

Training – Love in Balance

When we talk about love, we start thinking about our spiritual balance wheel and we have this incredible balance wheel that we work with here at Miraculous Living and that balance wheel has eight aspects. And to really be a great lover and a great human being, you want to have all 8 of those aspects in balance. So let's talk about life in balance and then we're going to talk about love in balance.

The 8 Essential Elements of keeping life in balance are: element one, social and friends. When we think about that mindset of social and friends, you want to just think about your recent history and that sense of who you are in your social life, and just go back over maybe the past week or the past month and think about the activities you've done with your friends. So have you been out in the world? Have you had fun? Have you gone for walks with your friends? Have you had good chats over a cup of tea or coffee? Have you met for the movies? Have you giggled some? Have you attended a party or a dance? What have you been up to?

And when we talk about social life and having an unstoppable social life, we aren't talking about having a social life that goes on and on and on, we're talking about what's perfect for you and what's perfect for you might be different than what's perfect for someone else. A good measure for what's perfect for you is if you're a bit of a recluse, then perhaps a couple activities a week are going to bring you a lot of happiness and joy. Maybe shoot for having lunch with a friend once a week and doing some evening activity once a week or a weekend activity once a week with friends. Maybe you have a dinner party and maybe you meet up with someone for coffee, and that's enough. Now for others of you, you're going to have to have more social life and so you know you know your gauge but there's 8 elements on this balance wheel and so of course we're not going to overdue on any of them. So you want to be able to get all of your balanced life in and this makes you available for your love life.

So in the area of the relationship balance wheel, we're also looking at social and friends and time in your relationship for being playful in the world. And what does that look like being playful in the world in relationship? If you have a relationship and you don't have that element, you know it. I have a young couple who's been married for awhile and yet they're quite young and they don't have that playful element in the world and that has been really lacking for them, the husband and wife. The husband doesn't see the value of being out in the world and social and so the wife needs to go and create her social life on her own, which has a sense for both of them of loss and I think the husband's not really being able to recognize that it's an important element in his partnership denies himself and herself, oh it's just not me, I'd rather watch TV. So she heads off by herself as if she's a single mom to events.

And let me tell you when it's not...maybe it's not that comfortable, you really do want to step up to the plate and start creating mockups for yourself if you're already in a relationship and you're not that comfortable in the world. Start looking at where you are comfortable in the world being playful. And maybe you are comfortable like hitting the ski slopes with your friends and then hanging out for hot chocolate afterwards. And so you can combine maybe something that's a little bit more of a solo activity like maybe you head off to your expert hill and do your runs on your own, but you meet everybody for the hot chocolate afterwards and you do actually have the social activity. Or maybe let's all meet up to see the movie whatever, I don't know, whatever is in the theatre and you all head out to the movies and afterwards, you hang out and discuss the movie. Have everybody over to your house for treats or head out to Aroma, the little coffee-

shop, goodie place and hang out and talk about the movie, and really have the experience of being in the world of being social or just as attending.

Inevitably if you're coupled and you have a family, there's an endless amount of activities coming your way. Whether they're from your friends from your children's school or friends from the neighborhood, there's an endless amount of events coming your way and you just want to pick one or two that you attend every week.

For those of you who aren't in a partnership yet and you're wanting to create a partnership, I'm going to recommend that you definitely when you're doing your mockups, you remember to put this element of social friends playful into your mockups. And I'm going to give you the guideline over this next 20 minutes of things that you want to put in the mix of mockups. So each time we have a category, you're going to look at what you're writing in and what your script is for your love life. And so definitely put this element of playfulness in the world together into your mockups.

Now it's time to grab your pen and paper and it's time to write I am ready for a miracle in my social and playful space. So grab a pen and paper right now and the question is, do I reside in my happy life with a good balance of playtime with my friends? That's your question and write an answer. Alright and right underneath it, I want you to make yourself a list of activities that you really, really enjoy doing with friends and I want you to be really generous, give yourself enough time. Maybe write a list of one through 20. You don't have to do them all today but I want you to fill in at least 20, if not 30 things that you love doing with friends or you thought, wouldn't this be wonderful to do with friends.

