Growing Your Relationships Practitioners Part 1 - You and Your Significant Other



ThetaHealing®

# GROWING YOUR RELATIONSHIPS 1

YOU AND YOUR SIGNIFICANT PARTNER

AN OFFICIAL

THETAHEALING®

MANUAL

Lets Think Unique DBA











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VERSION2021









#### Relationship Seminar Topics

- 1. Rules of the Relationship
- 2. Exercise Fear of loving another person to much (issues of trust) 3.
- Discussion Time together
- 4. Exercise The fight for dominance
- 5. Exercise Male and female roles
- 6. Exercise Money
- 7. Exercise Relationships with the in-laws
- 8. Exercise The children--- (children that the couple has together.)
- 9. Exercise The children from past/ other relationships.
- 10. Discussion Sex. Being attractive to the other person.
- 11. Exercise Friendship
- 12. Exercise They want you only when you are leaving.
- 13. Exercise Not becoming the mother or father to the other person
- 14. Being committed.
- 15. Discussion The energy field of the relationship.
- 16. Exercise Sickness in the relationship
- 17. Discussion Mental illness
- 18. Exercise Forgiveness
- 19. Discussion Substance abuse (addiction)
- 20. Discussion Men and women: Building each other up
- 21. Discussion Understanding one another.
- 22. Discussion Working on problems as a team.
- 23. Seven Plane protection
- 24. Discussion Beliefs that block intimacy and trust
- 25. Exercise True commitment means sharing
- 26. Mediation of love
- 27. Discussion Saving a relationship





#### 1. Exercise - Rules of the Relationship

The rules of the relationship are defined when the couple discusses what they expect of one another.

Create a list of rules that you expect one--another to follow.

#### Ground rules

1	
2	
3	
4	
5	

### 2. Exercise – Fear of loving another person too much (Issues of trust)

#### Beliefs to Test For:

- 1. On all levels, I know how to trust someone enough to let them love me.
- 2. On all levels, I know how to understand my spouse.
- 3. On any level, no matter what I do it is never enough to please my spouse. 4. On any level, men/women are self-centered.
- 5. On any level, women/men are cruel.
- 6. On all levels, I know how to understand my spouse.
- 7. On any level, If I try to hard my spouse will leave me.
- 8. On any level, If I share too much of myself my spouse will leave me.
- 9. On any level, I cannot stand my spouse.
- 10. On any level, no one deserves me.
- 11. On any level, there is never enough time for me.
- 12. On any level, I can always replace my spouse.
- 13. On any level, my spouse is selfish.
- 14. On any level, my spouse loves me because I love them too much.
- 15. On any level, I am the boss of the relationship.
- 16. On any level, my spouse will never be what I want.
- 17. On any level, my spouse is boring.
- 18. On any level, my spouse doesn't understand my beliefs.
- 19. On any level, my spouse holds me back.
- 20. On any level, my spouse wants me fat.
- 21. On all levels, I am beautiful / handsome to my spouse.
- 22. On any level, there is no challenge left in my relationship.
- 23. On any level, I leave them before they leave me.





- 24. On any level, if I find my true love, they will die on me.
- 25. On any level, everybody expects me to fail.
- 26. On any level, I cut down my spouse in front of others.
- 27. On any level, my spouse cuts me down in front of others.
- 28. On any level, I am respected by my spouse.
- 29. On any level, I am miserable with my spouse.
- 30. On any level, it is always my spouses' fault.

3. Discussion	- Time for one another
NOTES	

#### 4. Exercise - The fight for dominance

#### Topics

NOTES

- Who Rules the house?
- Who decorates the house and how it is decorated?
- •Who runs the kitchen?
- \*Who cleans, who cooks, who drives the car?
- •Downloading the house with positive energy.
- •Who calls the shots?

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#### 5. Exercise - Male and Female roles

It is important that both people in the relationship can take on male and female roles when necessary.

#### Downloads

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- ⊖ I know how to understand my spouse as a woman / man.
- I know how to accept my spouse as a woman / man.

What makes a marriage is you are always there for each other.

#### Exercise-Male-Female Brain Balance

- Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
- Uisualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
- Go beyond the Universe, past the layers of light, through the golden light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, to the Seventh Plane of Existence.
- Hake the command and request, "Creator of All That Is, it is commanded that this person's (name the person) male-female aspects of their brain be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done."
- Move your consciousness over to the person's space. Go into the brain and witness the male female aspects of their brain becoming balanced as is proper for the person.
- OAs soon as the process is finished, rinse yourself off with the Seventh Plane of Existence energy and stay connected to it.

NOTES		





#### 6. Exercise – Money -

Who spends the money and is the money shared equally?

#### Beliefs to check for

- 1. On any level, only the man provides for the family
- 2. On any level, the woman's money is her money to keep.
- 3. On any level, my money is my money.
- 4. On any level, I am afraid that I will have problems with money like my past relationships.
- 5. On any level, my spouse will spend all the money and not pay the bills.
- 6. On any level, I refuse to share money with my spouse.
- 7. On any level, it is wrong to spend money on myself.
- 8. On any level, I have to take care of all the money.
- 9. On any level, it is wrong to let my spouse pay the bills.
- 10. On any level, it is wrong for a woman to make more money than a man.
- 11. On any level, I will never ask my spouse for money.
- 12. On any level, I have to do it all myself.
- 13. On any level, my spouse only wants my money.
- 14. On any level, my spouse will not spend any money on my children (from a past relationship).
- 15. On any level, I have to fight for my money.
- 16. On any level, there is never enough money.
- 17. On any level, I know how to create ways of making money.
- 18. On any level, only one of us can be successful.
- 19. On any level, money is more important than love.
- 20. On any level, you can only have one love or money.

#### Downloads

**NOTES** 

9 I know how to share money in my relationship.





#### 7. Exercise - Relationships with the in-laws

#### Beliefs to check for

- 1. On any level, I hate my spouse's parents.
- 2. On any level, I hate my parents.
- 3. On any level, I will never be good enough for my spouse's family.
- 4. On any level, my family always interferes in my relationship.
- 5. On any level, no matter what, my family will never accept my spouse.
- 6. On any level, no matter what my spouse's family will never accept me.
- 7. On any level, my spouse is a daddy's boy.
- 8. On any level, my spouse is a mommy's boy.
- 9. On any level, my spouse is a mommy's girl.
- 10. On any level, my spouse is a daddy's girl.
- 11. On any level, my in-laws think I took their son away.
- 12. On any level, my in-laws think I took their daughter away.
- 13. On any level, I love my husband's family more then I love him.
- 14. On any level, I love my wife's family more then I love her.
- 15. On all levels, I know how to talk to my spouse about their family.
- 16. On all levels, I know how to make my family comfortable with my spouse.
- 17. On all levels, I know how to put my spouse first and still have my family.

#### Downloads

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- I know how to talk to my spouse about their family.
- I know how to make my family comfortable with my spouse.
- I know how to put my spouse first and still have good relationships with my family (parents and relatives).
- O I know how to be considerate.

NOTES		





Growing Your Relationships Practitioners Part 1 – You and Your Significant Other
8. Exercise - <i>The children</i> (children that the couple has had together in the relationship.)
Beliefs to check for
<ol> <li>On any level, we must stay together for the children.</li> <li>On any level, the children are all that we talk about.</li> <li>On any level, without the children I have no relationship with my spouse.</li> <li>On any level, when the children are on their own, there is nothing left to do.</li> <li>On any level, my spouse loves the children more than me.</li> <li>On all levels, I know how to balance my love for my children and my spouse.</li> <li>On all levels, I know how to love my spouse separate from the children,</li> <li>On all levels, I know how to live with myself when my children leave home.</li> </ol>
9. On all levels, I know how to live with my spouse when the children leave.
Downloads
<ul> <li>I know how to balance my love for my children and my spouse.</li> <li>I know how to love my spouse separate from the children,</li> <li>I know how to live with myself and how to be myself when my children leave home (will live on their own)</li> <li>I know how to live with my spouse when the children leave.</li> </ul>

# **NOTES**

9. Exercise - Children from past relationships

Beliefs to check for

1. On any level, my spouse's children will never be mine.





- 2. On any level, my spouse never sees the mistakes of their children.
- 3. On any level, my spouse will never really love my children.
- 4. On any level, my children will never be good enough for my spouse.
- 5. On any level, my spouse will never be good enough for my children.
- 6. On any level, my spouse's children will move out soon so I can wait.
- 7. On any level, I hate my spouse's children.
- 8. On any level, no one will want my children.
- 9. On any level, my spouse will give everything to their children and mine will get nothing.
- 10. On all levels, I know how to share my children's love.

