

How to Experience
Meaningful
Relationships
In Your Life

manual

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Introduction

Relationship

Relationships are meant to be the divine union and fusion of like-minded souls. Meaningful relationships are based on higher truths rather than idle pleasures. A trustworthy relationship keeps our heart open because it is built on the common ground of goodness and genuineness. It is a deep understanding and mutual respect of differences. For an intimate relationship to be healthy, it must be built on the firm foundation of being good friends. The friendship needs to be unveiled and unfiltered, manifesting moral code, respect and truth. This higher vibratory frequency then establishes a solid footing to call upon when things get rocky, as they inevitably will.

Remember: **Relationship** is connection, protection, rejection, direction, projection, affection and every other kind of reflection.

Relationships are the primary reason we incarnated into this world. We cannot grow without relationships, yet we cannot have solid relationships unless we have a good relationship with ourselves.

When we are motivated *from* a sense of goodwill and heartfelt feelings, we experience fulfillment for ourselves and others that goes way beyond what we can see and feel. When we are motivated *from* ego and a need to control, we equally experience a sense of loss for ourselves and others that also goes way beyond what we can see and feel.

Love is what we yearn for and yet is also what we fear. Today, love is associated more with hurt, betrayal and disrespect rather than kindness, loyalty and glory. With all the negative human experiences thrown our way, we have become desensitized. How sad this is because in order to maintain a loving relationship, we must be acutely aware of all of our senses; such as sensitivity, sensibility, common sense and sense of responsibility.

Yet, we have the power to change these statistics. Love can win if each and every one of us makes an effort to stabilize and ignite our own individual heartfelt goodness. This kind of loyalty to ourselves instigates a change in our way of thinking, our way of being and our way of loving. We will then no longer accept things in our space that do not serve our highest good and we will no longer let our hearts go unconscious and numbed. What was once filled with challenge is now filled with charm.

Exercise 1

Relationship With Me

We cannot love another purely until we love ourselves properly.

It is unfortunate that most of us were not brought up in an environment where love was expressed in a healthy and constructive way. More often than not, we experienced being criticized or shamed. We were not given the honor we rightfully deserved. As a result, our self-esteem and self-worth reflects what others thought of us rather than what we think or feel about ourselves.

It has been said that there was a great plan to send a cycle-stopper to every family. When a cycle-stopper steps in and honors themselves, he or she heals seven generations back and seven generations to come. We suspect that if you are doing this guide, you are indeed that exact chosen one from your family.

Each and every one of us is important. It often takes an outsider to recognize this importance. The purpose of this exercise is to awaken the glory and significance of who we truly are.

Instructions

There are 44 attributes starting with the letter **I**. The purpose of this exercise is to **I**ntroduce you to your **I**deal self.

Score yourself on the following **I** AM qualities.

1 being the lowest and 5 being the highest.

I am

- _____ 1. **I**dealistic - *thinking of things in terms of excellence*
- _____ 2. **I**gniting - *to spark, as in to light up*
- _____ 3. **I**lluminated - *enlightened*
- _____ 4. **I**llustrative - *to explain, to make clear*
- _____ 5. **I**maginative - *creatively constructing*
- _____ 6. **I**mpartial - *does not take sides, unbiased*
- _____ 7. **I**mpassioned - *fervently stirred*
- _____ 8. **I**mpeccable - *totally pure*
- _____ 9. **I**mportant - *notable, noticeable*
- _____ 10. **I**mproving - *making better*
- _____ 11. **I**ndependent - *feels willing to stand on own*
- _____ 12. **I**ndividualistic - *unique, distinguishable*
- _____ 13. **I**ndustrious - *works diligently*
- _____ 14. **I**nfluential - *can make a difference*
- _____ 15. **I**nformative - *sharing information*
- _____ 16. **I**nformed - *knowledgeable information*
- _____ 17. **I**nfused - *lit up and ready to go*
- _____ 18. **I**ngenious - *brilliant, very clever*
- _____ 19. **I**nitiating - *beginning, seeding*
- _____ 20. **I**nnocent - *free from evil*
- _____ 21. **I**nquisitive - *questioning, being curious*

- _____22. **Q***nquiring* - seeking answers, wanting to know more
- _____23. **Q***nsightful* - intellectually discerning
- _____24. **Q***nspired* - officially motivated
- _____25. **Q***nspiring* - stimulating, kindling
- _____26. **Q***nstinctive* - a natural aptitude moved by impulse
- _____27. **Q***nstrumental* - serving as a means for something
- _____28. **Q***ntegral* - honest, forthright
- _____29. **Q***ntegrating* - bringing together, mixing energies
- _____30. **Q***ntellectual* - holding higher capacities
- _____31. **Q***ntelligent* - informed, active mind
- _____32. **Q***nterested* - lively curiosity
- _____33. **Q***nteresting* - excitingly attractive
- _____34. **Q***ntermediary* - comes between to help have better understanding
- _____35. **Q***nter-mingling* - sociably interactive
- _____36. **Q***nternational* - global, worldly
- _____37. **Q***nterpretive* - translates, explains
- _____38. **Q***ntrospective* - looks into, examines
- _____39. **Q***ntuitive* - reaches results through feelings not mind
- _____40. **Q***nvestigating* - searches and inquires
- _____41. **Q***nvigoring* - having vigor and energy
- _____42. **Q***nvincible* - unconquerable, unbeatable
- _____43. **Q***nviting* - openhearted, open-minded
- _____44. **Q***nvolved* - holds attention, draws together

1. Name the highest 5.

2. Name the lowest 5.

3. Which one of the lowest 5 do you want to work on? Which one of the highest 5 do you want to manifest more?

Exercise 2

Relationship With Another

Do not love for the sake of being loved
- love for the sake of loving.

