

Healing Heart Protocol Online Course
Module V– Wood Element: Birth Your New Life
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Module V ~ Birth Your New Life
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Track 1: Introduction

Welcome to the final module of our healing heart protocol. Your being here and listening to us right now indicates a huge commitment to your own transformation and healing.

We honor your commitment and all the hard work that you've done so far. Everything you've worked through in this HHP has led you to a place where a new chapter of your life is waiting to be written and lived.

When we reached this stage of our own journey, the hardest part of the journey was behind us, and life eased up on all levels.

From our hearts we wish for you a beautiful experience of birthing your new life through this module.

The theme of our last module relates to the Wood element. The wood element corresponds to the season of spring, the time of the year where nature bursts forth to create new life. Wood is the energy of fresh beginnings, symbolized by every seed that germinates and pushes a seedling through the ground towards the light.

This is the energy you will activate in this module – it's the energy you'll need to call forth as you birth your new life. Opening to this energy within you unleashes all kinds of possibilities to create yourself anew – based on who you are now, today, having gone through so many transformations.

So let us take the first step with our opening meditation which you'll find on the next track. We're putting this meditation on a track of its own because it's a particular meditation that we want you to do every day while you go through this module.

Track 2: Guided Meditation – Opening to Love

Sit in the special place of your house now, where you can close your eyes and connect to the specific intent of this guided meditation: to open to love.

Let yourself come in touch with that longing. Speak the phrase to yourself:
I am opening my heart to giving and receiving love.

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Now from that intent, become present, take a few deep breaths...in the body...

Descend from the thinking mind into your heart center.

The heart is the place inside of you where compassion, self acceptance, and love *already live*.

Take a few deep breaths into this heart space.

Sense, feel, and envision that on your inhale your heart space is expanding, getting bigger...growing wider and deeper.

On the next exhale, imagine that you soften and relax into this space of the heart...allow yourself to sink into this heart center... inhale and expand...exhale and relax, soften into the heart....

On the next inhale...speak to yourself: *I receive love in my life*.

See, feel, and sense your heart and soul being fully open to let love into your life.

See and feel this love coming to you

from your family...
from your friends...
and from your future partner....

See the love entering your heart and filling you up inside....

Allow yourself to really feel what that feels like.....

On the next exhale...speak to yourself: *I give love in my life*.

See, feel, and sense your heart and soul being fully open to express and share love in your life.

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See and feel yourself

giving love to your family...
giving love to your friends...
giving love to your future partner...

Notice how it feels to give and share this part of you... allow yourself to feel what that feels like.

Continue breathing in your own rhythm – on each inhale sensing your heart

Opening up as you speak:

I receive love in my life.....

See the heart receiving that love.....from family.....from friends....and from your future partner.....

And on the exhale ... opening the heart as you speak:

I give love in my life.....

See yourself giving love.... showing and expressing love....to your family..... to your friends.....and to your future partner.

Continue to envision the family, friends, and the future partner that you are receiving love from and giving love to... take the next few minutes to practice this heart opening meditation in your own timing....

Trust the images that come to you as you sense your heart receiving love and giving love.

Continue for this last minute to feel how this feels in your body.... Allow your entire body to soak in this feeling of love.

We are preparing all levels of you to open more fully to love. Through this meditation your body, heart, mind, soul....and the deepest part of you: your subconscious are all being prepared to open more deeply to love.

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We recommend that you do this meditation at least once a day while you go through this module.

If you can do it twice a day, the effects will penetrate even deeper into your subconscious, accelerating the process of opening yourself to love.

Return to this track daily to do this meditation.

Track 3: Teaching Segment: The Three G's

Just like a house needs a solid foundation underneath in order for the house to stand, we too need a need a solid inner foundation on which to build our new life.

For the foundation to be solid, 3 principles are needed—we call them the three G's.

The first principle: - Gratitude -

There is now overwhelming scientific evidence that people who engage in a daily gratitude practice are much happier and healthier than those who don't.

Think about it this way, if you constantly see the negative in the world, you're going to get a world that is negative. But – if you can find *any authentic* reason to give thanks, anything at all that is going right with the world or your life, and put your attention there, then statistics say you're going to be much better off.

Are we encouraging you to live in a state of constant denial and put your head in the sand? Of course not. Gratitude works when you're grateful for something real.

Recent studies have shown that the expression of gratitude can have profound and positive effects on our health, on our moods, and even on the survival of our marriages.

From this day forward, as you go through this last module, we'll be asking you to commit to a short gratitude practice each day. We know from

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experience that the more you can practice gratitude, it will make for an incredibly strong and healthy foundation from which to birth your new life.

Here's the practice we recommend – it has 3 parts:

- 1) First -- get a gratitude journal--this could simply be a small notebook. Once a day, write down three things you are thankful for. We suggest you do this either first thing in the morning, or just before going to bed at night.
- 2) Second -- make it a daily practice to tell one person in your life something you appreciate about them. You can do this in person, over the phone, or via text or email. Again, do this once a day with at least one person in your life.
- 3) Third -- once a day, find a way to send that gratitude to yourself. We suggest you do this when you're in the bathroom and can look at yourself in the mirror. Maybe when you're drying your hair, washing your hands, or brushing your teeth. Think about something that you appreciate about yourself. What have you done well recently? What are you proud of? What is one thing you like about yourself? Each day think of one thing and speak that to yourself.

The second principle: – Generosity -

This is a quality of our being or our soul and usually not of the human mind, which is a self-centered survival system. Our primitive mind, focused mostly on survival and self preservation, is biologically wired to make everything about “me first.” That is the state of mind that is natural to most humans with the exception of a few saints like Mother Teresa or Ghandi.

Yet, we are *more* than just this primitive mind!

We are also a soul...and have a deeper nature, an essential nature -- and therein resides in all of us the quality of generosity. It is actually a quality that can and -- in a way -- needs to be cultivated.

Just like gratitude, practicing generosity is a profound practice that will change the inner climate of your mind. In addition practicing generosity plays a powerful role in attracting the life that you want.

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The reason for this is that the law of attraction is most successful when what you want to attract for yourself *also* contributes to others. With that in mind, your intention is sourced in love, in contribution not only for yourself, but also what's best for the other, and best for the whole world.

Why is that? We are social beings – wired to connect and to belong, and wired to care for one another. All spiritual and religious traditions talk about the importance of caring and serving our whole human family. When your intention is aligned with this principle, it becomes even more powerful and thus likely to manifest.

Guided Exercise:

Reflect on how you can practice generosity and bring this quality into your life?

Here some suggestions:

-Where can you be more generous with your time?

Is there a cause or a friend in need that you can devote some time on a regular basis?

-Where can you be more generous with your talent, with your own god given gifts?

Within your family or volunteering at an agency that serves those in need?

-Where can you be more generous with your money?

Donating to a cause or in tipping for services that you're given?

-How can you be more generous with your kindness?

Remember the Dalai Lama's famous saying: "My religion is kindness". How can you be more generous with your smile, with a helping hand, a kind word, with your eyes by looking at people in the eyes as your fellow human brothers and sisters?

Thankfully, generosity is an attitude that you and I can learn.

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Pause this audio and spend a few minutes reflecting on how you can practice more generosity in your life right now.

Welcome back...

The third principle: - Greatness -

What do we mean by this? Greatness is a highly misunderstood term. The greatness we're talking about here is not the usual ego-grandiosity we see in the culture around us. We're not talking about a false, puffed-up sense of pride. What we're pointing towards is an essential piece of the foundation on which to birth your new life.

This has to do with your own inner greatness—the inherent qualities of your soul – the very qualities that make you the unique and beautiful being that you are.

Most of us have lost touch with our own inherent sense of worth, and we're constantly looking outside of ourselves – looking for our jobs, for our relationships, for the things that we 'do' to give us a sense of value.