Very good and while you're writing, I'm going to give you a list of 15 ideas. You can use them if you want or create your own.

1. Meet with a girlfriend for tea.
2. Hook-up with a buddy for mountain biking.
3. Throw a dinner party. Invite folks you'd like to get to know better.
4. Catch a baseball game with friends.
5. Rally friends for a night of dancing. Yay!
6. Join a meet-up group that is focused on your favorite special interest.
7. Plan a monthly girl's night out. Catch a romantic comedy.
8. Invite all your musical friends over and jam in your living room.
9. Go camping with other families or friends from school.
10. Assemble for lunch or supper at a new restaurant.
11. Plan a spa day with a few close friends.
12. Meet up with your sports enthusiast friends at a sports bar and watch the Super Bowl.
13. Attend a spiritual event and circulate.
14. Go to a concert or a ballet with associates from work.
15. Plan a beach day or a picnic with the ones you love and bring a Frisbee.

So there's a few quick ideas. Now I want you to take some time and really formulate your own ideas.

And moving on, so the second element of the balance wheel and especially for your love life, your relationship balance wheel is emotional freedom and joy. And we have the second element is your emotional body. So to bring yourself into a relationship, you want it yourself to be whole

and complete when you bring yourself into a relationship. And so you have to first think about who am I when I come into a relationship? Am I a happy camper or am I looking to my partnership to make it the happy relationship? So if you're not a happy camper, you're going to have to be looking at what do I need to do to bring this happiness level up?

And that's one thing that we do so beautifully well in the 12 weeks of spiritual life coaching as we bring your happiness level way, way up and we do some good resets in there. So if that's something you need help with, be sure to give me a call and I will assist you in creating a dynamic plan to get you over the moon in 12 weeks or less.

And as we look at a spiritual mockup, an energetic mockup for your emotional freedom and joy in relationship, let's talk about that a little bit.

Alright, so in relationship, do you experience emotional freedom and enjoy? Is that what your intention is? Have you already created that? Is that what you saw your parents do? What is emotional freedom? Do you have emotional freedom to laugh, be happy, really be generous with their partner? Are you on equal footing? Is there an imbalance in the relationship? How is the relationship set? Is it set at let's have fun, let's loosen up the rains a bit here? And I'm not talking about fidelity, you know that's created uniquely with each relationship but a standard in our culture is to have fidelity, have one to one relationships that are really honoring, loving and respectful. But do you feel emotionally free or do you create a dynamic where one or both of you are somewhat of an emotional prisoner? And I want to spend a lot of time talking about that but the way that you get to this emotional freedom is you offer it yourself, you talk about it, you enjoy it, you share gratitude for it when it shows up and you expand the space of emotional freedom and joy.

I really love what the author Don Miguel Ruiz says about the mastery of love in the book with the same title. And so The Four Agreements and then the next book, The Mastery of Love really talk about how to create that dynamic emotional freedom. So if you haven't read that book, you can go to my Amazon link and you're going to find it featured there in the support page on my Website.

Alright and if you are in a relationship, you want to be thinking about where you're manifesting joy and emotional freedom. If you are wanting to call in that relationship, let's go ahead and really put that in as a mockup that you're creating that. And if you haven't experienced that yet, it may be a DNA or a spiritual body inhibition that needs to be cleared and reset. So you want to take a look at that, feel your energetic body and give me a call if you need a reset on that one.

The next area of the relationship balance wheel is career and it also has to do with tasks related to the home and really having your home function in sync. And so not one person is left to do everything, that there's really a collaboration, there's really a 'we're in this together.' So both in your careers and in most homes these days, we have dual income careers where we have both partners manifesting wealth and abundance out in the outer world and then we also have a home life that functions and we need to have a home life that actually knocks your socks off and so it's a sanctuary space, not the chaotic space. And so how do you get the balance between your career life and your home life and that's something that each of you is going to create and set-up dynamically in your couplehood.

