

Relationships Come F.I.R.S.T.

(Formula for Improving Relationship
Success Tools)

The 3 Steps to Creating Harmonious Relationships

Created/Presented by
Jody Johnston Pawel, LSW, CFLE



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6 Session Agenda

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PART I: Tools for Responding in Relationships

❖ **Module 1: Building Healthy Relationships**

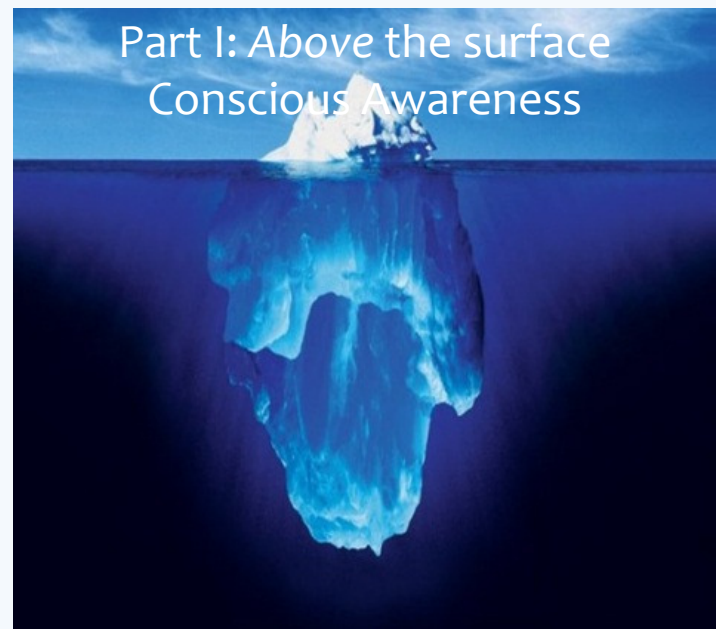
- ❖ Adopt a Conscious Relationship Mindset
- ❖ Beliefs + Personality = The foundation of your relationships
- ❖ Emotions: Keep Your Cool

❖ **Module 2: Universal Blueprint® Part I: Identify the Type of Problem**

- ❖ The Universal Blueprint® for Adult Relationships.
- ❖ The 4 Questions to Ask/Answer

❖ **Module 3: UB® Part II: Practical Responses for 2 Types of Relationships**

- ❖ The 5 PASRR/PASRS Steps to Take
- ❖ The 5 5-Star Tools to Use



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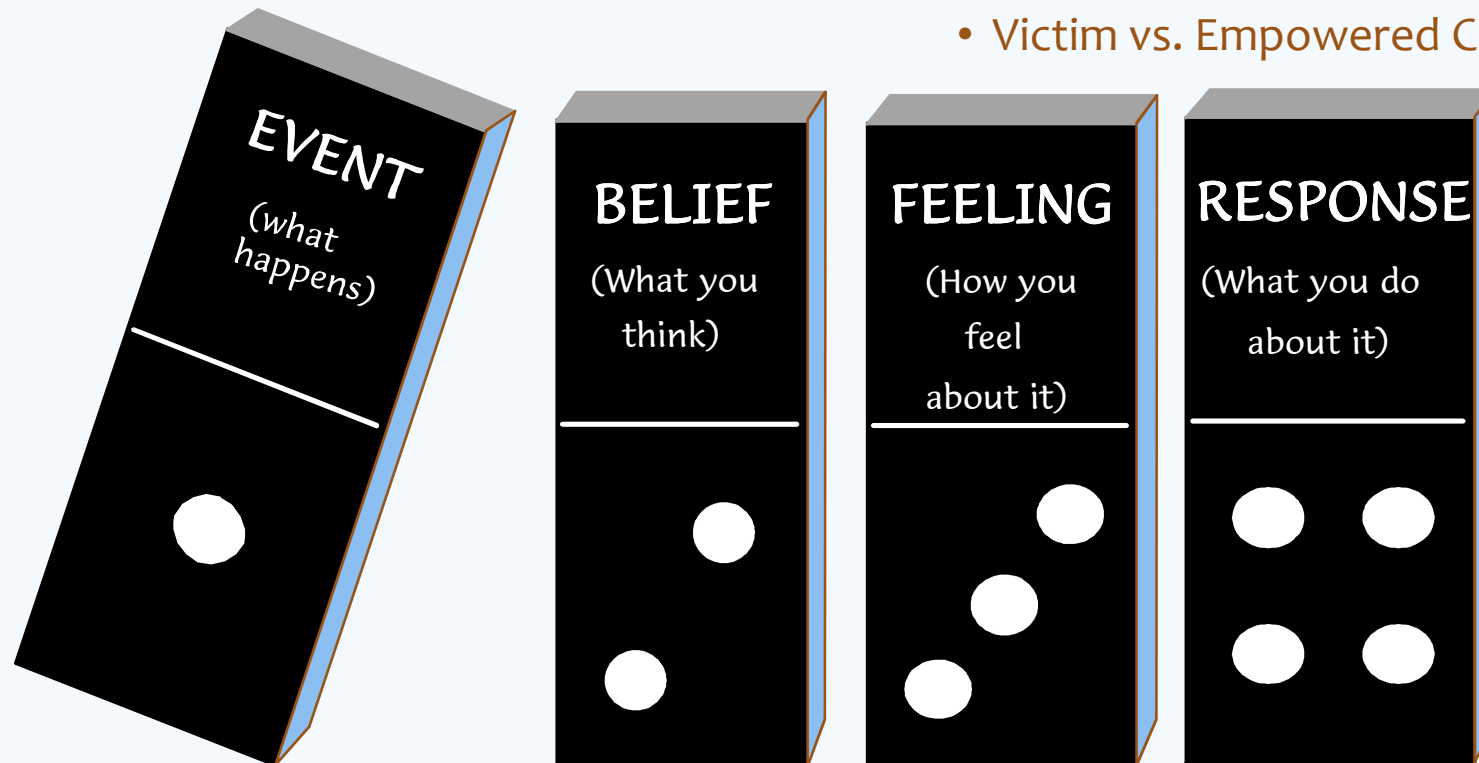
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Domino Sequence 1: Albert Ellis' Cognitive Behavioral Therapy



REACTING vs. RESPONDING TO EVENTS

- Victim vs. Empowered Choice



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Your Relationships Are A Mirror



- **Your Relationships Are A Mirror of:**
- Your programmed thoughts, beliefs, behavior patterns
- Who YOU ARE
- The vibrational energy you are sending out through your emotions and words
- **Relationship Conflicts Are a Mirror Of:**
- Trigger buttons you have that can be hooked
- Whatever you see in others is what is in you.
- When you point a finger in blame at others, there are 4 fingers pointing back to you.

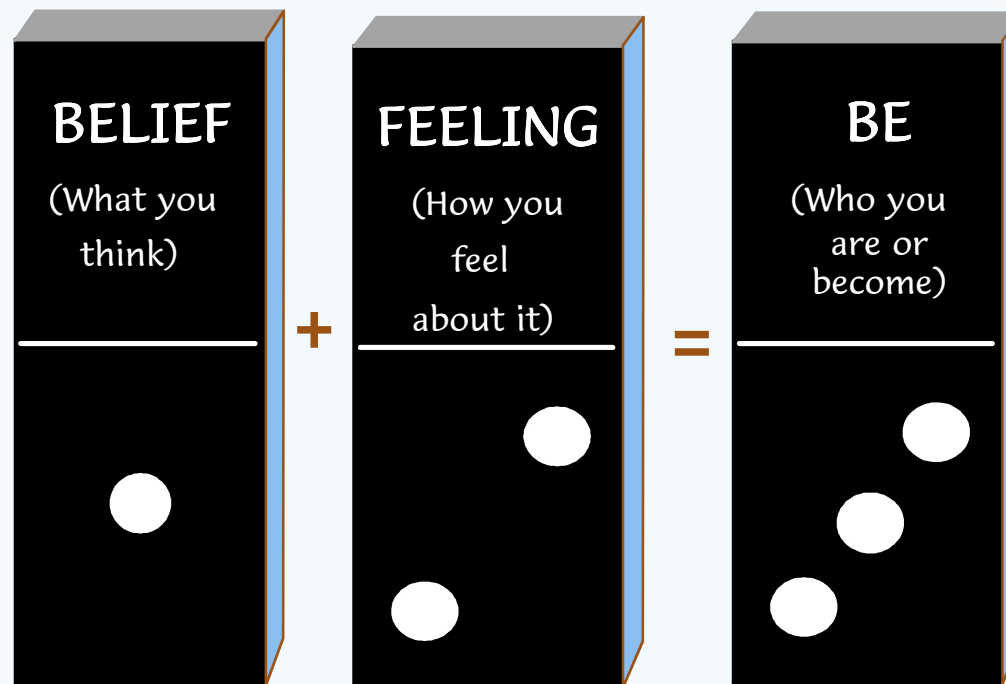


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Module 4: Mind-Body Connection



What's happening inside your body



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Module 4: Summary



- ❖ **Biology of Emotions.** Emotions are made of chemicals and are caused by your thoughts.
- ❖ **Are you addicted to your emotions?** When your cells are addicted, you create drama to get the fix.
- ❖ **What are your emotions creating in your life?** When your cells repeatedly are fed toxins, they mutate. Then split. This causes dis-ease
- ❖ **What is Your Story?** Every time you tell it you program your mind and body to make the story real.
- ❖ **You Are What You Think.** Change how you think and re-create your self.
- ❖ **You are *not* your Story!** If we identify with it, it becomes Who we are. Drop your Story and Be Your True Self.
- ❖ **Calm the Monkey Mind & Live in the NOW.** Stories are about the past. Worries are about the future. You can't control either, only your thoughts right NOW.



