

Healing Heart Protocol Online Course
Module IV – Water Element: Complete the Past
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Module IV ~ Complete the Past
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Track 1: Introduction and Presencing Meditation

Welcome back to Module IV which is called *Complete the Past*. This Module activates the gift of the Water Element. In nature it is in the Water Season, in Winter, where all life dies in order to be reborn in the Spring. We call on the gifts of the Water Element, the gifts of introspection and wisdom to assist you in this Module as you have the opportunity to complete the past in a conscious way. The big picture perspective of your inner Aware Self will help you on this journey ahead.

Presencing Meditation

Now let us begin again with our *Presencing Meditation*. If you can practice this in the same area of your home, wonderful, if not this if of course fine too. We start again with shifting from the outer to the inner world, by allowing our eyes to close. Behind closed eyes you can experience your body from within as sensations and energy. Even, feelings as you learned are actually an assortment of physical sensations.

Look and sense and what do you notice?

Are there any strong sensations like heaviness, contraction, or, does it feel wide, spacious and light, or a sense of peacefulness prevails.

Give space to whatever sensations aka feelings are present.

If you haven't yet, include your breath cycle into your awareness and experience how life is supporting you by breathing you.

Open up again to this wonderful fact –that you are actually being breath. Life is supporting you this moment with the most fundamental gift – the breath of life – which we constantly forget. Life is still fundamentally on your side.

Dropping now to an even deeper within and sensing the inner spaciousness or presence, this inner place, that which we call the Aware Self. Something that is aware, notices the sensation of the body, the breathing.

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Expand your attention now and notice what is commonly called thinking, yet specifically manifests in most people as an inner narrating voice.

Just listen – there is a commentary nearly constantly commenting on what has, is or might occur in your life.

This commenting voice is what you and I actually identify with. We think and feel this is ‘Me’.

And, amazingly, likely right now, there is Awareness or Consciousness that notices this commenting mechanism.

That which is aware of all, the Aware Self, is the part of your inner world from where healing and support happens.

It is your inner resource. This Presence, this loving supportive Presence, that doesn’t judge or criticize you. Remember whenever you find yourself judging or criticizing is one of your inner voices or passengers on the bus, and *not* your Aware Self.

This Presence is by its very nature compassionate and non-judgmental.

When you look into the mirror, the mirror never says, “Oh Michael you look old today”, no, that is a voice in Michael’s head. The mirror just mirrors back ‘What Is’ and has no judgment. Opinions, evaluations come from the Mind, not from your ‘higher Self’.

This mirror-like consciousness or Presence is also by its very nature compassionate and caring. Sense within and you will likely find a wounded part or hurt feelings and from this Aware or Higher Self you can send a wave of loving kindness to any part within you.

Or, as we do, sometimes imagine that the loving Aware Self holds the more hurt or wounded parts of you in its arms, comforting those parts with a loving embrace.

If you’re in touch with any of the more hurt or scared parts inside right now, ask them what they need to be comforted and supported?

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Tune in and you will get an answer.

Now imagine this higher loving Self Presence holds this scared, hurt or angry part of your psyche. Breathe with it and imagine that your inner Aware Self acts like a loving parent, parenting your own distressed part.

When you feel completed gently stretch your body and come back from the inner world to the outer.

Track 2: Teaching Segment: Transforming the Paradigm of Breakups and Divorce

In our culture, breakups and divorce have a negative stigma associated with them. As if they are something ‘bad’. A collective belief prevails in our society that a break up – and even more so - a divorce, is something to be avoided. The people who had to go through divorces often see themselves as failures, or that they’ve done something wrong. This stems from the cultural ideal that relationships should last forever, and that we should be together with one person, until death do us part.

We want to invite you to reflect for a moment on how this cultural view potentially has affected you personally.

There is a member of your inner bus that we call the Moral Judge Protector. This passenger has internalized the cultural values that we just spoke of. This passenger most likely has judged you at some point, and may still be judging you, about your breakup.

To become more conscious and to heal the relationship with this inner Moral Judge, we created a worksheet called ‘Working with the Moral Judge’ that will help you to release any remaining guilt or shame.

Pause the Audio and spend investigating, befriending and healing your relationship to your inner Moral Judge Protector. It likely will help you sleep better.

Now from the personal let’s come back to some teachings about the cultural norms about break up and divorce. Even in our justice system it is often

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assumed that one of the divorcee's is at fault. The so called 'no-fault divorce' is a very recent advancement. The reason for this is that our legal system is founded upon the idea that one needs to make a case against one of the parties. This is appropriate in criminal justice cases, yet that view has been transferred onto the civil cases of divorce and separation. Therefore, this old paradigm that one is at fault is still in our collective consciousness.

Unfortunately, what this means is that the family and friends of the two separating people automatically assume that they have to take sides...and that there is a good side, and a bad side.

