make the next step in this module possible.

The Earth element represents the late summer season of life – the season in which a harvest takes place. In nature this often occurs during the months of July and August when we harvest the fruits of the earth.

Yet all of our life experiences – *all of them* – also bring us the opportunity for a harvest.

As we are completing the journey through the Earth element, we want to invite you to step back and consider, that your relationship with your partner also had incredible gifts for you too. This does not discount the challenges you faced, or the pain you might be experiencing through your breakup. Yet,

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when we look, life is always a mixture of both – the up and the down, the light and the dark, the gifts and the challenges.

When we deny the good parts, the blessings, or the gifts we received out of a particular juncture or relationship in our life, it's hard to fully break free and move on to what's next for us in life. Our denial of that which was good continues to keep us tied, or entangled with our past.

In contrast, when we are able to take what is good, the harvest and learnings that we received from the relationship, it literally frees our heart and allows us to move forward.

Now let us guide you into the exercise of harvesting the gold.

1. Gifts of the Relationship:

In your journal, reflect on the gifts, blessings, and positive experiences that you received from the relationship. Just sit for a while and review the years or months you were together with your partner. There were times and moments when you received from them. Small things they did for you, or physical closeness, pleasure, a kind word, children – if you had them together, or any other types of support --including financial or even emotional support at times.

Pause this audio now and write down all the gifts that you received through the relationship.

2. Learnings:

What did you learn about yourself through the relationship? Being with your partner brought up issues and struggle, and also insights about yourself. It also probably showed you places where there was still growth and expansion possible for you.

Pause this audio and write down all that you learned through this relationship.

3. Transformation:

What changes or transformation took place in you directly or indirectly because of your partner or the relationship? What character qualities developed more or got reduced? As an example: He/she didn't have a certain

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quality, i.e. cleanliness, so you learned to step up and developed this side of yourself.

Pause this audio and write down the transformations and growth that took place in you through the relationship

4. Connections:

Who came into your life and enriched you in some form because of your partner or the relationship?

Pause the audio and list as many of those people as you can think of.

5. Activities:

What new activities did your partner introduce you to? New hobbies and new affinities?

Pause the audio and note these down.

Now that you've written all this, we invite you to take a moment and close your eyes. Shift a little deeper inside of your heart and allow yourself to feel some level of gratitude for these gifts and contributions that came to you through your partner or the relationship.

Doing this is not condoning any of their other behavior. You're acknowledging a truth of life here. Life is not all good or all bad. In being able to include the good parts too, you're acknowledging the whole picture, ultimately for your own sake, because it will help you to move forward into a positive future.

For a minute or so with this music in the background, we encourage you to imagine your partner ...see them in your mind's eye and thank him or her for the specific gifts and contributions they brought to your life.

Take a deep breath now and bring yourself back.

We want to acknowledge you, and encourage you to acknowledge yourself for the work you've done in this module so far. We are coming to the last section

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of Module III now, and honor your willingness and courage to stick with this process.

Track 5: Teaching Segment – Self Care

Our last track of module three focuses on one of the most important ingredients of the healing process—self-care. For most people self-care is a nice idea, yet one that most people have never learned to really apply.

This is one of the great gifts of the separation process. Being single opens up the space to focus fully on yourself.

Our first suggestion regarding self-care has to do with taking space from your Ex.

As long as you're still emotionally impacted by your Ex, taking space from him or her will allow you to focus on yourself and your healing without the constant trigger of their presence.

Let your ex know that you want to reduce the contact with them down to what is absolutely essential. You don't have to demand it, or fight for it, or even justify it. Just simply and sincerely let them know that this is what you need to do in order take care of yourself.

During our own separation journey, when the emotions and triggers with each other were at an extreme, we took space from all non-essential communication for 2 months. We also had a friend who volunteered to serve as a go-between. She scanned through our emails and passed on only the logistical information, filtering out any emotionality. This was a great gift that really worked and helped us to maneuver through the most activated phase of our own separation process.

Focusing on Your Self:

When you are in a relationship, the amount of time available to focus solely on yourself is naturally reduced. Also, the desire to spend time with your partner usually overrides the pull to spend time with yourself.

In this transition period a great opportunity opens up to learn about one of the core human principles regarding love— *love starts actually with self love.*

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If you are conditioned like most of us, the slogan usually goes something like this: *love is only with and about the other.*

We are sure at some point of this process you will realize that this shift towards yourself is actually a great gift. The more we can practice self love, and make it a priority, the more it will become the foundation on which you, and your future relationship, can be supported. We invite you to take out your journal now, relax and tune within yourself and reflect.... How can I show myself that much needed love and care?

Here is a series of ideas for practicing self-love:

- enjoy a day at the spa
- do something fun
- nourish yourself...take a bubble bath
- keep giving to others in the midst of your challenges (studies show that giving to others makes our brains produce more of the happiness hormones)
- go out for a nice dinner with a friend who you love spending time with
- get a massage
- make a playlist of your favorite music
- go for a walks alone, with friends, or your pets
- find recharging time in nature
- buy yourself something special

Pause this audio and jot down some of your own ideas for bringing more acts of self-love and self care into your life.

Please note, you received two worksheets that we created to support you on your journey through this module. The first worksheet is a letter writing assignment from the perspective of your Ex, a profound and very insightful exercise. The second worksheet is an invitation to continue to do forgiveness work. This is the powerful process that you did with us. It's a wonderful stepping-stone on the path of forgiveness into healing and wholeness.

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As we come to the end of Module III, we trust that your heart has started to open and heal even more deeply. The following two modules function like a runway to get you ready for taking off into a new fulfilled future, full of happy, healthy love.

Credits and Acknowledgments:

We would like to offer our sincere gratitude and credit to the following artists and teachers whose material was used in this module.

Setting Relationships Right The teachers & guides of Oneness University

Song	Artist
Raga Taranga	Siddha Yoga Instrumental Music
Everybody Hurts	The Coors (unplugged)
Feeling Begins	Peter Gabriel (Passion)
Unloved	Jann Arden
Where is the Love	Celine Dion
Good Enough	Sarah McLachlan
Cold Water	Damien Rice
Pie Jesu Requiem	Sarah Brightman
Nays	Stephen-Romanza
Why	Annie Lennox
Sacrifice	Sinead O'Connor
Hold On	Sarah McLachlan
After Glow	After Glow
Gabriel's Oboe	Ennio Morricone (The Mission)
Down by the Salley Gardens	Joennie Maiden