



Seeking Light and Truth

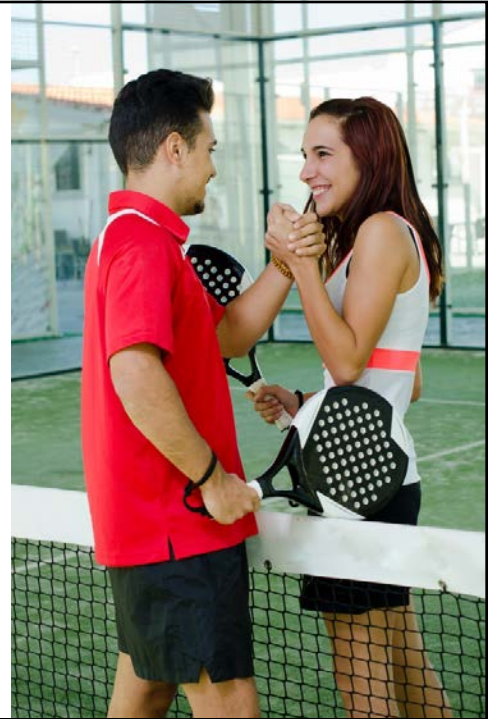
With Steven Horne, DHS



The Enchantment of Opposites

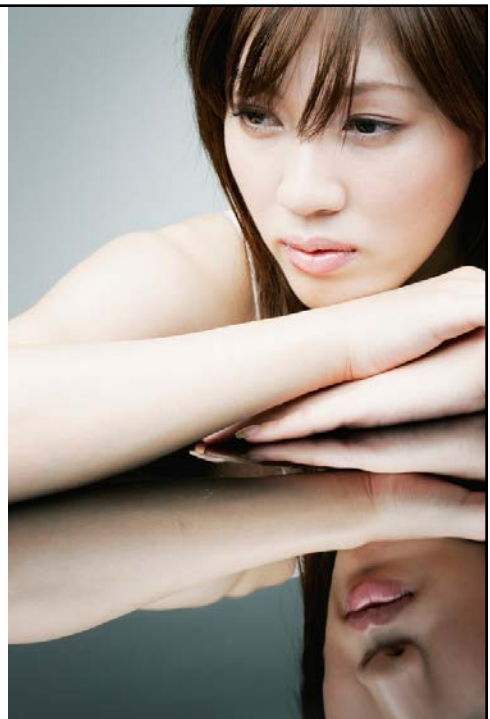
The “Game” of Relationships

- Relationships are a game, which has rules and goals
- If you learn the rules, you can use them to play the game well and achieve your relationship goals
- The Enchantment of Opposites: How to Create Great Relationships by Patricia Huntington Taylor covers 7 levels of relationship games and presents skills to master at each level
- This class is an overview of what is taught in her book



1. The Self Game

- “The best way to find someone you want to be with forever is to become that person yourself”
- We create what we focus our attention on
- We can chose to see any experience in life in a positive or negative light
- What we resist tend to persist



Taking Responsibility

- “Victims believe they have no responsibility for anything, because they are utterly at the mercy of what happens to them”
- “Victors believe they are completely responsible for everything that happens to them”
- Victims play the “if only” game
- Blaming others disempowers you because it means they must change to fix things
- If you take responsibility it means you can change things by changing yourself



2. The Win/Win Game

- “Deliberate players study the rules of the games they play. They observe, remember, and compare their experiences, and use what works best as much as possible.”
- “Winning is always a possible outcome.”
- In relationships win/win is the only winning game
- To succeed at relationships you must always seek for the win/win solution, not for compromise



The Four Relationship “Games”

	You win	You lose
I win	Win/Win	Win/Lose
I lose	Lose/Win	Lose/Lose

In relationships, Win/Lose and Lose/Win ultimately become Lose/Lose

- You cannot decide what is a win or a loss for the other party
- You can only decide what is a win or a loss for you
- You have to learn what constitutes winning for your partner and communicate what winning is for you in order to play win/win
- Win/win means finding solutions that are a third alternative to your position and my position

Compromise is a Lesser Game

- Commitment is essential to playing a winning game, which is why marriage is so important
- We must be committed to be a team
- A team recognizes that we win or lose together
- Our differences become our strengths when we create synergy in the pursuit of common goals
- Synergy is exciting, compromise is not



