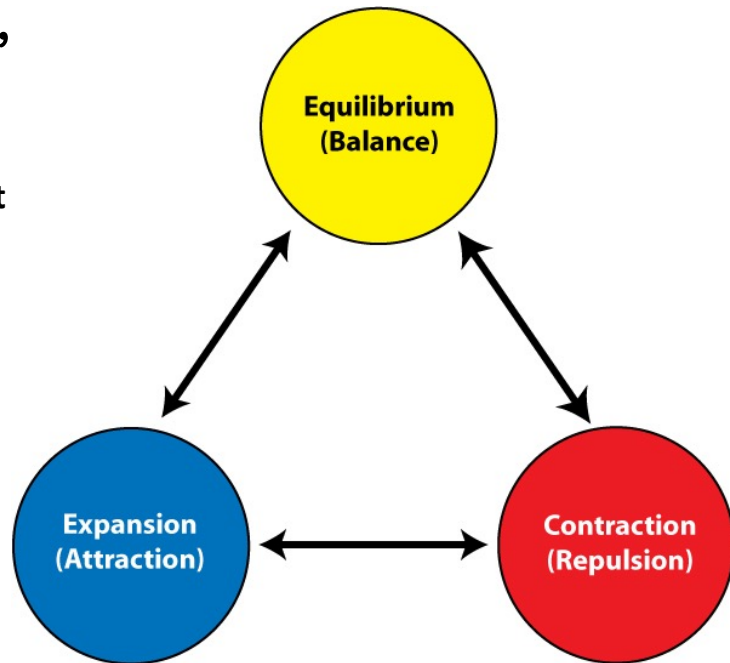


## Three “Energies” of Relationship

- Contraction = Judgment
- Equilibrium = Justice
- Expansion = Mercy



## Relationships Are About Exchange

- We give something we have the other person wants, in exchange for something they have that we want
- We are happy with relationships where we receive the things we want

## A Tale of Three Cookies

- **Cookie #1 is stolen**
  - Relationship: Win and Lose, Trespasser and Victim
  - Judgment Relationship
- **Cookie #2 is sold**
  - Relationship: Equals, Negotiation, Fairness
  - Justice Relationship
- **Cookie #3 is given as a gift**
  - Relationship: Giver and Reciever
  - Mercy Relationship



## Judgment

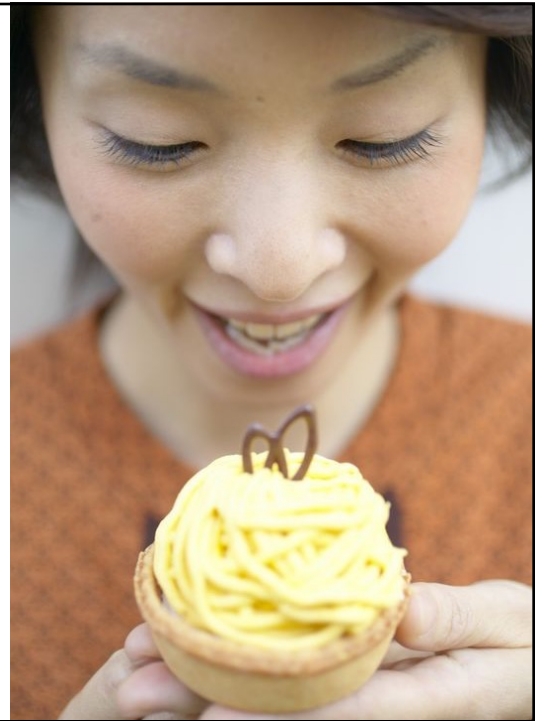
- To judge is to decide that someone should be separated from something in their possession
- A judgment can be right (righteous) or it can be wrong (unrighteous)
- People who are living on the judgment level of consciousness can experience three possible roles:
  - Taker - the person who uses force, stealth, deception or manipulation to try to get something at the expense of another
  - Victim - the person who is deprived of something by the action of the taker
  - Enabler – the victim who voluntarily allows the trespass to continue





## Judgment Level Love

- Judgment level love is the love of self and is actually desire
- I “love” (that is desire) what I see as beneficial and pleasurable to me
- For example, “I love ice cream”
- Gifts given by someone on the judgment level are never true gifts, they are “bribes” because they have strings attached to them
- One of the Greek words for love is Eros, which is generally interpreted as erotic or romantic love but also describes love as desire