So when we look at satisfaction in this area, we're not looking for you to blast your life apart. We're looking for you to slowly bring more satisfaction into your life. Eventually, you're going to

be looking at graduating both into the career that really suits your passion and also that your collaborations at home, really you're both on equal footing with each other. And if you are in a partnership, you're going to be wanting to start that dialogue right away.

If you're looking at bringing in the partnership or you're looking at expanding into your ideal career, here are a few questions you could be asking yourself. How could I bring more satisfaction into this area? So take some time to write this question down and then answer it for yourself. Do I feel that I'm doing what I'm best at? What would I need to shift to make that last statement better? How could I serve better, both at home and in my career? Is there something that I'm leaving out that I know I could be doing that would make everything work so much better? How could I improve on fulfillment, so really on the completion part of my career and my home life? Am I impeccable with my word in my career and also am I impeccable with my word with my partner? Are there ways that I can contribute to the folks I work with and my sweetheart and family that would make my life and theirs extraordinary? If earning large amounts of money would add to my pleasure and satisfaction, what steps would I need to take to create that? And if experiencing love on the deepest level were really important to me, what would I need to do in my home life to set it up so that my partner felt so cherished, love, and honored that that space would automatically come into being?

Perfect! Alright, well welcome back. I know you've written your list and you've answered some questions and you probably got a few more questions to answer for yourself. If you're creating those mockups for bringing in the love life, definitely include that area. And now we're moving on to the next area, very exciting, spirituality and family and how does spirituality play out in your family life? So do you share your meditation of pro life? Do you attend an organization together, a church, a spiritual group together? How are you creating that sacred space in your family? And in modern life, a lot of families just completely bypass this. They skip over the Sunday morning ritual of going to a church, they forget about the evening ritual of maybe a spiritual storytelling and prayers. They kind of miss those but let me tell you that you need to wire this into your relationship and into your family life. It really brings a kind of structure and moral value that will add so much love and depth to your dynamic interactions with each other, so definitely be adding this into your mockups. So if you don't already have your partnership and if you do have your partnership and you are adding this in, it's time to add it in now.

Okay, we're going to jump into financial on the relationship balance wheel. Finances here is a whole big ball of wax which includes having proper insurances, having investments, having life insurance, health insurance, having a savings account, having a plan for your vacation time and the money saved to actually have your vacation and your recreation time. It's really having an overall well-balanced financial life, your will in trust in place, your durable power of attorney, everything in place. Knock em' sock em', unstoppable, you got it together, handled. And so if you don't have that as part of your life together, if you don't have that as part of individuated life, get it together now.

A person I love to recommend who has an excellent guide for that, Suze Orman, *Courage to be Rich* is an excellent guide. There's tons of people who write books on getting your financial life together and I really, really want to encourage you into the *Wealth Building Course* coming up at the end of March. We do a kind of dynamic from the inside out makeover. This is a kind of course that you will never get anywhere else. We are doing resets to reset the spiritual, emotional, mental and physical bodies. We're resetting your DNA and we're really going deep, deep, deep into your world of wealth and abundance here. So if you're partnered, there's a

special for partners to come in together and you want to be watching for that coming in your email box.

But you want to get your financial life in order. Create that mockup. You're bringing in somebody who's got a life imbalance and you've got your financial life imbalance so if you're mocking somebody up who's got it together and you don't have it together, let this be your put on notice to get it together now. So take the steps you need both from the physical world and from the inside out in the wealth building course and get yourself going. Alright and that includes home ownership for you who are thinking about it. In the next year, you're going to be seeing incredible opportunities in the market, so that means having the money put aside if you don't already own a house. So if you haven't started putting money aside for a home, I want you to do that regardless of whether you're single or coupled. And I know money is tight but create that as part of your mockups so that you're getting it together and your full picture is there in your financial life together.

In the relationship balance wheel, the next area is health, exercise and recreation. That's pretty much the same as your personal balance wheel in that you need to schedule time in your relationship for having a healthy lifestyle, getting the exercise in that your body will be happy with. Different bodies need different things, but a good measure of that is to get some cardio, some stretching and some weight lifting in.