#### **Downloads**

NOTES

- ⊖ I know how to let my spouse love my children.
- ⊖ I know how to love my spouse's children.
- ⊖ I know how to see my children.
- ⊖ I know how to balance my love between my children and my spouse.
- O I know how to see the mistakes of my children.

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10 Exercise -		

Put on make up and take cing of thought be other person.

Beliefs to check for

- 1. On all levels, I am sexy to my spouse.
- 2. On any level, I hate sex.
- 3. On any level, I have sex out of obligation.
- 4. On any level, my spouse is no longer sexy to me.
- 5. On any level, I never get enough sex from my spouse.
- 6. On any level, sex is good with my spouse but there is no time.
- 7. On any level, there is no spontaneity in sex.
- 8. On any level, I hate every woman / man that looks at my spouse. 9.
- On any level, my spouse will cheat.
- 10. On any level, I will cheat on my spouse.
- 11. On all levels, I trust my spouse.





#### 12. On all levels, I am trustworthy.

Downloads
I know how to have sex and still be spiritual.
know how to keep the excitement in my relationship. know how to be sexy to my spouse. know how to find time for sex with my spouse. know how to be loyal to my spouse.
I know how to separate issues in my life so that I can have sex with my spouse.
I understand the importance of making myself attractive to my spouse. know how to maintain my appearance.  I understand the importance of human touch with my spouse (not only-sex).
NOTES

#### 11. Exercise - Friendship

#### Beliefs to check for

- 1. On all levels, my spouse is my best friend.
- 2. On all levels, I can share my feelings with my spouse.
- 3. On all levels, I can listen to my spouse with an open heart.
- 4. On all levels, I want to spend time with my spouse.
- 5. On all levels, I know how to share my feelings.
- 6. On all levels, I know how to listen and validate the feelings of my spouse. 7. On all level, I know when to listen.
- 8. On all levels, I know how to share my feelings with my spouse.
- 9. On all levels, I know how to be intimate with my best friend.
- 10. On all levels, I know how to make my spouse number one over other friends.

#### Downloads

9 I know how to share my feelings with my spouse





• I know how to listen and validate the feelings of my spouse. ⊖ I know when to listen. 9 I know how to be intimate with my best friend. O I know how to make my spouse number one over other friends **NOTES** 12. Exercise- They want you only when you are leaving or gone Beliefs to check for 1. On any level, they only want me when it is too late. 2. On any level, I must leave my spouse before they leave me. 3. On any level, my spouse is going to leave me. 4. On any level, if I love my spouse too much, they will die Downloads • I know how to treat my spouse. ⊖ I know when my spouse is upset. ⊖ I know how to preserve my relationship. O I know how to cherish my relationship before I lose it. **NOTES** 





# 13. Exercise - Not becoming the mother or father of the other person

Beliefs to check for

1. On any level, I am my spouses' mother / father.

<ol> <li>On any level, I am my spouses mother / father.</li> <li>On any level, my spouse is my mother / father.</li> <li>On any level, I want my spouse to be my father / mother.</li> <li>On any level, my spouse is my child.</li> <li>On any level, I am my spouse's child.</li> </ol>
NOTES
14. Exercise - Being committed
Beliefs to check for
<ol> <li>On any level, I am afraid of commitment.</li> <li>On any level, I will lose my identity if I am committed to my relationship.</li> <li>On all levels, I know how to be committed to my relationship.</li> <li>On all levels, I know what being committed means.</li> </ol>
Downloads
<ul><li>I know how to be committed to my relationship.</li><li>I know what being committed means.</li></ul>
NOTES





#### 15. Discussion - The energy field of the relationship

Preserving the energy field of the relationship

- 1. Compliment one another
- 2. Say thank you to one another
- 3. Maintain a healthy attraction to one another 4.

Friendship

- 5. Understanding
- 6. Problem sharing
- 7. Service
- 8. Love
- 9. Trust

NOTES			

#### 16. Exercise - Sickness in the relationship

Beliefs to check for

- 1. On any level, my spouse only needs me when they are sick.
- 2. On any level, I have to be sick to be nurtured.
- 3. On any level, I have to leave my spouse before I get sick.
- 4. On any level, I can only keep my spouse if I am sick.
- 5. On any level, no one will want me if I am sick.
- 6. On any level, I have to stay with my spouse and take care of them even if we want to break-up.
- 7. On any level, I feel used when my spouse is sick.
- 8. On any level, it is wrong for me to be sick.
- 9. On any level, I am angry when I am sick.
- 10. On any level, I am angry with my spouse when I am sick.
- 11. On any level, it is wrong for my spouse to see me sick.
- 12. On any level, I am exhausted.

