

7 Tools to Improve Your Relationships

by Anahata Ananda



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7 Tools to Improve Your Relationships

Learning how to love is worth it.

Introduction: Leave Flowers, Not Footprints™

We are all in relationships: whether it's with our partners, parents, children, siblings, in-laws, colleagues or friendships. The health of our relationships matters! Unhealthy relationships cause difficulty in life, and they drain your joy.

Thank you for joining me to learn these **7 Tools to Improve ANY of Your Relationships** – the challenging ones, as well as the ones that are already pretty amazing.

If you're currently feeling frustrated, depleted, angry, worried, or not respected in your relationships, then this is really going to help you out. These 7 Tools are going to give you **specific techniques, practices and exercises** that you can use in your most challenging relationships as well as the ones that are near and dear to you.

Just to be clear, you are focusing on improving YOUR part of the relationship. Since you're reading this and learning these tips, you are choosing to be better in relationships. You are choosing to be a better lover, friend, parent, son or daughter – but that doesn't necessarily mean the other person is going to change a bit.

I want to make that clear: you are improving YOUR relationship health. You're improving what *you* are bringing to the table and clearing out the debris that you tend to bring to relationships. This is going to improve your peace, understanding and compassion in all relationship dynamics.



This is your opportunity to really leave flowers and not footprints in the heart space of everyone you interact with.

I recommend that you set aside the time and space to sit with this material. Turn off any distractions, and grab a pen and paper because there are going to be exercises and you'll

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want to write each of these down.

The deeper you take each of these exercises and the more you put them into practice, the more benefit you'll get out of them. It's up to you, the opportunity's there.

Oh and by the way – whether you like it or not, I'm telling you in advance that you will be tested on this material, over and over, when you least expect it! Your family, friends and co-workers *will test* your application of these tools.

The **Seven Tools** we will cover together are:

- #1. Accept Others Where They Are*
- #2. Maintain Clear Boundaries*
- #3. Be Compassionate with Yourself and Others*
- #4. Take Care of Yourself*
- #5. Practice Clear Communication*
- #6. Take Accountability For Your Actions*
- #7. Express Appreciation and Reflect the Beauty in Others*

Always remember I am here with you on this journey. You can do it.

Here we go!

Anahata



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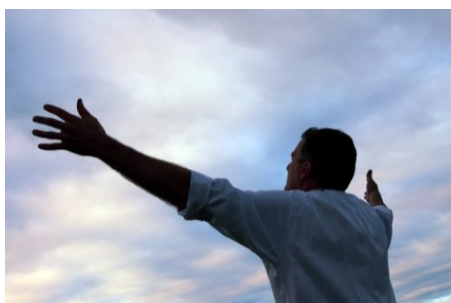
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Tool #1 – Accept Others Where They Are

If you're experiencing judgment, control, or frustration with others, and you feel like everything is a struggle – then you need to learn how to accept others where they are.

This is going to help you:

- Simplify things in your dynamics
- Be more authentic
- Get out of other people's business where you don't belong
- Have less control, tension and manipulation in your relationships



When you accept others where they are, there's more space for people to make mistakes and get themselves back up again. You give them some breathing room to find their way.

Here's how we work with accepting others where they are:

1. Allow the other person to make their own choices. It doesn't mean that you agree with what they're doing, or that you would do it that way, but you're not imposing your will, judgment or resentment on them. Give them some space to see things in their own way, to trip on things and figure it out, to have a blind spot that they keep stumbling over. This allows them to be on their own journey and find answers in their own way.
2. Understand that they're different from you, so of course they're going to be on their own journey, on their own path. This gives some sovereignty and space between you – because you're not the same, and you don't see things the same way. They are their own individual. If you can stop imposing your perspective, give them the space to see things in their own way, *and accept them where they are*, this makes a big difference.

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3. When you hold the perspective that 'they should know better, they should make a different choice, they should stop repeating this pattern,' it holds resentment in your energy, and your heart closes. When you feel 'they need to fix this, they have to change' – this is a judgment, and it's being felt by them. Even if you're not saying anything, your judgment of them can really be a powerful feeling for them to be receiving and it doesn't help them move forward.

We all make mistakes, we all have blind spots. Allowing people to be where they are gives them the space to find their own perspectives, their own timing and their own path.

Exercise #1

(Get your pen and paper, and write this down.)