The problem is, those things – as fulfilling as they may be – can never give us our true worth. Your worth has its foundation in only one place: deep inside of you. It is the source of who you are.

The challenge for many people is that they've lost touch with this source inside of themselves. Once we disconnect from our own inherent worth, we walk around looking for life, for people, for titles and status symbols to give this to us. This search is ultimately futile, because no one or no thing can give you and I something that we already are.

So our journey here is to support you to reconnect with that inner greatness that *already* lives at your core. You may not be connected to it - you may not even believe it's there - yet it is the deeper truth of who you are.

Guided Meditation:

As you have done many times before, go within and connect with that inner spaciousness that is your Aware Self, your inner home. Expand into this presence beyond the mental traffic of visions and commenting, relax with each exhale and sink even deeper within.

On this inner journey, ask your inner Aware Self to show you now the qualities within you that are part of your essential nature. These are qualities

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that are innate – that have been with you through your entire life. Scan through your life, from the eyes of your aware self...and let your self look at the times that you opened up the fountain of inner strength, at the times when you truly and deeply cared and loved.... at the times when you were a stand for the good in the world, at the times when you were innocent, playful and joyous...

Let your Aware Self help you to come in touch with these qualities of your essential nature, as images, as memories or even as music.

One by one sink into the quality that your Aware Self presents to you. Feel that quality living in your body.... as an inherent part of you.

These essential qualities can't be earned or taken away - they are the qualities of your Aware self.

Feel the strength, the compassion, the joy, the commitment and the love.

Rest in these qualities and let them permeate through all of the cells of your body.

Now gently bring yourself back, having connected more to your essential foundation is essential in order to birth your new life.

Take a moment now to pause this audio and write down anything that came to you during that meditation. What were the qualities that your aware self revealed to you?

Pause this audio and write these down.

In addition to these qualities, on the worksheet *Connect to Your Essential Nature* you will find a list of qualities and some additional questions to flush out even more of these inner attributes.

Pause this audio now and go through the exercise on the *Connect to Your Essential Nature* worksheet.

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Track 4: The Visioning Process - Birthing your new Life -

Guided Exercise: Formulation of your Declaration

You are now ready to consciously co-create your life.

The key element for this is the shift from trying to fix the past to turn your attention instead towards the future that you are committed to generating.

To mark this shift we are inviting you now to create a general declaration which is designed to tell the universe or life what you want to co-create and to also align your own subconscious with your vision.

This formulation about your future, this declaration, is not more than two sentences long, future oriented, positively formulated and to the point.

Here some examples that you can adjust to your own circumstances and needs.

'I declare a loving, passionate and supportive relationship with my partner where we live an abundant and healthy life.'

'I declare a family that nourishes and supports me and my partner into our old age.'

'I declare an extended family for our children that provides love and support for them and happiness for me and my partner and that includes my Ex's new family.'

Pause this audio now and spend some time reflecting on and then formulating your own declaration statement.

Welcome back.

We highly recommend that you print this statement out, carry it in your wallet, and put it in places where it is visible for you.

Speaking this declaration out loud is particularly powerful. You can do this in your bathroom talking to the mirror as a rehearsal and then speak it to

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friends and people you feel safe with. Then, you can move on to be a stand for your life in conversations with anybody, letting them know what you are declaring.

Guidance for using the Visioning Process Worksheet

What follows now is an inquiry process designed to help you birth your new life. This visioning process is comprehensive and will include all domains of your life – from your living situation, to your finances, your career, your relationships to family and also your social life –your circle of friends and community- as well as your spiritual life, and lastly, and likely most importantly-- your future relationship.

A process for creating a vision in all of these domains is on the worksheet – Create your new Life - that accompanies this module. Remember, one of the greatest gifts of this time in your life is that you are going through a conscious completion – and that conscious ending is what will allow you to create a conscious beginning in so many areas of your life.

We highly recommend that you spend the precious time necessary to put in a conscious vision into all of the areas listed below using our worksheet:

- **Your material life:** Housing, finances, health and well-being
- **Your career and life purpose:** Work, education
- **Your social life:** Family, friends,
- **Your spiritual life:** Community of faith, connection to nature, a meditation practice to connect you to something greater than yourself

Our personal guidance in Module V will focus primarily on the domain of your future partner. Yet all of the principles you are learning in this module can be applied to every domain of your life.

The domain of relationship: Life Partner Examination

Regarding the domain of your future partner, we'd like to share a few thoughts with you.

This relationship is for many of us, besides our children, the most important relationship in our life. It is here where, as you experienced, the most

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challenges and potential pain can come from. Yet, it is also in this domain where life can become the most beautiful and fulfilling.

And, as we said in prior modules, your future partner will also function at times like a mirror – showing you aspects about yourself that you might not otherwise see. Given all of this, it is wise to go forward with as much consciousness as you can in this domain.

There are a few important questions to ponder as you begin your exploration.

These questions can also be found on the ‘Life Partner Exploration Worksheet’.

What do I most want in an intimate partnership?

What are core values that I want my love relationship to embody?

What do I most long to receive in that relationship?

What do I desire to give, to contribute towards that relationship?

What do I most want to share with my partner?

One of the secrets of successful arranged marriages is that they take into account how compatible the couple would be, largely based on the value systems of the two arranged partners. To have this wisdom of the ages serve you and your life, we ask you to reflect and inquire into your own values.

Below we list a series of core value that we invite you to reflect upon to help you to clarify your own value system.

Core values to consider regarding compatibility:

Children (want kids or not, if kids then -- Parenting styles

Spirituality & Religion

Money & Spending (Saver versus Spender)

Wealth (Living standard and wealth similarities or difference)

Health (Body care, Health, Health food versus Junk food.....)

Honesty and integrity

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Timeliness & Punctuality

Sexual intimacy (monogamy – polygamy, sexual desires compatible?)

Generosity (Tightness about money and material things)

Cleanliness & Orderliness (Clean freak versus messy-ness)

Social interests (like hobbies, travel, sports, animals, nature...)

Political views

Life Priorities & Tempo (workaholic versus life is a beach...)

Pause the audio and work on the valued question in the worksheet now.

Welcome back.

Being clear on your own values gives you the foundation to be in conversation with potential mates to find out about their values.

It's crucial to find out beforehand because it's in these kinds of details that relationships, down the road, get stuck and out of balance.

Remember the teaching from Module I about the accumulation of hurt leading to separation – the more aligned with each other's values, the less rubbing or conflict will occur. The more you will feel deeply seen and understood by your partner.

As you explore this, a good question to ask yourself is:

'What values of the other would I be truly able to respect over the years?'

Looking for the outer beauty or attraction is natural as a first and beginning step, and – as we've said before – it's crucial to also look at the deeper aspects of what attracts you to a person. Is there enough in common, enough compatibility, and enough shared values between you and your potential mate? If there are differences, then ask yourself if those are deal breakers or if the differences between you are bridgeable?

Lastly, the more you're clear about your values, the greater the likelihood that you will attract someone with similar values and standards. If you are conflicted, you will likely attract someone with conflicting values as well.

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This is why the work on yourself that you're engaged in right now is of paramount importance to being able to attract and sustain a healthy fulfilling relationship.

Track 5: Guided Meditation: Receiving your future Life Partner

Now that you've created a clear idea and vision for the kind of person you want to attract into your life, we're going to do a meditation so that this vision can take deep roots within your subconscious. We know that our subconscious controls virtually all of our behavior so it's important that the vision you created sinks down into these deeper layers of yourself.

The more your vision can penetrate deep into your subconscious, the greater chance of success!

When you're ready, go to the sacred spot in your home where you've been doing this meditation. Take a few deep breaths to settle in....noticing the thoughts in the mind....the sensations in the body...and anything else that is presentyet return your focus, again and again, onto the very breath itself..... feel the breath breathing you....sustaining you....literally giving you life, moment by moment.