When we experience love in a concrete way, we become the foundation of all that is good and meaningful. As we learn to love another appropriately, we become an example for everyone surrounding us. Though maintaining a peaceful and meaningful relationship is not easy, it is so worthwhile.

Instructions

1. From the Relationship Accomplishments, choose the 3 that resonate the most with you in order of their importance.
2. With each choice, write how you live this in your life. If you do not live it presently, then write how you plan to live it in the future.
3. Which statement is the most challenging for you and why?

What Healthy Relationships are Meant to Accomplish

They...

1. help us to know the art of commitment
2. help us to raise our consciousness
3. help us to eliminate our feelings of being alone
4. help us to face truths about ourselves
5. help us to know that love does exist
6. help us to know the feeling of gratitude
7. help us to use our heart intelligence
8. help us to be introduced to unconditional love
9. help us to learn about no blame no shame
10. help us to be aware more often than not
11. help us to give up our ego-fed concepts
12. help us to deal with our uncertainty
13. help us to face our deeper and hidden feelings
14. help us to be good communicators
15. help us to learn proper conflict resolution skills
16. help us to develop courage to be in our truth
17. help us to experience our integrity
18. help us to learn forgiveness
19. help us to be more giving
20. help us to enliven our souls

Relationship Accomplishments

What are the 3 relationship accomplishments that resonate the most with you and why?

1. _____

2. _____

3. _____

Relationship Accomplishments

What are the 3 relationship accomplishments that are the most challenging for you and why?

1. _____

2. _____

3. _____

Exercise 3

Relationship With Many

Do not be lead by your head - Instead - Start with your heart

“Oh this is business”, is a statement that makes no sense at all. No matter who we meet, or how we meet them, whether we like it or not, our hearts get involved. We are all interconnected. There are times when someone comes into our life for five minutes and we end up touching them for years to come. Every minute and every person is an opportunity for us to co-create a more caring and loving world.

Instructions

1. From the Relationship Guide, choose the 5 that resonate the most with you in order of their importance.
2. With each choice, write how you live this in your life. If you do not live it presently, then write how you plan to live it in the future.
3. Which statement is the most challenging for you and why?

Relationship Guides

1. The right train of thought can make your relationship ride more fulfilling.
2. Do not fool yourself; challenges cannot be overcome without challenges.
3. Swallow hurtful words so you do not have to eat them afterwards.
4. For those who never get angry are worth little; for those who lose their temper are worthless.
5. People can doubt what you say, but they cannot doubt what you do.
6. Do not let yourself get ruined by instant compliments, instead let yourself be saved by intelligent criticism.
7. No sooner said than done are the acts of a true partner.
8. The depth of our heart is far more significant than the height of our head.
9. When we see someone's faults, we must also keep an eye on their attributes.
10. Don't listen to public opinion, create your own reality.
11. When problems arise, take care to preserve the feelings of your heart.
12. The tiniest deed is much better than the largest intention.
13. Belief is the result of circumstances; but true belief endures in spite of circumstances.
14. Grace is the art of making a point without making an enemy.
15. Be careful of your thoughts, they create words and worse, they create actions.
16. The trouble with stretching the truth is that what you stretched will definitely snap back at you.
17. Don't stumble over truth; just stick to it.
18. It is much easier to keep your integrity than to try and reclaim it.
19. Only through humbleness can love be attained.

20. Do not mistake a legitimate excuse for a clear conscience.
21. When one stands tall, it strengthens the backbone of another.
22. Remorse is the reward of better ways of living to come.
23. Do not be concerned about your ability or inability; just your availability.
24. A simple task becomes complicated when you do it with reluctance or resentment.
25. Charm can start relationships but character is what keeps them open.
26. Truth be told.....truth must be told!
27. Watch what you stand for and be careful what you fall for.
28. For a relationship to be authentic, sincere criticism is far more important than insincere compliments.
29. Actions speak louder than words.
30. “It’s my greatest pleasure”, are the words of a great person.
31. Without remorse, change cannot happen.
32. Relationships create our history, and many times change another’s history.
33. Nothing works without commitment, so commit to the minute or even the moment.
34. It is much easier to keep your honor than to try and reclaim it.
35. To find faults, whether in someone else or ourselves, is to fund personal growth.
36. Problems can be opportunities for more peaceful times to come.
37. Making a point without making an enemy is the art of conflict resolution skills.
38. Negative thoughts can create words, and worse they can create actions.
39. As resentment begets resentment; understanding begets understanding.
40. Every encounter we have can be an encounter of an important kind.

Relationship Guides

The Relationship Guides that resonate the most with me are...

1. _____

2. _____

3. _____

4. _____

5. _____

Relationship Guides

The 3 Relationships Guides that are the most challenging for me are...

1.

2.

3.

Exercise 4

Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

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