A good food plan, you don't necessarily need to be on a diet but you need to be eating nutritious and healthy foods. If you need some supplements in there, if you know that you live a life that's kind of stressful, you want to be making sure that you're getting enough supplements in.

Taking the time you need to meditate and taking your recreation time, is that beach time for you, is that traveling around the world for you, what is your recreation space? So you definitely, definitely want to wire that into your relationship and be in conversation about that. Do you share exercising together? Do you go for walks or runs together? Are you skiing together? Are you biking together? What are you creating dynamically together? Is your food plan in sync with each other? And what are your vacations, are you taking them on your own? Some relationships thrive really well where all vacations are together and some relationships choose to have one vacation together and one vacation where you they off with friends and do something.

It's unique to you, what's your perfect world? So you look at that for yourself and with each other and you create that together and add this into your mockup bubble, those of you who are creating the ideal lover coming in, the ideal sweetheart. And aren't you lucky because all these people who are already in relationship didn't get to create this and so they may be doing lots of extra leg work to get this booted up to where they want it. And those of you who are inventing your love life, in February of 2011 are getting to create it all right now in present time and bring your ideal partner in, in balance, or you're bringing yourself in balance and it's already setup to be in balance, so good for you.

Alright, the next area of the wheel is creativity, dance, art and music. And we really, really love this part of the wheel and it gets ignored a lot of times. People go, "Oh, I'm not creative..." but you know to be a healthy person and to have a healthy, happy love life, you need to have some of this creativity running through your veins.

And this creativity includes getting out and dancing, maybe you're painting or creating some kind of art project together, going to listen to the symphony or making music together. You can jam in your living room if you are a musician. If not, why don't you put some great music on and sit back and relax. Maybe you can write a story together or do story-telling together, Find ways to be creative together and add this into your mockup bubble.

So as you're making yourself more creative, maybe you're doing decorating projects in the house together, painting projects in the house, hanging curtains together, working on the garden together, cooking meals together, that's all creativity. So add that into your mockup. So as if you were creating someone coming up, add that into your conversation with your sweetheart and your family members and let's get that creativity part of the wheel going.

And we come to the eight part of the relationship balance wheel which is so, so, so much fun! Everybody loves it. Sensuality, sexuality, and intimacy. Yahoo! We got to the best part. [Laughs] Alright, alright, I'm being silly.

Alright so, sensuality, sexuality and intimacy got to be an important part of the relationship. You know different people place different priorities in this area but you got to have it wired n. Sensuality, sexuality, touch, love, intimacy, bringing it really together. This part of the wheel has just got to exist.

And so you bring in maybe a tender touch back into the relationship, maybe you give each other massages, so you want to have some yummy oils. And some of you don't know but I do have a line of essential oils I carry including aphrodisiacs, and some of you do. Aphrodisiacs would include rose oil, jasmine oil. Rose oil is the aphrodisiac for women and jasmine oil for men and if you want to learn more about that, setup a private consult with me.

If you have some blocks, you have inhabitations in the area of sensuality and sexuality, intimacy, these actually are areas that can be reset, so we can go into your DNA, maybe sensuality and sexuality was not a strong part of family heritage and we can go in and reprogram the physical body to be more receptive and more available for that happy love space. It might be that you've got some blocks from other lives, we can reset that. And there are a number of things that we can do to get you into the game if this is not your strong suit. So definitely shoot me an email or give me a call and let's just get you on the schedule and get things into a happy place in this area.

And for those of you who already have this area in a happy place, hooray for you! You know there are so many opportunities to expand love and intimacy. Going to a spa for the day, going to Harbin Hot Springs and sharing with your sweetheart if that's your thing which is a wonderful clothing optional spa that has nine pools. You can go from pool to pool and be in that warmth and sunshine and have the intimacy and leave the sexuality for your room. So many wonderful opportunities for you to expand love and intimacy for yourself and it's really your version, no one else's, so it's what you want to create for yourself but know that this is a very, very important element in relationship, in really having a relationship that works for both men and women.

And so that's our conversation about love for this month, the month of love which is February 2011 and I wish each and every one of you a happy, loving month and we'll join you on the next track for your meditation. Blessings and light for your day of love transformation.

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