

7 Secrets to a Heart Centered Relationship

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7 Secrets to a Heart Centered Relationship

What exactly does it mean to have a heart centered relationship?

It means what it says. Centered from the heart. When you and your partner are coming from your heart, you are coming from your authentic self. The Truthful part of you. The Real you. Not the person you think you 'should' be or 'could' be. But the authentic, real, courageous, part of you. At the center of your heart is enormous power, strength and courage. The authentic part of you resides in your heart. And it only knows truth. Another word for this truth – is love. With the slightest shift of your focus in any moment, you will be amazed at the ease and grace for which you can redirect your focus to your heart center.

If you are operating from any other place, it is not love. Most likely you are operating from ego, or fear. There are many books, such as A New Earth, by best selling author, Eckhart Tolle, that talk about our ego and how it triggers us to act from anything but our authentic self.

Now, some of you might say this all sounds fine and great in theory, but I live in the real world. So, how do I apply this to my life? If I tell the truth all the time to my partner, I'm probably going to ruin my relationship. If I say what I really think, it's going to start a fight.

Others of you probably have no problem telling the truth to your partner – but HOW are you telling it? How are you asking for what you want or need? Are you coming from anger, frustration, or pent up resentment? Or are you coming from your heart, in a firm but loving way to express your truth.

In this report, I am going to give you Seven Simple Secrets you can use to immediately begin to transform the way you relate to your significant other and ultimately with any relationship you have in your life. By practicing these



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secrets, you will create heart-centered meaningful relationships. You will begin to sense a freedom from fear, as you will see that many of your fears were simply limiting beliefs that really had no merit in reality. You will feel stronger and more courageous. When you live from your authentic self, the benefits that will come forward from that will spill over into every area of your life. You will begin to feel more confident. Your joy will increase exponentially. You will find yourself wanting to try new things, and you will even have more energy.

I have been studying relationships for well over a decade, and once I made a commitment to make my life purpose about helping people have healthier, happier relationships I have seen miracles happen. I also have the experience that what I am about to share with you, really does work. I kissed hundreds of frogs in my life until I started to apply and practice these secrets. They have transformed my relationships with others, and more importantly – they transformed my relationship with myself, which has ultimately led me to meet my Prince. That's not to say we don't have our challenges. We do. However, because we practice these secrets, we are able to enjoy a loving, heart-centered, deeply meaningful relationship. You can have the same!



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Simple Secret #1

See the Loving Essence

When I was in graduate school at The University of Santa Monica, in Los Angeles - this was the foundational principle for everything we did in a counseling scenario. It is absolutely key in helping you move out of ego and judgment and begin opening your heart.

To see the loving essence in another, take a long deep breath. Fully inhale and fully exhale. Breathing is actually very important, especially if you are ticked off at your partner, or feeling anything other than love. It's hard to even imagine seeing the loving essence in another when you are in an intense emotional state. However, you can still be angry, depressed, or whatever the case may be and also see the loving essence. The breathing helps you to shift your energy, with very little effort. While you are doing this, begin to look deeply into the eyes of the person in front of you. If you are talking to them on the phone, create a close up picture of them in your mind, and look into their eyes. Now, if the only mental image you can conjure up is something like you tying up your partner and setting him or her out to sea on a tiny raft with no oars, you might want to tell the person you need to hang up or be alone for a minute and will get back to them. Keep breathing. It will help you re-group. Don't call or try to connect with the person until you are actually able to look into their eyes. Look as far as you can, almost behind their eyes. Something happens automatically when you do this. It is an innate, human, biological response. You recognize that this person is just like you. They are human. They were once a baby, then a child, then an adolescent, a teenager, and finally an 'adult' who is continuing to grow, learn, and evolve. If you have a sense of spirituality in your life, tell



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Simple Secret #1

yourself that the person you are communicating with is a Divine Being having a human experience. If that is not your style, simply remember this is another human being, just like you, who ultimately wants to be loved and to love. Only by taking a moment to pause, and to see a person for their essence, who they really are, beyond their good deeds or bad deeds, or right and wrong, can we begin to create that loving space in our hearts to communicate authentically. Scientific evidence has shown a shift in brain wave patterns when we start thinking loving, more peaceful thoughts about another person. Our stress and anxiety levels begin to drop, and our ability to communicate lovingly and with clear focus increases dramatically. You are literally getting out of your head and dropping into your heart. For me personally, I say a little prayer and ask that my Higher Self communicate with the Higher Self of the person I am in relationship with. Or you can simply go inward and ask that your heart connect with the heart of another – connecting with their authentic, loving essence.