As you settle more deeply, imagine now your future partner sitting across from you. See, sense and feel the presence of this person right here with you. If you can, allow yourself to experience him or her on different levels. See him....see her in your minds eye.

Now also feel them emotionallyjust as you described them in your visioning.....as warm....as tender....as strong.....as playful....as caring?

How does it feel like for you to be in their presence?

And finally sense them at an even deeper level....meet each other on a soul or being level....

As you tune in to these multiple levels, see, sense and feel your new partner sending you love. Allow yourself to really feel and receive the love that he - that she, is sending to you right now....

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Keep breathing...and with each inhale imagine that your heart opens a little bit more to take in the love flowing towards you.....

On the exhale, let yourself soften....and relax.... soaking in this experience.... cherishing the gift of having someone give you so much love.

Continue to breathe...on the inhale receiving the love from your future partner...on the exhale, resting in gratitude for all of the love that's being sent your way.

Continue to breathe in this way for another couple of minutes..... Inhale and opening up to receive even more love from your future partner..... exhale and soften into everything that's here for you.....allowing yourself to feel thankful for the blessing of this love...

.....One last deep breath.....and in your minds eye thanking your future partner for showing up here today to shower you with love....

Coming back now to yourself.....into the room....and opening your eyes....

This meditation is meant to be repeated throughout this module. The more you do this, the deeper it will work on your subconscious. One important note, don't get too attached to the image you get of your future partner.

The person you attract in may, but may not, look exactly like the person in your visualization. Instead, focus more on the feelings and sense of this person, especially how you *feel* in their presence, and the feelings you received from them. Let those deeper feelings and your intuition be more of a guidepost for you going forward.

Please return to this meditation as often as you can throughout his module.

Track 6: Teaching Segment: The Art of Manifesting

Some of you might have heard about or even seen the movie 'The Secret'. This movie illustrates the basic principles for how to co-create one's life based on understanding the law of attraction. Most of you have heard the famous saying by Jesus:

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‘Ask, and you shall be given’.

This is an expression of one aspect of the law of attraction. You have to tell Life, the Universe, God, Spirit, the Tao, that Great Mystery what you want. You have to ask for what it is, and it’s important to be as specific as possible when you do that.

You might wonder why that’s the case?

Let’s say I would call Amazon and would tell the clerk that I want to order a book, --- would Amazon be able to deliver my request? Of course not! One of the keys in attracting what we want in our lives is to learn to be *specific*.

You have to tell the clerk that you want a romance or a mystery novel with a particular title written by a specific author. And, two days later, you’ll have it in your mailbox.

Learning to be specific is critical. In order to support you, we’ll guide you into a process using a manifesting formula that we were introduced to many years ago.

This profound formula states that in the external world, meaning your career, family, relationships, material life, finances, anything external – you *can* co-create your life. You *can* have tremendous impact on your life and can become a co-creator of your life through the power of conscious intention.

Yet, as we shared with you, in the internal world, particularly the world of your emotions and feelings, the *very opposite* is true. It’s a dichotomy– in the external world we are co-creators and at times need to be incredibly active to effect change.

Yet, in the internal world, the paradox is that change happens when we learn to accept what is. The action in the internal world is more of a non-action...we give up trying to change something inside – we surrender – which means we learn to allow what is to arise, to exist, and - in it’s own timing - to move on. In the internal world, we’re called to cultivate a non-judgmental awareness, that capacity within us that can be present, observe, and allow.

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In the externals of your life, your conscious intent is needed, in combination with your active effort, your energy and commitment, as well as the third aspect of the formula, Grace.

In this module, we'll teach you to apply this powerful formula in order to attract a new partner into your life. The principles of this formula, this spiritual technology, can easily be applied to *any* domain in your life where you'd like to see major change.

You can easily transfer the same principles you'll learn in this module to any other aspect of your material life where you want to create something new. For example, finding a home, a school for the kids, an amicable separation, a new career, and so on....

The manifesting formula has three components:

INTENT – EFFORT - GRACE

The first component is designed to help you create a conscious intent

First Component - Conscious Intent

Part 1: Describe specifically the qualities of your future life partner.

Take the time now to write out your conscious intent. It is very important to actually write it down. The inquiry work you have done in the last section with the 'Life Partner Examination Worksheet can now be used for this process.

Remember to be as specific as you can.

One example could be something like:

“I intent a healthy man between 50 and 55, who takes good care of himself and his body. He loves nature and animals, and also children. He's passionate about life, financially well set up with an annual income upwards of \$ 80000. He's monogamous like me, has high integrity, is comfortable in

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his body and with his sexuality, he is clean and punctual, honest, loves to travel and is on a spiritual path. He's committed to personal growth has a very mature level of self awareness. He loves music and dancing, he's generous on many levels and a great father who is open to my son.”

As you can see, we want you to be very specific about the values and qualities you want your future mate to bring into a new relationship.

Pause this audio now and write down a first draft of your intention.

Part 2: Describe how life with your future life partner will enrich your life and the life of others

Now - in order to take this a step further - reflect on how being with this partner is enriching your life. How is he/she, and the relationship itself contributing to you, to your life as a whole, to your immediate family? Envision how your relationship brings love, joy, play, passion and goodness to yourself, to your partner, your family, friends, your community and the world at large?

Pause the audio again and write this down.

Track 7: Teaching Segment: Clearing Obstacles to your Intention

We've observed that most teachings regarding the art of manifesting do not look at or work with the potential sabotaging beliefs that live in our unconscious.

What we've discovered, both in ourselves, and in the many people with whom we've worked, is that it's very difficult to manifest a vision unless one understands the potential subconscious blockages to that vision.

In working with thousands of people over the years, one thing is clear. What most people, you and I included, want on the surface is often different than what our subconscious wants. Unless we address the potential obstacles that live buried under the surface, even the greatest vision will likely not manifest.

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This is the reason why so many diets fail. Most diets are about a change in surface behavior; eat more of this, less of that, consume x number of calories, work out this much in a given week.

Yet, very rarely do diets encourage people to go deeper into what motivates a person's behavior. Until a diet includes excavating the potential obstacles that live in the person's subconscious, they will most likely fail (as so many of them do!)

What we're about to teach you is a revolutionary approach to the Art of Manifesting. You'll look under the surface at what's really motivating your behavior. This will allow you to free up any subconscious blocks to having the life and love that you want.

Inquiry 1: Look at the passion that you have regarding your desire:

The first place we're inviting you to look is at the energy behind your intention. For your intention to manifest, you need to *really* want a new partner in your life. If it is just a wishy-washy desire – an *I'm ok either way* kind of desire – then the manifesting power of your intent will be weak. Passion, in this sense, is like the fuel in your gas tank...you need it to drive towards the intention.

Reflect for a moment:

Am I passionate enough to get out of my usual ways to make this desire become real?

If yes, wonderful, you have fuel in your manifesting engine.

If you answered no, then you'll need to apply the teachings from Inquiry 3 on page 21

Inquiry 2: Look whether there is a hidden belief regarding wanting the new relationship:

Next, there's an important principle about intention. You're wanting something intensely is like the accelerator or the gas pedal in your inner bus.

Yet, just like in a car, there is also a brake pedal in the bus. If a desire doesn't have a lot of passion behind it or if it's not manifesting as you imagined, then very likely a passenger on your inner bus has one foot on the brake.

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If desires aren't manifesting, that usually indicates there's an inner conflict within you. Often the conflict is between the conscious intent and some inner belief or idea that it can't or shouldn't happen. It's important to note that this conflict - or tension - between the gas pedal and the brake is a very natural phenomena of the human mind. It's normal that a passenger on your bus might internally say or feel: *I'm not so sure about this finding a new relationship. Look what happened last time. I was so deeply hurt and betrayed – I don't know if it's worth it to let someone else in again.*

Guided Exercise:

When you look at your intention — see if there might be a passenger on your inner bus that doubts that intention. It may doubt that this intention is even possible or it may doubt that a future life or a love like this could even exist? Or, it might doubt your ability to manifest that intention!