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Module 4 Lesson/Assignment



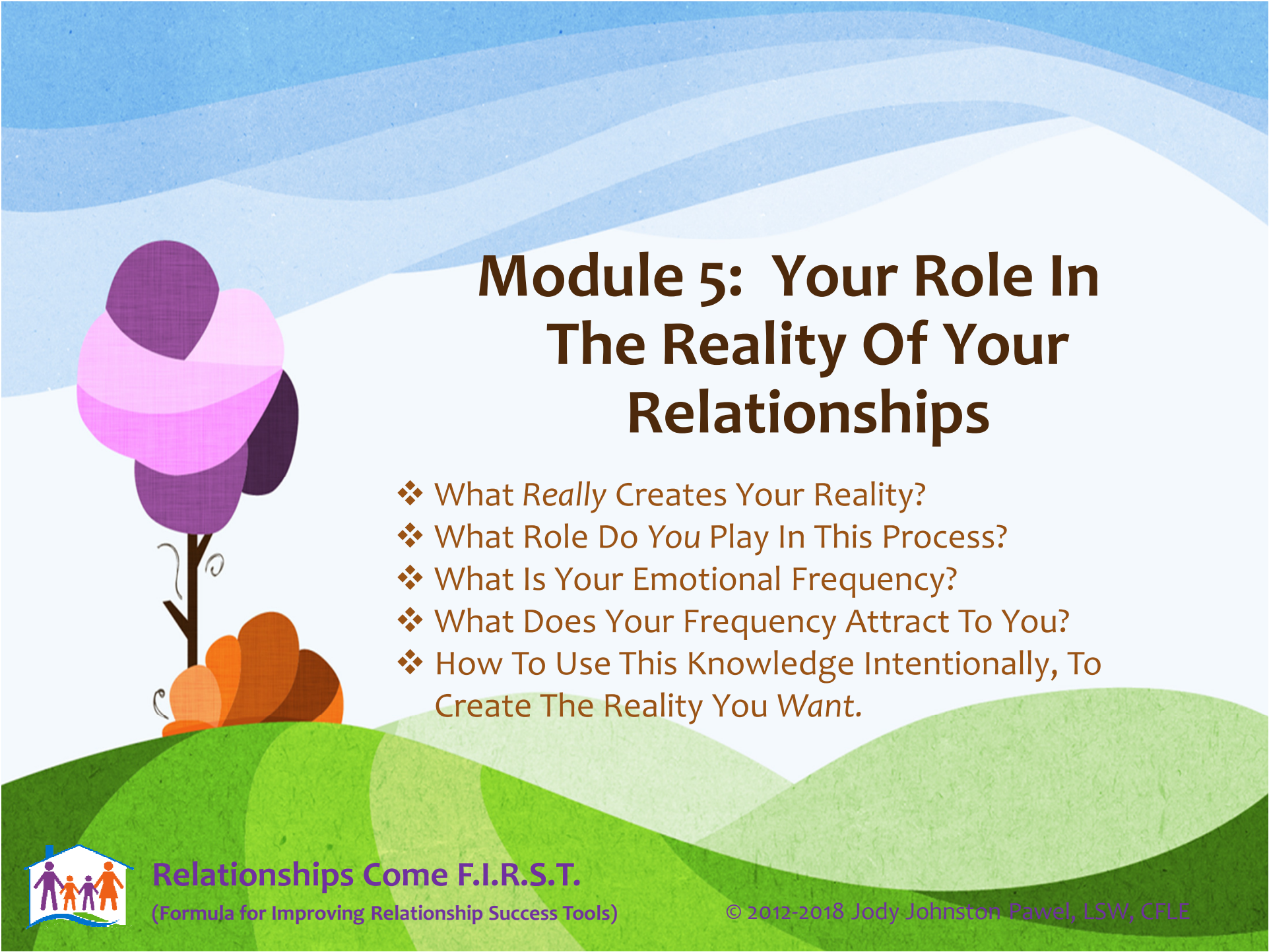
- 1. Identify 1 relationship you'd like to improve.**
 1. Pay attention to your thoughts about and around this person
 2. Identify negative beliefs & patterns that mirror something in you that needs healed or cleared. Then ask that it be cleared and replaced with Truth!
- 2. List all the positive qualities you can think of that this person has.**
- 3. Write a story of what an *ideal* day/week with this person would be like.**
 1. What do you want it to be like? (not what you *don't* like, but what you *do* want)
 2. Include every sense: what do you see, hear, touch, smell, taste?
- 4. Visualize, every day, having the ideal relationship with this person.**
 1. FEEL what it is like to be in this ideal relationship... as though it is that way NOW.



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Module 5: Your Role In The Reality Of Your Relationships

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?
- ❖ What Is Your Emotional Frequency?
- ❖ What Does Your Frequency Attract To You?
- ❖ How To Use This Knowledge Intentionally, To Create The Reality You Want.

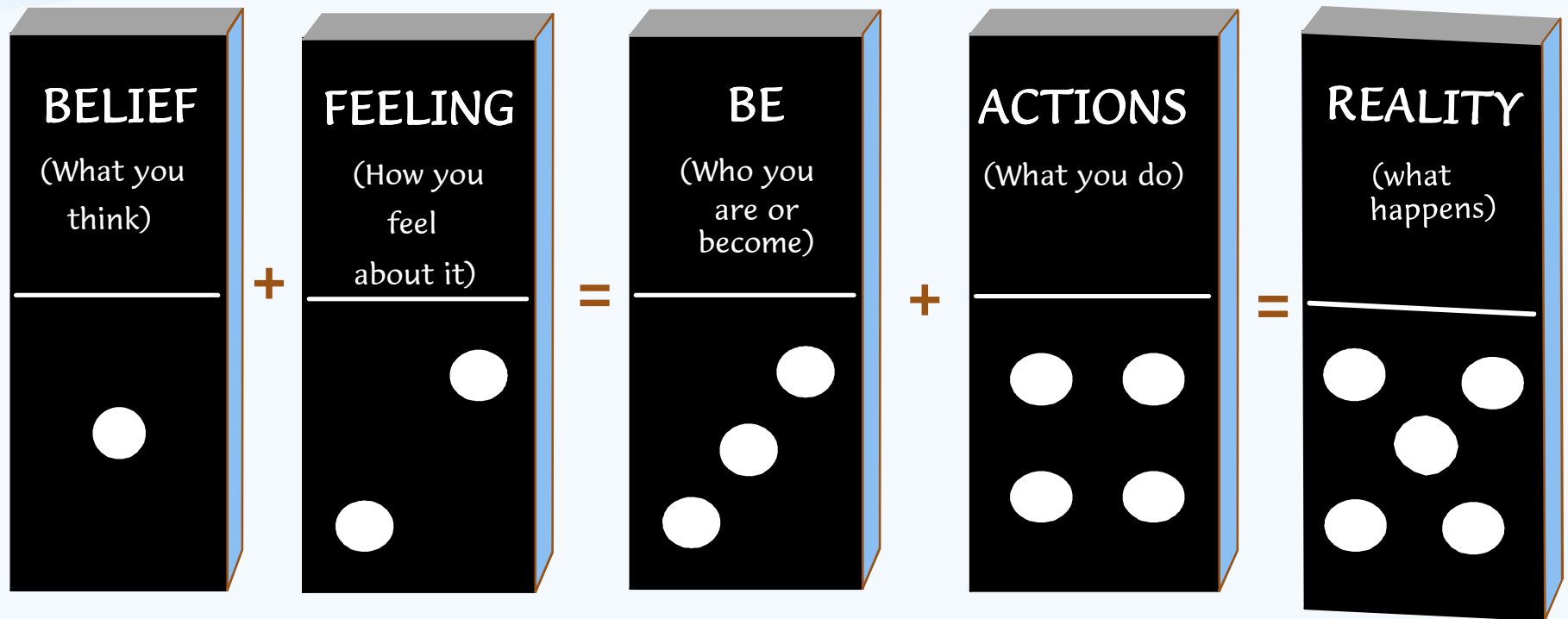


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Your Outside Reality is a Reflection of Your Inside State of Being



Who you are Inside =

Your Energy Vibration →

Interacts with
Universal Laws

= to Create
Your Reality

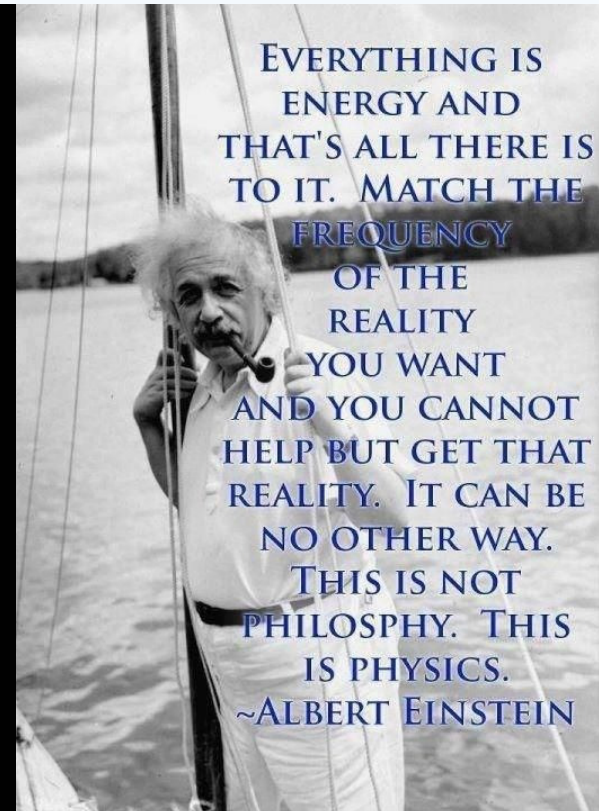
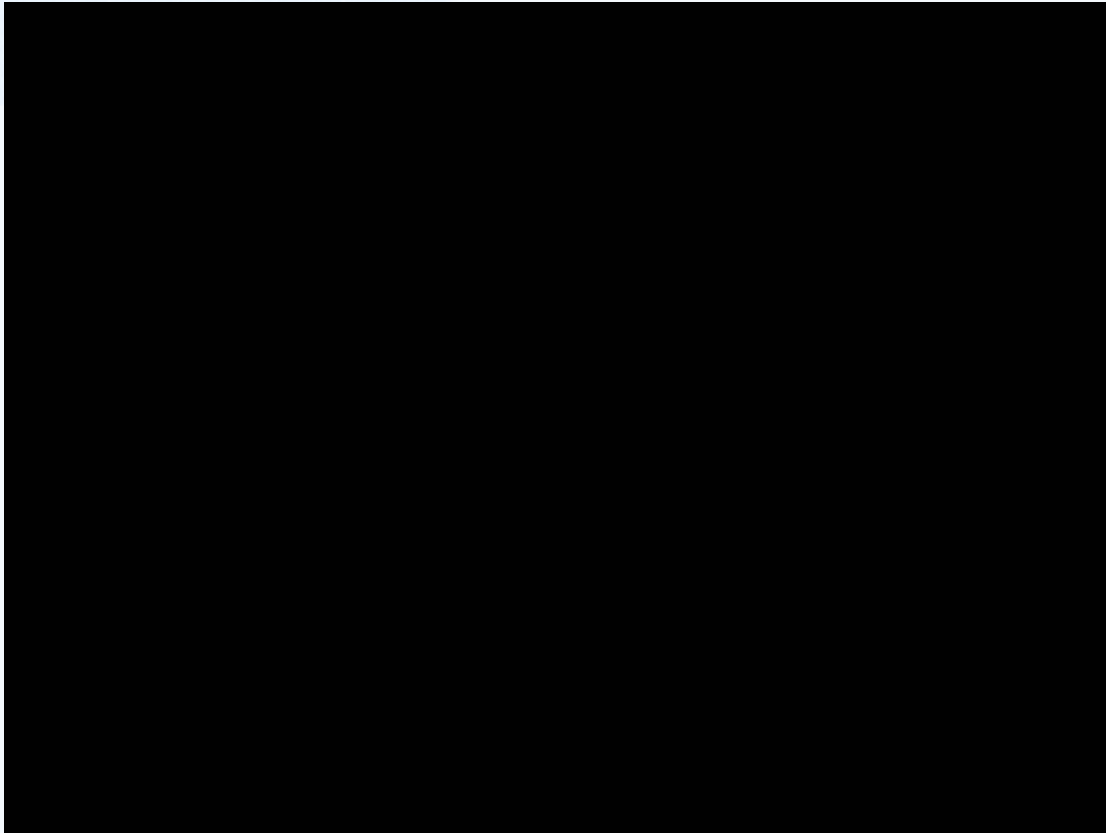