3. The Co-Creation Game

- “Our relationships are the product of our simultaneous co-creation of ourselves and our partners.”
- “The relationship we have now reflects what we have created from the beginning until now...When problems arise, it may be time to change the actions or rules.”
- Marriage is not a union for self-gratification, it is a crucible for growth and self-transformation



Roles versus Rules

Roles

- The portion of a common effort that you are agreeing to make
- Some roles can't be changed (mother, father, son, daughter)
- Other roles are adopted (husband, wife, teacher, friend)

Rules

- Expectations of the proper behaviors or actions that should be performed by a person with a different role
- People have different expectations of the rules involved in different roles

- Rules for the roles you have in a relationship must be discussed and mutually agreed upon
- There is no reason you have to stick to the relationship rules you were brought up with, especially when they aren't working

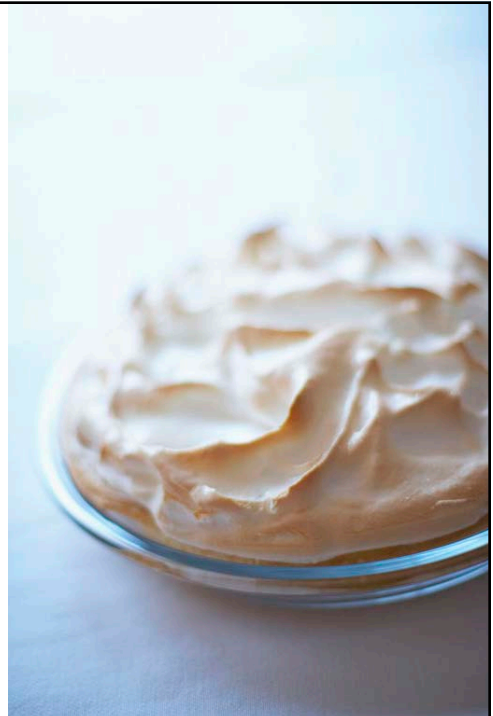
Relationship Love is an Activity

- “Couples must become increasingly willing to write and rewrite their rules of relating on an as-needed basis.”
- What is your shared vision for the relationship?
- The “love” in “I love you” is a verb
- This means love is an action
- To love is to figure out how to create mutually rewarding experiences and to draw out the best in each other



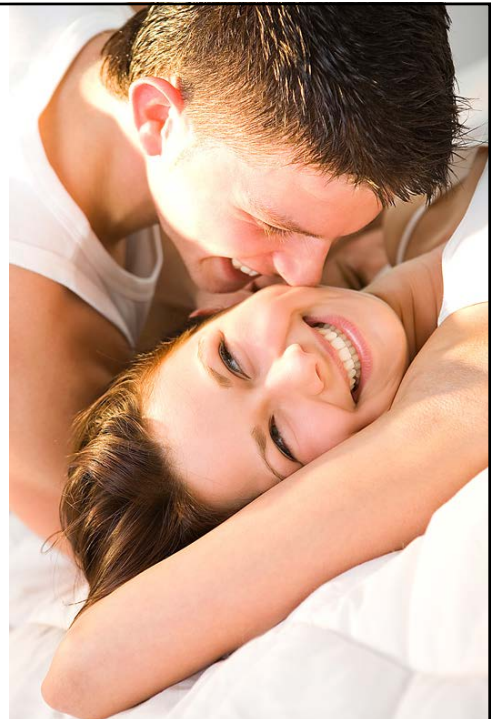
Getting a Bigger Share

- In a relationship you get a bigger piece of the pie by making a bigger pie
- To do this, both partners get equal credit for everything created by the partnership
- You enlarge the pie by giving credit to your partner's contribution and appreciating it
- As much as possible, eliminate the “I/me” and “You” and replace it with the “Us”
- Replace the “mine” and “yours” with “ours”



4. The Man-Woman Game

- “The man/woman game is a non-reciprocal, asymmetrical, and unfair game”
- It is a game of unifying aliens (people who are NOT the same)
- Example: ice cream and apple pie
- The difference in players makes the game more interesting
- In fact, the attraction between men and women is based on these differences which create a greater whole



Attraction

- Attraction comes from differences (like the north and south pole of a magnet)
- If male and female energy were the same there would be no attraction between the sexes
- Trying to be too much like the other sex kills attraction
- The societal push to make men act like women and women act like men actually destroys sexual attraction and chemistry



Basic Gender Roles

Men

- “Men are producers. They are constantly scanning for the next thing to do.”
- “By productive, we mean capable of producing the experiences women want. A man’s production is more than financial.”
- “The producer is the one who gets things done.”
- “Men want winning cycles.”
- “Men are production junkies.”