The next time you're engaging with someone who you feel frustrated with, judgmental of, or worried about, pause before you say or do something. Just pause and ask yourself:

- “Is what I'm about to say or do empowering, inspiring, and encouraging the other person? Is it honoring and respecting them?”
-> If it isn't, then don't say it. Maybe you're about to say it just to make them feel even worse than they already feel, to rub their nose in it or say “I told you so.” Blame, guilt and shame doesn't help anybody turn things around any quicker. It makes it worse.
- Just allow them to be where they are, and ask “Am I contributing in positive way, empowering, inspiring and encouraging the other person?”
- “Am I giving them the space to make their own choices and experience their own consequences?”
- “How can my actions actually serve this person?”
-> Maybe the best thing to do is actually to back up and not say anything, or maybe it's time to step forward with some encouragement. If you can't really say

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something that is going to work in a positive way for this person, then the most appropriate action is nothing at all.

Going Deeper

I want you to know that if you want to go deeper with any of these tools, if you're having a really challenging or tough situation, or a challenge with a particular person ("well it's hard for me because my son is having trouble with drugs," or "my partner is spending too much money") - if you're having trouble with any of these tools please just give me a call and we'll set up a consultation to walk through the deeper issues and really take a look at how to bring harmony into the situation.

Tool #2 – Maintain Clear Boundaries

This is so important for you if you're feeling depleted, resentful, frustrated, not respected, not good enough or drained after you've been in an interaction with another person, or if you feel like people are sucking your energy.

Maintaining clear boundaries is going to help you:

- Feel more centred, empowered and confident
- Have less chaos and drama when you're dealing with other people's issues
- Have more space to deal with your own life in appropriate ways
- Honor your own feelings, perspectives, passions and choices



There are two parts to our approach on how to maintain clear boundaries:

#1 – Release what does not belong to you.

1. Stop holding other people's stuff. Their worries, financial troubles, relationship troubles, their dramas and traumas, their fears and anxieties. These actually don't belong to

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you, so stop holding them.

2. This doesn't mean you stop caring about people in your life, but you stop holding their problems as if they are yours. That just clogs up your energy. You still want to have your heart open with compassion for what they're going through, lending a helping hand if they're in need. But holding other people's density in your body as if it's yours doesn't make it any lighter for them or for you.

3. You can't fix other people's problems – they're actually the only one who can heal and resolve their issues. The only way they can learn how to get out of a jam is if they do it on their own. When you're holding the burden and the weight of something that you don't really have the ability to change, then it just weighs you down and it doesn't really give them the opportunity to practice getting out of that situation.

4. A lot of times people feel that “this is what love does – if I love them, then I have to worry about them and I have to fix it.” But actually that's not true. You can hold a space of compassion with absolute love, and not worry about them. Have some faith that they will figure it out. And be supportive in a way that is helpful but not holding their dramas and traumas as your own.

#2 – Don't take on what isn't yours.

1. Just because someone else is experiencing something dense, doesn't mean you have to hold it. This is being in other people's business too much, inappropriately. Get out of other people's business, and hold a neutral space when a friend, loved one or coworker is going through chaos.

2. Just hold a *neutral* space – I don't mean uncaring. I mean without a lot of emotion or drama, just witnessing where they are.

3. Honor yourself in the process. Honor your own perspective, your own point of view. Even if others don't understand it or see it – honor your own boundaries, honor your

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own truth. Even if somebody else thinks that it's untrue or chaotic or it doesn't feel right to them, you can still honor yourself in that place.

Exercise #2

Write down your answers to these questions. If you answer yes to either question, write down the situations in which you experience this.

- Have you been giving to others at the expense of your self?
- Is giving your love depleting you?

If there is a big yes to either of these questions, then something is not clear about boundaries. You need give some more love, nourishment and support to yourself, so that you can be giving from a place of fullness rather than emptiness. You need to give from a place of authenticity – not obligation, guilt or shame.

When you feel heavy or drained after an interaction, you've either taken on what doesn't belong to you, or you've been giving in a way that is inappropriate (giving out of balance, or when you feel depleted). This is not a time for you to give. If you haven't had clear boundaries, you'll feel drained after an experience. When a girlfriend unloads on the phone to you, or a coworker comes in on a tirade for example.

You'll know when you *are* having clear boundaries **when you authentically want to give**, and you're not feeling drained afterwards. When you're engaging from a place of fullness rather than emptiness or obligation, and it's a joy to give. And you're not giving in a way that is enabling somebody else, you're not holding the problem to fix it for them, you're giving them the space to feel it and to fix it.