For a moment reflect and allow any surface or even hidden beliefs or doubts come to the surface.

Pause this audio now and write down as many doubts or concerns that you can think of regarding manifesting your intention to attract future love into your life.

Inquiry 3: If there is a hidden belief or part, look whether there is an emotional charge accompanying the belief:

Now, using the insights from your inquiry just now, you've most likely discovered an inner passenger with the foot on the inner brake. This could be in the form of doubts, concerns, or any old beliefs like:

- I will be alone forever
- I'm not worthy
- I don't deserve love
- All relationships are doomed.
- I just can't trust anymore
- I'm not good enough for someone to be interested in me
- I'm not beautiful enough, or any other “not enough” that you might feel.

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Teaching Segment: Don't fight with any belief or charges

As you reflect on your findings, look at each one of them and sense deeply to feel if there's an emotional charge that accompanies these mental beliefs.

There is usually an emotional charge with these kinds of thoughts or self-limiting beliefs. For example, the 'I'm not good enough' doubt or belief has feelings of insecurities or anxieties attached to it.

The 'I can't trust anymore' belief has the emotion of distrust and fear with it....

See if you can notice what emotional charges accompany your beliefs.

Pause the audio now and go through your list, discovering the charges and note these down.

You're probably wondering what to do with these kind of self sabotaging thoughts and beliefs and the emotional charges attached to them?

The way humans usually deal with such emotional charges is by trying to get rid of it. This is the old unconscious way of our mind in action. And this way of dealing with negative beliefs has *never* worked. It actually can't.

Here our new revolutionary teaching for you:

Don't fight with a belief or any emotional charges.

In other words, respect the belief, doubt or concern from the passenger on the bus *and* the emotional charge of anxiety that accompanies it.

And, don't fight with the part of you that is on a mission to try to get rid of the belief and the emotional charge either.

You might be wondering why you shouldn't just try to get rid of it? Especially since it seems to be the obstacle to you having what you want. A simple and timeless teaching applies here:

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You get what you love!
You also get what you hate!
You also get what you fear!

This means if you reject your anxiety you *attract* more anxiety. This is why dealing with one's unpleasant emotions in a rejecting way has never worked.

We are co- creators with the Divine Consciousness. Our Consciousness has the power to co create. And because *the outer world is a reflection of the inner world* what's in the subconscious manifests also in the outer world.

In our culture this same principle is explained by the famous saying:

What we resist – persists.

Teaching Segment: Learn to BE with your emotional charges

What makes the manifesting process so complex is that we humans often have two different inner passengers showing up regarding our intention. Often one passenger has a strong desire, in this case for a mate, yet another passenger in the bus has hesitations or maybe even a strong no to opening up again.

Fortunately you have the key to unlock this dilemma: **Your Aware Self**

The spiritual way around this dilemma is to practice non-judgmental awareness, which is the natural state of your innermost, your Aware Self. In this example, you are encouraged to just allow the anxiety passenger without fighting against it. As much as you can, stay curious and open towards that part of yourself. And also allow any reactive part that this anxious passenger might evoke.

From the inner spaciousness or presence of the Aware Self, you can be compassionate and hold space for the anxieties about a potential new mate *and* at the same time be compassionate and hold space for the other part who wants to get rid of the anxiety, because it seems to stop you from having

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what you want. This part also tries to serve you, aka protect you, by rejecting the anxiety part.

The simple solution to this complex problem is to *pay attention* to the anxiety, and allow it to exist. There's a simple law of nature that's so important to remember here: nothing lasts. Once you really get that, it will be easier to allow the anxiety to arise, exist for a while, and then at a certain point, change.

Track 8: Non-judgmental Awareness Meditation

Now, let us assist you in dealing with the potentially sabotaging doubt or any other belief. Choose a powerful one from the list you wrote down, for example --feeling not good enough.

Guided Meditation: Holding space for the doubts and the 'No' parts on the inner bus

We invite you now to take a moment to shift from the outer to the inner. Find a peaceful place for a few minutes, sit comfortably and journey within by closing your eyes. Taking a few cycles of deep and slow breaths is a sure way to shift out of the thinking, analyzing mind into the body and into the observing presence of the Aware Self.

Just follow gently the rising and falling of your belly as the breath fills and empties out.

Rest, sink even deeper into the inner darkness of space that you are now so familiar with and have learned to appreciate for its gifts of peacefulness and stillness.

Now consciously bring up the self-doubt or the not enough feeling or any other concern or doubt about your intention. Allow it to come to the surface.

For a moment, tune in to the emotional charge accompanying that thought, concern, or belief. Very often some form of fear, anxiety, worry, or panic is the emotional charge that accompanies these beliefs. Take a moment to see if you can feel where in your body the charge lives.

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For those of you who are open to use prayer, call on a higher power and ask for help. Don't ask for help to get rid of the emotional charge, but the opposite.

Ask for help to *be with* the emotional charge, in our example anxiety. Ask for help to be able to just feel the emotional charge as it shows up on a body level. Allow your self to breathe deeply and meet those sensations in the body for example as butterflies in the stomach, tightness in the chest, and so on...

Breathe slowly and be willing to feel how this belief manifests as a charge in your body. The art is just to be with the commenting voice and the emotional charge and to not fight against either.

If you notice a part that struggles to accept the negative thought or charge, take a slow deep breath and imagine you would travel on the breath to that part that has issues with the negative belief.

Just know -- this is another passenger on your bus and as you meet it, be curious about that passenger that you resist.

Remember, your aware self can hold space for everything, for the doubt and the part that experiences the doubt as a threat to getting its goal met in finding a mate.

Notice both, hold space and allow both energies to be there. Keep allowing.

Remember fighting with the doubt or belief is giving it energy towards manifesting. All you and I can do is just to be neutral and hold space.

Breathe along and be as present and conscious as you can. Continue to breathe and allow all of the emotional charges to do their thing, meaning – arise-exist-change/disappear.

Thirty seconds more of gentle allowing...

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Take a few deep breaths to acknowledge yourself for your patience and acceptance. Be easy if you spaced out or in, that is normal too. You did your best – that is what matters.

Now that you've cleared out the obstacles for the seed to take root, we can move on to the planting the seed in the more fertile ground of your subconscious now.

Track 9: Vision Board

According to the popular book *The Secret*, “When you are visualizing, you are emitting a powerful frequency out into the Universe.”

Whether you believe that or not, we know that visualization works. Olympic athletes have been using it for decades to improve performance. and Psychology Today reported that the brain patterns activated when a weightlifter lifts heavy weights are also similarly activated when the lifter just imagined (visualized) lifting weights.

This is why we ask you to create a vision board. You will see it is very powerful and it is simple.

Your vision board should focus both on *what you want* in terms of your future partner *and how you want* to feel once you have it.

Here's what you'll need:

- Any kind of board, if you're new maybe start with a corkboard or poster board from the hardware store.
- Supplies: Scissors, tape, pins, and/or a glue-stick to put your board together.
- If you want, some markers, stickers, or any other creative embellishments for your board.
- Lots of different kinds of magazines that you can cut images and quotes from.
- Most importantly, inspirational materials that you want to surround yourself with: these could be photos, inspirational sayings/quotations, pictures of people or places that inspire you, etc...

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- We recommend giving yourself ample amount of time so you can assemble your board with no stress. If you like doing things with groups, invite some friends over and make a social gathering out of it!