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Everything Is Energy



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[Everything is Energy](#) 3:17 min – 3:19



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The Unified Field of Consciousness

The unified field is fundamentally a field of consciousness that is:

- Infinite & Eternal; there is no time.
- Omnipresent, found everywhere. Everything is part of it; It is a part of everything. All are One.
- Omnipotent, everything (matter and non-matter) is created of and from it.
- Omniscient, contains all knowledge & information.

[The Unified Field – Deepak Chopra – 7:54](#)



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YOU are part of the Unified Field of Consciousness

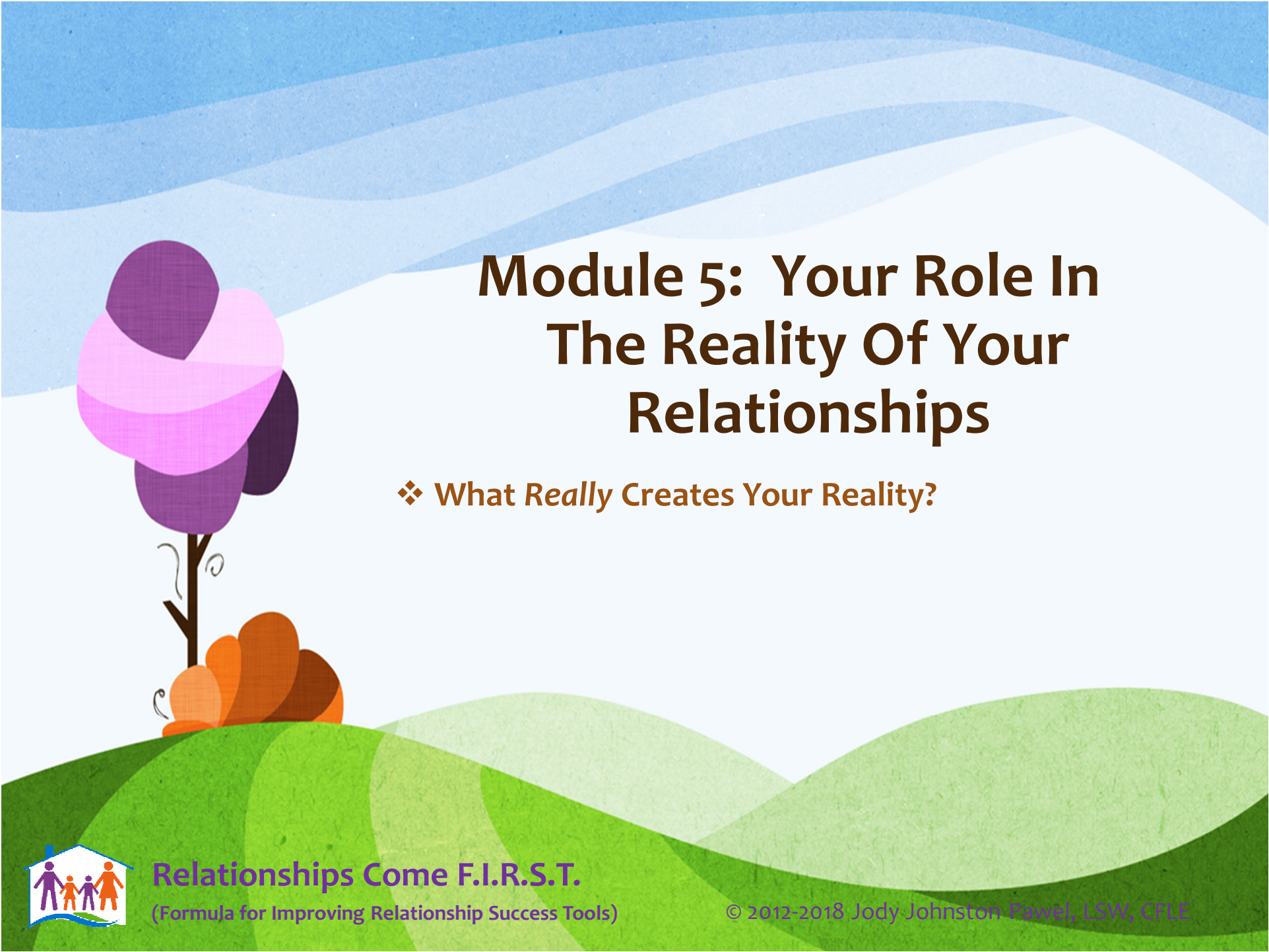
The ocean is a vast body of water that seems infinite. It is powerful enough to create waves and energy. It is comprised of individual water drops that are part of the One. Those drops can be part of the ocean, part of a wave, or be a single drop. Even then, the ocean is never separate from the drops; it is always a part of the drop. Only the drop can think it's separate, but it's not, because ocean water is still All that it is --- it is all of the ocean in 1 drop.



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A stylized landscape illustration featuring rolling hills in shades of green and blue. In the foreground, a large, multi-layered flower in shades of purple and pink grows from a green hill. The background consists of layered, wavy bands of blue and white, suggesting a sky or distant hills.

Module 5: Your Role In The Reality Of Your Relationships

❖ *What Really Creates Your Reality?*



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What Really Is Reality?

Vibrations are formed
Interacting with each other
More complex patterns appear
Giving rise to the world we
experience

Unified Field Vibrating Creates Form – 2:18



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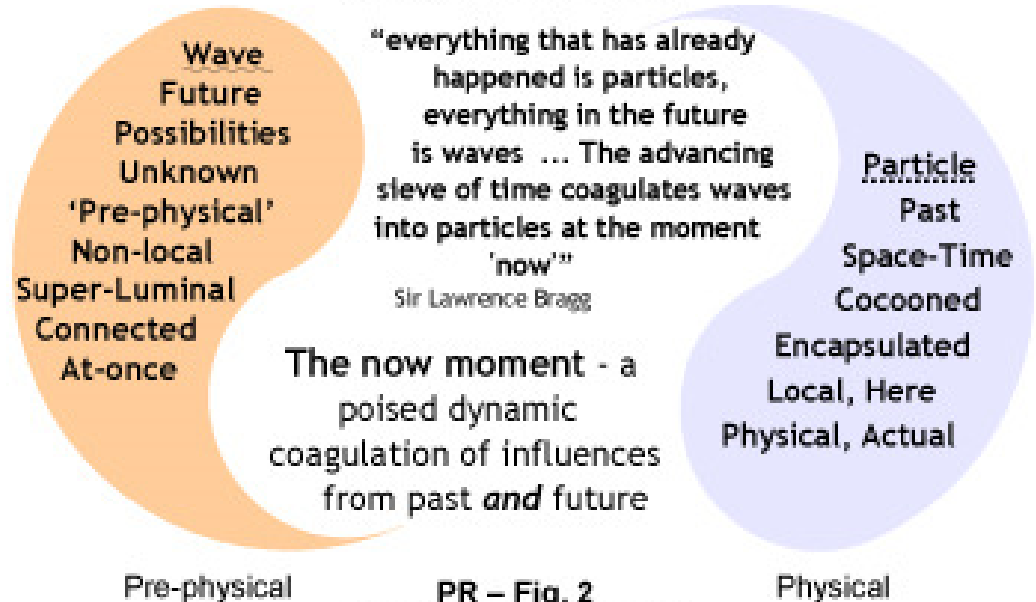
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There Are Infinite Possibilities In Every Moment. You Choose Which Possibility Becomes Your Reality WITH YOUR THOUGHTS – What You Focus on



The Pa'radox Rule

www.beliefinstitute.com



© Stephen Pirie 1996-2008

[What The Bleep Do We Know \(3 of 12\)](#)

– 9:28



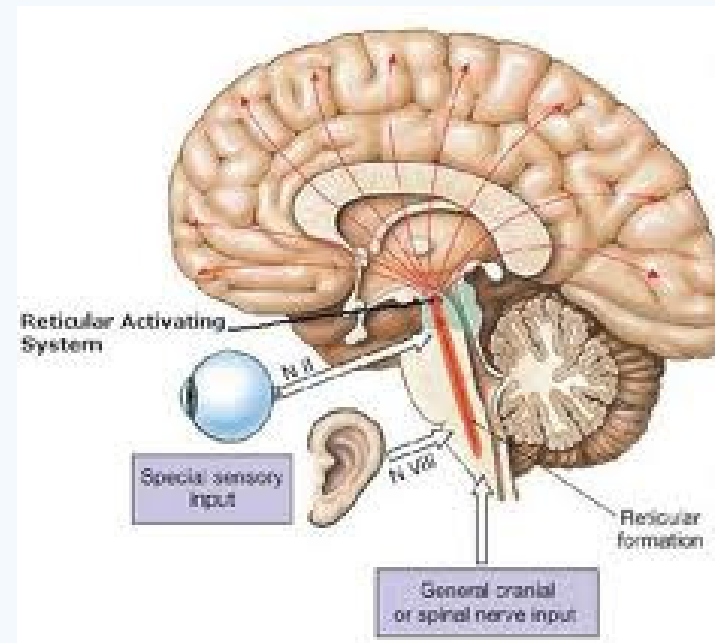
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What You Think About, You See. What You See, Becomes Your Reality

- The mind always wants to be right, so it looks for validation.
- The Reticular Activation System (RAS) decides which bits of information get in and which are ignored. It's your mental radar. It lets in whatever you are interested in or looking for.
- The RAS is a powerful focusing tool. When you *aim* it, you will see (and receive) more of what you are focusing on.
- Intention + Focused Attention → the RAS lets that information in = creates the reality we see.



