

The Accomplished Heart

Manifesting Loving Relationships



Workbook
Loving Relationships Series

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The Accomplished Heart Workbook

**With
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Step 1:

Knowing and Understanding Love

Before we get to the practicalities of designing and attracting the love of our life, there are a few things we must first understand. Without this understanding, it would be like an inexperienced swimmer jumping into a raging river and hoping to figure out how to get to the other side without the knowledge and know how to actually make it. So, we begin with the what's and the why's of love before getting into the how's to ensure you have all the facts and the understanding before diving into another relationship that may or may not work.

The illusions that keep us from experiencing true love

- True and lasting love is hard to find

- I can find the perfect partner without having to look at self

- Love means sex

- Love is a one-way street

- Love is hurtful

Where are you right now?

How many times in your life have you cried silent tears of despair around love?

How many times have you hidden these tears and emotions from all those around you?

How many times have you thought you had found love only to have it, once again, fall apart and leave you with yet another broken heart?

Have you given up on ever finding a true and lasting loving relationship?

Do you wish to improve your relationship and lift it to the next level of love and happiness?

Please know - there are answers and solutions!

The most exciting moment in our lives is when we finally discover who we really are and the power we have to create all that we desire ... and the most exciting part of this is that we don't have to look outside of ourselves for any of the answers.

The Truth about Love

- Love is the Universal power that is within all and surrounds all
- Love is energy/frequency
- The Universe, God, Great Spirit is constantly pouring love into our lives and we can either accept it or reject it
- That's our free will at work in our lives
- If we reject it ... things tend to go a little off track
- If we accept it, embrace it with every fibre of our being and allow it to flow through all we do, then the world truly is our oyster
- All our dreams and desires are created through us connecting to the power of love. Sounds too good to be true doesn't it?

What is love?

"For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul." – Judy Garland

"True love comes quietly without banners or flashing lights. If you hear bells, get your ears checked." Erich Segal

- Love is the greatest power that exists
- Love is energy
- Love is at the centre of Universal energy!
- We have been created in love, we exist in love and love is all there is!
- There are a million and one ways to describe this beautiful energy of love - regardless of the way any of us view love or how we would describe it

What is your current description of love? Write it down.

It is always a great idea to really contemplate your description of love and what it means for you and your life.

In a perfect world, what would you now write as your description of love?

Words that may assist you in describing love?

- Happiness
- Powerful
- Kind
- Caring
- Attentive
- Compassionate
- Co-operative
- Gentle
- Listens
- All-embracing
- Fun
- Giving
- Receiving
- Understanding
- Inspiring
- Accepting
- Trusting
- Faithful

Benefits of Love

- Love is a universal gift
- Love fulfils our number 1 basic need – to love and be loved
- Love heals
- Love creates success in all areas of your life

Why is it essential to have love in our lives?

- Love is forever present
- The greatest human need is love and we cannot possibly exist without it
- Love is continually offered
- Love is the first and essential Law of the Universe
- Love changes your vibration and lifts you to a new level of consciousness

Are you ready and committed to designing and attracting loving relationships?

Step 2:

The Most Powerful Love – Loving Self

It's time to get out those polishing cloths and give your life a glistening shine with learning how to love yourself. You have an Aladdin's lamp within you right now and if you can grab hold of, and run with even just a few of the ideas I am about to share with you in this step. I promise, the genie that is you will begin to grant you your wish around designing and attracting a loving relationship.

Why do I need to love myself?

- It is impossible to recognise love in another if we cannot see it within self
- Lack of self-worth and self-esteem creates huge problems within every area of our lives

The very best way of answering this question is probably by explaining the consequences of not learning to love yourself! So here we go:

What are the consequences of not loving self?

- We cannot fully love others!

- We cannot recognise and embrace the unique magnificence of self and live this uniqueness!

- Puts us completely out of balance with life

- Depletes our energy

What are the signals that tell us that we are not loving ourselves enough?

- How many of you accept 2nd best in your relationships, career, business success, health, etc?
- How many times a day do you put yourself down?
- Can you accept a compliment?
- How many times a day do you tell yourself you will do something, but fail to take action for fear you may look silly or you may be wrong?
- How often do you agonise over what you will wear each day and how it is going to look?

Why is it such a difficult task?

Ego & Vanity

Emotional abuse

Living a life that is not yours

Self-sabotage

What is 'Loving Self'?