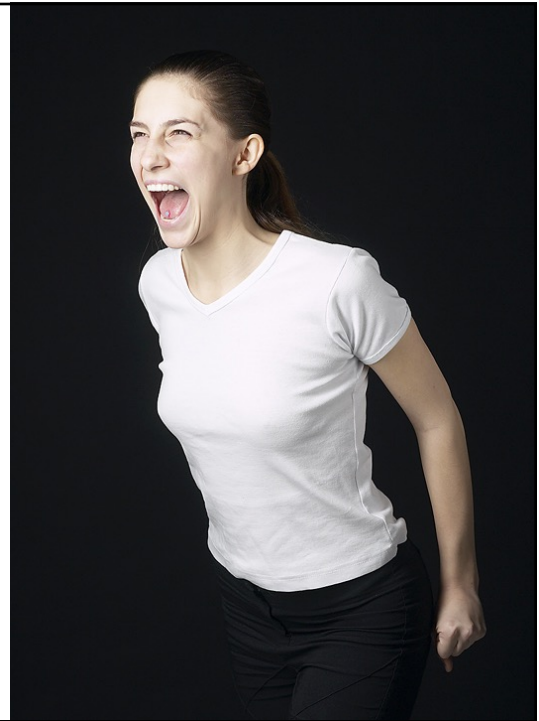
## Being Desired

- Feeling “loved” as in being desired is a wonderful ego-trip
- It enhances one’s feeling of value and power
- After all, if someone wants you, then they are likely to do things to please you in order to get you
- Many people mistake being desired for being loved, in fact, they would rather be desired than be loved



## The Thin Line Between Desire and Hate

- If what we previously desired fails to provide the pleasure we expected, and instead provides pain, we rapidly lose desire
- We can become indifferent to what we previously desired
- In fact, we may eventually hate what we formerly “loved”
- If our love can turn to hate it was never really love to begin with



## Judgment Level Relationship

- Eros love, love based on attraction and desire
- Using rewards and punishments to control people
- Competition (there are winners and there are losers)
- There is a scarcity of resources (if you gain, I lose)
- Victim mentality and enabling
- “Give” (bribe) and “take”



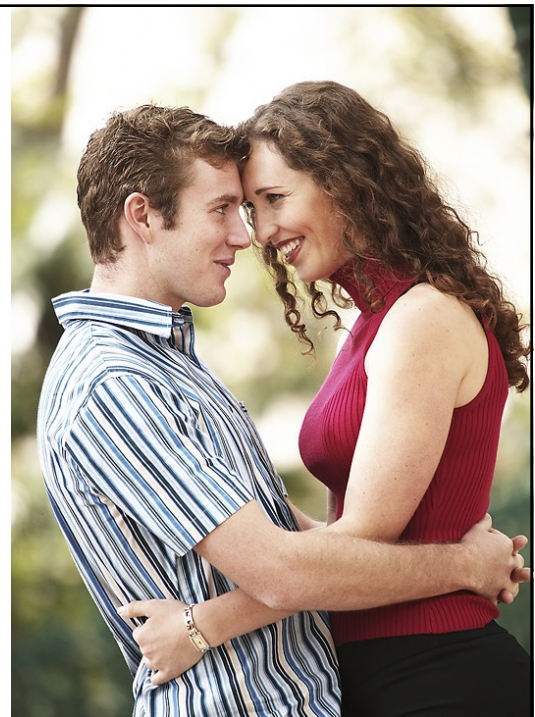
## Justice

- Fair exchange in which both parties are satisfied with the transaction
- Requires open negotiation and the willingness to make and keep commitments
- All satisfying long-term relationships are justice based
- There is equality or equity between the parties



## Being “in love”

- We feel “in love” with people who treat us in a way that fulfills our emotional needs
- When we have mutually-beneficial relationships we experience this face of love which is expressed in the Greek word *Philia*
- This is the love expressed in:
  - Loyalty to friends, family, and community
  - Virtue (treating others kindly and with respect)
  - Being equitable (honest and fair)





## Emotional Bank Accounts

- When we meet someone's emotional needs (that is helps them feel good) we make a deposit to their "love bank"
- When we do something that causes emotional pain we withdraw from their "love bank"
- When a relationship has more withdrawals than deposits it becomes a liability and we want "out"
- When a relationship has more deposits than withdrawals we want to stay "in"