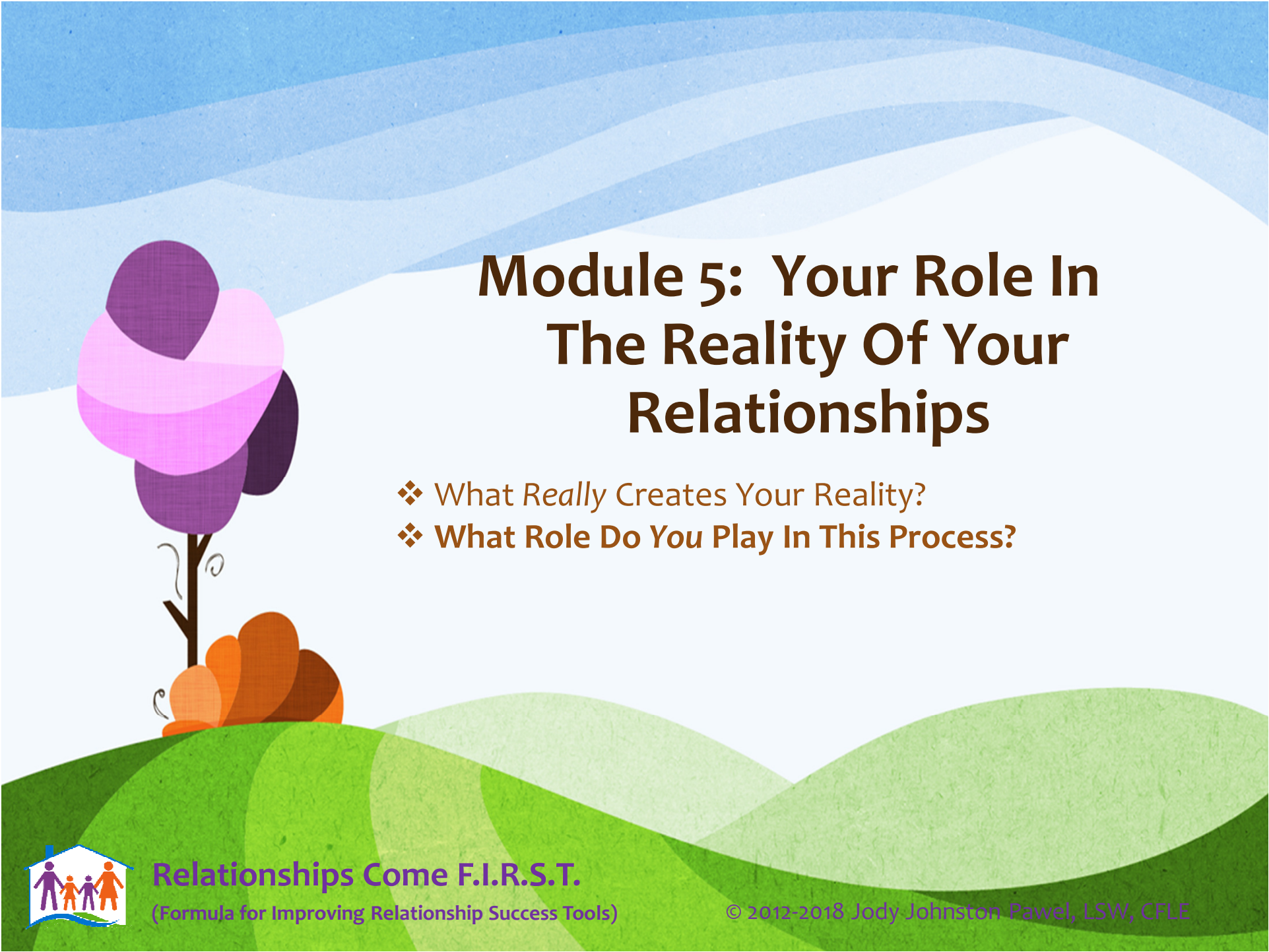
[Reticular Activating System – 4:13](#)



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Module 5: Your Role In The Reality Of Your Relationships

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?

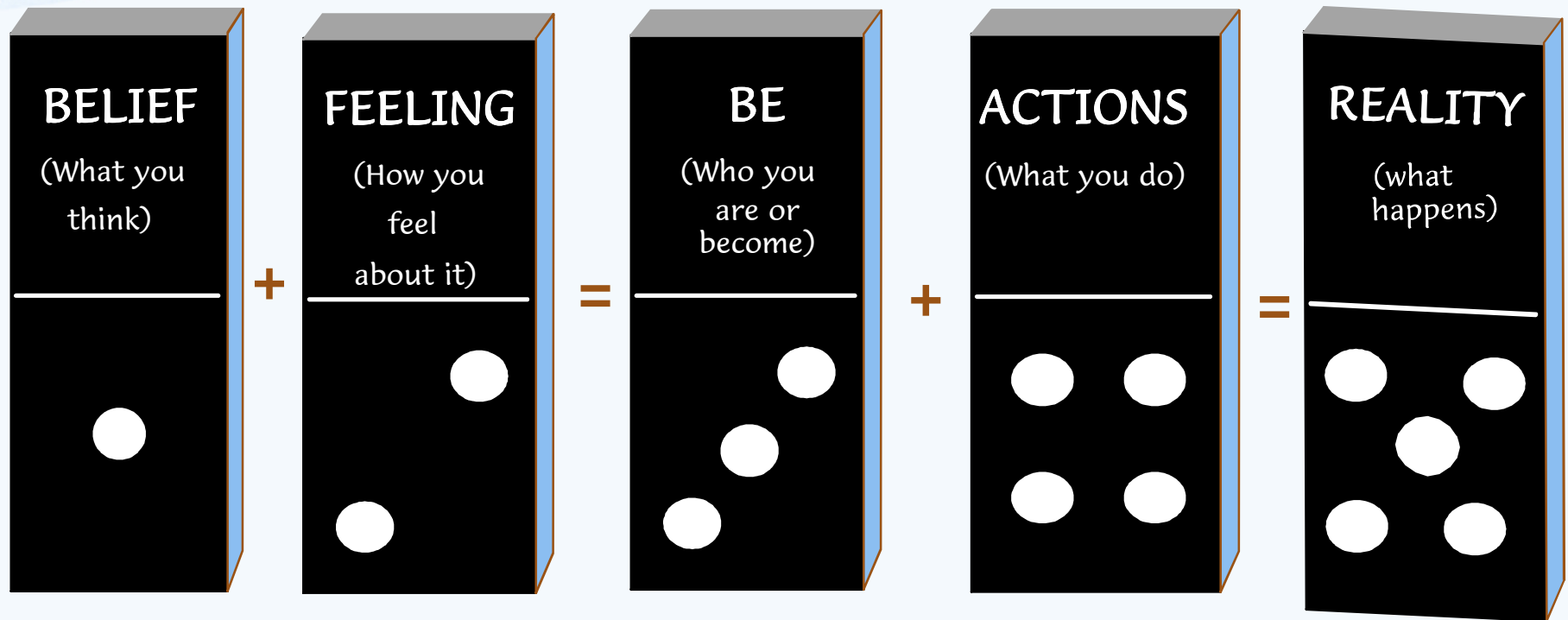


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The Steps of Reality Creation



Who you are Inside =

Your Energy Vibration →

Interacts with
Universal Laws

= to Create
Your Reality



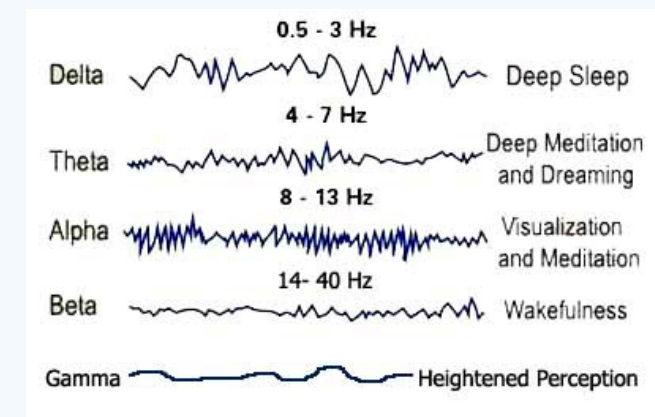
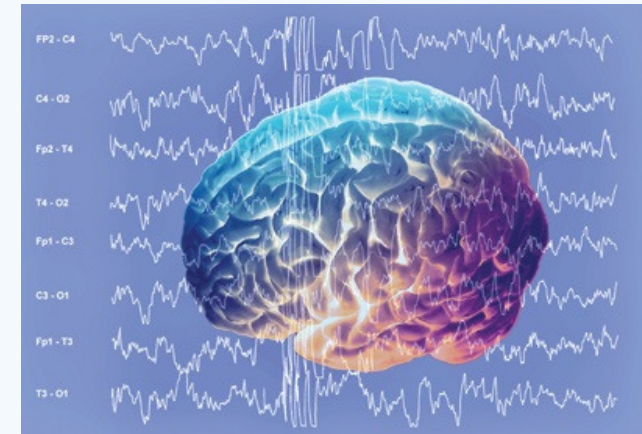
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The Power of Your Thoughts

- Thoughts are *waves* of energy vibrating at a resonance of the thought
- Sub-Conscious thoughts or programmed beliefs replay over and over.
- Conscious thoughts must be repeated and amplified (by emotions) to become stronger than the sub-conscious programming.