- Recognising and embracing the fact that you were created in love
- Knowing and understanding that you are perfection itself
- Simply being you is enough
- Seeing and accepting your beauty and unique magnificence
- Doing what you love and loving what you do
- Expressing your gifts in ways that align with who you really are

What are the outcomes of loving self?

- Freedom:

- Power:

- Balance:

- New Energy:

How do you go about loving self?

Many see loving self as taking a long soak in a beautiful big bath, or buying a new outfit, or having a massage etc. What I want to share with you are the things that go so much deeper and have the most profound effect on us being able to truly love self.

Forgiveness: First place to start is by forgiving yourself for any so called mistakes or mishaps in life! All of these have been such a huge gift in helping you become the amazing person you are today. It is time to stop beating up on yourself, leave the past in the past and step into the future! This is vital to learning how to love self. So many beautiful souls are continuing to drown in a sea of unforgiveness of self - what's done is done! You can't change what has happened, but you can certainly create an amazing future, and I know where our energy is best spent! We

all have things that we wish had never happened - words spoken that we wish we could take back, or actions taken that we wish we had never taken! Time to love yourself enough to let them go! When you forgive, believe me, the colours seem brighter, the air seems lighter and your heart grows bigger and warmer, and our dreams come rushing towards us at break neck speed, because dreams love a lighter, more positive, happier and forgiving natures.

And then forgive others.

Learning how to say 'NO' when you want to say know and 'YES' when you want to say yes: In other words, speaking your truth to yourself and others, and part of this is begin able to say 'NO' and 'YES' when it suits you! Now this is really willpower 101! How many times do you say yes to something and then go away and beat up on yourself for saying yes, because you knew in your heart that you wanted to say NO! And how many times have you been given an opportunity to say Yes to something, but were too scared of whether or not you could accomplish it?

Give up trying to be perfect at everything: once you give up trying to be perfect, you begin to enjoy everything so much more than before. Life flows easily and effortlessly!

Time out to put balance in your life! Took time out only when my body yelled stop! When I finally began to love myself, I was brave enough to ring the office and say honestly, I am not coming in today because I need to take a rest ... and I know if I don't take this day, I could quite easily be away for several days. The response was always extremely positive.

Kiss goodbye to the guilt and give yourself permission to eat yummy things and have fun.

Happily tell others of your gifts and then share them: begin to see yourself as a gift to this world.

There are a million more ways to love self, but these are the ones that are at the top of the list - even before the bubble bath!

In what ways are you going to love self?

Step 3:

Finding Love in All the Right Places

Where to start?

Finding that wonderful partner to share our lives with can be quite a tricky thing ... People tell me it is so much harder these days compared to when I was young and dreaming of finding the perfect man with whom to share my life. Well, I know there will be lots of people who may say I don't know what I am talking about, but I would have to disagree!

Yes, times have definitely changed, and people do not meet in the same way as they once did ... or do they?

A few facts:

- Manifesting love is the same as manifesting anything else we want in our lives, except for one rather big exception!
- Finding love in all the right places takes discovering self
- Not being prepared to do this, will have you continuing to find love in all the wrong places and be left wondering why

Let's do this step by step:

1st step ...

Write out a complete description of the man/woman you would love to attract into your life.

I am sure many of you have already done this time many times over ... but it is still not bringing you the results you are looking for ... am I right? Well, I need to you bear with me please and the little secrets will unfold assisting you to finally have that success you have been searching for.

- This must include far more than the physical aspects or how the person looks
- Start with Values
- Personality traits
- Spiritual beliefs
- Financial situation
- Health
- Where do they live
- Employment

Description ...

Advice:

- This step cannot be rushed
- Go back and look at what you initially wrote in your description of love
- Best if this is contemplated at great length
- Must be written down

2nd step ...

- Go through this list and highlight the 'MUST HAVES'!
- Things you will not compromise on
- The values and traits that are at the top of your list ... I would say the top 10 at least!
- Write down your final list
- Make changes where necessary until you finally come up with the perfect partner for you

Now go through this list and highlight the 'MUST HAVES'! The things you will not compromise on in a partner. These are usually those values that are at the top of your list ... I would say the top 7 at least! So do you value integrity, trust, love, harmony, faithfulness, wealth, friendship, communication, spirituality, family, career, security - and I could go on infinitum! This is soooo important! These are the must haves! Yes, you can also describe how this person is going to look, etc, but if I were you I would be looking a little deeper to discover what will keep your relationship going after the honeymoon period is over. This may take quite some time to write out, make changes where necessary until you finally come up with the perfect partner for you.