It's important to keep in mind that you can feel whatever feelings you have, even if they are angry or upset, and still see the loving essence. Doing so will help you move through your anger more gracefully and will elevate your consciousness to the bigger picture. It will help prevent you from over-reacting to any given situation.



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Simple Secret #2

Heart-Centered Listening

This is the single most important communication skill you will ever learn. Most of us think we know how to listen, but what we are really doing is partially listening to what the other person is saying while at the same time thinking about what we are going to say to the person next.

Listening occurs in three stages. First, we are listening for information or content. Generally this is where we start lining up our response to what we think we are hearing. Surprisingly, this is actually only about 10% of most messages being shared. The other 90% of the message being shared is really independent of the content. This is the second stage and it involves really tuning into the person you are listening to. This is directly related to the first Secret – of Seeing the Loving Essence. If you give another person your undivided attention, without interruption, looking them in the eye, you will give that person the sense that they are truly being heard. You are connecting with their being. You are listening to their words, but you are also taking in their expression, their body language, and the energy behind their words. Really good listeners excel by listening to the person from their heart. In a relationship, this is especially important in building trust and intimacy. The third stage of listening is meaning. Set an intention when listening to the other person that you will hear not only what they say, but will hear the deeper levels of what they mean. Related to this, there is actually a fourth stage of listening which is ‘Perception Checking’. Take the time to check the accuracy of the information as you receive it. This is one of the most important aspects of heart centered listening. It is a way to show respect and also to show that you genuinely care and want to make sure you are clearly understanding the message communicated. One way to do this is to simply ask, “*I hear you saying (insert whatever you think you heard the person say), is that accurate?*” Or, you can say, “*If I’m hearing you correctly, you mean this. Is that accurate?*” Do this several times during your communication. Doing so will help to avoid misunderstanding and will significantly improve trust and intimacy in the relationship.



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Simple Secret #3

Attitude of Gratitude

Attitude really is everything and gratitude brings sunshine to a cloudy day. This may sound trite, but it's true! If you can find just one thing to be thankful for, you will be able to move through any issue with a little more grace. Gratitude lifts us out of our judgments. Can you be filled with anger and feel gratitude at the same time? Not really. You may bounce between the two emotions, but at least you're not stuck in a negative, dark and angry space. A big part of a relationship is prizing and acknowledging your partner. You wouldn't be with them if there wasn't something you really liked or even loved about them. So, focus on those things, and be grateful. We bring about what we think about – so if you can think about what you are grateful for, you will bring about more of those things. When you share those things with your partner, you are enhancing the loving, heart centered energy between the two of you. Try writing them down and leaving a note for your partner. This alone can work magic! When you acknowledge your partner, it makes them feel appreciated, seen, and loved. When issues arise, and you need to deal with them, start with gratitude (another word for this is prizing) and then move into the issue you want to address. It diffuses the energy. You will be amazed at the difference this will make in your communication and how much more effective and heart-centered your listening becomes.



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Simple Secret #4

Self-Nurturing

All loving begins with Self-Loving. You can only love another to the extent that you love yourself. I have seen countless numbers of clients who have come to me totally depleted, frustrated and angry. My first question to them is often – How are you taking care of yourself? After a long moment of silence, the reply is usually – “Well, I don’t have time to take care of myself. My kids need me, or my job needs me, or my husband needs me.” People often think it is selfish to take personal time every day to do something that makes them feel good. Yet, it is absolutely essential, and it doesn’t have to be a lot of time. You need to nurture yourself on the spiritual, physical, mental, and emotional levels in order to feel whole and happy. You don’t have to work on every level every day, but just make sure you touch on each area at least once every week. When you take time for you, it is an act of self loving, and it will empower you to be truly present, loving, and available to the people you have relationships with in your life.

The moment I put people into self-nurturing action plans, I see their entire countenance shift and their eyes light up. It’s as though someone has given them permission to give themselves some much needed TLC. The truth is, only YOU can give yourself that permission. If you are in a relationship where your partner does not support you in taking this vitally important time each day, then I strongly encourage you to contact me to help you address this most important issue. Self-Nurturing impacts every area of your life, and I can’t stress its importance enough.