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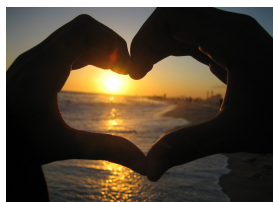
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Tool #3 – Be Compassionate with Yourself and Others



If you're experiencing irritation, frustration, judgment or pity between you and another, then this is creating walls and separation between you.

Bringing compassion into the space helps by:

- Breaking down the walls, at least the ones that are on *your* side. (This doesn't mean that the walls will necessarily come down from the other person.)
- Accepting that we're all human, and we all make trips
- Having an open heart to feel compassion for the pain and suffering that is caused by our choices

ANY relationship can benefit from bringing more compassion into the space.

Here's how we do this:



1. Know that compassion is neutral. It doesn't have an emotional charge to it. It doesn't have any judgment. It just means witnessing what someone is feeling, what they're saying, without having to react in an emotional way with judgment, anger or irritation.

2. We can get stuck in judgment instead of compassion with thoughts such as "they should change, they should ____" instead of just allowing the other person to be where they are and opening your heart (instead of closing it off).

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3. People *might need* another speeding ticket, another divorce, or they might need to get fired – they may need to go through some of those trials, that may be part of their soul's journey. Just have compassion for the chaos, drama and suffering of their experience.

4. You may be called to step in and support in different ways – this doesn't mean we don't help people out, we're actually fully present our heart open. Just have compassion that they may need to figure it out in their own way, in their own time. Acknowledge their humanness, their blind spots, their forgetfulness.

5. Acknowledge yours too. We all trip up, we fall, we forget. Sometimes we have the best intentions, and we still leave a mess. It is very important to have compassion for yourself in those ways you are consciously or unconsciously causing harm to yourself or others.

6. Recognize that you don't always leave the space better than you found it. And that is often the case with other people too. They may be conscious or unconscious of their behavior. Even with the best intentions, we all fall. And in doing so, it helps us learn how to be more aware of our steps. It helps us learn to pay attention to where we're walking.

7. In our humanness we can have a little laugh with the silly choices that we sometimes make and repeat at different times. Just keep your heart open, and just ease up. We're all figuring this out here, we don't have all the answers all the time.

Exercise #3

In your day-to-day life, practice self-awareness of how often you are in the heart of compassion, and when your heart closes.

- You'll know that judgment is present as soon as you begin to have an emotional charge and thoughts like “this is wrong, this is bad, they should change, I don't like it.” As soon as you enter into those places, you're closing down the doorways to

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your heart and you're anchoring in to a place of judgment and emotional energy, so you're no longer in the compassionate heart.

- Write down any situations where you're closing your heart, where there is pity, judgment, anger or worry around other people's choices.
- Know that even though you don't agree with what someone else is doing, or the choices that they're making, you can give some practice to just coming back into the compassionate heart.
- When you are triggered by a situation, back up, drop into your heart, get back to a centred place, and just bring compassion to the space.

Compassion may mean offering some encouraging words, or it may be to just back up and give space, or it may mean just recognizing their humanness (or your own). *This is for you and for others.*

Compassion is a very, very important tool to keep practicing.

And it will be easier in different situations. As you practice this, you'll start to see which situations you tend to get triggered more with – and that's your opportunity for growth.

Tool #4 – Take Care of Yourself



This is so important, because if you're experiencing life out of balance physically, emotionally, or financially, and you're feeling like someone else is to blame or there are problems that keep repeating, then somewhere in there you're not taking care of yourself.

Taking care of yourself is going to help you:

- Be more in balance in your life

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- Personally be more happy and joyful
- Improve your relationships (because you won't be bringing in density, imbalance, and emotional chaos)
- Create a more healthy, balanced, free, sustainable life for yourself, regardless of what other people are choosing for themselves

Taking care of yourself will help you learn how to come back to your center when you face challenges in your life. And that will help you consistently bring more beauty and grace into all your relationships.

Here's how we do this:

1. TAKE RESPONSIBILITY FOR YOURSELF. Stop leaning on others inappropriately for your own physical health, emotional health, financial health, and spiritual health. These are *your responsibility*.
2. If something is out of balance physically – nutrition wise, health wise, if there's some density or pain in your physical body, if there is some imbalance in how much you're moving and resting, or there's not enough play time, then make it a priority to listen to the body's signals. This is YOUR BODY. No one else has the lease on this temple but you. So take ownership of this vehicle and listen to what your body needs. And take the actions to bring it back into harmony. Nobody else can do that for you.
3. Listen to your emotional health. If there is something out of balance with your emotions, listen to your feelings – what are they telling you?
4. If there is some aspect of your financial health that is out of balance – if you are in massive debt, or you're spending more than you're making – listen to that, feel that. Stop leaning on credit cards, and stop leaning on others to bail you out. If you're having financial challenges, look at the equation and take action to bring it back into harmony.