Advice: questions to ask of self ...

- Would my previous partners have aligned with my new list?
- What are the foundations on which I wish to build my new relationship?
- Have I chosen values and traits that will keep the relationship going after the honeymoon period is over?

3rd step ...

Ask yourself what this perfect man/woman may be looking for in you

What are you prepared to offer in return?

Advice: questions to ask of self ...

- Am I currently living the values I wish to see lived in my partner?
- Am I willing to be totally honest with myself and lift my game where needed?
- Am I willing to do the inside work in order to attract who I wish to attract?
- Am I willing to do the outside work to match what I wish to attract?

A few Truths:

- Being honest with self is crucial!
- Whether you like it or not ... you are the common denominator in all your relationships both past and present
- If your relationships are not what you desire, there is only person you need to speak to ... YOU!

FACT: We attract that which we vibrate to the world.

Simply put, you can't expect to attract your perfect partner without actually living what you are seeking to attract.

4th step ...

- Set the intention for this beautiful soul to appear in your life
- Stay focused on your desire through visualisation and affirmation
- Trust – have faith!
- Get excited
- Act on any guidance given
- Be open to someone appearing ‘out of left field’

Knowing without a doubt that when you set the intention to find this person to share your life, that it will happen, and quite often, in the most magical ways – unexpected ways! This is where we usually come unstuck and lose belief in that it is going to happen, and then settle for so much less than we desire or deserve. You always have to understand that you find that special love once you have done the inside and outside work on yourself first. Now get excited because that perfect partner is on the way!

Advice:

- Keep working on you, both inside and out
- Do not lose your belief
- Allow the Universe to deliver

When will this person appear?

- This is also the million-dollar question
- When the time is right for both
- When you have completed your inside and outside make-over
- When you can live happily without actually needing a partner

Step 4:

The Secret to Manifesting a Loving Relationship

Whether we know about it or not, we are all being affected by this incredible wave of change that is moving through Planet Earth. In order to now manifest all our heart's desires, we must look at how we do things from a totally new perspective. The ancients have always known that this time was approaching ... well it has now arrived, and manifestation happens in a whole new way. If you put what I share here into practise, you will be so far ahead of the crowd ... you will be fast-tracking the creation and attraction of your loving relationship.

Vital new perspective needed ...

Old paradigm

- Creating desires through the mind
- The Mind creates through logic
- The Mind goes from 1 step to another
- The Mind has us focused on what could go wrong
- The Mind has us focused on the past & the future
- The Mind being duality will create both positive & negative outcomes (each side of the coin)

New paradigm

- Creating desires through the heart
- The Heart creates through feelings and emotions
- The Heart has direct access to the quantum field
- The Heart has us focused in the 'now' where everything is already formed
- The Heart only creates positive outcomes

It is essential to make the shift from the mind to the heart

What do you do when your mind gets in the way?

- Quietly listen
- Accept the thoughts that appear
- Connect to your Heart

How do you create your loving relationship through your heart?

- Meeting your day through your heart

- Consciously live in your heart

- Live in a state of gratitude

- Let go of judgement

The Heart Creation Meditation mp3 can be found in your downloads.

Highly recommend that this Meditation/Visualisation is used on a daily basis

Step 5:

Keeping the Love Alive

This takes ...

- Commitment
- Good communication
- Consistent effort and energy
- Being creative
- Realising it is most always the little things that count

Suggestion 1:

The 6L's ...

This is where the 6 L's come into play: remember that these 6 L's are not what you may normally read in the latest magazines but I guarantee that what we talk about here will definitely keep your relationship alive and well for happily ever after.

L is for Living:

- Living your truth and allowing your partner to live who he/she is
- Pretending to be someone you are not
- Trying to live up to someone else's expectations
- An interdependent relationship is essential to creating a happy and successful life for both people involved

L is for Learning:

- Life is a journey of learning and growing!
- Add another person into this equation can really add interest
 - You learn to share, to trust, to be honest
 - To give in ways you have never ever given before
 - To communicate through words and feelings
 - To listen with an open mind and open heart
 - To love deeply
- No place for selfishness, jealousy or lack of commitment
- Learn to agree to disagree

L is for Listening

- Listen to the needs and opinions of the other
- Genuine talking and listening
- Listen with all 5 senses
- The greatest form of communication is often not saying a word but simply listening

L is for Laughing

- Having fun and laughing is the very best medicine to keep a relationship young and alive
- Laughing reduces stress and produces much healthier cells in the body
- Being able to laugh at life keeps a relationship healthy and happy
- If you're not laughing together, you're not really living!