How to do it:

- Set up a sacred environment in which to create the board. For example, power down your phone, turn off the TV and put on some music that creates a warm atmosphere for you.
- Light a candle to begin the process—let the light symbolize the light of your intention guiding you through this exercise.
- Take a moment to connect with your Aware Self – you want to be connected to that wellspring of silence and creativity, as both of these will be important to creating the board.
- When it comes to actually putting your items on the board, trust yourself in terms of being creative. Some people like space in between each item, while others like the feelings of things overlapping and being close. The proximity is totally up to you.
- It's good to do a rough draft – lay everything out before you start gluing and pinning so you can get an idea of where you want to place things.

We're inviting you to do two vision boards:

One for birthing your new life and the other for attracting your future love.

Complete your vision boards and then move on to the next track.

Track 10: Teaching Segment: The Conscious Intention Ritual – Taking San Kalpa

We'll be guiding you through an ancient ritual called San Kalpa – this term comes from the Sanskrit language of India. In ancient India setting an intent

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was compared to the planting of a seed. *San Kalpa* literally means to plant a thought seed.

In the ritual, you will put yourself into the future and envision that what you want – for example being in a relationship with your future partner - has *already* happened. You'll be envisioning your future mate with all the qualities that you wrote about before.

It's completely fine if you can't see a specific face or body, yet you can sense and visualize being with a man or woman that is loving and caring, in a nice home, where you are living in abundance and so on.

It's important to bring your emotions into the visualization. Feel the love between you two, the joy, the passion, the laughter, feel the peace as you see yourself laying in bed together just holding each other with great love.

We encourage you to activate all of your senses during the ritual, as that will make it especially powerful. As you envision different scenes, allow yourself to not only see what's happening, but also to hear it, to touch it, to taste it, to smell it...For example, hear yourself laughing and dancing to music, sense the touch as you hold each other, taste and smell the delicious meal you just cooked together. The more you can bring in all your senses the better and, again, the most important is to feel it:

What you feel, so shall it become!
Life only manifests what you feel!

So feel joy and intensity, love and crying together. Feel you two celebrating and dancing and sharing your joy with family, children, friends.

These are the 'secret ingredients' to attract to what we want in life and the reasons why the movie is called the 'Secret'. Now let's plant the 'thought seed'.

The Guided Conscious Intention Ritual – Taking San Kalpa
Place yourself in a sitting position, with your spine straight.

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Have some back support behind you so you can be comfortable and relaxed.

Then place your left hand -- palm facing up -- on your right thigh.
Take your right hand, palm facing down, and put it on top of your left hand.

Imagine the seed of your intention is between your hands.

Take a moment to recall the specifics of your intention: the kind of mate you want to attract, how it feels to be together, and how your relationship will impact you, your family, and also the world in positive ways.

Now imagine yourself in the future, a couple of years in the future, and see that your intention has *already* manifested. You are with your partner. It has happened – your intent has become a reality.

Allow yourself, with all of your senses, to experience how it feels being together with your partner. Add the other senses of hearing, tasting, sensing smelling, and touch.

See yourself being with a partner, in embrace, feel the touch, the hug, the connection, feel yourself dancing, going for a walk, hear yourself sharing with each other, deeply connected, joyously laughing with each other, Smell the smells of the place where you're walking...taste the food that you're eating.

Feel the depth of the connection, the trust, the sweet tenderness, the passion, the intensity of love.

See and visualize now how your being together is also impacting others positively. Remember the most powerful intention goes beyond must me getting what I want for myself...

See how your intention and being with this future partner is also contributing to so many others.

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We will be quiet now...and you're encouraged to continue this meditation for the next couple of minutes on your own.

Keep allowing yourself to experience this relationship with all of your senses: continue to see, taste, smell, touch, hear, and fully experience everything...especially all of the gifts that this relationship is bringing to you and to others.

Take a deep breath now as we enter the final step of this visualization...gratitude.

Now that you've experienced all of the gifts of this relationship, and felt how it feels to be together, allow yourself to express your gratitude for this intention having become a reality.

Sink down into your heart and really let yourself feel thankful for having received your future love.

Allow the deep and profound gratefulness to spread through your body.... for having received these gifts.

Thank you universe
Thank you God
Thank you great spirit/divine
Thank you to whomever you direct your gratitude.

Track 11: Second Component - Effort -

The second component of the growth formula is effort. It's not enough just to create an intention—that intention has to be followed up with action, with effort, from you.

This earth plane is also called the plane of action, the plane of cause and effect. Unless you sow a seed, you cannot reap the fruit. You cannot sit quietly with the intention of eating the fruit. You need to go into action by planting, then sowing and then watering the seed. After that you need to nurture the sapling in order to be able to eat the fruit.

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There are questions to consider regarding right effort.

Pointer 1: Is the effort mutually nourishing?

While you're heading towards your goal, towards your vision, always check to see if your goal is hurting others in any way. Ask yourself if your intention is going to be beneficial to you and to others as well.

Are the means beneficial? The end does not justify the means!

Is it about my survival alone at the cost of the survival of others?

How does this apply to attracting a future partner? In order to see if your intention is mutually beneficial means that when you make yourself available and start to date, have the interactions with the people you meet be not only about you and your intention but also make an effort that the people you meet benefit from meeting you. That they are enjoying themselves, that they learn and grow through this process too.

Wish them happiness and if it doesn't work out between you two, wish them well and pray for them to find a suitable mate.

Also, don't forget to enjoy the journey, not just the destination. So many people live life in the unconscious paradigm that they will enjoy themselves and feel happy only when they've reached their goal. Many people suffer along the path to happiness. Right effort means we go towards our goal but we also enjoy life along the road.

Pointer 2: Is the effort consistent?

For the plant to grow it needs consistent effort, much more than stop and go and stop and go. It has to be dedicated action that moves in the direction of your intent.

In our example regarding attracting a partner, consistent effort might mean that you do something every single day, even if it's a small action, that moves you towards your goal of meeting someone.

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One day you could call a friend and let them know that you're available for a partner.

Or you join an online dating site.

Or you become socially active and put yourself in environments where you will likely meet people.

Just setting an intent, but not following it up with the action of making yourself available cannot work because the universe or life will need your contribution, your effort, in this case to put yourself out there.

Pointer 3: Is the effort coming from a strong commitment?

Your level of commitment depends on the depth or the power or the passion you have for your desire. So if you feel low about your commitment, look at what holds you back or blocks your desire? Very likely there is a passenger with a foot on the brake on your inner bus.

Most people hesitate to give their word fully and instead say, *okay, I will try*. This indicates that there might be a 'doubting passenger' in your bus that you need to befriend and get to know.

On a practical level, practice shifting your language. Your words are more powerful than you know and they send a message out to the universe. Instead of saying, *I will try opening my heart to love*, experiment by taking a more declarative stance by saying *I open my heart to love!* This sends a powerful message. You've likely heard the famous quote by Marianne Williamson: *until one is committed, the universe cannot fully align behind our desire*.

Lastly a quote by the Dalai Lama that has been so helpful to us.

'Never, never, ever give up and it is bound to happen'.

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Guided Exercise: Action Plan

As part of the effort component, you're encouraged to write an action plan.

A powerful inquiry question to support your plan is:

What do I need to learn, to do, to plan, and to put in place in order to achieve my intention?

Creating time for going on dates, networking, calling friends to let them know you're single, signing up with online dating, all of these are examples of actions that will make your intention come into reality, turning the seed of your intention into a robust blooming flower.

Whatever you want in life, there is always a phase where we have to put effort out there. There is an energy exchange in the universe. The very fact that you are active in your quest for a mate and are available on a consistent base, will lead to success. Your effort might not directly pay off. We have often noticed that results often come unexpectedly from different directions than we had assumed.

As an example you might put a lot of energy into online dating, yet you end up being introduced to a friend of friends and this is where the connection happens. Yet all the effort that you put into online dating was not a waste. It was part of your effort – your effort sends an energetic message to the universe that says I want this and here's what I'm doing to make it happen. The universe responded by having you get introduced to your future mate.