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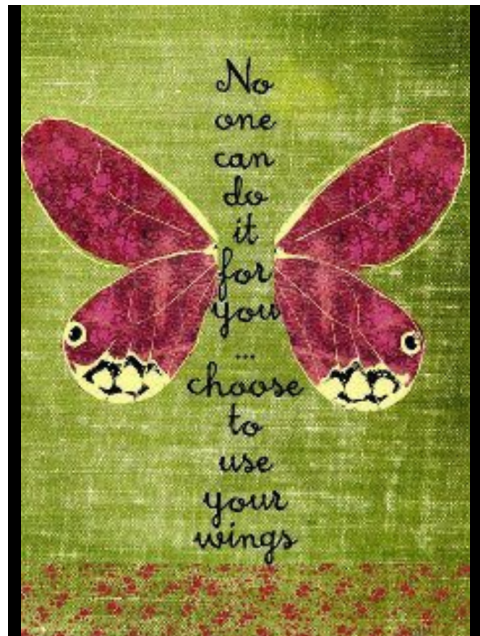
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5. Same with your spiritual health. This is between you and the Divine. Nobody else can have that connection but you.

6. **Make your life a priority.** Make your career a priority. If it's not working for you, stop blaming your boss, stop blaming the economy, and start making some changes. If you need to learn something new, or shift into a different career, then do it! This is really taking responsibility for your life and all aspects in it. Stop leaning or blaming anyone else if something is out of balance here.

This is essential when you're wanting to give love in your relationships, because if you're depleted, sick, out of balance, emotionally all over the place, financially ungrounded or disconnected from Spirit, then you're bringing that energy into every one of your relationships. So this is **one of the best things you can do to improve the health of your relationships: improve your own health, your own life, in all ways.**



Make it a priority to feel into what needs attention, what's out of balance, what needs nourishing, and fix it. Bring it back into balance.

Exercise #4

The exercise here is really to listen, and review the different aspects of your life by asking: "How do I feel? What do I need?"

- Physically – what's out of balance? Do I need to do a cleanse, do I need to move, do I need to rest, do I need to heal a particular part of my body?
-> And then take action.
- What do I need to do to balance my financial health?

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- Emotional health?
- Spiritual health?
- Is there anything I need to take action for to bring it back into harmony?
- Anything I need to move out of my life? Chapters that are closing? Anything that is finished? -> Then let it go.
- Is there anything that is starting? Is there something new that I need to learn? -> Then take action.

This is your opportunity to really sit down and take accountability.

Doing this consistently is really important. Each morning ask yourself: “what do I need to do to bring all aspects of my life into greater harmony?”

Tool #5 – Practice Clear Communication

If there is a lot of conflict, drama, fighting, and harmful things said and done in your relationships – whether that's in the office, the family room, or with friends – if you get easily triggered and there are bridges burned between you and other people (and some people who you just avoid all together) – then you have not been practicing clear communication.

Doing this is going to help you:

- Bring greater clarity into your relationships
- Resolve conflict with ease and grace
- Resolve conflict without harmful or forceful energy

So here's how we approach clear communication.

There are two main pieces we'll focus on.

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#1 – Have clear agreements.

1. Where there is ambiguity, things are unclear. So whether it's a business relationship, personal relationship, partnership, or friendship – what is the clear agreement? (Are you in a monogamous relationship? What is the curfew? Who's paying this bill? If it's professional – what is the compensation? When are the reviews? What are the hours? Where is the vacation time?)
2. If you don't get this clear, then there are assumptions. We just *assume* that we're getting paid, we just *assume* we're in a monogamous relationship, we just *assume* what the other person is thinking or feeling.
3. This is where we create so many problems in our relationships, because we haven't had the courage or awareness to get clear about things up front. A lot of people avoid this because they don't want to cause conflict or get embarrassed, but believe me, it's better to get it up front and clear than to *think* you're in a monogamous relationship and then find out you're in an open relationship that you may not have signed up for.
4. Stop blaming other people for ambiguity and start *taking responsibility* for having clear agreements in all areas. And – what happens if the agreement isn't met? What are the consequences? What are each other's responsibilities?
5. Once we have clear agreements, we need to revisit them every once and a while: Is it time for a shift? Do we need to make an adjustment, or a revision? How is this working out?