Our guidance and recommendation to you is that in an effort to birth your new life, you leave this old paradigm behind as much as possible. This doesn't mean you need to deny any inappropriate behavior by your Ex; or that you need to engage with him or her if they're not able to relate to you in a healthy way. Yet—by declaring war and making your Ex into the bad guy, you perpetuate a cycle of perpetrator and victim that is not in alignment with all of the healing work you've done in this protocol.

Through this HHP you've come to a more balanced view of yourself, your Ex, and the breakup itself. It is this healthier perspective that we invite you to bring into your life from this moment forward. Holding your Ex and yourself with as much compassion as possible is what will allow you to truly move forward into the next phase of your life. This is what will allow you to keep your heart open wide – so that it can attract new love.

When the Ex doesn't co-operate or is obstructive

Your willingness to invest in this **HHP** is evidence that you value healing and transformation. This extends of course into a conscious closure with your Ex. In some cases, this might even include going through this program together. For many people, their Ex is not doing this program and has no interest in a conscious closure. For others, your Ex is perhaps engaged in aggressive or unhealthy behaviors – and then the question becomes:

How do I separate consciously given his or her unwillingness to even engage in normal or healthy forms of communication?

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If your Ex has demonstrated that they have deep problems, either psychological or social (Character issues, affairs, addictions, aggressive behavior, or in extreme cases-- violence....) then it is a necessity to create boundaries for yourself.

Here is the place where the inner protector system of your mind is absolutely needed. You have to protect yourself and your children, which might - in some cases - mean even getting a restraining order.

Our suggestion for dealing with difficult Exes is - as much as possible - to reduce the contact and communication to the bare essentials. For many of you that means negotiating a parenting schedule, dealing with other issues related to your children, or finding a way to dissolve any assets or projects you were engaged in together.

Another suggestion is, as much as possible, to focus on the future and try not to feed what could be called a negative bond from the past. Communicating with your Ex - back and forth in attacking and defending ways - is the outward manifestation of a negative bond. As much as you can, communicate the pure logistical facts without emotionality.

Your energy – as much as possible—should be taken off of the past and put into the future. Focus on what you want to create in your life going forward.

Speaking of your life going forward—for many of you that also includes opening up your heart and mind to another person...a new relationship.

All of our encouragement for you to heal and forgive and see the good that came from the relationship with your Ex is largely done so that you can complete in such a way that serves your future. It is our experience in working with many people over the years that the way you or I end a relationship sets in motion the way we enter the next one.

The divorce statistics of second and third divorces show us this painful truth and validates our vision of consciously and amicably divorcing or separating.

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Track 3: Teaching Segment: Grieving

We want to acknowledge you for doing your work and your courage to go through this process. We acknowledge your vision that a breakup can be done consciously and compassionately. You are well on your way at this point.

The work we've done so far has guided you particularly through the emotional stages of your separation. As we mentioned before, the end of a relationship can often feel like a death and evokes a similar emotional grieving process as if someone close to us has died.

Our own experience has taught us that grief is vital in order to accept a deep loss and move forward with your life. Working through the layers of grief as you're doing is often a painful process, but it makes all the difference to your future emotional, physical, and even spiritual well-being.

All the work you have done so far as part of this **Healing Heart Protocol** has been designed to help you to grieve.

Now some more general information regarding 'Grief Work'.

The model we'll be sharing relates primarily to the partner that has been left and therefore experiences the separation as a loss, similar to the loss of a loved one through death.

It happens in different phases or stages and the process does not happen in a linear way or in a particular order. And, there is no single way to grieve. Everyone is different and each person grieves in his or her own way. Even the person who ended the relationship goes through their own version of this grief process.

The following stages of grief are commonly experienced by people when their relationships fall apart.

You've probably experienced some or all of these phases on your own unique journey.

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1. Numbness

Feeling emotionally numb is usually the first reaction to a loss, and perhaps lasts for a few hours, days or even weeks. In some ways, this numbness may help people to get through the practical arrangements that the separation causes, but if this phase goes on for too long, it can be a problem.

The numbness may be replaced by a deep yearning for the person who has left our life. At some point this numbness often shifts to:

2. Intense or Volatile Emotions

Often people feel agitated or angry, and find it difficult to concentrate, relax or sleep. One may feel really upset and angry or also feel guilty, dwelling on arguments they had with their Ex or emotions and words one wished one had expressed.

3. Depression

This period of strong, often volatile emotions usually gives way to bouts of depression, sadness, silence and withdrawal from family and friends. During this time, one may be prone to sudden outbursts of tears, set off by reminders and memories of the Ex-partner. This phase is also accompanied by the feeling of not wanting to do much in life, even the things that once brought you joy.

4. Recovering

Over time the pain, sadness and depression starts to lessen. One begins to see one's life in a more positive light again. And it is important to acknowledge that one may not completely overcome or even be fully over the feelings of loss.

5. Acceptance

The final phase of grieving is to let go of the person who has left and move on with one's life. This helps any lingering depression to finally lift and sleeping patterns and energy levels begin to return to normal.

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Having listened or read about these grief stages you can see that you likely have gone back and forth between several of them, which was our experience too.

