

## Relationship healing class

Our relationships are a mirror

- We all have wounds
- Relationship shows us where they are through our partners
- If a relationship stirs your wounds too much, that is a reason to consider if it is right for you

Self love

- Don't look for someone to save you or fill your void
- Give what you want to receive from others
- Give yourself what you want from others
- Be happy on your own

Yin & Yang polarity of relationship

- Women
  - Fluid like water
  - Emotional
  - Wanting security and to be adored
  - Need a man to be stable and has focus/purpose in their life
- Men
  - Earth
  - Grounded and stable
  - Want nurturing
  - Need to feel being taken care of by a woman

Grounding others out of your space

- Picture your feet deeply rooted into the earth
- Picture root chakra connecting with a solid wide cord to the Earth's center
- Let anyone in your space be flushed down your grounding cord while bringing fresh earth energy up through your feet

Pulling back energy from others

- Pull back energy in a large golden bubble above your head and crown chakra
- Reset the energy to here and now + \_\_\_\_\_
- Bring the energy down in a shower through your crown and all chakras down to feet

Forgiveness affirmation- John Randolph Price

- I forgive you totally and completely, and I release you.
- I hold no un-forgiveness back. If I hold on to any un-forgiveness may my higher Self forgive through me.
- My forgiveness for you is total.
- I am free and you are free

Blessing visualization from Gregg Braden

- Visualize people and give them a blessing from God/Universe and watch the blessing happening through their body.
- Then ask God/Universe to give you a blessing and watch God's blessing go through your body and actually feel it.
- Then ask for blessings to everybody that is witness to you and the other person from God/Universe and to them and watch all their bodies take on the blessings watch them change and feel the change in the other person you and everyone else.

Book a free initial deep dive session with Dr. Ciprian. Email to set it up now [info@drciprian.com](mailto:info@drciprian.com)