Women

- “Women are born to want. The best wanters were the best nurturers for their offspring.”
- “To want is to have appetite.”
- “The wanter is the one who brings things into being by virtue of her desires.”
- “She wants it all: Attention, Necessities, and Extras, and in that order

The Language of the Sexes

Manese

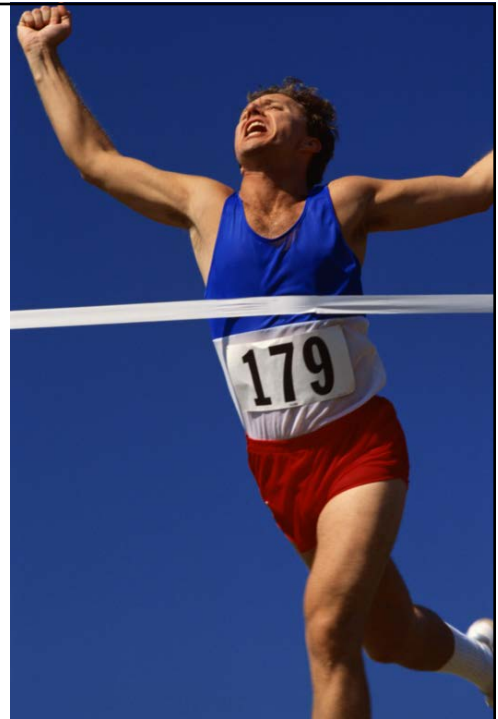
- Logical and goal-oriented
- Slow and methodical, men need time to change course as they like the status quo
- Men love to discuss how something works, what needs to be done or how it can be done
- To men, women change subjects so fast they can hardly track what they say
- Men grumble when they have to change course, but it’s OK

Womanese

- Rapid, multi-tracking, multiprocessing with many thoughts coexisting in a non-linear, supra-logical fashion
- Supra-logical thinking transcends logical thinking because it includes feelings, intuition and free association
- This allows women to deal with many things at once
- As a result, men’s thought processes seem slow to women

Winning

- Men can go without food, sleep or acknowledgment to achieve their tasks
- “Women who understand that men thrive on winning cycles go out of their way to give winning cycles to their men.”
- They acknowledge their men when the winning cycles are complete
- Men are hunters, they need goals or targets to hunt (pursue and strive for)



The Male Mantra

- Am I useful?
- Am I useful?
- Am I useful?
- Men are constantly questioning their own ability to produce
- You can never reassure a man too much that you appreciate his productivity
- His desire to be productive is insatiable
- Men who don't have a “mission” to pursue in life are missing out on half of their fulfillment as a man



The Female Mantra

- Am I attractive?
- Am I attractive?
- Am I attractive?
- Women are pleasure-oriented rather than goal oriented
- Most women are trained to limit their wants from early childhood
- Women who lose their appetite are losing, and causing men to lose, too



Angry Women

- Women who are chronically denied their attractiveness (appetites and desires for attention, support and extras) become chronically angry
- They are walking around in a state of semi-starvation and unaware of their deep feminine needs
- The pain they feel makes them use anger to try to get what they want, which is a self-defeating strategy