Again, we want to acknowledge that the grieving journey is very unique to each partner. And it is also unique in its form and intensity depending on whether you ended the relationship or you were the one who was left.

Personal Examples:

Michael: I spent the most time in the ‘emotional volatile’ and ‘depressed phase’ on my healing journey.

Neeelama: I spent more time in the numbing period and because being in a new relationship moved pretty quickly to the recovery and then acceptance phase, with recurring slips back into short depressed and volatile phases.

One of the key factors that will help you to go through the grieving process and come out the other side is creating a healthy form of completion. Your subconscious needs a powerful ritual of closure in order to help it move on. Stay tuned, on the next track we’ll be guiding you through one of the key processes in our **Healing Heart Protocol** that it designed for just this purpose.

Track 4: Teaching Segment: The Conscious Closure Process

In this track we’ll be guiding you through a process we created that is a powerful support on your journey of completing the past and moving into the future. It’s called *The Conscious Closure Process*.

The principles of nature teach us that during the season of winter life has to die so it can be reborn in spring.

In our *Conscious Closure Process* we honor these ancient principles and offer you a process in order to consciously complete your relationship with your Ex. It is this closure that opens up the possibility for a rebirth so you can

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come to life in a new form based on all the transformation you've been through and the new person you are today.

Our *Conscious Closure Process* has three phases:

Phase One: Consciously Experiencing the Death of the Relationship

The one core inner work piece that is still waiting to be attended to is to grieve the loss and the absence of your Ex and your relationship or marriage. Those of you who suffered a lot in your relationship might ask yourself:

Why do I need to grieve something that I am happy I got away from?

The answer has to do with the role your Ex played in your life and the place they kept in your heart. Obviously, because you were in a relationship with this man or this woman, there was a deeper bond with him or her than with most other people, or why would you have been in a relationship in the first place?

It is that bond or connection that we ask you to be willing to honor and grieve. When we humans let another human in, they take a place in our inner world. If that person hurts us later on, this often leads us to wanting to get away from him or her, yet that doesn't cancel out that there was a bond in the first place.

Whenever we have a bond with another human being, the separation from him/her and then the loss of that person in our lives is experienced in our unconscious as an absence or a missing.

Remember that we have different passengers on our bus. One inner passenger might even celebrate the separation while at the same time another passenger in the bus experiences the missing.

Our experience also has taught us that we are not only experiencing the loss of the person, but also the loss of the relationship itself. There was You, and there was your Ex and your togetherness created a third, the Relationship. If you had children together, there was also the fourth, the

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Family. Eventually each of these needs to be grieved in order to move forward.

When something ends it leaves a vacuum, an absence within our inner world. This absence is often experienced as a missing or an emptiness. We ourselves experienced it as a sense of hollowness. The journey is to learn to be able to hang out in that inner emptiness. This honors the grieving process because you are present with the truth: the relationship is gone, over, dead.

And – in it's place is this absence.

Most people spend their time running away from this absence and living life on top of it, constantly trying to get away from it. What we've found through our own process and our work with others is, that the way *out* of this absence is *through* it.

Allow us to guide you into an exercise of learning to be with this emptiness. The more you can be consciously with it the quicker it actually changes and transforms.

The next track is a guided meditation where we'll support you to meet this emptiness directly.

Track 5: Resting in the Absence: Conscious Grieving Meditation

If possible sit in the sacred space in your home that you created for your processes and meditations with us.

Guided Meditation:

As we said, earlier, when you miss someone or something, you experience this missing or absence on a body level. There could be some sense of hollowness or a feeling of emptiness in the heart area, around the throat or the stomach.

Allow yourself to close your eyes and sense inside and be willing to experience this sense of absence.

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Some people have literally said, “*There is a hole in my chest*”.

Sometimes people have reported it feels as if something has been ripped out of them.

If this is arising and present, we encourage you to breathe very gently right into this body area where you feel the absence.

Imagine you could direct your inhale right into this empty place and then with the exhale allow yourself to sink more into that hollowness or emptiness in that area.

Stay curious. Emptiness can be sensed, it is an absence, there is just ‘Nothing’ there. Nothing actually simply means that there is no – thing there, no feeling, no thought, meaning no-thing.

Yet, what is actually there is space or spaciousness. It is not really empty.

Trust if some memories might come and if grieving of your Ex follows, keep sensing that too.

Or, you might have feelings of sadness or pain about the loss of being a couple, being an ‘item’. Allow that too...let those waves of emotion go through your inner world.

If protecting or avoiding or distracting thoughts come up, acknowledge them as coming from your inner Protector passengers. The unknown, anything unknown, evokes them and calls them into action. Know you are making the unknown known very quickly if you continue to focus on the inner emptiness or absence and dare to simply experience it as the sensation that it actually is.

Wonderful. You are a courageous inner traveller.

This emptiness or hollowness, when you are with it, can be experienced as space. Breathe into this space. Be courageous, it is safe. Space is not really empty, there is just no ‘thing’ there. What is there is space or a presence, just

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like the space that fills the room you're sitting in right now and that we rarely are aware of.

