DISCOVERING YOUR SACRED LOVERS WITHIN

WEEK 3: CREATING FULFILLING RELATIONSHIPS

STUDY GUIDE

PRACTICE: ACTIVATING YOUR INNER FEMALE

When you have finished the practice and you are guided to do so by Tiziana, write down your experiences of connecting with and getting to know your inner feminine:

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ABOUT RELATIONSHIPS:

Most relationships start with a "Honeymoon Period." What usually causes the end of the Honeymoon Period? Why is this often the case?

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What are some of your "non-negotiables?"

What do we mean when we talk about "Crystallizations?"

Complete this sentence: "The status of your external relationship perfectly mirrors _____"

Why is this good news?

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PRACTICE: Connecting your Sacred Lovers to your relationships

First, read about the ways that your own inner masculine and feminine can disconnect

How the Masculine disconnects from the Feminine:

A) by ignoring her guidance, her intuition and her inner promptings,

B) by cutting himself off from the feelings and emotions that come from the depth of her inner world,

C) by criticizing the inner wisdom of the feminine as unrealistic and impractical and not following through by taking action,

D) by collapsing and leaving her without structure in place and protection.

How the Feminine disconnects from the Masculine:

E) by shutting down and not perceiving the inner world, leaving him without direction and nurturance,

F) by giving so many creative impulses to the masculine that he cannot possibly make it all happen in the physical world,

G) by undermining his forward motion by spinning the energy into manifesting on going drama,

H) by creating an emotional dark swamp that sucks his energy and drains his vitality with never ending needs and emotional entanglement

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Now go through the following list and circle all the points that describe your current or past relationships.

A) Do you feel ignored? Do you feel that your partner overlooks your guidance or your opinions? Do you dismiss the opinions and guidance of your partner? Does your relationship suffer from a lack of mutual consideration and from a feeling of aloneness, and separateness?

B) Do you have a problem because your partner tells you that you are too emotional? Do you tell your partner that he or she is too emotional? Are feelings and the expression of emotions not considered or even allowed in your relationship? Does your relationship suffer from lack of sharing and emotional intimacy?

C) Does your partner criticize you and, no matter how much you try, make you feel that you are not adequate or you don't do things the right way? Do you do this to your partner? Does your relationship suffer because you are often entangled in a power struggle?

D) Do you feel that your partner does not support you enough and your relationship is flimsy, and leaves you insecure, unstable and vulnerable? Does your partner tend to not want to commit himself/herself? Are you the one who has difficulty committing and being stable?

(continued…)

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E) Does your relationship lack nurturance, sensuality and affection? Are you starved for touch and tenderness and tender expression of love? Are you uncomfortable or don't know how to express affection? Do you or your partner tend to be rigid?

F) Do you feel that you are so busy trying to please your partner that you feel exhausted and disconnected from yourself? Do you put the needs of your partner before yours and do not know how to say no without feeling like you betrayed her/him and failed miserably? On the other hand, do you feel that your partner always fails to satisfy your needs?

G) Do you feel that your relationship is always entangled in some kind of drama internal or external that needs to be taken care and you are caught in the same turmoil seemingly without a way out because the same kind of situation repeats over and over again?

H) Do you go down the tubes into emotional downward spiral and no matter how much your partner tries to help you he/she feels useless in resolving your emotional nose dive and ends up feeling drained or depressed? Do you go into this downward spiral and feel that no matter how much your partner expresses care, love and appreciation, it does not stick and you still feel needy, unfulfilled, and "sucky?"

For each one that you circled, find the corresponding letter in the list of the disconnections between your inner male and female at the top of page 3.

Write down the various kind of disconnections between your inner male and inner female that you've identified:

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Write a brief summary about what you are going to do to listen to the guidance of your inner female and/or to put your inner male into action on a daily basis in order to improve your relationships.

Any other notes about your experience of this practice

Caution: What should you *not* do with this information in your relationships?

In general, what happens if both partners try to relate at the same time through their inner masculine?

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In general, what happens if both partners try to relate at the same time through their inner feminine?

When both partners in a relationship have a primary inner male or a primary inner female, what is the best way for one or both of them to bring in an element of romance, chemistry, and eroticism into the relationship?

When one partner is primary Hero-type and the other partner is primary Mystic-type, what are the strengths and compatibilities, and what are some ways to improve?

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When one partner is primary Provider-type and the other partner is primary Humanitarian-type, what are the strengths and compatibilities, and what are some ways to improve?

When one partner is primary Provider-type and the other partner is primary Mystic-type, what are the strengths and compatibilities, and what are some ways to improve?

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When one partner is primary Hero-type and the other partner is primary Humanitarian-type, what are the strengths and compatibilities, and what are some ways to improve?

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