Write down an action plan for how you can move towards your intention. Keep in mind the 3 pointers for right effort.

When you write your plan make sure your effort is:

- +mutually beneficial
- +consistent
- +coming from a strong commitment.

Pause this audio and write down your plan.

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Track 12: Guided Exercise: Creating space for your future life partner

Another important piece of effort is to really look to see if you're ready to receive a partner? If we want to attract someone in to our hearts, we need to be willing to look and see if we have an inner and outer environment that is ready to receive that future love partner.

Think of it this way, if our outer environment, our home, or our inner environment— our heart — are in some way cluttered, there won't be enough room or space to invite someone in. Most of the work in the HHP so far was about cleaning up and clearing out your inner environment, your heart — so that it is ready and able to attract and receive your future partner.

This same attention and effort is also required in your outer environment: your home and your external life.

Look around your environment from the perspective of a future love being there with you and ask yourself:

Is your space a welcoming place to receive your partner?

Even if your current house is small, is there a way that you can create more space to make room for your future mate?

Some suggestions include:

- +clearing out a drawer in your dresser for their belongings
- +putting out a cup for them to keep their toothbrush and toothpaste in the bathroom
- +buying matching pillows for you bed
- +making room in your closet for them to hang some clothes
- +buying them a nice coffee mug
- +making room on your bookshelf for your future partner's favorite books
- +looking at your bedroom from the perspective of having your future partner there with you....

What changes need to be made so this becomes an inviting space of intimacy and connection for the two of you ? If needed, buy a bedside table for your

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future partner's side of the bed. Also, remove any clutter or things that don't belong in the space of the bedroom. If there's any art on the wall, really make sure it fosters the kind of intimate connection you'll be having with your future love.

+get an extra house key made and put it on a nice keychain

Pause the audio and choose 3 suggestions from this our list to implement in the next week.

Exercise: Creating Space in Your Life for Your Future Love:

In the same way that you cleared space in your home, look now at your life and ask yourself a similar question:

Is there room in my life to welcome in a future love? Is my schedule packed from morning till night? Do I have time for a relationship? How can you create more space in your life right now?

Pause the audio and write down 3 ways you can create more space and room in your life for your future love.

Track 13: Third Component: Grace

We are completing our Manifesting Formula with the third component 'Grace'?

What do we mean by Grace? In our Judeo-Christian culture Grace is often associated with the Holy Spirit, the third aspect of the Christian trinity.

For us, Grace is God's or if this works better for you, the universe's benevolence showering on us.

We call it also divine intervention.

The question might arise --why do I need Grace if I have a strong intention and put forth right effort to make things happen?

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The reason is because the future consists of various sets of possibilities. So Grace is needed regarding the outcome of these unpredictable possibilities.

Our intent and effort are two important factors, yet there are many more factors that can never be controlled.

For example, let's say you have a job interview. You create a specific intention about the job and then you prepare yourself with your best effort, yet you have no control about the mood of the interviewing person. So we call on Grace for help regarding all the circumstances that we ourselves can't control or directly impact. We can only do our best through our intent and effort and then we need the intervention of our own higher consciousness in the form of Grace.

When we tune into this higher consciousness we can access infinite help and can connect to tremendous power and great wisdom. Life then suddenly becomes a flow, because the higher consciousness, Grace, is manifesting for you. It is manifesting your mate, it is also manifesting your business partner, your home, it is actually manifesting everywhere. Everything starts getting linked up, which we often explain as synchronicities. Yet, you could also see this as Grace being in direct action in your life.

One of the secret keys about life:

The more we recognize Grace the more it will multiply in our lives.
As you speak about it, live it, express gratitude towards it, it will increase!

Guided Grace Meditation

There is a tendency of the human mind to look at what is missing. This is the lens from which most people look at life. In this meditation let us shift and open up to see and realize how much grace, how much the benevolence of the universe has showered on us.

Reflect on your life and allow memories and show how you have been blessed.

Today, yesterday, last week

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Focus on how the universe has supported you, protected you, guided you. Trust and allow memories to arise.

Then go further back to earlier times – guide mind to see when life supported you in small and big events.

Guide your mind and scan the past where you can see where grace, where the universe was present and supporting you.

If you contemplate all facets of your life – family, relationships, your inner spiritual life and allow yourself to recognize the presence of grace, How you have been nurtured, enveloped, supported, enlivened through grace.

Often looking back we are able to see the blessings that we couldn't see at the time. The greater wisdom reveals itself over time.

Keep counting the blessing throughout your life.

Keep cultivating this seeing, this feeling, and this recognizing of how grace has and is touching your life.

Now be still and just feel and sense grace like a beautiful warm summer rain falling down on you and penetrating every cell of your body.

Drink it in and let yourself be filled with this most precious substance of the divine.

Track 14: Guided Exercise: Creating a new Paradigm of Relating with your Ex

As part of the work in this module of birthing your new life, we'd like to offer some suggestions for a new paradigm of relating with your ex. This paradigm needs to be adjusted to your unique situation, and the kind of relationship you want with your ex going forward.

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The new paradigm of relating has two components.

The first component has to do with your attitude, or perspective – you could call it a shift in your orientation of relating to your Ex.

The question to ponder here is *how* do you want to relate to your Ex going forward?

Is this a person that you want to relate to:

- As a close friend?
- As a parenting partner for your children?
- As somebody that isn't a friend but that you relate to as amicably and pleasantly?
- As someone that you respect as a fellow human, but from whom you still need to keep a healthy distance?
- As someone, that because of their behavior, you cannot have in your life at all?

Take out the worksheet entitled *Creating a new Paradigm of Relating with your Ex* and ponder these different ways of relating.

Write down what feels like the most appropriate way for you.

Pause the audio now and complete question 1 on the worksheet.

The second component relates to the practical agreements that may need to be made for relating to your Ex. We'll be going through a series of questions to guide the process. Some of these may or may not apply to your situation so we encourage you to work with the questions that do apply and skip over those that don't.

These questions are also on your worksheet. After we go through these questions with you, you'll have a chance to work through them on your own.

The question to ponder here is:

What needs to be changed or updated regarding any existing logistical arrangements?

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-regarding child care or a new custody/parenting schedule.

-changes to finances

-changes to a project that you may have worked on together: this could be a volunteer project that you took on when you were a couple, or a business that you created together, or any other project or activity that you did together as a unit. How do you want to structure your involvement in that project now ?

-changes to housing: this can be a potential minefield because there is often \$\$ involved and that can bring out the worst in us humans at times. We are not specialists in these practical matters, yet they are people out there who specialize in the legal and logistical side of amicable divorce.

We recommend that you approach these questions from a win-win perspective, which will serve the kids in the long term.

Pause the audio and complete this section of the worksheet now.

Suggestions for relating to your Ex:

Below are some specific suggestions on how to relate to each other within the new paradigm that you are creating with each other. And, you and your Ex need to work out the specifics, particularly the degree of support and closeness.

+Do not speak negatively about each other with anybody

+Honor each other and remember the good times and the good that came from the relationship –especially your children if you have them.

+When in doubt, be generous with each other for the sake of your own emotional well-being and for the sake of the children

+Work together as much as possible and get agreement from each other regarding anything related to the children

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- +Be a willing and equal co-parents
- +Speak positively and respectfully of each other to the children
- +Become friends if that feels appropriate, and decide the new level of care and support your friendship would offer one another.
- +Create an extended family system that potentially includes both family wings.
- +If applicable, create a guideline for yourself and if possible an agreement with your Ex about how to be with each other families and circle of friends and community going forward.
- +If applicable, create a guideline with your family and friends about how you want them to be towards your Ex now that you've decided to separate as consciously as possible.
- +Put boundaries and agreements in place for yourself (and if applicable with your Ex) that mirror the new form of your relationship with each other.