#2 – Calm, centred communication.

1. Between any two people, there are always going to be disagreements and misunderstandings at different times. Even people who get along well won't always see eye to eye or agree

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about how to resolve a particular situation.

2. The highest resolution is not going to come from a place of agitated, angry, blaming communication. We have to learn how to calmly express how we feel without using a tense blaming tone, angry emotional energy, or blame statements.

3. When we're trying to resolve something and we're too emotionally charged, it usually makes things worse. If you're not in a position to be calm or clear, then back away until you are. Say to the other person "I'd love to revisit this when we're both more clear and calm, so that we can come to a better resolution. I need to take a break right now to just get myself centred."

4. This is a better approach than continuing to engage when you're irritated or impatient (or the other person is) and then start throwing daggers and being hurtful – you aren't going to come to any resolution like that.

5. Keep your cool, and if you can't, step away. Be accountable, be calm. State very clearly in "I" statements: "I feel," rather than "you" statements, which denote blame. "You didn't take out the trash" rather than "I feel there isn't a clear understanding here." "I" statements will keep things from being blame-oriented.

Exercise #5

Write down this acronym: T.H.I.N.K.

T- true

H- helpful

I- inspiring

N- necessary

K- kind

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In a situation where you want to bring in clear calm communication, before you speak, T.H.I.N.K. first:

- Is what I'm about to say TRUE?
- Is what I'm about to say HELPFUL?
- Is what I'm about to say INSPIRING?
- Is what I'm about to say NECESSARY?
- Is what I'm about to say KIND?

If it's not true, helpful, inspiring, necessary and kind, then think twice before saying it.

Sometimes we don't even need to say or do anything at all – we just need to listen and let the other person express themselves. A lot of times we may not need to say anything, just give them space.

So T.H.I.N.K. before you speak, and if it isn't those things, then most likely it doesn't belong in the space. It could just be what YOU need to feel or hear.

You need to breathe through being emotionally charged before you actually come into a space of calm, clear negotiation and bring about a resolution. If you're still angry or blaming, that's not the time to negotiate. So cool off.

T.H.I.N.K. before you speak or act so that you can leave the space more whole.

Someone has to make the first change – if this is between you and another, who is more likely to make the change? You're the one who is reading this material, so you get to practice it first. (And that doesn't mean the other person is going to change either.)

By making the change to initiate clear agreements, eliminate ambiguity in any area of your life, and speak calmly and clearly you will improve what you bring into every relationship.

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Tool #6 – Take Accountability For Your Actions

If you're experiencing a lot of blame and grudges, if you're caught in the past in old patterns, then it's likely you're not taking accountability for your actions. This doesn't mean that you're absolving someone else from their actions and what they're accountable for – you can't. It simply means taking accountability for what YOU do.

By taking accountability for your own actions, you will:

- Clear the energy between you and other people
- Live your relationships in the present rather than in the past
- Relate with clarity rather than the cloudiness of what has happened before

Here's how we approach this:

1. Become more aware and accountable for your own choices. Even how you react to another person is your responsibility. Your response is your responsibility. It doesn't matter what they did. How you respond is what you do. This increases your awareness to leave the space between you and another person better than you found it. This helps you manage and maintain a clearer space between you and others.
2. If you have left a mess, if you have been hurtful to somebody, whether it was 10 minutes ago or 10 years ago – take accountability for the words and actions that you created. Even if it was a response to somebody else's behavior, that is an energy that you created.
3. Own it immediately: “I'm Sorry.” Clean it up. Take accountability. “I didn't mean to, you deserve better.” This isn't “*you this, and I that*” - this is “I.” “I choose to be better here, and I'm working on it.”

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4. This still sees their accountability for what they have done (it doesn't deny that). It just also takes accountability for “this is where *I'm* trying to do better, this is where *I'm* practicing, and I'm sorry for whatever I have done to make it difficult between us.”

5. This is where the kindness and the gentleness comes in. Because as we mentioned before, you will make mistakes.

6. And this is where humility comes in – “I didn't mean to hurt you, I'm sorry – let me try that again.” Have some humility for our humanness. At different times you're going to be more conscious and awake than others, and at different times you're going to be more out of balance and emotional and blaming – as SOON as you become aware of that, whether it's in the moment or the next day, IMMEDIATELY clean it up. Keep the energy between you and others as clear as possible. This is so powerful. Instead of just shoving something under the carpet and pretending it didn't happen, sometimes the simple ownership of “I'm sorry and I didn't mean to, and this is my intention to do better” can really clear the energy between two people.