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17. Discussion - Mental illness
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#### 18. Exercise - Forgiveness

- Go up and connect to the Creator and imagine that the person that hurt you is standing in front of you.
- Imagine telling this person how they have hurt you and what they have done to you.
- Imagine that you tell the person that you forgive them for hurting you. As you tell this person that you forgive them, watch their reaction. If the person is still standing in front of you in the vision, and they say that they are sorry, it means that they feel remorse for what they have done.
- If you come to the realization that they feel remorse for what they did, then the energy of forgiveness will protect you from angry thought forms that they send you. This also allows you to have compassion for them.
- If in the vision they disappear into ash, this means that they have no remorse, and this takes away all negative thoughts from you. This means





that the hateful person will have to deal with their own negative thoughts, and they can no longer affect you. This means that what you have to learn from this person is done and you are protected from them.

- If they are still standing in front of you in the vision without saying anything, what you have to learn from this person is not finished. This means that you have to do belief work about the situation. As you free yourself from the obligation of what they have to teach you, they will begin to get smaller and smaller in the vision.
- Forgiveness is the strongest protection because when you say 'I forgive you' to someone, this means that you are no longer accepting any negative energy from them. In some instances, the person will apologize to you and it may be that you can make amends.
- You should imagine doing this with only one person at a time.

**NOTES** 

19. Discussion - Substance abuse (Addiction)
19. Discussion - Substance abuse (Addiction)
19. Discussion - Substance abuse (Addiction) NOTES





20. Discussion - Men and women
Building the relationship without being critical of one another.
NOTES

#### 21. Discussion - Understanding one another

Check for these beliefs

- 1. On all levels, I know how to understand my spouse.
- 2. On all levels, my spouse knows how to understand me.
- 3. On any level, to be understood is impossible.
- 4. On any level, I am too complicated for people to understand
- 5. On any level, my spouse is too complicated to be understood.
- 6. On any level, I am tired of trying to understand my spouse and them never understanding me.
- 7. On any level, it is impossible for me to ever be understood.
- 8. On any level, to understand someone takes too much time.





NOTES
22. Discussion - Working on problems as a team
Beliefs to Check For:
1. On all levels, I know how to works as a team with my partner.
2. On all levels, I can work together with my spouse.
<ul><li>3. On any level, my spouse is always difficult to work with.</li><li>4. On any level, my spouse is impossible to work with.</li></ul>
5. On any level, I hate my spouse when we have to work together.
6. On any level, my spouse hates me when we have to work together. 7. On any level, we can never find out who is in charge.
8. On any level, it is impossible for teamwork when you have no team.
Downloads
It is possible to work as a team with my partner.
<ul> <li>I can be myself and loved by my partner.</li> </ul>
• I can move forward as a team.
NOTES





23. Seven Plane Protection
NOTES
NOTES
24. Discussion - Beliefs that block intimacy and trust
Beliefs to Check for  1. On any level, I have to change him/her to be what I want.  2. On any level, I have to change to be what he/she wants.  3. On any level, no one wants me for who I really am.
NOTES





25. Exercise - True Commitment means sharing
Blocks about sharing
<ol> <li>On any level, I am afraid of sharing my feelings with my spouse.</li> <li>On all levels, it is safe to share my feelings with my spouse.</li> <li>On any level, I am afraid to share my life with my spouse.</li> <li>On any level, my spouse will hurt my feelings if I share with them.</li> <li>On all levels, I know how to care for another person.</li> <li>On all levels, I know how to share my life with my spouse.</li> <li>On all levels, I know how to listen to my spouse.</li> <li>On all levels, I know how to share my feelings with my spouse in the right way.</li> </ol>
Downloads
<ul> <li>I know how to care for another person.</li> <li>I know how to share my life with my spouse.</li> <li>I know how to listen to my spouse.</li> <li>I know how to share my feelings with my spouse in the right way.</li> </ul>
26. Meditation of Love
NOTES





27. Discussion - Saving a Relationship
NOTES

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