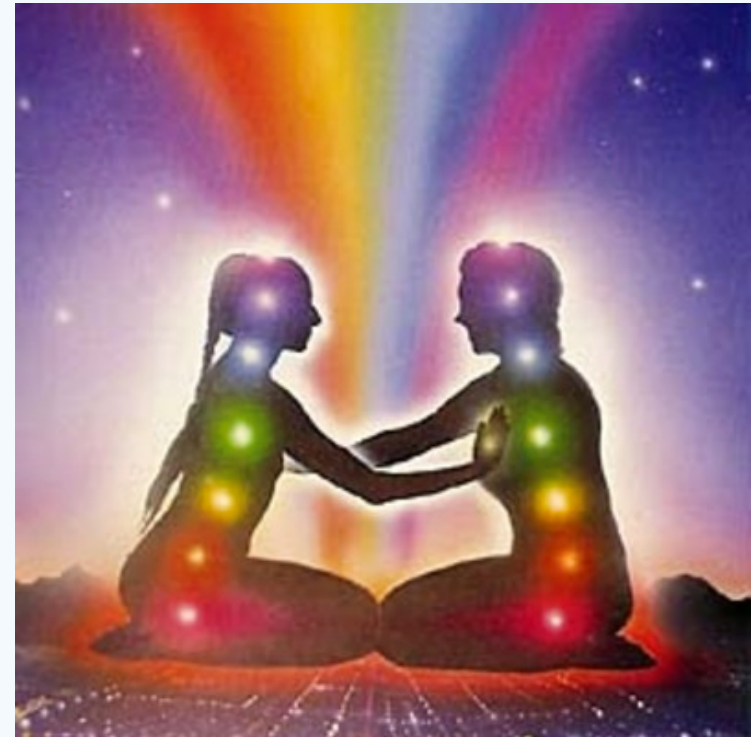
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The Power of Your Emotions

- Emotions result from the thoughts we think and amplify the energetic frequency of the thought wave.
- It is your emotions, more than what you see or visualize that give power to your thoughts.



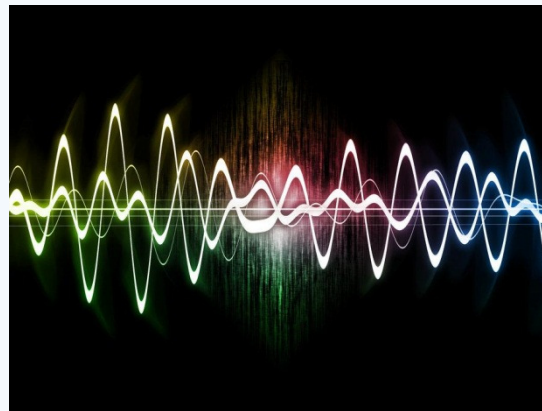
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The Power of Your Words

- We are all familiar with sound waves. We know they are invisible, but are energy waves that, when emitted, continue traveling throughout the universe.
- So when we speak aloud what we are thinking and feeling, we broadcast that vibration throughout the universe.

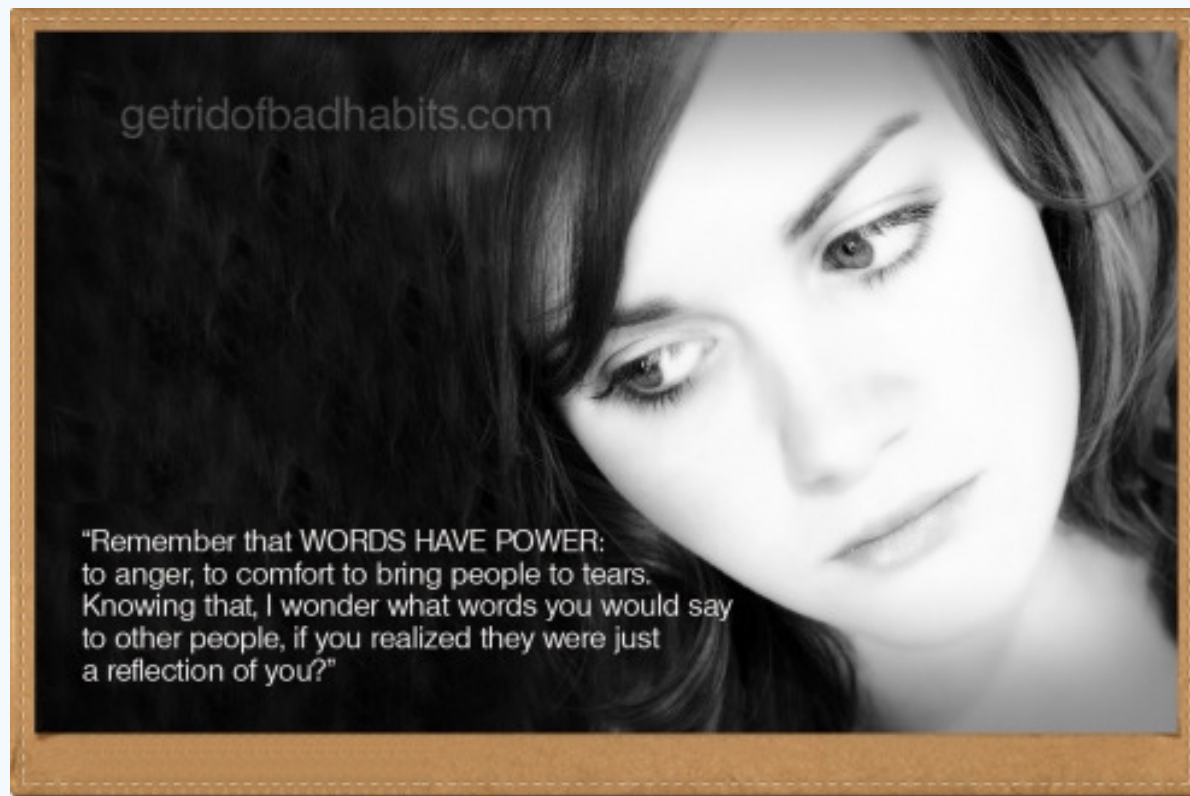


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The Power of Words – On Others



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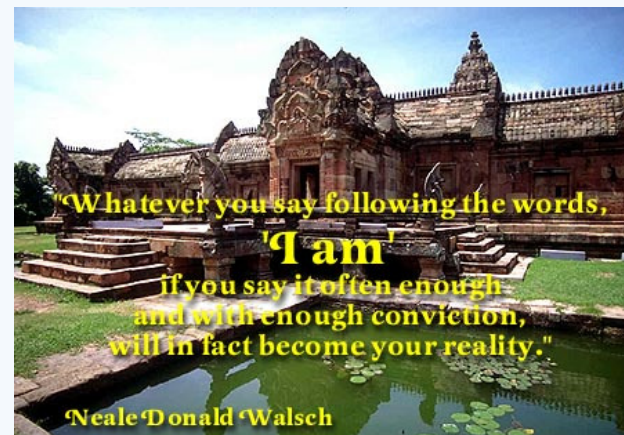
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The Power of Words - on YOU

The mind is very literal. When thoughts are spoken, it amplifies the vibrational resonance of the thought

If you say: You...

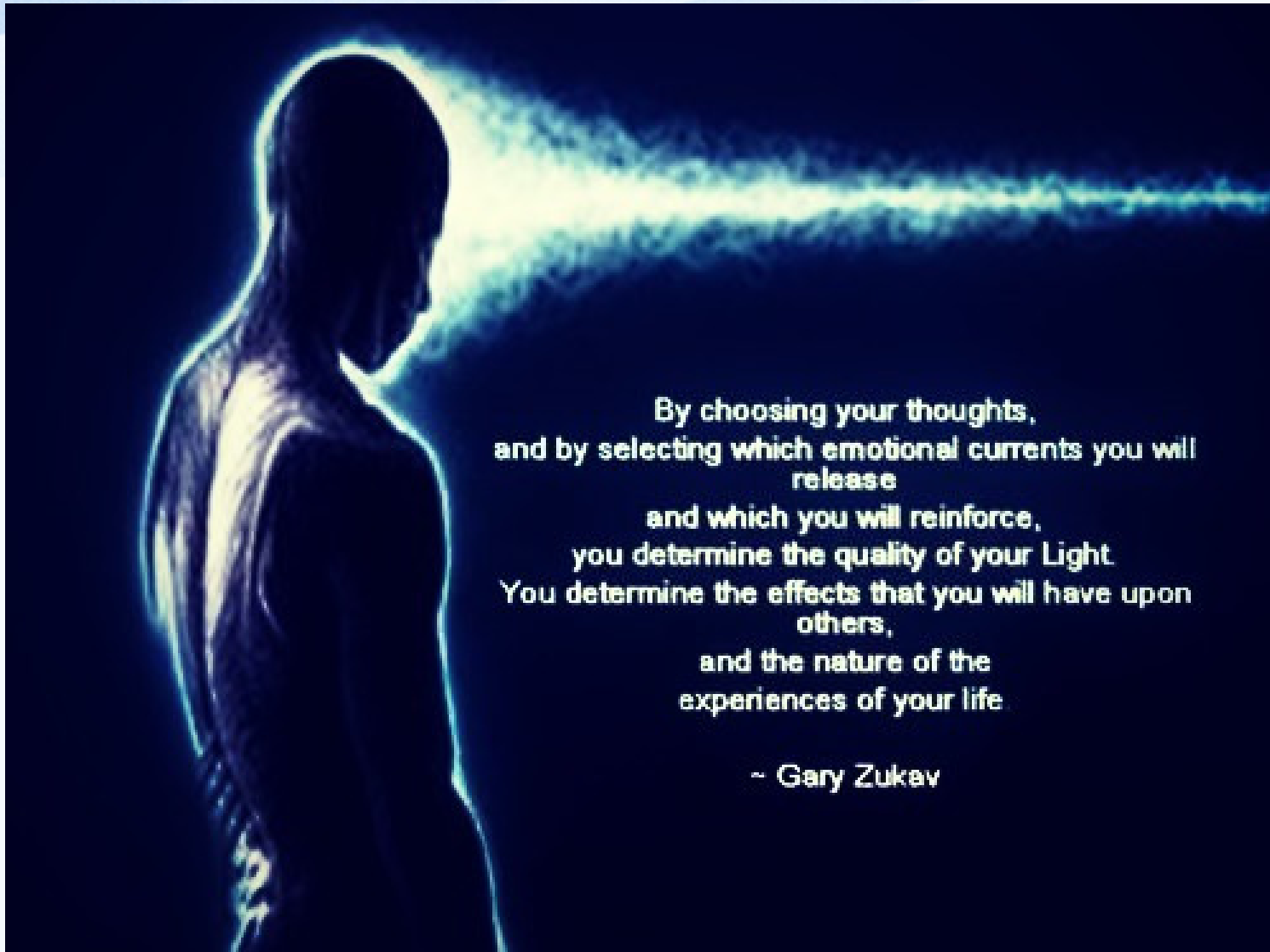
- “I am” will become it
“I am sick and tired”
- “I have” will continue having it
“I have cancer”
- “I want” will continue wanting it
“I want to be rich”