8. This doesn't mean they're going to apologize for anything that *they* did, so be careful about saying this with the expectation that they're going to follow suit – they may or they may not. This is on YOUR end, taking accountability for your choices.

Exercise #6

Ask yourself the following questions about the people in your life:

- “Have I left flowers, or footprints with this person?”
- After each situation, each person, when you leave the room: have you left the space better than you found it? Whether that is at the office with the receptionist, the bill collector on the phone, or someone that just cut you off on the freeway – have you been able to leave the energy between you and that other person better than when

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7 Tools to Improve Your Relationships

Learning how to love is worth it.

you came into it?

- If you haven't, if you've said or done something nasty, clean it up immediately so that you can walk away from the situation knowing that you have left more flowers than footprints.

If you keep adding flowers to the interactions between you and others, whether it's a stranger, a family member or a coworker, the energy in the space is going to start to feel better.

So keep asking every day, with every interaction. Because EVERYBODY deserves flowers. It's one of the most powerful gifts that you can give somebody: the kindness of your words, the patience of your tone of voice, allowing them to be where they are, and clear agreements that keep things above board with no assumptions.

EVERYBODY deserves flowers, inspiration and patience – especially if they're being grumpy or hard to deal with. That's probably the person who needs it most.

Tool #7 – Express Appreciation and Reflect the Beauty in Others



This is the sweetest tool and one of my favorites. If you're experiencing stagnancy, complacency, or feeling disconnected or unappreciated in your relationships, and then this tool is really going to help you expand the beauty in yourself and others by really bringing appreciation, respect and reflection into the space.

This will help you:

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- Feel more connected
- Help other people feel more appreciated
- Move density out of the way
- Bring a brightness, lightness and beauty into the space
- Add value to the bank account of your relationship – you're making deposits in the energy between you and another person

When you take things for granted, they start to stagnate. People start to feel unappreciated and withered. By expressing gratitude, you're giving back. You're nourishing the flowers between you and another.

You really can't make too many deposits into your relationships – as long as your expressions are authentic, and you're not giving them with the expectation that they'll be reciprocated. Make them without any strings attached.

There are two ways we do this:

#1 – Be grateful.

1. Express your gratitude to the people in your life. Even if it's the person in your office that is the most challenging to you – every person is in your life for a reason, and there is something incredible about each person. Maybe they're hard-working, or creative, or have a particular skill. Give thanks.

2. Be as specific as possible: I appreciate that you _____. Thank you for _____. When you do _____, this helps me _____. Thank you for taking out the trash. Thank you for paying the bill. I appreciate when you are on time.

3. Being specific means that instead of just saying “hey thanks for being a great mom,” you say: “I'm better because you took the time to show me these things.”

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4. Give thanks to the people in your life that are giving to you – whether it's friendship, affection, or business advice – appreciate them.

#2 – See and reflect the other person's beauty.

1. Each person has their unique gifts, talents, beauty, strengths, things they do naturally and beautifully.

2. With ANY relationship that you're in (whether it's your child, partner, parent, coworker, or friend), you are in a unique position to see their beauty in a way no one else does.

3. Take the time to express and reflect that part of them that you see that is really exceptional – they may not even know it's there, or they may take it for granted, or not even realize it. You can reflect to them how they stand out, in a way no one else can.

4. Help them to see the effect of their gifts, strengths and talents. Again, not in a general way (you're a beautiful woman, you're a talented man) – more like “wow, the way you play the guitar brings such an incredible beauty to my heart.” “The way you are patient with your child is so nourishing, and it's such an inspiration to me.”

5. It only takes a few minutes, it's free, and **it's nourishment for the soul**. It's a lovely gift. It's just so beautiful to reflect someone else's beauty. Do this often, make a habit of it, and this will definitely improve your relationships.



Exercise #7

I want you to pick two different people. One is someone really beautiful, who you really care about, who you want to have a lasting, deep relationship with. The other one is someone where the relationship is more strained, where there's tension between you.