To experience this absence or hole within is first a bit threatening because nobody has guided you there yet. And nobody teaches us that we actually can be with it. We don't have to spend our lives running away from it or looking for this or that thing/person/event to fill us up.

We ourselves have experienced this emptiness many times and it is actually a gateway to the deeper realm of your own Innermost, the Being, or Soul!

If missing of your Ex occurs, allow it to exist, however it shows up. This is the level of grieving that is rarely taught and done and that will allow you to move so much faster into a new life.

Give yourself permission to be sad, to miss, to sense the hole that the ending of the relationship left within you, which you might feel literally in your inner body. Notice whether the sensation of space has gotten more intense or is subsiding. From the Aware Self allow both, intensity or subsiding. Nothing will last and the sense of hollowness actually transforms by itself.

All is asked is to relax into it with your ex-hale and experience the sensations of hollowness or emptiness. Give it two more minutes!

Breathe consciously right into the disturbing sensations and they at some point shift, might already have and will at some point. It's the universal law of Change that works here in your favor.

If needed stay a little longer as we let this track run another 2 minutes in silence. Whenever you feel complete proceed to the next track.

Also, remember, you can re-visit this track at any time whenever you need support to be with or grieve the absence of the relationship.

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Track 6: CCP Phase Two: Final Completion Steps

You will find a worksheet to accompany this module that you can use to deepen the process we're doing here with you in this audio track.

1. Writing & Reflection Time

A. The Five Greatest Learnings

The first topic of reflection is on finding the five greatest learnings from the time with your Ex, which includes the separation process you are in right now.

You can refer to the notes you wrote at the end of Module III about the gifts of the relationship and specifically about the difficulties and how you grew and transformed through the relationships and the break up process.

Spend some additional reflection time and you'll be surprised that everything always changes and you likely will have some additional insights since your last reflection.

The learnings can be big and small.

As you write them down, we highly encourage you to avoid referring to or mentioning of any behavior of your Ex that led to your learnings. This might be a challenge because the 'hurt selves' within often look for ways to prove their point that it was all his or her fault.

Your awareness that you cultivated will help you to focus just on what you learned.

Here are some examples from us:

Michael: What I learned in our relationship was generosity. You and your family were much more generous than the family I grew up in and I really take from you and them the importance to be generous.

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Neelama: What I learned from our relationship was just how much pressure I had put on men, and on you, to try to feel I was good enough, I was loveable. I realized that this sense of worth comes from within me – and it's not anybody else's responsibility –nor can anyone give me that ...it's inside of me, and it's up to me to do the work to reclaim and remember that.

Michael: During our breakup, as hard as it was, it had me look at my abandonment issue that happened when my younger brother was born and how that created a deep fear of abandonment in me.

Neelama: During our breakup, I made you the 'bad guy' in my mind—an enemy on some level. I learned eventually that this was really just a way of rationalizing myself. I felt extreme guilt about the way I ended the marriage, because I didn't know how to deal with my own guilt I made you "wrong" so that I could feel right about leaving. Our breakup taught me that I *can* admit when I've made mistakes, and when I take ownership about the mistakes I made, and that there's actually a freedom in doing so.

We invite you now to reflect on this --and using your notes from Module III plus some additional reflection answer the following question:

'What were the five greatest learnings and insights that I can take with me for my new life?'

Write them down in a list of five you will use this in the next step.

Pause this audio and make your list.

B. List of Appreciations and Gratitude

We acknowledge you for having already reflected on and acknowledged gifts you received in the relationship.

And, we invite you to do another cut. The reason for this is that to complete with another human being is so much easier within the spirit of appreciation and acknowledgment. It is also from this place, that our heart opens even wider to attract more love into our life.

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We know that for some of you there might be overwhelming evidence of nothing to appreciate. Still, take a moment and look at the relationship journey you have been on with this woman or this man and be open to what might arise.

You might have a resentful passenger on the bus who insists only to look at what wasn't done and how half empty the cup was. Ask this part, in the service of your own golden future, to step aside and allow you to perceive also that which worked. Even if these times were much less than the other way around. Focus on the positive for this section.

Likely there have been some good things on the journey you have been on together; maybe children, financial gains, shared experiences or the intangibles, insights and inner growth.

Even in the midst of our separation journey, when we were able to be present with our then 2 year-old son, we could appreciate the other person through him. We realized that both of us were each making sacrifices for the sake of our child. When we reached the stage of Module III in the separation journey, it became easier to remember also the times of tenderness and care that we received from each other.

Here are some examples from us:

Michael: "Neelama, I appreciate that you put our son and his well-being first. -I thank you for the caring you showed me when I fell ill, when I needed to be comforted, when I felt low."

Neelama: "Michael, I appreciate your love and hands on support with our son, for the incredible father you've been to him. I also thank you opening up the door to my career path which has been one of the most fulfilling things in my life."

Allow memories of what 'worked' to come in and help you write your appreciations.