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By choosing your thoughts,
and by selecting which emotional currents you will
release
and which you will reinforce,
you determine the quality of your Light.
You determine the effects that you will have upon
others,
and the nature of the
experiences of your life

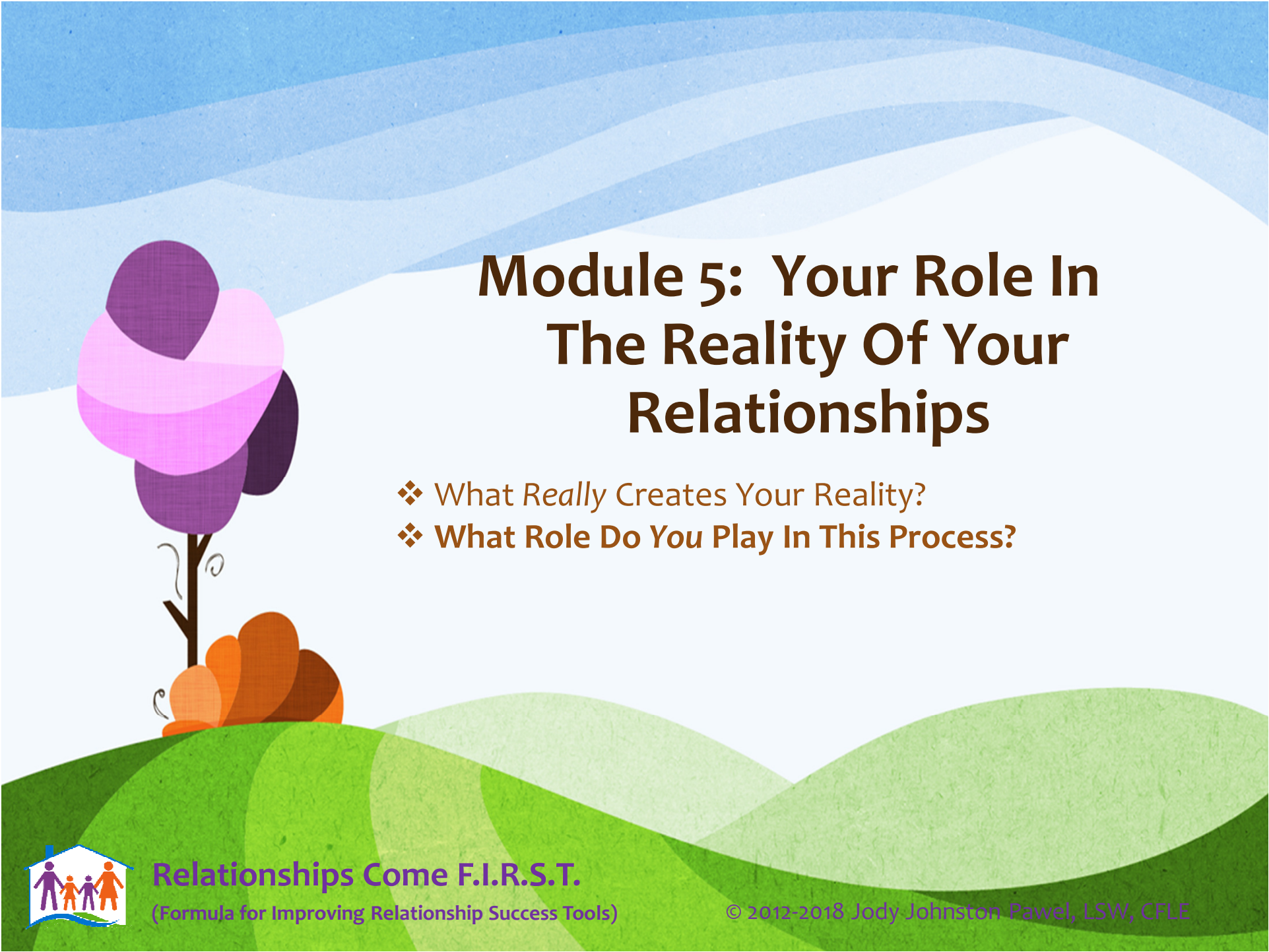
~ Gary Zukav



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Module 5: Your Role In The Reality Of Your Relationships

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?
- ❖ **What Is Your Emotional Frequency?**



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Your Electromagnetic Frequency Vibration Attracts To You The Exact Match

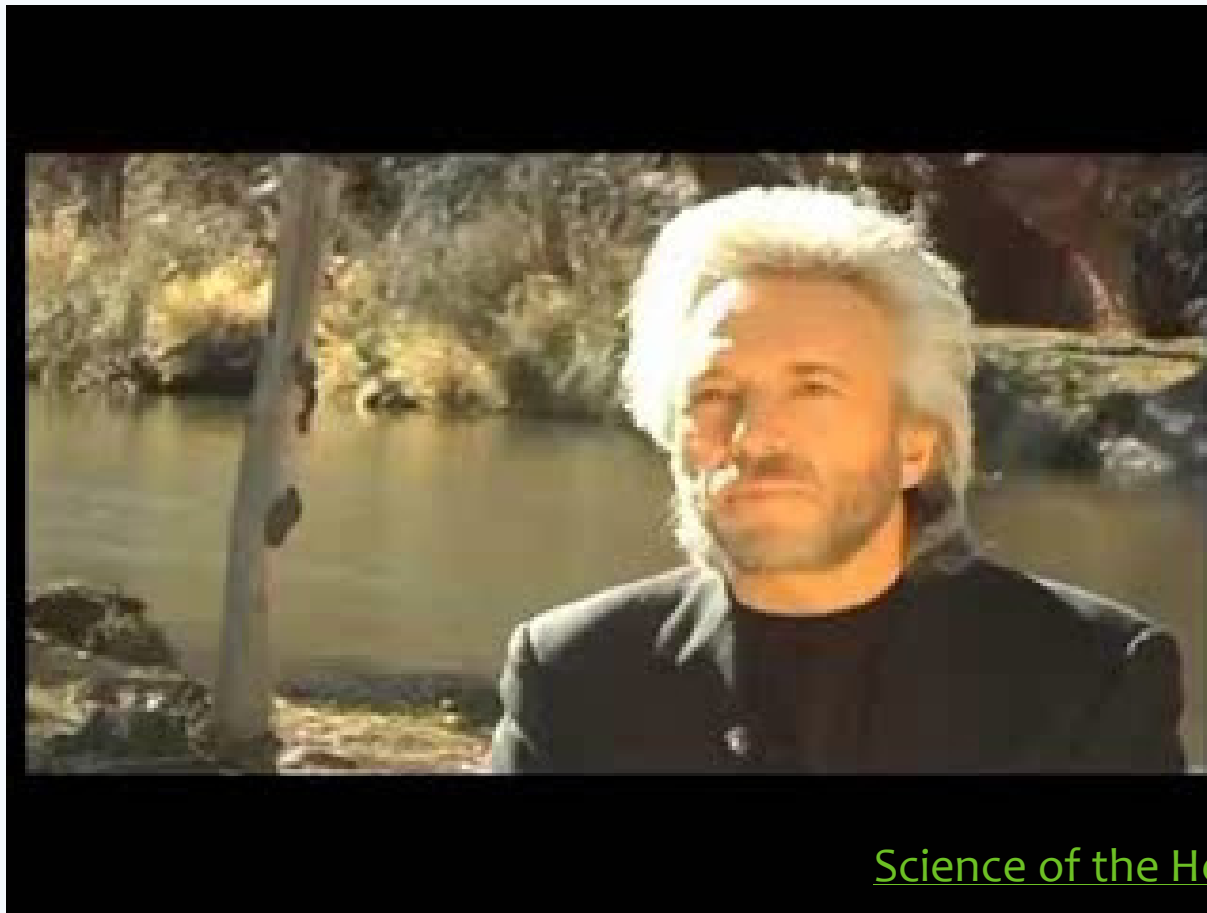


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Emotions Feel Like They Come From the Heart, Your Strongest Electromagnetic Output Device



[Science of the Heart](#) – 3:35



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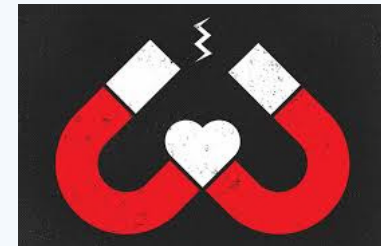
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The Heart is Your Strongest Electromagnetic Output Device

- The vibration you send out is what you will attract to you.



= Whatever you think, feel, act upon and focus on

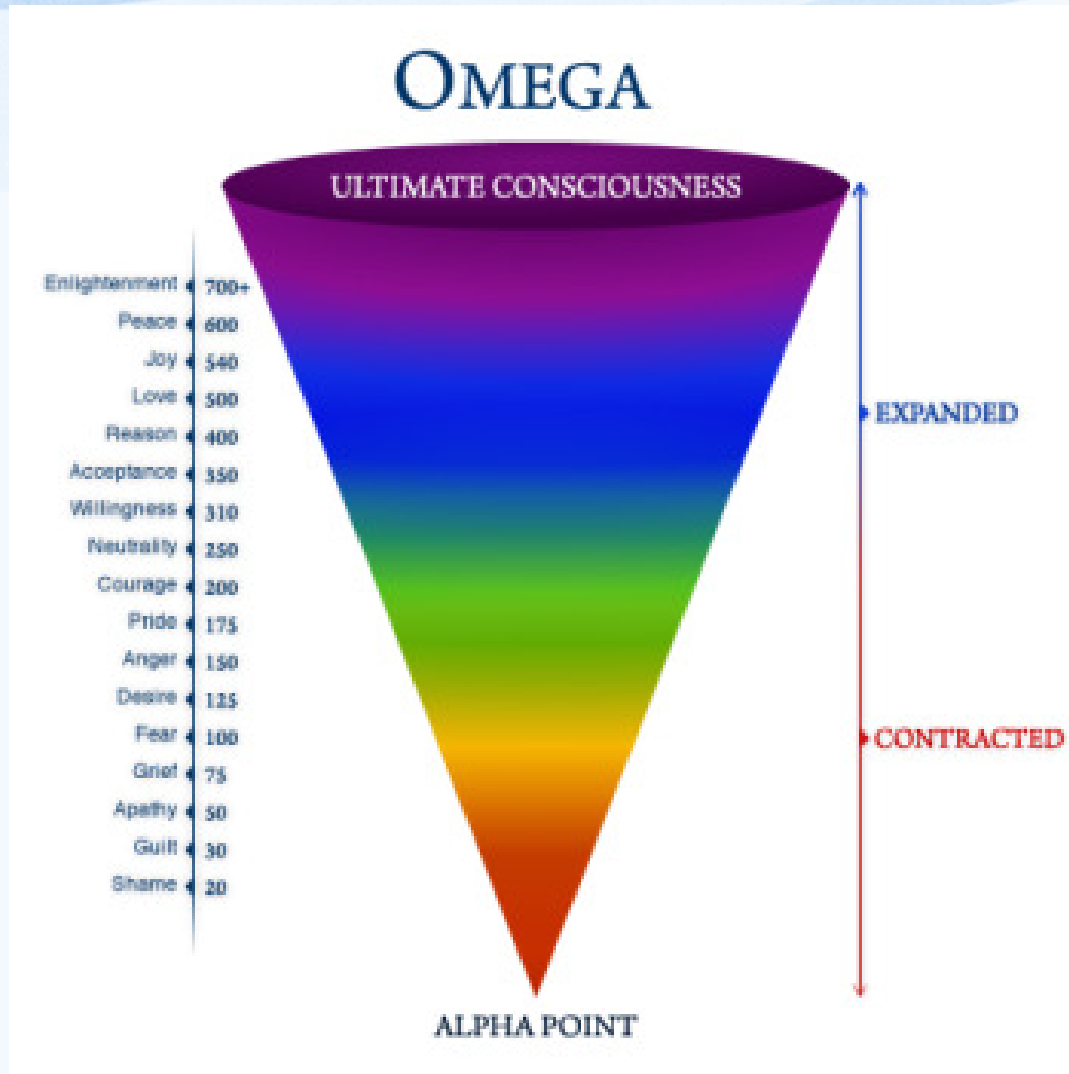


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At What Level Are You Vibrating?



Your *home frequency* is your highest personal vibration **Love vibrates at 528Hz**

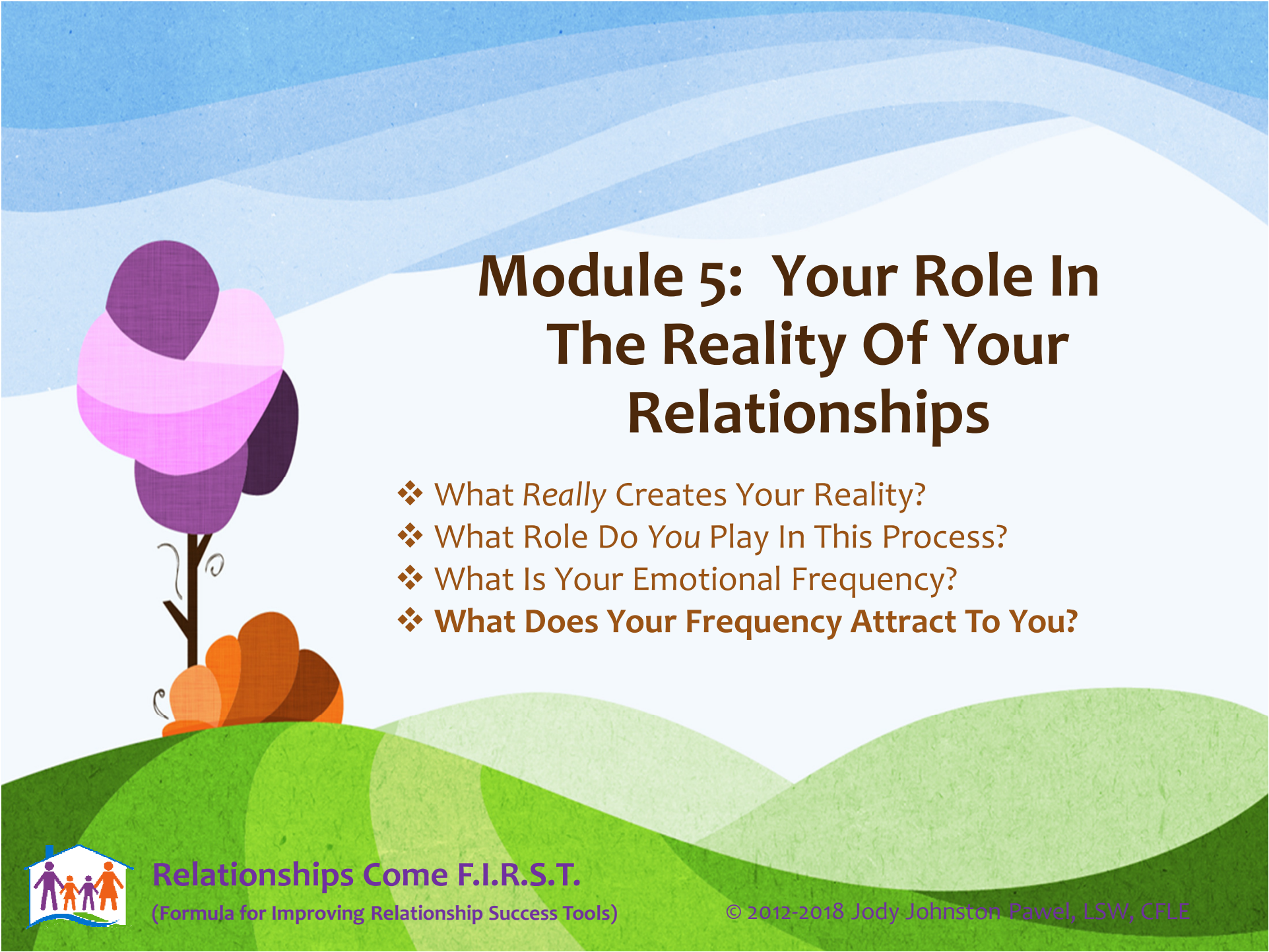


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Christie Marie Sheldon – 6:01

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Module 5: Your Role In The Reality Of Your Relationships

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?
- ❖ What Is Your Emotional Frequency?
- ❖ **What Does Your Frequency Attract To You?**



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Your Outside Reality is a Reflection of Your Inside State of Being



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Is Your Energetic Frequency Sabotaging Your Relationships --- and the Life of Your Dreams?

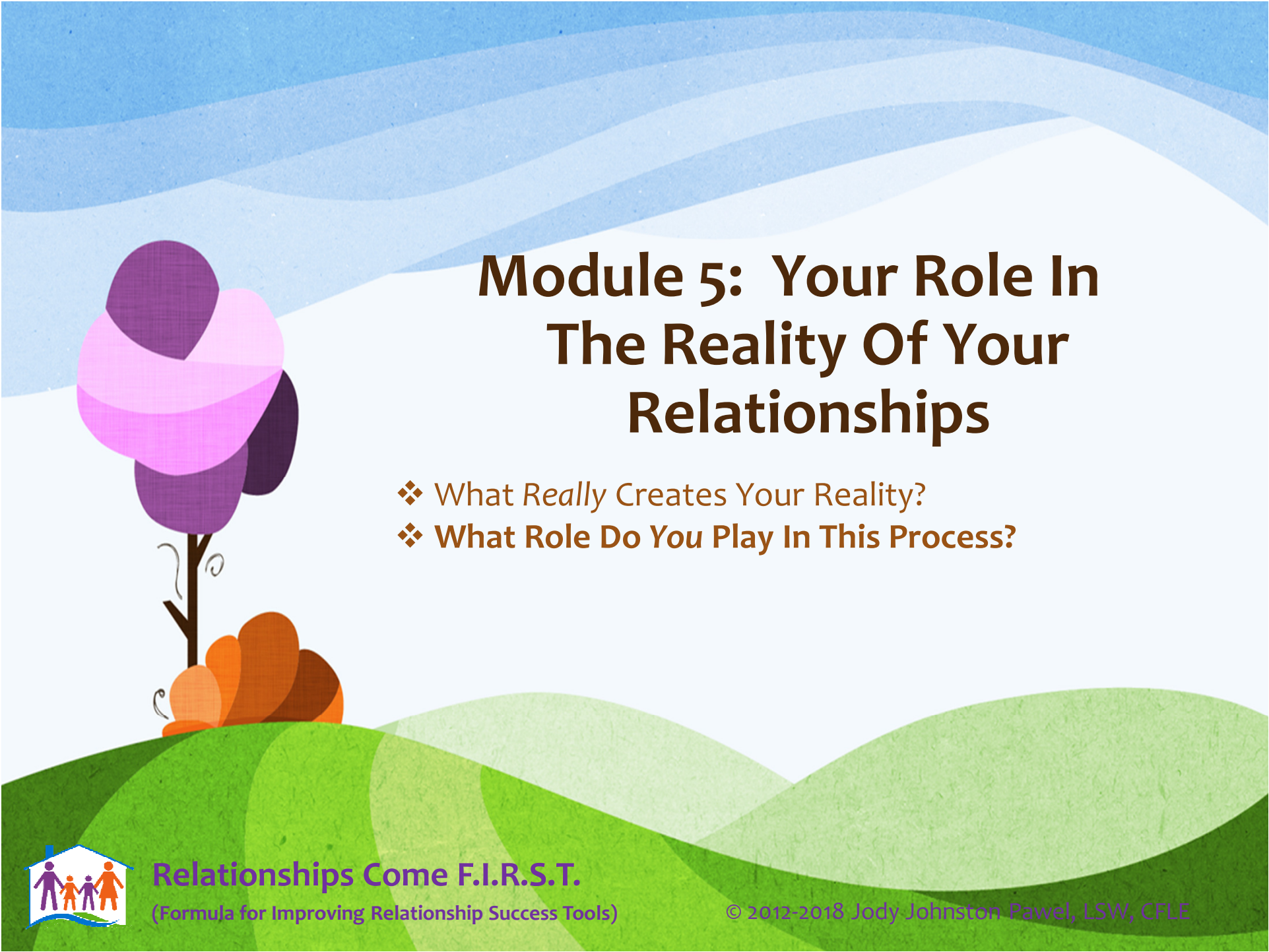
- Conflicts are often a reflection of a vibrational mismatch between 2 people.
- Your Vibrations can bump up others to a higher vibration or drag them down.
- Your home frequency will surface as soon as you stop paying attention to what's not vibrating in harmony with your most childlike, joyful, curious self. You'll start to feel it as soon as you turn your thoughts toward soul qualities. It's waiting for you when you stop. – *Frequency*, by Penney Pierce



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Module 5: Your Role In The Reality Of Your Relationships

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?
- ❖ What Is Your Emotional Frequency?
- ❖ What Does Your Frequency Attract To You?
- ❖ **How To Use This Knowledge Intentionally, To Create The Reality You Want.**



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Use The Laws Intentionally



The Law of Attraction: We attract to our experience that, and only that, which we think about – whether wanted or unwanted.