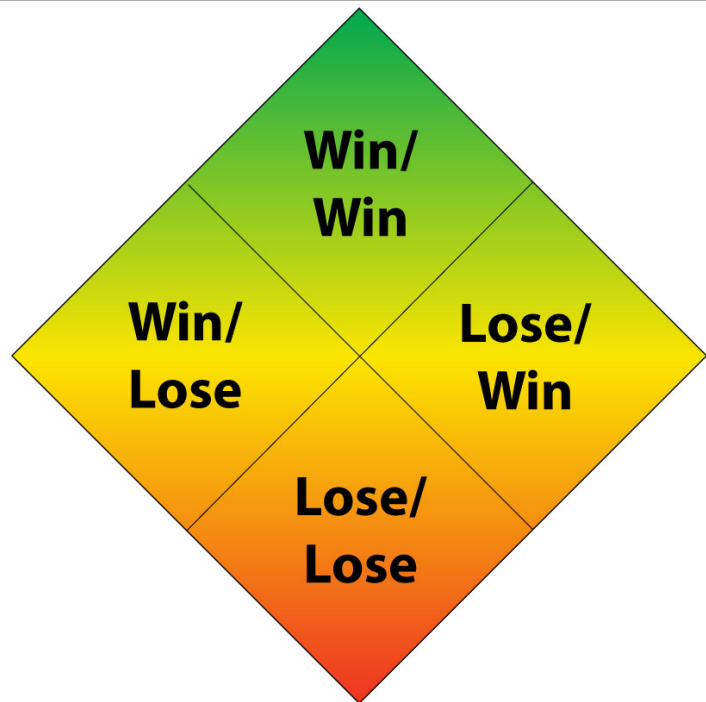
## Deposit – Withdrawal Ratios

- Generally speaking people will be happy in a relationship if there are 6 deposits for every 1 withdrawal, although I think 10-1 is better
- Ideally we should strive to only make deposits and avoid making withdrawals
- We do this by always striving for win/win



## Win/Win Must Be the Goal

- In relationships win/win is the only winning game
- Win/Lose and Lose/Win are unstable situations and ultimate deteriorate into Lose/Lose



## The Win/Win Philosophy

- “A frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win/Win means that agreements or solutions are mutually beneficial, mutually satisfying.. all parties feel good about the decision and are committed to the plan.”
  - Stephen R. Covey





## Character Foundations of Win/Win People

- **Integrity** – keeping commitments, being trustworthy
- **Maturity** – win/win is both bold and courteous, assertive and caring
- **Abundance Mentality** – There is enough for everyone to win
  - From Stephen R Covey's Seven Habits of Highly Effective People



## You Can't Define the Other Person's Win

- You define what is a win for you
- They define what is a win for them
- You can't give them what you think they ought to have, what you think they need, or what you're willing to give them and call it a win for them
- It has to be what they want
- That means you must be open and willing to listen and understand others

## Winning is Emotional, Not Logical

- Winning isn't something physical, it's emotional
- A win is only a win when it makes the person feel good
- Even if a person logically is getting something they "want" (money, sex, material possessions, time, etc.) it's not a win if they don't feel good about the exchange emotionally



## Love Exists in Freedom

- Love only exists in freedom
- When force, compulsion, rewards and punishment enter the picture, feelings of love as Philia are damaged or destroyed

## Children and Force

- “Every child has a god in him. Our attempts to mold the child will turn the god into a devil. Children come to my school, little devils, hating the world, destructive, unmannerly, lying, thieving, bad tempered. In six months, they are happy, healthy children who do no evil.”
- “...there’s no desire to attack authority; they’re well fed and there’s no resentment or anger. Come to Summerhill and you’ll never find a handicapped child with a nickname (you know how cruel kids can be when someone stammers). You’ll never find anyone needing a stammerer, never. There’s no violence in these children, because no one is practicing violence on them, that’s why.”

A.S. Neill about the Summerhill school  
as quoted by Anthony de Mello in Awareness

## Co-operation is Natural

- “...I am no genius, I am merely a man who refuses to guide the steps of children. I let them form their own values and the values are invariably good and social. The religion that makes people good makes people bad, but the religion known as freedom makes all people good, for it destroys the [inner] conflict that makes people devils.”

A.S. Neill as quoted by Anthony de Mello in Awareness





## Justice Level Relationships

- Involve philia – brotherly love, the love of friendship, doing things for each other
- Are based on win/win negotiations that regularly make deposits, rather than withdrawals, to other people's emotional bank accounts as well as receiving deposits to ours
- Do not involve trespassing on the rights of others (i.e. the use of rewards or punishments to try to get what we want at the expense of others)
- Is the basis for all happy and lasting relationships, family, friendship, business and community

## Mercy

- The act of giving without thought of what is in it for us, giving to those who have not earned what we are giving
- Based in self-less service to others and forgiveness (the releasing of others from debts and obligations they owe us)
- Agape is the Greek word for this love
- Agape is used throughout the New Testament in reference to the unconditional love of God
- It was translated as the word charity in 1 Corinthians 13 King James Version



## Characteristics of Agape Love



## Agape Love is Not “Special”

- The experience of genuine love is universal, not special
- Any love you feel towards one person or group of persons, and not to others, is not agape love
- You have as much of this type of love for people you regard as “evil” as you do for people you regard as “good”
- Agape love is the love you feel for people you consider evil



## Agape Love is Indiscriminate

- Agape love arises from just being who you are, which means you are incapable of not giving it
- It loves everyone the same, including those most would consider enemies
- “Contemplate in astonishment the sheer goodness of the rose, the lamp, the tree, for there you have an image of what love is all about.”

