

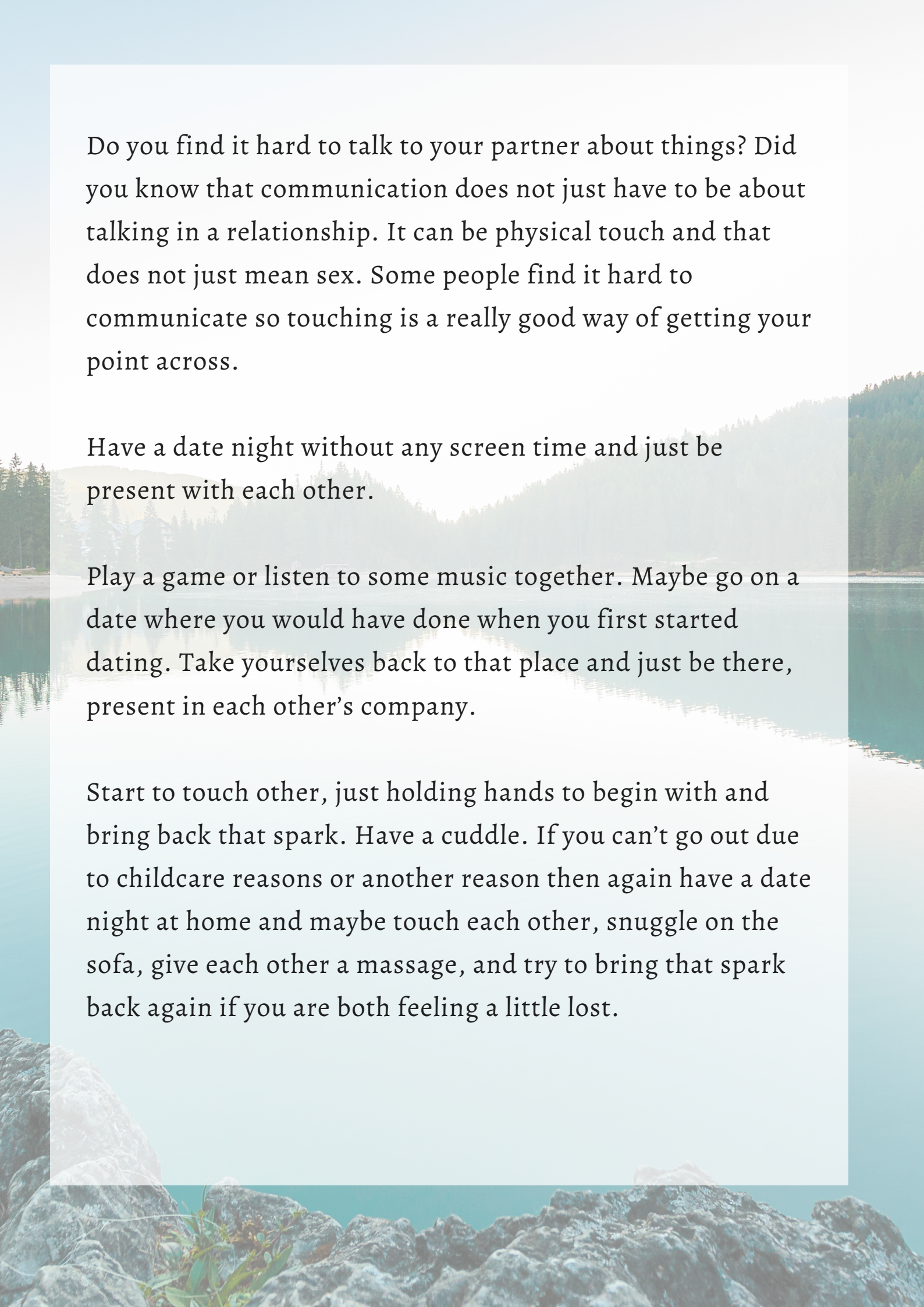
# Communication

## COMMUNICATION IS KEY

Communication is key to anything in a relationship. Remember that the other person is not a mind reader so you will need to speak to them and bring up whatever it is that is bothering you. Remember that communication is the hardest thing to do but it gets you so many places.

Communication isn't just about talking, it can be via touch so maybe take a bath or shower together or just have a cuddle on the sofa without being interrupted by phones or devices. Have time away from devices and have some quality time together to really connect.





Do you find it hard to talk to your partner about things? Did you know that communication does not just have to be about talking in a relationship. It can be physical touch and that does not just mean sex. Some people find it hard to communicate so touching is a really good way of getting your point across.

Have a date night without any screen time and just be present with each other.

Play a game or listen to some music together. Maybe go on a date where you would have done when you first started dating. Take yourselves back to that place and just be there, present in each other's company.

Start to touch other, just holding hands to begin with and bring back that spark. Have a cuddle. If you can't go out due to childcare reasons or another reason then again have a date night at home and maybe touch each other, snuggle on the sofa, give each other a massage, and try to bring that spark back again if you are both feeling a little lost.





## Mental Struggles

If you are struggling mentally, then breath work and meditation is a really good way to really connect with your body, mind, and spirit. You do not have to be spiritually engaged at all, just by sitting with yourself and letting yourself think, listening to the environment around you and being with yourself, you can feel so connected.

We must unlearn a lot of things that our ancestors would have done just automatically. For example, animals know exactly what to eat and what not to eat, they know where to shelter from the rain, they have intuitive guidance, and we need to connect back to that.

To find your intuitive guidance, close your eyes, take in 3 big deep belly breaths, (pranayama breathing) inhaling through your nose and exhaling through the mouth and really feeling the belly rising using your diaphragm. Feeling the chest rising and shoulders rising. With your exhales through the mouth, really letting go of all the negative tension and energies surrounding your being. Then allow your mind to float off taking it to your happy place or where you feel most comfortable.

This will then allow your guidance to come through and you can ask for anything. Say to yourself 'Dear universe, spirit guides, god whatever you want to call them, please help me in whatever it is that you need help with'. Feel a tingling sensation and a warmth within your body. This is your spirit rising and being in touch with your intuition. This will then allow you to make incredible decisions within your life, work, business, relationships etc.

Trust yourself and trust your intuition.



## The Actual Talk

When it comes to communication and talking to your partner, allow each other to have their say and not interrupt each other. If you interrupt each other, the whole situation gets out of hand and you both start to say things that are hurtful and damaging.

Remember your breath work, come at it though a different angle and remember to stay calm and focused. Meditate on it first, journal it and then you will be in a much better head space to tackle anything you want to. But being able to stay calm is the best thing.

Close your eyes, turn around, take in your 3 deep belly breaths, and know you've got this. You can do it and believe in yourself. If again you cannot get your point across, say 'I've had enough, we aren't getting anywhere here, and we'll come back to it' and then take in your breaths and walk away.

Take time out from this situation and come back to it another day when the both of you are in the right head space.





## Nature

Relationship help in the form of nature is just incredible. Nature is truly our biggest teacher and healer, and we can learn a lot from her. Mother earth is here to guide us every step of the way, we just have to be open and honest with her and by bringing in yoga, meditation and breath work, we can connect on a soul level.

We are all made up of energy, each cell in our body is energy. Each particle in the air in the oxygen we breathe is energy. Mother earth is built upon energy so when we connect with this energy, we can find all sorts of answers and the answers we need are staring us right in the face, we just need to be open to receive them.

Next time you are feeling a little lost with whatever is going on in your life, take a walk out in nature. Take a look around you and notice the sights, the smells, the symmetry around you. Look closely at the bark on the trees, the butterflies and bees hanging around flowers, look at the small things in life and be grateful for your life right now. The more we are grateful for our lives the easier it becomes and trust me, this is the best form of medicine.



## Feel Connected To Each Other

With regards to relationships, go out together and take a walk. Turn off your phones and really connect with each other. Take off your shoes and walk together, connecting the soles of your feet to the soul of the earth. You really will feel a connection with mother earth and each other. This is where the magic happens. This is where we feel most at home because we are all made up of energy and so is everything around us.

By using yoga, meditation and breath work, you can know that you will be fully supported in any decision you make going forward with anything especially with your relationship.

Use this space here to write down how you feel about being connected to your partner.

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# Arguments

'We're arguing all the time over silly things'.

I hear this a lot from my clients. But actually the silly things aren't so silly in real life. These are the things which are making you feel rubbish and feel alone and feel that you cannot talk to your partner about it because all you will end up doing is snapping at each other.

The way through this is to talk calmly to each other.

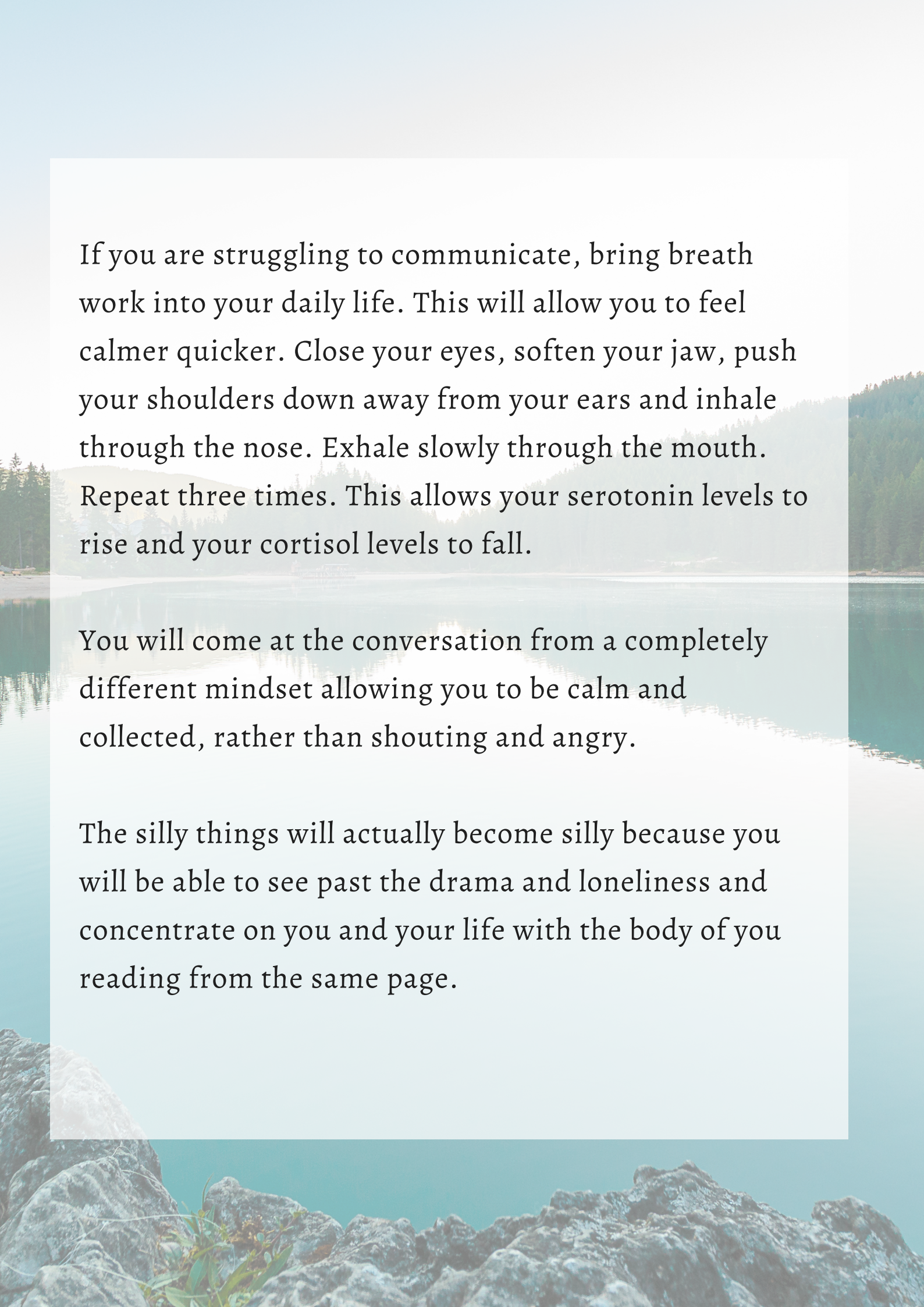
No shouting, or screaming at each other. Respect each other. Allow the person to speak without you interrupting them and visa versa.

Be patient, allow them to speak and finish their sentence even if you don't agree with them.

Then say your piece and say it differently. So instead of saying 'No you are wrong and I don't want to do that' say 'Ok thankyou, I hear you but this is my view on it.

Keep calm and low voices. Do not raise your voice. By speaking calmly and openly about whatever it is that is upsetting you, you are communicating and communication is key to anything in a relationship.





If you are struggling to communicate, bring breath work into your daily life. This will allow you to feel calmer quicker. Close your eyes, soften your jaw, push your shoulders down away from your ears and inhale through the nose. Exhale slowly through the mouth. Repeat three times. This allows your serotonin levels to rise and your cortisol levels to fall.

You will come at the conversation from a completely different mindset allowing you to be calm and collected, rather than shouting and angry.

The silly things will actually become silly because you will be able to see past the drama and loneliness and concentrate on you and your life with the body of you reading from the same page.