L is for Loving

- The more we learn to love ourselves, the more we empower ourselves to be totally accepting of our partner
- People are attracted to those who are completely happy within their own skin and their own uniqueness
- Love grows when you empower yourself with self-esteem and self-worth!
- Intimacy that is honouring of both partners.

L is for Letting go

- Learn to communicate how you feel and discuss this at the time ... then let it go!
- Let go of the need to always be right or always get your own way with the decision making
- Good relationships are built on acknowledging both points of view!

Suggestion 2: Be spontaneous

- Never ever slip into a relationship rut
- The element of surprise keeps both partners on their toes
- Not just 'Date Nights' but 'every-other-date times'
- Add to conversation topics - read, watch, listen
- Text messages, love notes, flowers, movies, dinner

Suggestion 3: Have fun

- Be playful
- Be happy to join your partner in activities that may not be your favourites – and enjoy

Suggestion 4: Dance

- Music makes the heart sing – dancing makes the body sing
- Mix it up with romantic dancing and fun dancing
- Be spontaneous with this

Suggestion 5: Great Communication

- An absolutely vital component of a lasting relationship
- No bottling things up
- Communicate how you feel
- Discuss important decisions before going ahead with things
- Get on the same page

Step 6:

Loving the Unlovable

What has this got to do with finding a loving relationship?

Truth: *We all have what can be described as unlovable traits or characteristics*

What is lovable and what is unlovable in your eyes?

Every partner will have both lovable and unlovable traits

Question is – can you accept the unlovable traits in your partner?

Essential knowledge and Understanding before entering a loving relationship:

- Everything on this planet is one tiny drop of God energy or Universal energy
- Everyone expresses this amazing energy in a completely different way
- We are one and the same ... and part of a big whole
- To say that some are unlovable ... what are we doing?
- We are judging
- If we begin to judge another person, we are simply judging self!

How do we overcome this?

- Do your research before entering any relationship
- Go within and find what I would call the 'Real Self'

- The you that shows up when you go home and close the door to the world
- That's the person you and your partner will be living with – unlovable traits and all

Absolute essentials to know about self!

- You are energy living in a huge field of energy
- You are connected to everyone and everything around you

What does this really mean for anyone searching for that loving relationship?

- When we beat up on self – we beat up on others
- When we can't find it in our heart to be accepting of others, we are also not accepting self
- Whatever we do to others, we also do to self
- Everyone arrives with a completely different passion and purpose
- The Universe needs every single one of us to show up and express this unique genius

Acceptance is key to creating a beautiful loving relationship

The greatest gift is learning to love the unlovable within self

A great exercise:

- Go and stand in front of a full-length mirror where you can see all of you!
- Be really honest ... totally, totally honest!
- Ask of self, 'what are the parts of me that I don't love?'
- Begin with your physical traits or characteristics
- Now go within and question the things that you don't like about yourself
- Continue until you have spoken out loud all those things you find unlovable about you
- Make the decision to begin to love even those parts of you that you find unlovable.

Time to go even deeper:

- Check out those not so positive emotions that you are feeling on a daily basis... guilt, fear, depression, resentment, blame, etc.
- We all express these at some point in our journey

- Most people have just become experts at hiding these from the world ... but eventually they will surface!
- These are all part of being a physical human being on this planet earth

Once you have declared out loud the things you find unlovable about yourself, something shifts! The so-called 'unlovable' loses its power! You simply accept you as you ...and so will your partner!

You will also see the gifts your partner brings to you

1 Final Truth: *a broken relationship does not equal failure - it is an opportunity in growth and understanding of self*

- Often, so much of our energy is expended on people who have broken our heart
- All energy is needed to focus on the intention of finding new love
- Blame and resentment only create even more hurt

If broken relationships are a recurring theme in your life, it is time to ask ...

- Who is the common denominator?
- What is it about me that needs to be recognised and addressed?
- Is there an emotional need I am trying to fulfil?
- Am I jumping from 1 relationship into another before addressing these questions?