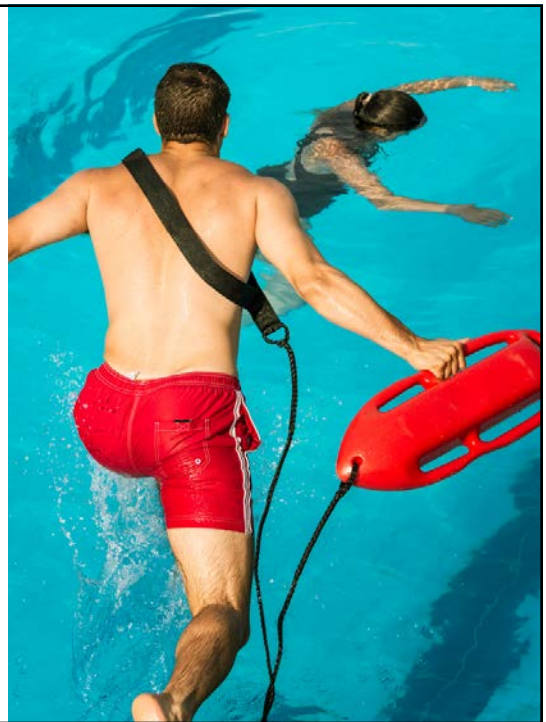
Getting Women Off the Rocks

- In their search for pleasurable experiences, women may find themselves “on the rocks” in situations that they do not want
- They do not need comments about how they wound up there, they just need help getting off the rocks
- The best way to do this is to offer a woman a menu of more pleasurable alternatives to their current drama



Danger and Pleasure

- Men: first into danger
- Women: first into pleasure
- Gentlemen have the courage to remain calm when a woman is in a bad mood and women will reward them with their pleasure
- Men can also “take the rap” when something bad happens, such as being late



Inner Doubts

Men

- “Men: Remember a time when you did something successfully, and won praise. How did it feel? How long were you able to bask in the glow of glory? Did you stop seeking to be successful?”

Women

- “Women: Think of times when someone complimented you on your appearance. How long did the compliment satisfy your need? Even if at the time you believed the compliment, did you stop looking in the mirror?”

- “Do not buy into your partner’s gender-based doubt.”
- If you agree with your partner’s doubts, you are reinforcing their innermost fears. Never agree with your partners doubts. Instead, believe in their ability more than they do.

What and How

- The wanter (woman) defines the what
- The producer (man) defines the how
- Men love to solve problems and pride themselves on their ability to “fix” things
- When a woman tries to tell a man how and what, he thinks that she doubts his ability to produce



Creating Menus for Her

- Men should constantly observe a woman's interests and desires and offer her menus of things he would like to produce for her
- "A good menu includes things the giver would enjoy giving and the receiver would enjoy choosing from."
- Women: If no items on a menu are appealing, ask for a new menu.



Women Often "Short-Order"

Short-ordering is asking for less than what you want



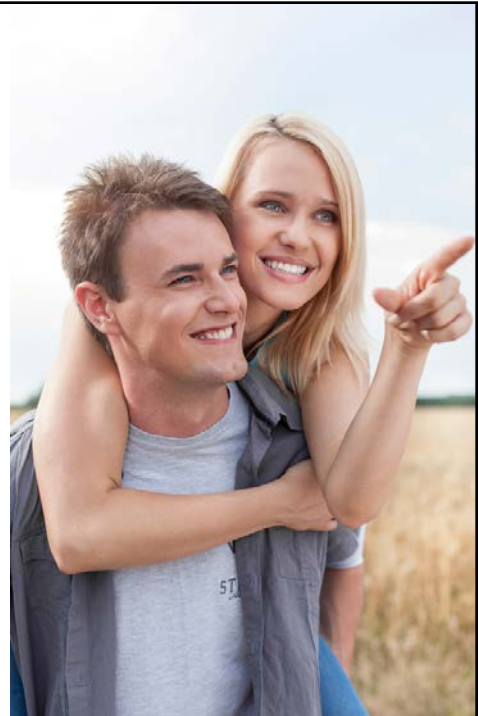
- Look below the surface by:
 - Presenting menus
 - Watching her face and body language for reactions
 - Reassuring her you want to please her
 - Assure her you want to know her true desires and feelings
 - Listen non-judgmentally to her answers
 - Offering more menus

Getting What You Want from Men

- **Learn how to make attractive requests**
 - Ask specifically for something the man can actually deliver with enthusiasm and trust
 - Request the what, leave the how up to him
 - Make sure you genuinely want what you are asking for
 - Consume it with relish when he produces it
 - Say thank you (give him a win) for producing it
- **Men don't respond to requests if:**
 - They don't believe the order was genuine and really wanted
 - He doubts he can do it, or feels her doubt that he can do it (he doesn't want to lose)

