The Path to Union Workbook



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**Week One:**

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**Day One: Decide what type of relationship you want**

Breathe into your body, into your cells and feel what it is that calls you to this desire. Remember that you must fulfill yourself rather than want another to do it for you.

**Day Two: Define why you want this type of relationship**

 Is this relationship going to be for your lifetime? Or is it something that you want for “right now” to create more ease in your life?

**Day Three: List values you hold and how this person may mirror them**

 Your value system is the fuel of your reality. The person you wish to live in divine union with must mirror those values in some way or there will be no mutual resonance.

**Day Four: What might cause you to lose focus; be distracted?**

 How might you get distracted upon this path to sacred union? What interference may occur that would potentially draw you away from this journey.

**Day Five: What are you willing to give to this relationship?**

 Love gives all and asks nothing in return. Is that your signature value? If not, how much of yourself are you investing within this holy union?

**Day Six: What are you willing to receive within this relationship?**

 Receiving can be more difficult than giving. It asks you to be vulnerable, open and receptive to what another person is capable of giving you.

**Day Seven: What does wanting this relationship tell you about you?**

 Your responses to the first six days of this exercise will tell you a lot about yourself. It will begin to explain why you seek this particular divine union. Are you open to hearing the truth that arises within your sacred heart?

** Week Two:**

**Spend the first three days of this week** examining your beliefs, expectations and assumptions. Make a list in your journal of what you believe about relationship, what you assume you will receive in the divine union, what you expect and what you believe you are expected to give.

One of the main questions to ask is why you believe, expect or assume what you do believe, expect and assume. Trace your beliefs, expectations and assumptions back to their source.

**Example:**  *I expect my partner to kiss me goodbye every time he/she leaves the house.*  When traced back, you may realize that this is because you saw your mother and father kissing before they parted ***or*** you may discover that you expect it because your mother and father never *did kiss* before they parted.

**During the last four days of the week,** take each of your beliefs, expectations and assumptions and shift them into a neutral stance. In other words, if your beliefs, expectations or assumption were not true what does that mean and how would you respond? Do you still desire the relationship if your beliefs, expectations and assumptions are not valid?

A neutral energetic position within a belief, expectation or assumption means that it doesn’t make any difference whether it is true or not. You realize you have created the belief or assumption and are willing to dissolve it if it isn’t working for you.

Take your time with this exercise. It is the foundation for all of the work ahead.

**Week Three:**

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Pay attention each day this week at the situations coming up that you take personally and how they affect you. These experiences may feel positive or negative. It doesn’t make any difference for the purposes of this exercise.

Each evening write down in your journal at least one experience you had during the day that you took personally as though it happened *to* you *because* of you.

Once you have named one item for the day. Rewrite it as though it were happening to someone else without any personal interaction from you at all.

**Example:**  My partner left for work without saying goodbye. I felt as though he/she was ignoring me and that I don’t matter.

**Rewrite:** I notice that John/Mary left for work in a hurry this morning. He/she must have been running a little late or been distracted by a work issue.

Toward the end of the week, if you feel like you’ve gotten the hang of this storyline projection, see if you are willing to ask the person you are interacting with why they did whatever you took personally. It is always a great eye-opener.

**** **Week Four:**

This week’s exercise is going to be a daily experience. Each day, pick out one aspect of your life that you feel “has” to be experienced in a certain way.

 For instance, you may feel that you “have to” wash the breakfast dishes right after you finish eating rather than enjoying a second cup of coffee or tea with your partner. For our purposes this week, you are going to let those dishes sit and relish some quality time with another being. Write down in the spaces below or in your journal what you have allowed and how it felt. If you like, you can share this list and experience with your partner.

Day 1 experience and feeling
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Day 2 experience and feeling
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Day 3 experience and feeling
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Day 4 experience and feeling
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Day 5 experience and feeling
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Day 6 experience and feeling
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Day 7 experience and feeling
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**Week Five:**

Day 1: Where do you experience lack of trust in your divine Self?

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Day 2: Watch for the places in your day where you don’t trust yourself and ask why?

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Day 3: Close your eyes and image yourself trusting yourself in one of the above-described activities. Then do something today to reverse your sense of insecurity and watch what happens.

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Day 4: Pay attention today to what concepts create safety for you and how attached you are to it.

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Day 5: Purposefully detach from one of your attachment beliefs. Write down how that feels.

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Days 6 and 7: Before you begin each day, close your eyes and mentally walk through how you see your day unfolding. Every time you feel a sense of distrust in this “inner video”, replace it with a powerful exhibition of your holy, divine self-trust. How did that feel to your sacred heart?

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**Week Six:**

Day 1: Write down at least one part of your sacred story that is dishonest

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Day 2: Write down why you want to keep this hidden; be honest with yourself

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Day 3: What do you believe will happen if people know this about you?

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Day 4: How does it make you feel to keep this “secret”?

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Day 5: Is this hidden aspect of you based upon a belief you were programmed with as you grew up? Are you ready to change this belief within your sacredness?

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Day 6: Does another person reflect a different way of seeing you that allows you to be more honest with yourself? How does this affect the awareness of your divinity?

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Day 7: How can you bring more of this honesty into your sacred life?

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**Week Seven:**

****1. Spend this seven days paying attention to the chatter in your mind, especially when someone else is talking with you.

2. Schedule a date night when you are your partner can sit and talk without restraint. Set an alarm clock for ten or fifteen minutes in which each of you has the floor. The other person cannot interject or ask questions during the ten or fifteen minutes. Then trade. You are quiet while your partner talks for ten or fifteen minutes.

Once you have done this portion of the exercise, share with each other what areas you found it hard to “hear”. Tell your partner when you were “drifting off” in your mind and when you were really listening.

When the two of you become practiced at listening to each other, you can laughingly signal when one of you has “gone away” from the conversation. ***You will notice that being seen as you do so increases your sacred union.***

**Week Eight:** **Sharing Your Divinity**

**** Schedule a weekend (or more, if possible) in which you and your divine partner can turn off the computer, telephone and any other communication device.

 Set down beforehand (by being very honest with each other) what each of you would like to do together during time scheduled for the two of you only. This can be a sacred ritual or it can be climbing to the local hilltop. All is perfect within your divinity so don’t attempt to make it “spiritual” unless that is what calls to you.

 Once the two of you have devised a plan regarding what each of you would like to do with this holy time together, acknowledge that you might change your mind in the moment. For instance, if you decide that walking through the local park would be perfect, you may decide halfway through the walk that you want to go get ice cream. Whatever comes up is perfect. Follow your instincts as a child does.

 Make this time together lazy and easy. Stay in bed longer than usual. Bring each other coffee, tea or your favorite morning beverage.

 If you are tempted to check out the Internet or wonder what is on the news, tell your partner and decide if that is something you want to do together. This is what you did when you were dating. Do it as one now and see how easy it is to fall back into the routine you knew as your sacred union was birthing itself.

 Let your imagination be your guide during this playtime. Schedule these times together often. Make it at least once a month. It will become a sacred habit of joyous union and your relationship will flourish in its holy richness.