Pause the audio and make your notes, which we'll use in Step Two

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C. Making Amends

In the next step we invite you to reflect on how you can bring restitution in response to any of your past actions towards your Ex.

‘I am sorry’ and other apologies, spoken from the heart, are needed - and – in some circumstances, making amends is also asked for.

The guidance for possible restitution for our action is based on the Eastern concept of Karma. The principle of Karma states that our past action will come back to us or as the saying in our culture goes:

We reap what we sow!

Spiritually speaking it is very wise to rigorously take responsibility for what we caused to the other. Usually it is those closest to us that we cause the most hurt.

Look from your Aware Self which is not defensive and open and curious whether at some point you caused hurt and injustice to your Ex partner.

We highly recommend for you to seriously reflect whether something happens that calls forth any form of ‘reparation’, to clean up your side of the relationship equation.

Let us give you some examples:

Let’s say you were abusive at some point with your words, we suggest that you would apologize in this completion talk and also tell your partner that you are committed to learn from your past behavior and undertake all you can not to repeat your behavior.

Or, when you step back and look back at the time together and you realize your partner was primarily carrying the financial load, although you had also resources, a reparation or amend could be to pay some money back or donate the money in the partner’s name to a cause.

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A very important note: Your amends are for you, for your healing, for your life. So it's important to make your amends whether your Ex is owning his or her part of the relationship equation or not.

We assure you in the long run this will pay off ten fold.

Being generous attracts generosity towards oneself.

Here some amends from us:

“Neelama, I was not fully supportive of you in your need for help with child care. I am sorry for my miserliness. It was because of money. I promise in the future that I will co-operate with your need for help when requested.”

“Michael, I am having a higher income than you right now, as an amends I will pay a little bit more for Kai's expenses to make amends for the past.”

Find the courage and willingness to look where apologies and making amends are needed to bring closure also on the spiritual level. Pause the audio and write these down.

Track 7: Guided Exercise: Completing Communications

This track will guide you to communicate what you discovered. We found that reflection and journaling are wonderful and powerful tools of inner work. And – their impact can be magnified if we take what we discovered and communicate it. Hearing oneself speaking insights adds to the depth of the process of healing and being heard by another adds an even stronger level of impact.

There are a few different options for this process.

The best scenario is, if the two Exes are both doing the HHP, then we encourage you to do this process face to face together.

If that is not possible, there are a couple of other scenarios that will be very powerful.

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You can do this process with someone close to you that you trust. He or she will represent your Ex. If it's possible to find someone of the same gender as your Ex, great...but that's not necessary. Let your friend know that all they will need to do is listen.

You can also do this process by yourself using a chair or pillow to represent your Ex.

If you want to do this process alone we suggest that you set up two chairs or pillows facing each other.

Now, sit on one chair and your Ex or the representative will sit on the other chair. If you're doing this alone, imagine your Ex on the chair or on the pillow opposite you.

Have your notebook with you and the lists that you wrote down.

Take a few moments to breathe slowly and deeply. Connect to the present moment and come into connection with your Aware Selves within, instead of the wounded or attacking selves. Make sure you speak from this inner place of calmness whenever you communicate.

Also make sure that you speak your learnings, your appreciations and your amends from your perspective. You can easily do this by using 'I' and as much as possible, stay away from using the word 'you'.

If you are doing it with your Ex decide who goes first and if you are doing it with a representative it is obviously always your turn.

Step One: Communicate your Five Biggest Learnings.

Pause this audio as you communicate your learnings.

Step Two: Communicate Your Appreciations

The person who appreciates has to watch out for a critical part within that tends to focus on all the things that didn't happen and didn't work. Instead -- be generous, emphasize what did work, what they did do well, even if it was

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only once and a while – acknowledge them for what they did and for the time period they did it.

The person who receives the acknowledgment makes an effort to let it in and appreciates the effort your partner has undertaken to come to this.

Use a very simple formula:

‘I acknowledge you for being a responsible mother/father for our child(ren).

‘I acknowledge all of the ways that you supported me financially’.

‘I am grateful for the way you cared for me when I got sick with pneumonia 8 years ago’.

Listener, you don’t need to say anything except thank you.

When it feels complete, change over or move to the next step.

Pause the audio and communicate your appreciations now

Step Three: Communicate Apologies and Amends

Using your list, share as sincerely as you can your apologies or speak a heartfelt ‘I am sorry’ for the specific things you wrote down.

Also, be willing to take responsibility for any hurt you caused and state what you’re willing to do to make amends for this.

Listener, please, as much as you can see and feel the inner work your Ex is doing to own his or her side of the relationship story. You don’t need to say anything except thank you.

When it feels complete, change over.

Pause the audio and communicate your apologies and amends.

Completion of CCP Section Two

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If you did this process with your Ex, we congratulate you and now invite you to complete this process with a bow. The bow is a symbol of respect and honors each other's willingness to bring closure to this relationship in a conscious and pretty rare way.

Imagine we are standing in front of you and are bowing to you as well – please accept our acknowledgement and respect for all the work you've done to arrive here.

