

Twelve years ago I got divorced. I knew for quite a few years that my marriage need work but I searched high and low and couldn't find the right formula. We even went to couple therapy for a year to no avail. Now maybe my marriage was doomed to fail, but I decided I would search for the right formula that could help couples who truly wanted to stay together but just didn't know how. I scoured magazines and books for tried and successful methods and I compiled a system which uses those techniques plus ones that I use in my practitioner practice to help people create the blissful life that they want and deserve. These are three of my favourite tips and techniques that I have my couple clients while doing my couple therapy program. Most of these couples continue with these practices even after they finish the program.

Tip 1- Whenever I think about manifesting something new, my first technique to go to is an attitude of gratitude. The more I am grateful for the things that I already have, the more things I see in my life to be grateful for. The same thing goes for attracting a better relationship. Even if it is with the partner that you are currently with.

When attempting to manifest something, I spend around 15 minutes every morning giving gratitude for 5 things that I have and I am grateful for. A way to make this an even more powerful technique is to find 5 new things to be grateful everyday. In the beginning it is easy. But then it begins to get harder as I use up all the things that are blatantly in my face. But as I search for more hidden things, more and more things reveal themselves to me until it becomes easy again. And more and more good things appear in my life for me to be grateful for. The same thing goes for relationships. If every morning you look into your partners eyes and tell

them just one thing that you love about them and are grateful for, and then they reciprocate, you will first find it very easy, and then as you use all the things that are blatantly in your face you will have to search a little deeper, but within a very short time, new things will be revealing themselves to you and to your partner that will fill the both of you up with love.

Tip 2- We often give and do for others what we would like to be done for ourselves. But what we don't realise is that there are 5 different languages of love. (see Gary Chapman's book "The 5 Love Languages")

- words of affirmation,
- quality time,
- receiving gifts,
- acts of service,
- physical touch.

If you don't show your love in the language that is important for your partner, they may not hear you expressing love. Asking your partner every morning "what can I do for you today, that would make you happy" and fulfilling that request will ensure that you will give your partner the love they want in the language they will hear.

Tip 3- disagreements are an inevitable and sometimes even stimulating part of every relationship. If we agreed on everything life would be boring. But at the same time, knowing how to fight and how to stop is an important skill. If both members of the couple really want to create a better relationship the art of hoponopono is indispensable. When you see an ugly fight coming on in the near vicinity stop it. separate and both of you say these 4 sentences.

I'm sorry  
Please forgive me  
Thank you  
I love you

There is something magical about those 4 sentences which change the energy and create an aura of loving energy instead of fighting energy.

When me and one of my children fight, I go into my room and say those 4 sentences. Usually within 15 minutes my child knocks on my door and we hug and make up.

If at that point you want to delve further into that disagreement you can but in a way that peaceful that will not hurt each other.

To recap-

- 1) show your partner gratitude for the things you love about them every night
- 2) Do something that your partner tells you would make them happy every day
- 3) Head off ugly arguments with hoponopono and continue discussing the disagreement in a loving non hurtful way.ft