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- Express gratitude to each of these people, with specific things that you're grateful for. Each of them has done something for you – maybe they've taught you a lesson, or shown you how to be stronger. If they've brought something beautiful to your life – find a way to express gratitude.
- Next, finding the positive in them, reflect their beauty. Reflect back to them something you see that is really beautiful and extraordinary about them.
-> *Giving thanks and reflecting beauty really are two different types of flowers that you can be giving another.*
- Notice the effects: what energy does this leave in the space between you and the person that you really care about?
- Notice what happens in the energy between you and the person you have a strained relationship with. They may be expecting daggers from you, and here you come with flowers. They may be startled, confused, they may put a wall up, they may say thank you, they may say 'screw you.' Don't have any expectations, just keep loving into that space and start to watch what happens.
-> Giving appreciation doesn't mean the other person is going to change a thing about how they relate to you. But how you view them, and how you orient to them *will* start to change over time.

This is a practice you can do with anyone: with a stranger, with a cashier at the market – “Hey, thanks for ringing me up so quickly. Thank you for bringing your bright smile to this place.”

It's so easy to say thank you. It's so easy to appreciate somebody's talent as a teacher, accountant, cashier – this is something that we can really do over and over again.

This is your opportunity to *Leave Flowers Not Footprints™* in the heart space of others.



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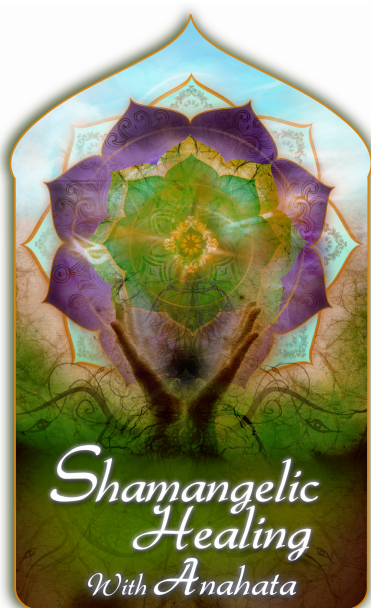
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If you're having a challenge, if you're needing to go deeper...

If you're tripping up on any of these tips, or having a tough relationship that is really testing you, please give me a call and we'll set up a consultation to walk through the deeper issues and see how we can shift things.

Just know that I'm here. This is my area of expertise. I'm happy to give you tips and tools that will help improve your relationships in really sweet and simple ways. Whether it's with a partner, child, boss, or parent – just know that you have support here, and **you're not alone**. We're all dealing with relationships, and different ones challenge us at different times. Learning new tools and practices along the way is going to help improve your relationships, and also your joy in life.



You can go to the **Contact** section of my website at www.shamangelichealing.com and we can do a very simple private session over the phone, or if you feel called to join me in Sedona for an in-person session, come and visit me here. We can create a tailored series of sessions to help support you personally in your healing and awakening, which will certainly benefit your relationships.

For those of you who have enjoyed this content, and give me a call and refer to this eBook, you will receive an extra 15 minutes of free consultation with the first hour that you purchase. That's my extra gift to you.

I look forward to meeting you in person or over the phone to continue this journey with you.

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**You *can* do this. You *can* learn how to love, and it's worth it.
It's what you came here to do.**

I'm so thrilled to have shared this time with you. Bringing flowers wherever you go makes this world a more beautiful place, so I send my flowers in the form of inspiration that you *can* do this, it's worth it, and you are a beautiful gift to the universe.

Many blessings to you and your loved ones, family and friends that you are in relationship with.

Anahata

About Anahata



With the compassionate radiance of an Angel and the wise strength of a Shaman, Anahata masterfully stewards her clients through deeply soulful healing and awakening experiences. Utilizing her extensive Shamanic training, energy healing tools, Spiritual teachings and clairvoyant abilities, Anahata creates a safe and loving space to shine a light on deep-seeded emotional issues and re-establish the sacred Divine Light within. Anahata is a wise, sensitive and experienced guide for inward transformational journeys that empower individuals to release their fears, open their hearts and reclaim their power.

She has trained extensively with gifted Shamans, energy healers and spiritual teachers from Peru, India, Asia and North America in order to artfully integrate the fields of self-empowerment, Shamanic teachings, emotional release, energy healing, spiritual studies, yoga, meditation and visualization techniques. In her quest to understand and honor the ancient ways and Divinity within all things, Anahata has traveled to the ancient temples