Completion Letter:

For some of you, particularly for those of you who are courageously and sincerely doing our program by yourself, there is also the option to put your appreciations and restitutions in the form of a completion letter to your Ex.

You could write this with the vision to actually send the letter to your Ex if you think they are in a place to receive it. Or, you can write the letter for to him or her and never send it – writing it more for your own sense of completion.

Trust what feels right for you.

Track 8: Teaching Segment: Directions for the Conscious Completion Process

1. Preparation Work:

As you could observe throughout our journey together, our effort and guidance has been based on the vision for you to separate as consciously as you can.

For this a transformation from relationship 1.0 to relationship 2.0 is needed. This transformation in our vision leads to an honoring of the love that you shared with each and also honors and protects what you created together-- be it your children, a company, a home, a project, and even the community that you both were part of.

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For this transformation to honor and protect what you shared and built together you need to complete or even better said, unhook, from the past, so relationship 2.0 can come into existence.

Our Completion ritual is the vehicle to facilitate this transformation.

2. Underlying Principles

Many couples nowadays write their wedding vows, as we did. Our wedding vows were in a way the principles on which our relationship was built. Traditional wedding vows function in the same way. The famous ‘to be together until death do us part’ is one of the most fundamental principles in traditional marriages. Yet besides this obvious principle, in a relationship there are commitments or agreements that are often there, yet unspoken.

Many of these are also made between non-married partners. The moment you are in a committed relationship you have some agreement operating.

As an example we had clients who discovered in this process that even years after the ending of a marriage, they were still unconsciously holding on to their commitment of fidelity, without even realizing it.

A friend of ours for years couldn’t give his heart fully to a new partner because he had promised his Ex, that he would take care of her for the rest of her life.

And, his Ex, was holding on to the same agreement with growing righteousness, that he owed her to take care of her for the rest of her life, even *years* after they lived apart. Both couldn’t fully commit to a new relationship with these old commitments still unconsciously running them.

Therefore we will start now an Inquiry process to uncover your spoken and unspoken commitments in your past relationship.

3. Inquiry Process:

The transformation of a relationship from 1.0 to 2.0 has two steps.

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What were and maybe still are the underlying commitments and agreements of your relationship?

Writing Exercise:

Take some time now to reflect on this question – what were the parameters of your relationship? Below some possible suggestions of common relationship commitments:

- to be faithful to each other (if you had a monogamous relationship)
- to take care of each other on all levels (financially, health wise, psychologically being there for each other, spiritually committed to each other.....) Look what were the specifics of your relationship?
- to be the ‘special one’ for each other
- to be there for each other if one falls ill
- to raise your children together
- to be a role model couple for your community
- to serve in a church or any other community together
- to help each other to take care of the parents of each other
- to create wealth and abundance together
- to grow old together
- to retire together
- to travel the world together
- to share a particular passion/hobby together
- to be there when the other dies

We invite you to spend some time reflecting and then noting down the principles or agreements of your relationship. These could be spoken, or unspoken.

Create a list that you will use in our Conscious Completion Ritual very soon.

Pause this audio and make your list now.

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Track 9: Guided Meditation: The Conscious Completion Ritual (CCR)

Now let us move to one of the highlights of our HHP, our Conscious Completion Ritual.

One of our teachers, the German psychotherapist Bert Hellinger in his family constellation work has a simple yet profound exercise that will be the foundation of our Conscious Completion Ritual.

A. The Conscious Completion Ritual as Guided Visualization:

Go to the sacred spot in your home at a time where you can do this ritual undisturbed. Before we start our Guided Visualization allow some slow and deep breaths open up the sacred inner depth and stillness.

This inner spaciousness is the formless ‘Aware Self’ or your inner Presence and sense it deeply for a few more seconds.

Now we invite you to imagine your Ex-partner stands opposite of you in a beautiful setting of your choice – in nature – in a meadow, at the beach or in a beautiful room or even in a chapel or any other sacred environment.

Both of you are dressed for the occasion in nice clothes. As you are looking at your Ex-partner opposite of you, you are also taking in the environment, the beautiful plants around and you are hearing soft music in the background playing.

Imagine now an officiate at this ceremony with you. It could be one of your teachers or guides, or the two of us, or any other officiate of your choice.

Visualize that we or an officiate stands at a distance between you:

Officiate

You

Ex

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Around you and your Ex you see on the floor a circle marked by a beautiful thick rope. The circle represents the prior and still existing relationship between you two and symbolizes the principles and agreements that you have had with each other.

Now ring a Tibetan bell three times to mark the beginning of the ritual.

The Ritual

Now you hear us speak to you:

“As the officiates in this visualization we welcome both of you to this completion ritual and acknowledge your willingness to break the pattern of confrontation and conflict. We honor your courage and your commitment to truth and love that has you walk the path of the Healing Heart Protocol to a conscious separation.

Now we ask you to bow to each other. A bow, which is one of the expression of the Metal Element, symbolizes honor and respect. Honor for that which brought you together in the first place and for what you shared and created together and also for that which you are leaving behind now.”