Consider the following issues:

- **Intimacy and Physical Contact:**

Be very clear here in setting boundaries. This subject reaches from talking about how you want to greet each other to any physical contact.

Any long-term relationship has a set of intimacies and endearments and by bringing consciousness to this subject you will be able to transition into a new and more formal way of relating with each other.

- **Conventionality:**

Very likely you've had very informal ways of relating to each other which now -- within the structure of the new paradigm --are no longer appropriate. We suggest bringing much greater sensitivity to any lingering ways of relating to your ex in these old ways. Some examples to think about, when you come to each other's houses, not to enter without ringing the door bell,

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not to just go into the kitchen and help yourself, not to enter into the private space of your ex, including their bedroom, but to bring the normal conventions to interacting -- as if you were a guest in each other's home.

This shows respect and puts the new relationship back on a healthy footing similar to what both of you have with a friend.

- **Specialness:**

Being in a romantic relationship has us be the special one for each other. Now you are asked to shift out of this unique way of relating to each other. Here bring in the understanding that you're no longer expected to be put first nor are you expecting that the other puts you first. This will also create the space in you to be able to put someone else first in your life and in your heart.

We suggest that you let the creation of this new paradigm be guided by a brotherly/sisterly sense of love and care.

If you're creating this paradigm on your own, trust your inner sense to help you intuit the appropriate boundaries and agreements that feel right to you at this time.

Regarding sharing your new paradigm with your Ex, likely there are some agreements that clearly need to be stated, i.e. anything related to the children, finances or any other practical, logistical, or material support – all of this should be part of a written agreement.

Regarding everything else, trust yourself to determine what needs to be shared with your Ex.

If your Ex is also doing the HHP, then we encourage you to share what you've written on the accompanying worksheet with each other.

One last point – we want you to really get that you are a pioneer in the conscious separation movement. All the work you've done in these modules is allowing you to bring something incredibly special and very new into our world. It's still quite rare that people transform the pain of a breakup or divorce into an opportunity for growth, healing, and transformation. It's

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even more rare to bring a conscious closure to the end of a painful relationship. This is truly something that you can be incredibly proud of. There are very few models and we thank you, from the bottom of our hearts, for your contribution. You're work and modeling this in our society is what will help and inspire others on this path.

Because there are not many role models on how to do this well, be easy on yourself. There will be times when this new model doesn't seem to work and you might want to drop the ball. Stick it out. Something in you knows that doing the separation in this conscious way is ultimately in the best interest of yourself, your kids, and actually everyone involved.

Please see the worksheet that accompanies this module. It will guide you in creating new relationship agreements based on the teachings.

Track 15: Guidance regarding Friends and Family

In this Teaching we want to give you some guidance regarding your family and friends.

Assume that your close friends and family members, especially if they have not done work like this healing heart protocol, instinctively operate from the old paradigm that we spoke of earlier. This means, they will most likely take your side and therefore will take an anti-stance towards your Ex.

This taking of sides is often also influenced by our gender. A divorce or break up brings to the surface the ancient divide between the genders, the hidden War of the Roses, and age-old issues between women and men. The girlfriends often align behind the woman, and the male friends often take on the position of the male partner. This can create painful divisions in family and even more in friendship circles.

It's important that you name this situation. If your Ex is also doing the HHP, talk about how you both want to name this to your friends, family, or community.

Ultimately it's up to you to share with your family and community that you are breaking out of this old paradigm, and that you don't want them to be

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hostile towards your Ex, or to engage in negative talk about him to you or others. You'll need to let them know that you are working through this separation in an amicable way inside of yourself. And let them know that this includes breaking out of the negative talk, blame and taking of sides that are so very common in a divorce or painful breakup.

At the right time, you could also ask the group or the individuals to actually hold *both of you* in their thoughts and prayers – to wish both of you as little pain as possible and a bright and happy future.

Know that your friends and family are likely bound by their loyalty and their own issues regarding being hurt in relationships. Be courageous and help them to shift their paradigm as well. You will not just help yourself, but your own transformation will create a massive impact on those around you.

The teachings of all spiritual traditions and religions point us towards compassion and forgiveness – and this is where the rubber hits the road.

You become an active stand for this in your life. Those around you will benefit the most.

In the name of all those who will benefit from the healing work you've done to arrive here and for your being willing to change the paradigm, Thank You!

Track 16: The 5 Step Process for Transforming Triggers

Even though we've been through all of these modules and you've done an immense amount of work on yourself, the truth remains that you – like us – are human. And as humans we cannot help but at times, have reactions to our fellow humans. At times, you or I will get triggered by people – especially people that are difficult to deal with, and for some of you that will be your Ex.

In this segment we'll teach you a simple Five Step Process that can be applied to help you when you're triggered or emotionally activated. Even in the best conscious separation, and in life in general, things will go wrong

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and at times you will be activated. Let's be gentle with ourselves and also prepare for those moments.

Here's our key formula for when you get emotionally reactive aka triggered by your Ex (or anyone else for that matter!):

1. STOP

The moment you realize that you've become emotionally activated, which is often accompanied by heat rising in your body, or your heart beating faster, or you've started to raise your voice or talk/write in a fast or defensive way, it's imperative that you stop. What might stopping look like?

There are several options:

- Leaving the scene. This may mean physically leaving if you're with that person.
- If you're on the phone, it means ending the conversation -- getting off the phone.
- If you're engaged in an email battle, it means terminating the communication via email.

In order to stop in any of these situations, a transition can be helpful so we encourage you to communicate something like this:

I'm sorry, I don't want to continue this conversation right now. I need to cool down and I will get back to you in _____. (For example: an hour, the next day, 48 hours, etc -- give a time when you will be available to talk again).

2. BREATHE

The second step is to breathe in a much slower and deeper way than you normally do.

Studies have shown that anxiety has been connected to very fast and shallow breathing. In order to get our bodies out of an anxious state, we need to reverse this completely.

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Take at least *5 rounds* of slow and deep breaths, and even more if you are able. Breathe in for a count of at least 5 seconds, and out for a count of at least 5 seconds, longer if you are able. Scientists have discovered that when we slow our breathing down, the part of our brain that's activated, our Amygdala, calms down dramatically.

When you consciously focus on your breath, particularly on breathing into your belly, this initiates a relaxation response in your nervous system. This is so effective that they are teaching it to Navy Seals and even some police officers to help them handle high intensity situations.

The great thing about breathing is that it can be done anywhere! You can do it in a boardroom, in your car, standing in line at the grocery store. Nobody even needs to know that you're consciously slowing your breath down and therefore it's your greatest ally in any situation where you're feeling emotionally charged or anxious.

3. NAME

Once you've removed yourself from the scene or the communication, and you've calmed down, the third step is to name to yourself what has just happened. You can name this internally, to yourself, or externally to a friend or someone you trust. You might say something like this:

Wow I just noticed that I got very emotional when ___ happened. I guess I got really triggered and I (name what you your emotional state is, likely a defensive or aggressive mode) feel angry and upset or sad and scared and so on.

The more you can name the actual feeling you're feeling: angry, sad, scared, etc....the better.

Neuroscience has proven that simply naming what is going on with us, literally shifts the energy from our more primal, reptilian brain—which is the part of us that reacts intensely – back to our more mature brain where our mature consciousness resides.

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For any engaging and productive conversation to happen, we first need to get back in the saddle of awareness, which happens when we name what is going on.

4. REFLECT

Now that you've removed yourself, calmed down through breathing, and named what's going on you are ready for step 4: to reflect on what actually happened. Here, our model of the passengers in the bus can be very helpful. Rest assured, any emotional reaction is coming from one or several of your passengers on the bus.