[Summary of the Laws - :57](#)



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Preview of Module 6: Energy Healing Tools

Next week, you'll learn tons of tools for:

- Clearing or changing your negative or unhelpful thoughts, beliefs and behavior patterns --- instantaneously.
- Balancing your energy body and neutralizing phobias, cellular memories of trauma, and other things that can disrupt your energy flow and affect your health --- in minutes.
- How to raise and expand your vibrational frequency --- anytime, anywhere
- How to prepare yourself to receive healing in your relationships and invite it in.
- How to apply all you've learned to other areas of your life.



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APPLICATION of Module 5: What *Really* Creates Your Reality?

1. **Let Go of Judgment (Handout)**
2. Use the guidelines by Jack Canfield in the handout from *The Success Principles*:
 1. **Create Your Vision** of a the relationship you want with this person
 2. **Set Goals and Write Affirmations**
 3. **Write a New Story**
 4. **Read this story daily. Create a meditation tape, etc. FEEL what it's like to ALREADY HAVE this relationship.**
3. **Start Creating Your Day**, each day, following Dr. Joe Dispenza's example. (FINAL SLIDE/VIDEO)



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Why NOT Judge?

- Judgments are hard to ignore, because they give us a sense of being right and being better than or superior to another. This superiority and self-righteousness feels good to the ego.
- Judgments never reflect your True Nature or Essential Self. Judgments serve a purpose, but don't achieve what you hope they will. Judgments cause you to try to change others. People rarely change others. If they do, it's at the expense of a loving relationship.
- You don't have to change anything or anyone, except your relationship to your own (judgmental) thoughts.



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Notice, Accept and Release Your Judgments

- *Becoming more loving is largely a matter of becoming more conscious of what we are thinking, and then choosing a more loving response than the automatic one, which is likely to be the ego's response.*
- Refuse to get involved in the judgments that pop into your mind and, above all, don't speak them.
- As judgment arises, notice, recognize it as judgment, and put attention somewhere else, like on appreciating whatever positives you can find in that person or relationship.
- Notice how you feel the next time you catch yourself judging and criticizing someone. You have the power to choose not to judge and criticize (internally or externally), and when you make that choice, it is possible to get in touch with who we really are--with Essence.



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The Difference between Judgment & Discernment.

- **Discernment** is the ability to notice objective, relevant differences among activities, people, objects, etc. Without the ability to discern, one wouldn't be able to get through life, because it helps you make decisions.
- **Judgment** looks at those differences and labels them good or bad when the difference that's recognized in people's abilities, judgment makes inferences about their overall worthiness.

So if someone is different or imperfect, a discerning person will recognize this, but not necessarily *judge* the difference as good or bad, right or wrong, just different. Differences and imperfections can be forgiven, accepted, even appreciated! Judging them makes them wrong.



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How To Intentionally Create Your Day (Reality)



“I’m taking this time to create my day. I’m infecting the quantum field. If the observer is watching me, then show me a sign that you paid attention to any one of these things I created. And bring them in a way that I won’t expect, so I will be surprised at my ability to be able to experience these things and make it so that I have no doubt it has come from You.” --- Dr. Joe Dispenza



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I Create My Day – 1:24

Dr. Joe Dispenza, *What The Bleep*

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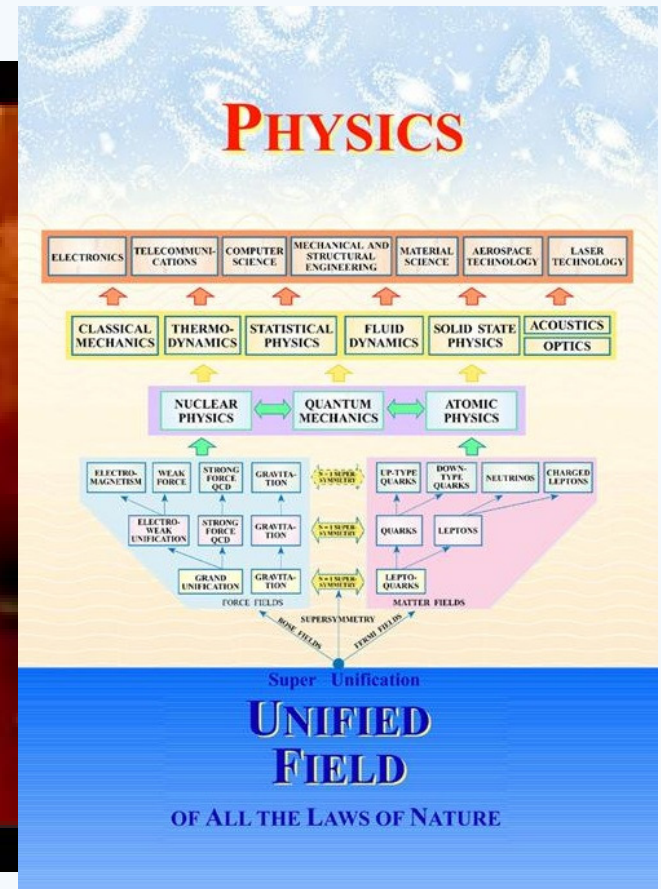
BONUS CONTENT



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Where Does Energy Come From? The Unified Field of Consciousness

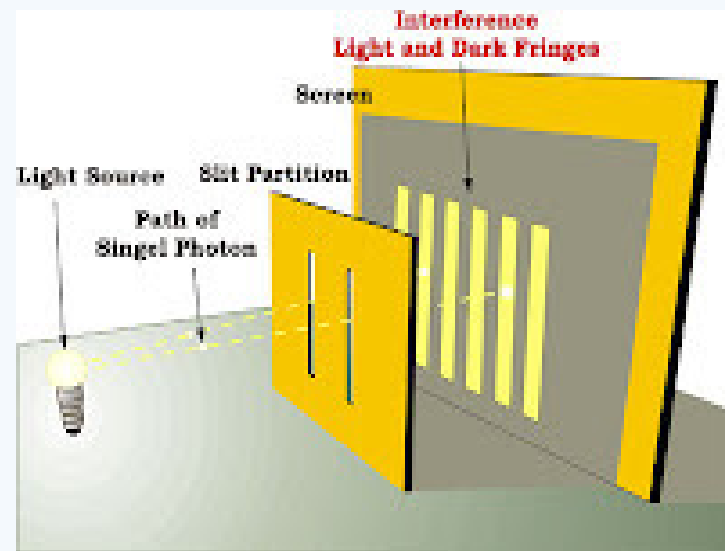
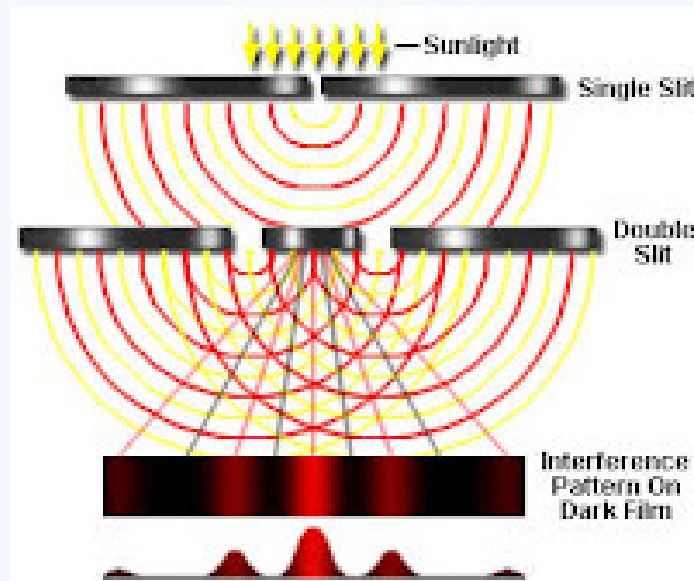


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When you aren't looking (focused thinking) it's a wave
When you look (focus your thought) it becomes a
particle



DR. QUANTUM –
DOUBLE SLIT EXPERIMENT – 5:13



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Summary: How You Choose Your Reality



Power of Thought - A Quantum
Perspective - By Kent Healy – 9:54

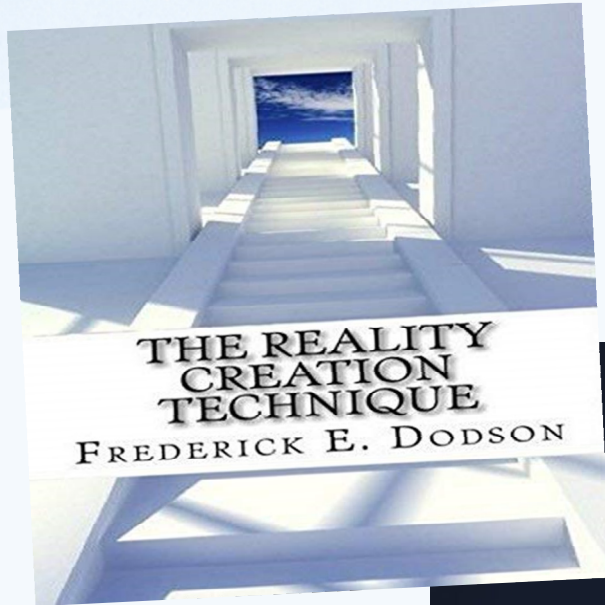


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Reality Creation Techniques & Parallel Universes



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