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Simple Secret #4

Here are some examples of self-nurturing activities. On the spiritual level, maybe what is meaningful to you is meditation for 10 minutes in the morning, or attending a spiritual or religious class or service once a week. On the physical, perhaps you find your joy in taking a 30 minute walk in the neighborhood or going to the gym for an hour. On the emotional level, maybe you can nurture yourself by spending an afternoon with a close friend or take 20 minutes to write in your journal 3 times a week. On the mental level, you might enjoy curling up on the sofa with a good book, or take a class in something that interests you. The important thing is that you create time to be of service to yourself. As you develop self nurturing attitudes, choices, and ways of being, you will be empowered and centered in your heart. This also helps individuals move out of co-dependent habits in their relationships, into creating and establishing relationships built on co-creativity. In co-creative relationships, each individual is lovingly supporting the other to take self-nurturing actions. This step alone can be extremely instrumental in helping relationships improve and last.



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Simple Secret #5

Forgiveness

This one is a major key to a successful relationships. How often have you harbored judgment towards someone for something they did to you or to another? How about judgments you've been heaping upon yourself? What does judgment feel like? Not very good. It's the quickest way out of joy. Forgiveness brings freedom and opens the door for trust and healthy communication in any relationship. Forgiveness can be difficult when the person who wronged us doesn't seem to deserve our forgiveness -- it's hard to remember that forgiveness benefits the forgiver more than the one who is forgiven. There are far reaching benefits for finding ways to forgive. It not only brings positive energy back into the relationship, but, as many studies have shown, it's good for your health.



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Simple Secret # 6

Touch and Eye Contact

Human touch is vitally important in the healthy development of an infant and child. But it is equally important for an adult. It has dramatic effects on self esteem, personal, professional, and social development. We thrive on the warmth of human touch and intimacy. There was a video I saw recently on YouTube about an inspiring young man who went around with a sign offering 'free' hugs to people. It brought tears to my eyes. Check it out here: http://www.youtube.com/watch?v=vr3x_RRjdd4. Here is one man who recognized how touch deprived we are as a society, and he decided to do something about it. Millions of people have viewed his video. We spend hours upon hours looking at our computers, Blackberries, and Iphones, and spend very little time embracing the ones we love or looking them in the eye.

This is a big issue for many of my clients. Touch is communication and it speaks volumes. A big warm bear hug communicates love and appreciation. A passionate hug communicates desire and love. A gentle pat on the back communicates understanding and caring. We respond to this no matter what our age. A kiss says "I love you". Eye contact and touch create connection. In our busy, stressed out lives, we often forget to take the time to physically connect with our loved ones. The heart lifts and our souls smile when we are lovingly touched by another person, especially your significant other. It aids in our ability to listen and to forgive. It lowers the walls we can build around our hearts.



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Simple Secret #7

Speak Your Truth

This really could be the first secret to having an amazing and heart-centered relationship. So often we hold back our truth out of fear of hurting the other person in some way, or being rejected. And you know what FEAR stands for, right? False Evidence Appearing Real. We anticipate a reaction for speaking our truth. Just last night I happened to see a film called *The Duchess*, starring Kiera Knightly. This film pained me to watch because she was trapped in her own hell, created by her fear of speaking her truth. Her survival, livelihood, and her connection with her children were all seemingly threatened if she dared to live her truth and step outside of the social constructs of the Royal Society she was married into. When you enter into a relationship with someone, you can give it a solid foundation by speaking and living your truth. If your partner is in constant disagreement with you, that should be a red flag that perhaps you're not in a heart centered relationship. Speaking your truth is an act of courage, and doing so creates trust, respect, and deepens your loving. We often don't realize the harm we may actually be causing when we swallow our truth. Your partner might need to hear something that may be tough to take initially but could serve him or her towards making positive change in their life. Be direct, loving, and honest in your communication and you will create a loving, harmonious, joyful and heart-centered relationship.



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The Secrets Don't Stop Here...

If



you would like to learn more about how to practice these 7 simple secrets and watch your life change, please email me at nancy@consciousromance.com

Also, I would love to get your feedback as you begin to practice these simple secrets.

Send an email to info@consciousromance.com

about how you created a special, heart-centered relationship in your life.

I'll be sharing more information on these and other topics in my bi-weekly ezine. If you haven't done so already, please sign up on my mailing list at www.consciousromance.com and receive a FREE subscription.



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