Ask yourself what passengers have been activated. When you feel defensive, usually a Protector Self and when you feel very emotional it's usually a Child part. And in most cases both parts likely have come up and took over the driver seat of your inner bus.

Once you realize that your bus has been 'hijacked' by different passengers, you can look at the person who triggered you and assume that the same thing also happened to them. Parts hijacked their inner bus, usually for the same reasons that yours did: to defend themselves -- and often the best defense for our passengers is to attack.

This doesn't condone that person's behavior, *yet* it gives you a framework to understand what happens to most human beings when they're emotionally activated. They're not operating from their most mature best self, they're taken over and usually unconscious about the fact that they've been taken over. Just like it happened to you and it has happened and will happen to us.

"When it's hysteric it's historic."

Remember this saying and teaching from our earlier modules together! It means that intense emotions are an indication that the present day situation has activated prior dormant emotions in us.

From a calmer place, you can now ask yourself the question:

When I was triggered in that moment and those emotions took me over, how young did I feel inside?

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Often just pondering this questions it becomes clear that a younger self had been driving your bus. Sometimes memories of the past situation may even emerge.

5. REFRAME:

Once you realize that the emotional intensity behind the trigger is related to prior pain and wounding, it's actually possible to reframe the present day situation.

From the big picture point of view, intimate relationships, like nothing else, evoke our unfinished past history and then give us a chance to heal our unfinished past.

The person who triggered us has their own work to do, for sure! And if their behavior is unhealthy or threatening to you in any way, then yes, we'll need to set clear and appropriate boundaries.

At the same time, whenever we are triggered, regardless of the other person, the important reframe is to see the situation as a growth opportunity for our self. Even if the other is in the 'wrong', if we remain only focused on the other, we miss the opportunity to learn, to transform and to grow.

Ultimately, if both parties can get that the other has activated emotional material that was already present in them, and is giving them the opportunity to learn and grow, the other person can then be seen as a teacher versus the bad guy.

This reframe is the highest form of looking at triggers. And – we know it's not easy, particularly when the other person's behavior feels or maybe even is harmful.

And as we said earlier, in the external world if your Ex or any person is displaying inappropriate or abusive behavior, you absolutely need to protect yourself and create appropriate distance and boundaries.

Yet, at the same time, in the internal world, it's important to withdraw your focus from the other and come back to work on the one person that you can

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change: yourself. This allows you to de-tangle and let the other do their own work. If they choose not to look at themselves, they are the ones who are losing out.

So these are the 5 steps which can be used in any situation, and with any person or event that is upsetting or deeply triggering to us.

In closing, the way we understand life is that it is school of growth.

We believe that we're here ultimately to learn how to love. The more willing we are to learn *our lessons*, the less intense the lessons have to be. If we want to have less suffering in our life, we're invited to be more and more willing to see life as an unfolding of events that are designed to help us to grow.

Does that mean the other has no fault? Absolutely not – yet we only grow when we put the focus on our self and what the situation is showing for us to learn.

Most of the time, our triggers are showing us that some growth is needed in order for us to become more conscious, more compassionate, more loving and more caring – both with ourselves and with others. In our understanding, that is the core of the human curriculum.

Track 17: Completion Guidance

Our time together in this Healing Heart Protocol is coming to an end and we want to offer you a summary of our core teachings and guidelines to support your new life ahead:

Loving Reminders:

- Continue to stay connected with your inner spaciousness, your inner home, the Aware Self. Simple slow and deep breathing will guide you there.

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- Continue to learn to embrace all of the passengers on your inner bus. Underneath everything, they have your best interest at heart – from their perspective. Befriend them and the inner ‘war’ will subside.
- Continue to learn to accept what is – within and without.
- In the internal world: Be in tune to your inner world of feelings and allow them to arise, exist, and change... in their own timing
- In the external world: Be a conscious co-creator of your life using the magic manifesting formula of Intent-Effort-Grace.
- Become an expert listener: with your beloved, your children, your family and your friends.
- Practice what Eckhart Tolle calls the ‘The Power of Now’. Be present, here and now with what life brings. There is only one moment – NOW.
- Enjoy. Be playful. Do things that de-light you, bring light into your heart.
- Remember you are a ‘mystery’, not just psychological conditioning and genetics. You are a precious unique jewel with your own specific journey and purpose.
- A human life is precious – and very very short. So you might want to consider looking at the major decisions in your life from your death bed. This will help to put them into perspective.
- Love for Love’s sake. Trust for Trust sake. As challenging as it is. It is our understanding that we are all here to learn to love and to trust. So even if the heart has been broken, see how you can still find ways to love and to trust. Over and over. It is the way of love. And, the closest experience on this plane of ‘God’ or ‘Spirit’ is through Love.

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As we are completing, imagine us standing in front of you expressing our respect and honor for all of your sincerity and commitment, for your courage and love of truth, in a bow.

We poured ourselves into these teachings and sincerely hope that they transform your life. And, that through you -- they will live on and that you will pay them forward by sharing and contributing to many people in this struggling and often suffering world.

We thank you for being an ambassador of Conscious Separation and Divorce. We honor Katherine Woodward Thomas for her Conscious Uncoupling Work which has been a great inspiration to us and to many!

Lastly, we want to acknowledge all of our teachers, East and West, for their contributions to us. We thank them from the bottom of our hearts and we are so grateful that their contribution to us is received and shared by you.

From the bottom of our hearts we wish you a fulfilled life of abundance in all areas of life.

May you be happy

May you be free from suffering

May you be abundant

May you be joyous

May you be peaceful

Many blessings on your continued journey

~Michael and Neelama

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Track 18: Completion Meditation – Fulfillment Meditation

We feel the best way to complete our HHP is --with what we call --a *Fulfillment Meditation*.

What we mean by this is a beautiful visioning meditation to cement your new life with your future life partner.

So we invite you to turn within into this deeper center beyond the mental narration into the inner spaciousness, the realm of co-creation and of possibility.

You have already planted the seed in our Conscious Intent or San Kalpa Visualization. Now we are giving this seedling, this intention, some water and a good dose of sunshine.

Your acknowledgment of all that you have learned from your prior relationship, is like water for this seedling, this manifesting vision.

And, the recognition that your relationship with your new life partner is so blessed because of all of your work and transformation, is like sunshine for your inner seedling.

Keep sinking into this deeper center that we call the Aware Self

Here you can anchor yourself in the truth that you are a co-creator, that you have a place to create and birth things in the universe.

That from the Aware Self you have power to attract love into your life.

From this connection within yourself, feel and sense your own fullness - and the freedom of being your own source for love, arising from within this inner presence and from there radiating out.

And from this inner place feel yourself right now in deep communion with your partner of the future.

Experience right now all that you wanted with this new life partner –

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Experience, sense, feel:

- truly seeing each other
- sharing love
- treasuring each other
- a profound trust with each other
- a depth from where you understand each other so beautifully

Keep relaxing even deeper into the vast inner openness, the field of creation and possibilities. And from here see, hear, feel the your new life manifested in your beautiful home, in the family life you always wanted.

See yourself, feel yourself now with the extended families, with friends and with community expressing your love, see yourself giving and receiving with all these people in your life, and at its center your partner and your family. Trust any imagery that is arising. Experience it, live it - right now.

From this loving couple connection feel and see the love and the joy and playfulness and the laughter and the depth radiating out into the other circles of your life.

Feel the delight in this creative manifesting process. Recognize yourself as the co-creator of your life through your intent, your effort and by the Grace of source.

Now, relax in this inner depth even deeper, letting go of any co-creation effort and open up to allowing gratitude to fill you in such a way that it is just overflowing.

Gratitude that all you dared to dream of, has come into reality. Gratitude that this miraculous universe has supported you and brought all your longings into existence.

Let your heart beat in gratefulness and send it from here outward into the whole universe.

And so it IS.

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