Now visualize yourself bowing to your Ex, sensing the honoring and the respect for your Ex. Then see her/ him return the bow in the same dignity and depth.

We ask you now to speak after us:

“As I step out of this circle that symbolizes our relationship I am letting go of you as my partner (or husband or wife)”

See, feel and sense yourself stepping out of the circle.

Imagine you are looking now from the outside of the circle into the eyes of your Ex-partner who is still in the circle and repeat each phrase after us:

(Note: Give enough time for repeating the phrases)

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- I am letting go of being in a couple relationship with you;
- I am letting go of our dreams of a future together;
- I am letting go of any expectations from you as a partner in love;
- I am letting go of any expectation for you to take care of me;
- I am letting go of any expectation for you to make me happy;
- I am letting go of any expectation for you to complete me;
- I am letting go of fulfilling any declarations and agreements I made to you while we were together;
- I am letting go of any expectation for you to fulfill declarations or agreements you made to me while we were together.’

For example:

- I am letting go of any expectation to be together until death parts us;
- I am letting go of any expectation to have children together ... and so on.

Pause this track now and using the insights from your inquiry in the prior section, name out loud the core promises and agreements you uncovered between you two.

Welcome back we continue with our visualization; speak again after us:
(Note: Give enough time for repeating the phrases)

- I take responsibility for my contribution to the ending of our partnership or marriage;
- I leave with you your contribution to the ending of our partnership or marriage;
- I will take with me all the good memories that we created together;
- I am letting you go now to live your own life without me;
- I am wishing you well and bless you to move forward into your own life;
- I bless you to open your heart and share yourself fully in your next relationship;

Take a short pause now and just sense inside what is unfolding now that you spoke these releasing words. Allow any feelings.

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Now, standing outside of the circle you look into your Ex-partners eyes as he steps backwards outside of the relationship circle and says:

(Note: Give enough time for repeating the phrases)

- I am stepping now out of this circle that symbolizes our relationship;
- I am letting go of you as my partner (or husband or wife);
- I am letting go of being in a couple relationship with you;
- I am letting go of our dreams of a life together;
- I am letting go of any expectations from you as a partner to love me;
- I am letting go of any expectations from to take care of me;
- I am letting go of any expectations for you to make me happy;
- I am letting go of any expectations for you to complete me;
- I am letting go of fulfilling any declarations and agreements I made to you;
- I am letting go of any expectation from you to fulfill any declarations and agreements you made to me;
- I take full responsibility for my contribution to the ending of our partnership;
- I leave with you your contribution to our separation;
- I will take with me all the good memories that we created together;
- I am letting you go now to live your own life without me;
- I am wishing you well and bless you to move forward into your own life;
- I bless you to open your heart and share yourself fully in your next relationship;

Now, visualize you and your Ex-partner taking another step backwards further away from the Relationship Circle of the past. Together, while still looking with soft eyes at each other, repeat the following:

(Note: Give enough time for repeating the phrases)

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- I am coming back home to myself. I am taking with me all aspects of myself that I had offered or given to you;
- I take back all the parts of my body, mind, heart and Being that I have given to you;
- And, I give permission for you to keep all the wisdom, insights and learnings that our time together generated;

Now gently, both of you close your eyes and come home within. Taking a few slow breaths now.

Now with closed eyes, repeat after us:

(Note: Give enough time for repeating the phrases)

- Calling on my inner Aware Self I am NOW sourcing my own life;
- I am sourcing my own love;
- I am sourcing my own fulfillment;
- I am sourcing my own material abundance;
- I am sourcing my own understanding and meaning of life;

Now in your inner eye see your officiate picking up the rope and putting it in a beautiful bag. Then imagine a large bonfire and see the officiate placing the bag on top of the bonfire. Watch as the flames burn the rope completely, dissolving this symbol of your past relationship.

Then the officiate announces:

“The old relationship circle is now dissolved and with it all the commitments and agreements are also dissolved.”

Now bow to your Ex and then turn to face an open meadow or an open field, symbolizing a new beginning.
See yourself walking into that field.

Imagine your officiate hands you a beautiful piece of fabric in a color that symbolizes for you a fresh beginning.

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See yourself laying this fabric down on the earth marking a circle.

Step into this circle and announce out loud:

(Note: Give enough time for repeating the phrases)

“I am now my own circle – complete and whole.”

Then –in the distance -- see your Ex placing his or her fabric on the ground, forming a circle with it and then stepping into it. Hear her or him announcing:

“I am now my own circle – complete and whole.”

Now, see and feel yourself radiating and present, strong and vulnerable, alive and open – connected to the source within, from which all arises.

In completion see your Ex-partner in some distance and one more time you are bowing to each other – in respect and honor and with well wishes in the heart.

Now see yourself turning around and feel yourself walking on a path in front of you towards the rising sun ahead, symbolizing your future.

“With this the Conscious Completion Ritual has come to an end.”

To symbolize the ending of the Conscious Completion Ritual ring the Tibetan bell 3 times.