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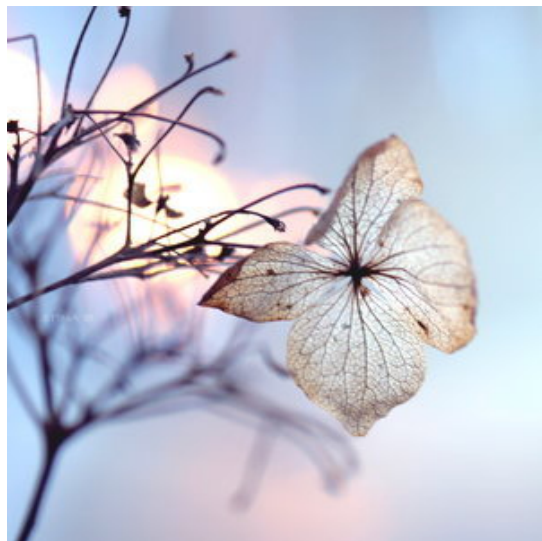
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and sites of Egypt, Peru, Lake Titicaca, Hawaii, Bali, India, Japan, China and Tulum. Anahata holds a Bachelor of Arts Degree in Communications, numerous healing certifications and is extensively trained in various forms of yoga and meditation practices.

Her extensive client base spans the globe and includes business professionals, parents, couples and individuals of all ages, who seek to improve their relationships, expand their consciousness, experience vibrant health and enjoy living their fullest potential. Anahata has led over 50 rejuvenation retreats to sacred destinations around the world including Peru, Bali, Costa Rica, Hawaii, Sedona, Mt. Shasta and Canada. She is sought after for her private healing sessions, Shamangelic retreats, inspirational workshops, sacred ceremonies, sacred land journeys, life detox programs and personalized Spirit Journey retreats.

Anahata is the founder of Sedona's *Shamangelic Healing Center*, *Shamangelic Retreats* and *Just Shift It Cleanse & Life Detox Programs*. To learn more about Anahata and her services visit:



- www.ShamangelicHealing.com
Healing services provided by Anahata
- www.ShamangelicRetreats.com
Personalized healing retreats in Sedona and sacred journeys to Peru
- www.JustShiftIt.com
Just Shift It Cleanse & Life Detox
- anahatasshamangelichealingblog.blogspot.com/
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Client Testimonials



"Working with Anahata has been life changing. In just one session I was able to make a change I had been unclear about for years. She quickly took me to the depths of my soul where I could connect to my own guidance and access the strength to live it. She is a healer of healers with great integrity and depth."
~ Beth Leone, Qigong Instructor & Soulful Consultant

"I first came to this terrific woman after hitting a roadblock in dealing with various physical and emotional health issues. After months of counseling, chiropractic care, acupuncture, dieticians, etc..., my progress towards feeling 100% had stalled. When I first met Anahata, I was struck by her enthusiasm and unceasing belief in spirit. Our very first session moved emotional mountains within me. I slept better that night and felt as though a great internal weight had been lifted. Each of our following sessions created the same great level of healing, addressing various issues I needed to face and let go of. Every session with Anahata feels like the equivalent of 100 visits to a traditional therapist as newfound awareness and the release of emotions touches the spiritual, emotional, and physical realms. Anahata's Transformational Empowerment work is aptly named. I cannot recommend it highly enough." ~ Carol Williamson

"Anahata's Shamangelic Transformational Empowerment work is exactly that. She guided me on a journey that uncovered emotions and thought patterns enabling a transformation to occur. Her work is truly compassionate with a dedicated focus. I felt refreshingly empowered in new ways after my session." ~ Jay Palmer



"I am grateful to Anahata for helping me learn how to receive with discernment. I can trace back where I gave away my power and reclaim it. I have many new amazing tools to take with me and use as I step fully into my life!" ~ Kristi Gala, Chef & Nutrition Coach

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"This experience has extended my awareness down into the root of my being and up into the source of my light. I am positive this will always be seen as a pivotal point in my experience here on Earth." ~ Aaron Barnes, Business Owner & Father of Two

"The safe and sacred space created by Anahata helped to facilitate a deepening of knowing myself. This experience encouraged me to push myself beyond my perceived limits, let go, expand, be free, breathe the breath of God, tangibly feel the Oneness that I inherently know, to stand in my power and own who I am. I will carry this with me into the world." ~ Julie Dokas, Environmental Advocate

"Anahata's work helped me to reconnect with myself. It provided the tools to clear away the emotional baggage that I've been carrying around and the debris that has been clouding my ability to experience joy, laughter and love. The experience has enabled me to bring back into my life a renewed perspective and strength to deal with life's challenges." ~ Gail Mor, Mother of two

"I have been able to release resistance to who I am and accept my power as a woman of beauty, joy and creativity. This experience has bridged the Spiritual world and the material world in a way that brings the tools to truly honor this planet and all who live within it." ~ Barbara McVey, Artist



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