The Training Cycle

- **Women can train male partners to respond their requests in a three step process:**
 - Genuinely find something right about a situation and acknowledge it
 - Ask for a slight change that you know can be fulfilled
 - When the request has been fulfilled or is on its way to fulfillment, acknowledge the improvement
- **You can also ask for something you know he can and will do and regardless of the attitude he takes, if he does it, acknowledge him**





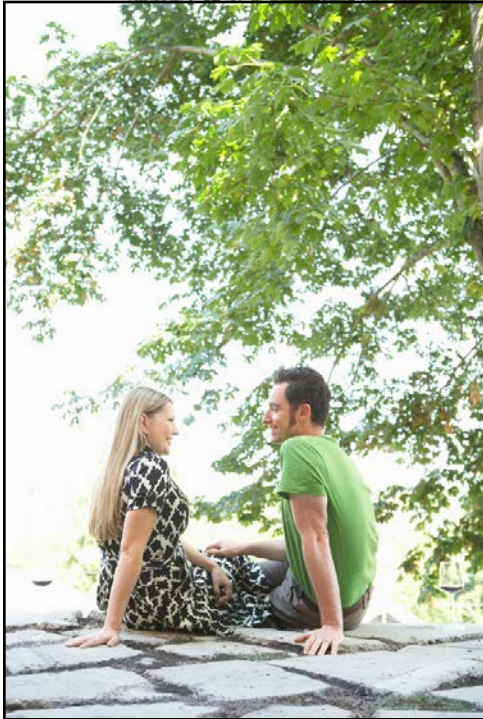
Acknowledging Women

- You cannot give too much acknowledgment to women
- Deliver the genuine acknowledgment with enthusiasm
- Provide details, including exaggerating and embellishing (women love detail)
- Acknowledge both her production and her appetite

Acknowledging Men

- Men love to be praised and admired for their productivity, especially publically
- Deliver genuine acknowledgment with enthusiasm
- Be brief, do not exaggerate or embellish
- A smile, touch or “thank you” can see a guy through a lot of effort
- Don’t give if undeserved, men do not respond to acknowledgement they don’t feel is deserved





Relationship Building Exercise

- Sit across from each other
- Take turns (5 or more)
- Each turn acknowledge something you appreciate about your partner
- The receiver should say “thank you” after the acknowledgment
- This works for other relationships, too, such as parent-child relationships

Some Erroneous Beliefs

- A woman’s appetite is shameful and should be hidden
- Never let a man know when you, the woman, are satisfied, because he will lose interest in you
- Women who don’t know what they want appear helpless, which is adorable and sexy
- To ask a guy for more than he can produce is damaging to his ego
- Men don’t care about what women want. They just want to control.
- To let a man do something for you is to admit that you (the woman) are inferior and can’t do it yourself

Entitlement

- “A very frequent cause of emotional pain is thinking you have a right to something you want. Rights are a pain bank.”
- “When we give up our rights we give up our pain bank. Our focus can shift from being a victim...to taking control of the situation.”
- Love exists in freedom, when we try to control or have demands and expectations we destroy love
- Selfish demands is the #1 love buster



5. The Hero-Goddess Game

- “Women fill their men with love and beauty and give them a new lease on life.”
- “Men unleash awesome feminine powers of generativity, bring out and honoring the true appetites of their women.”
- “Players in a hero/goddess game enter the we space.”

Limits Beg to Be Tested

- “Men like women who are attractive enough to be able to redline them.”
- Redlining is drawing more productivity out of a man than he thinks he is capable of
- Women encourage men to achieve to the limits of their abilities
- It’s often been said that a good woman brings out the best in a man



Believing

- Practice believing in your partner more than they believe in themselves
- Men: encourage a woman’s wants
- Women: encourage a man’s dreams
- “She dreams big dreams for she always knows her guy can work miracles.”



6. The Enchantment Game

- Make it a date for life
- “Successful couples like to spend their time together on a continuous date.”
- “The we space is a sacred place.”
- “We have love when we are present with one another, in the here and now, improvising and playing, honoring, dreaming and believing.



7. The Community Game

- “The game gets better as more people play.”
- “You can be as deliberate in your choice of communities as you are in your choice of a partner.”
- “We are more likely to remember and play by rules that others are also using.”
- Marriage is the basis for family, family is the basis for community, community is the basis for the world



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