Track 10: Additional Options for the Conscious Completion Ritual

We created a worksheet for you in this module that contains a detailed description of this Guided Visualization.

In addition we wrote another version of this ritual that you can undergo together with your Ex-partner.

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We highly recommend that if it is possible, to do this Conscious Completion Ritual together.

This ceremony will be tremendously beneficial even if it happens months and even years after the actual separation. The reason for this is that the ritualistic nature of the ceremony reaches your unconscious in a profound way, the way that normal conversation can never provide. It will assist your unconscious mind to complete, opening the door for your own future.

Many people haven't been able to enter deeply into a new relationship simply because the old one still holds parts of the heart or the mind in its grip. This ritual will be of great assistance to you in attracting your next love into your life from a place of true healing, wholeness, and clarity.

If your Ex-partner is not available or able to do this ritual, know it is still very effective for you do it as a visualization and also together with someone who can act as a representative of your Ex-partner. This can be a friend of yours or a family member. Yet, we recommend finding a person who has the depth to meet you in this ritualistic manner and gets the value that this ceremony offers for your journey.

Also it would be very helpful to find another friend or elder that is willing to take over the role of the officiate, that we were holding in the Guided Visualization.

That person can use this text to guide the ceremony. Or, you can play our Guided Visualization to guide both of you through the ritual.

And, of course, our CCR can be modified and you can also modify it to create your very own ritual.

A Conscious Completion Ceremony with Family and Friends:

You could also organize a formal Completion ceremony to which both of you invite friends and family members. You can adjust our structure for this situation too. This would be particularly powerful because everyone present has a chance to grieve together and it also give permission to everyone that they can love both of you and that nobody has to take sides.

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If both of you were very involved in a community, a ceremony in front of those members would also be very helpful and powerful, avoiding the creation of factions within the community, keeping harmony.

Doing these public ceremonies would also make you ambassadors of the conscious separation movement, bringing benefit to many who will attend. There are multiple possibilities of serving different purposes, like a smaller attended CCR with a few friends and family and a larger event for your community, that could be part of a community event.

The Separation Toast

Lastly a more informal way of a conscious completion could be built into different events, i.e. family dinner, a holiday gathering, or a community dinner or party. You could bring to such an event an aspect of many weddings, the wedding toast. Each of you, in a toast could acknowledge the relationship as it was in the past, honoring its contribution to your lives. Everyone drinks to this and then in the second part of the toast you about what you want to create in your new life ahead. You then all raise your glasses to that wonderful intention.

To undertake such a public exposure of your conscious separation journey is surely challenging, yet would also be a wonderful service to all those present. With painful divorces so prevalent in our society, your courageous act would likely contribute to so many people who might otherwise never hear about the possibility for a conscious separation or divorce.

As we are completing Module 4 of our Healing Heart Protocol we wish to express our respect to your commitment. If you are reading this, you very likely have walked your talk and faced yourself over and over. We sincerely hope that our Conscious Completion Ritual has created more freedom for you, and that your heart is lighter and more open to the possibility of opening to love again.

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Track 11: Water Element Meditation – Deep Relaxation

After all of the deep work you did in this module, allow yourself now to rest in one of the greatest gifts of the Water Element, the gifts of the YIN energy...which allow our system to deeply rest and recharge.

Let yourself lay down now, just like warriors and warrior-ess-es have laid down after battles down the ages.

The battling is over. Close your eyes and rest the body on the floor or on a bed or couch. Sense the floor below you, carrying you, holding you up. As your body naturally exhales, let yourself sink a little deeper into the floor or bed. Right now there's nothing to do ...you can sink....rest....and let go...

With each exhale, drop a little deeper.

Dare to give your weight over even a little more.

Whether you realize it or not, with each exhale, all the millions of cells in your body are starting to relax.

All the millions of cells realizing that right now they just have to do the bare minimum - and therefore can deeply relax.

Allow yourself to sink deeper and deeper into this sense of heaviness and relaxation.

Nothing to do. Life is breathing you. Life is beating your heart. As you sink even deeper into this inner world of spaciousness and silence, Give yourself permission to just relax even more. It is safe.

You are coming home to your innermost.

Even if there is some inner narrating going on – that is no issue. Keep relaxing and sink within.

The water element within us is the inner space of just being, non – doing.

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Just existing. Nothing to achieve. Just to rest.
You have worked so hard, suffered and struggled. Now, just rest.

A poem for you from one of our teachers:

Natural Great Peace

*Rest in natural great peace
This exhausted mind
Beaten helplessly by karma and neurotic thought
Like the relentless fury of pounding waves
in the infinite ocean of saṃsāra.*

Rest in natural great peace. Just rest.

We leave you here now. Just keep resting as the music plays for another ten minutes or so.

All our blessings until we meet again in Module V.

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.

Family Constellation Modality
Rest in Natural Great Peace

Bert Hellinger
Nyoshul Khen Rinpoche

Music:

Devotion
Om Mani Padme Hum

Aeolia (Angel Love)
Master Charles

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