

Relationship Resolver Kit

the plan



1: HOW TO USE YOUR KIT

The workflow for you.

2: MODULE I: THE VISIT WITHIN

Deepens your capacity to notice what you feel inside. This lays the groundwork for the next 2.

3: MODULE II: THE RIPPLE EFFECT

Stopping to notice how we 'feel' inside when we think of a person. This will almost certainly change with subsequent listens. One client referred to this process as 'getting comfortable in my own skin'.

4: MODULE III: THE ONE WAY GLASS

What if we could press 'pause', and see.... just 'see' the other person for a moment?

Welcome to the Relationship Resolver toolkit!

I am so. so. SO pleased to welcome you into the Relationship Resolver Kit. I'm thrilled you are giving this a go in your life. It has been very meaningful to me, so many of my past clients, and I hope it opens up insights and healing for you that may have been elusive before.

Getting right into it: As you are probably already aware, there are 3 core meditation-based modules:

1. The Visit Within - gets your powers of self-observation up a few notches, and sets the scene.
2. The Ripple Effect - to 'feel' the relationship inside
3. The One Way Glass - to 'see' the other person

The trick is to listen to each meditation a minimum of 3 times, as they have a cumulative effect. You will notice, as a general rule, that you experience somewhat different internal reactions with each listen - even, and particularly, with each listen to the same meditation.

I don't mind if you prefer to do Module 1 three times, and then move on to do Module 2 three times, etc... Or if you do Modules 1-3 in order, and then come back to repeat the sequence twice more.

Go with whatever you like, as long as you reach 9 listens in the end. On the following workpages I've laid out what I hope is a nice straightforward way to keep track and motivate yourself to complete this.

I suggest it would be a very ninja-smart idea to journal a few notes after each listen, as it may surprise you to find that your reactions morph either a little bit, or dramatically, from one listen to the next. If we're not 'tracking', it can sometimes be difficult to appreciate how differently we feel - how far we've come! There is space to do this in the worksheets :) Enjoy!!!
~Alex

Module 1: The Visit Within

Listen #1

What did you notice:

Listen #2

What did you notice:

Listen #3

What did you notice:

Module 2: The Ripple Effect

Listen #1

What did you notice:

Listen #2

What did you notice:

Listen #3

What did you notice:

Module 3: The One Way Glass

Listen #1

What did you notice:

Listen #2

What did you notice:

Listen #3

What did you notice: