

Choice Relations Class



*Understand * Appreciate * Respect*

✓ **Understand**

✓ **Appreciate**

✓ **Respect**

Thank you for your interest in the *'Choice Relations' class*.

You will learn the top 3 secrets in understanding relationships problems & solutions in this FREE downloadable PDF.

I have developed a signature methodology to help those who feel unhappy, angry, hurt or scared to transform their life so they can live with peace, balance, confidence, and love. However, what I am really passionate about is teaching positive emotional tools to heal the pain from family conflict. It is time to stop the bleeding ~ YOU are worth it!

Here is what you receive from taking this journey:

- 1. End feeling disconnected and trapped**
- 2. Begin healing from emotional pains that have caused deep distress**
- 3. Feel free and unified**
- 4. Positive communication skills with yourself and others**
- 5. Ways to collaborate and have fun**
- 6. Connecting at a deeper level**
- 7. And much more...**

Disclaimer: If you feel everything is your partners fault, STOP! This class is NOT for you.

Secret #1

Blaming words

Blame keeps our heart at war

- * YOU made me ...
- * YOU never do ...
- * YOU always do ...
- * WHY did YOU do ...
- * Deciding another's motivation is unfair and lacks respect.

HIS FAULT

HER FAULT

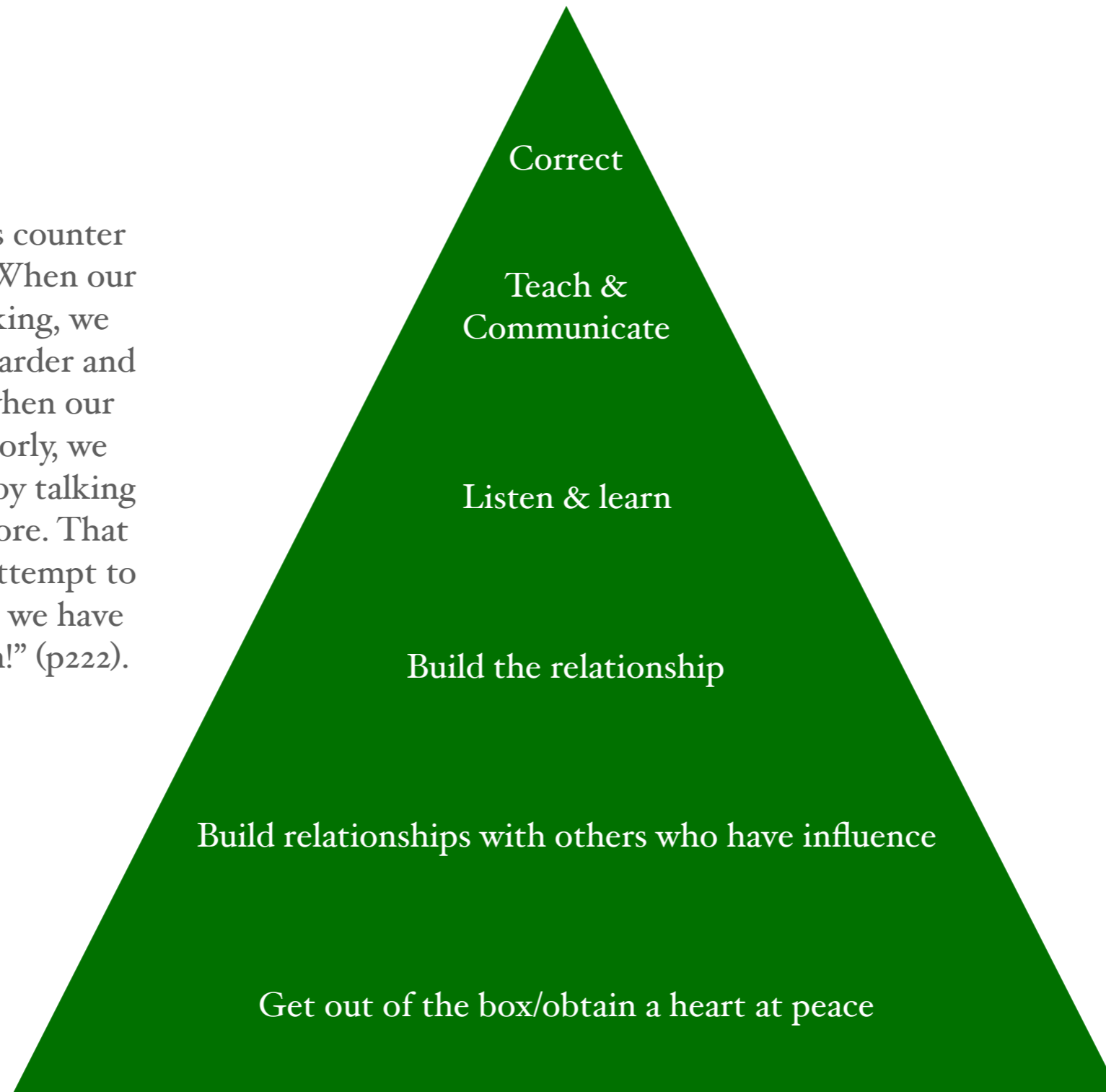
THEIR FAULT

NOT ME

Secret #2

When our Heart is at Peace ~ Miracles happen

“This lesson also runs counter to our normal reflex. When our correction isn’t working, we normally bear down harder and correct more. And when our teaching is going poorly, we often try to rescue it by talking more and insisting more. That is we drone on in an attempt to correct the problems we have created by droning on!” (p222).



Secret #3

Any Choice YOU Make Holds Power

A heart of War or a heart of Peace ...both are cornerstones of belief by which men live. To believe that a thought system which is based on lies is weak, is foolish.

Nothing made by a Child of God is without power.

A Course in Miracles: Original Edition (p. 51).

The WHAT in the Choice Relations Class

Understand:

Bridging an awareness to the love/hate relationship

We begin discerning how a heart at war feels, how we get there, & bringing an awareness to the choices we face.

Shifting our view from Blame to ownership of choice - we are either inside the flow of creative energy or standing outside it.

Learn how you are showing up to others.

Appreciate:

Bridging an awareness and appreciation consciously to the relational patterns we hold

We begin discerning how we hold a heart at war towards ourself & how we get there - establishing how we define our comfort zones.

Identifying Self-Justifying-Images that no longer serve us - those automatic self sabotaging behaviors - what makes that comfort zone comfortable

Learn how you show up in the world - things that identify our comfort zone

Respect:

You are worthy of love, you are worthy to BE loved!

The gift of an individual session that identifies that part of yourself,

which keeps sabotaging and holding you back from experiencing your heart at peace

or entering the flow of creation energy, full-time.

Loved

Appreciated

Accepted

To Feeling:

Understood

The WHY in the Choice Relations Class

Resentment

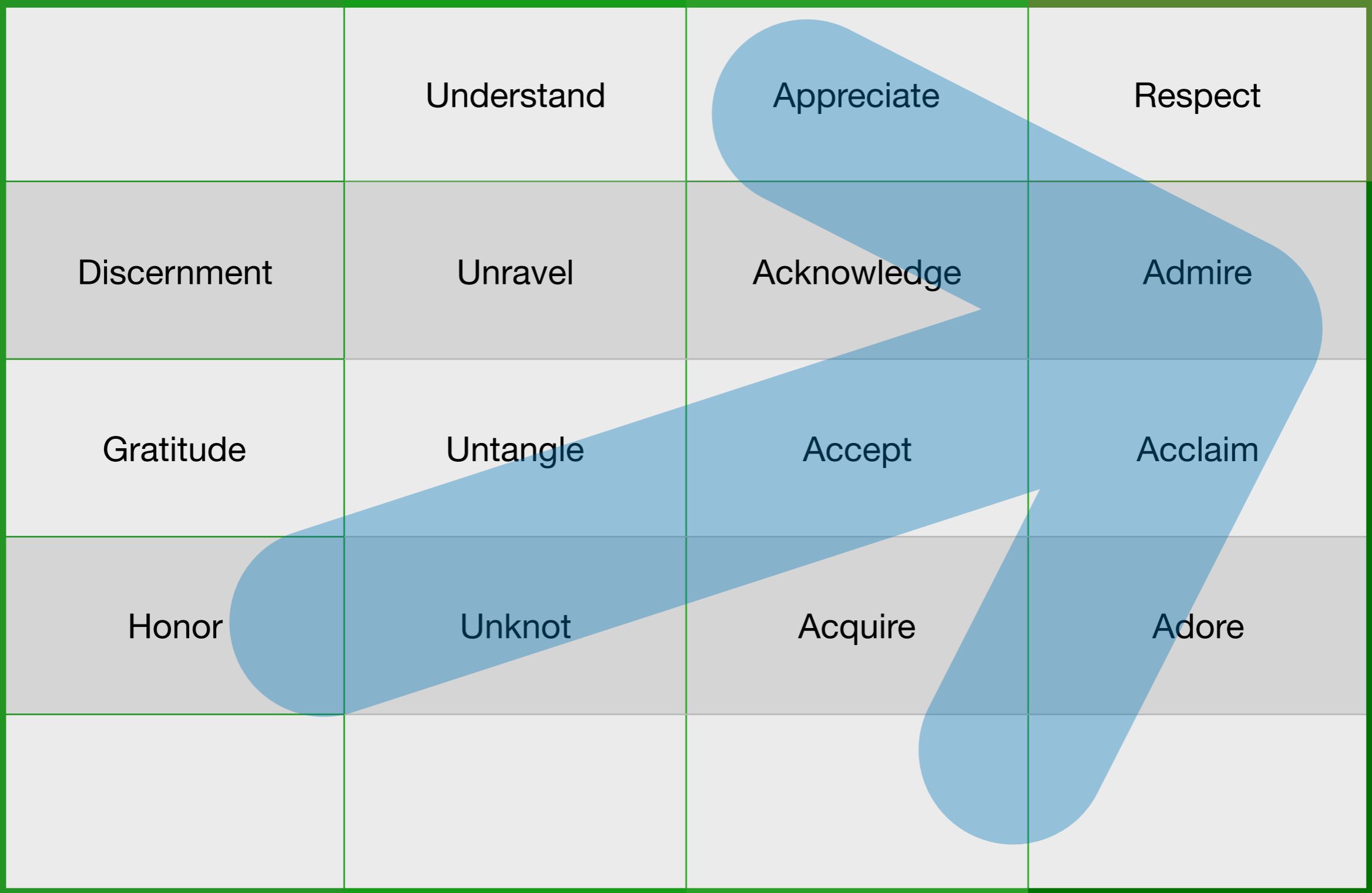
From Feeling:

Rejected

Victimized

Judged

HOW the Choice Relations Pathway works



People spend thousands of dollars on attorneys, therapists, emotional stress relief, medication, etc.

These are all good things, however, how are they working for you?

**When we feel frustrated or mad, the underlying emotions are usually unmasked through self reflection and guidance;
(a) feelings of hurt; (b) rejection; (c) judgment; (d) disrespect.**

All to relieve feelings of unhappiness or find ways to ‘fix’ YOUR relationship.

I applaud you for taking whatever steps, up to this point to find true happiness.

If you are committed to a long term relationship, it begins with YOU!

Not your partner ... YOU

This class offers you an opportunity to look within to bring awareness to how you are showing up in your relationship.

Once that is identified, choices can be made for you to either stay the same or change. The choice is YOURS!

You are worth it!

You are worthy to be loved!

You deserve happiness!

Now let's get down to work and learn how this works to BE an even better partner

A great resource is the book, “Anatomy of Peace” by the Aringer Principles.

I highly recommend this reading material. The Choice Relations class highlight a few exercises they have formulated

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