—Anthony de Mello in the Way of Love



## Agape Love Expects Nothing in Return

- There is no “investment” in a hoped for return with agape love
- There is no expectation even of a “thank you”
- Whether the person receives what is given or not, is none of your concern





## Agape Love is not Conscious of Itself

- Anything we DO trying to be “loving” is not agape love as it is not natural or innate
- “Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee?”  
—Matthew 25:37-39



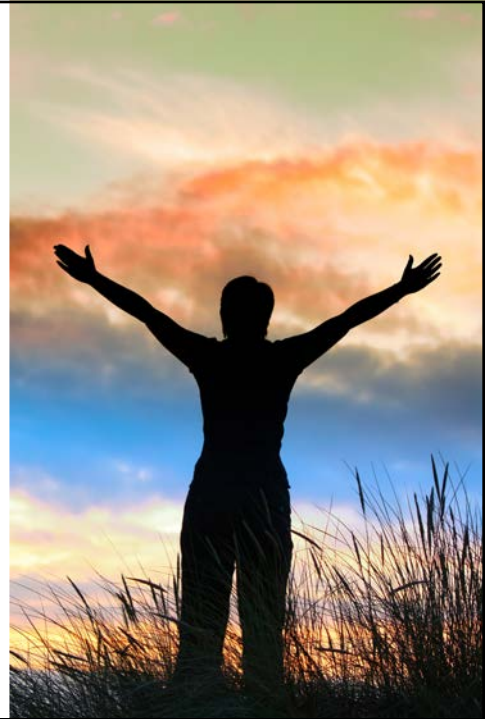
## Agape Love is Not “Blind”

- In his book *The Way of Love*, Antony de Mello says, “It is said that love is blind. But is it? Actually, nothing on earth is as clear-sighted as love.”
- God loves us and He sees each of us with perfect clarity
- We don’t see people clearly because we were blinded by our attachment and desire
- If we saw people clearly we would love them as God does



## Mercy Level Relationships

- Based on agape or unconditional love and good-will towards others, including our enemies
- Service offered that is not done for others to see, random acts of kindness
- Forgiveness—letting go of our need for retribution for hurts or wrongs committed against us
- Gratitude—appreciating all our blessings (and our trials)
- Gifts—things we do for others with no thought of “what’s in it for me?”



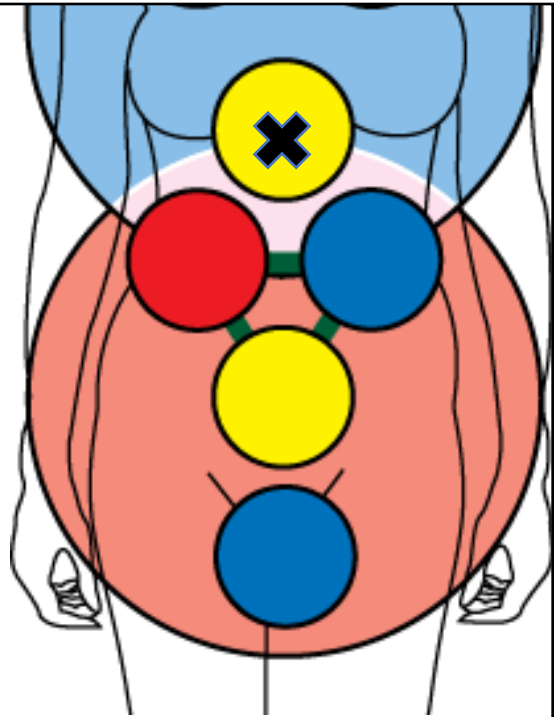
## What Level Are You Relationships On?

- The universal law is: “As you sow, so shall you reap...”
- In other words, you attract your life circumstance and relationships based on your level of consciousness
- People who are judgmental receive judgment
- People who are just (fair) receive justice (fairness)
- People who are merciful and charitable receive mercy and charity (gifts)



## Solar Plexus Center

- Physically, this is a nerve plexus just under the breastbone which regulates autonomic functions
- Energetically it represents the ability to connect to the “inner” world of the self
- Emotional sense being calm, confident, self-aware and “centered”

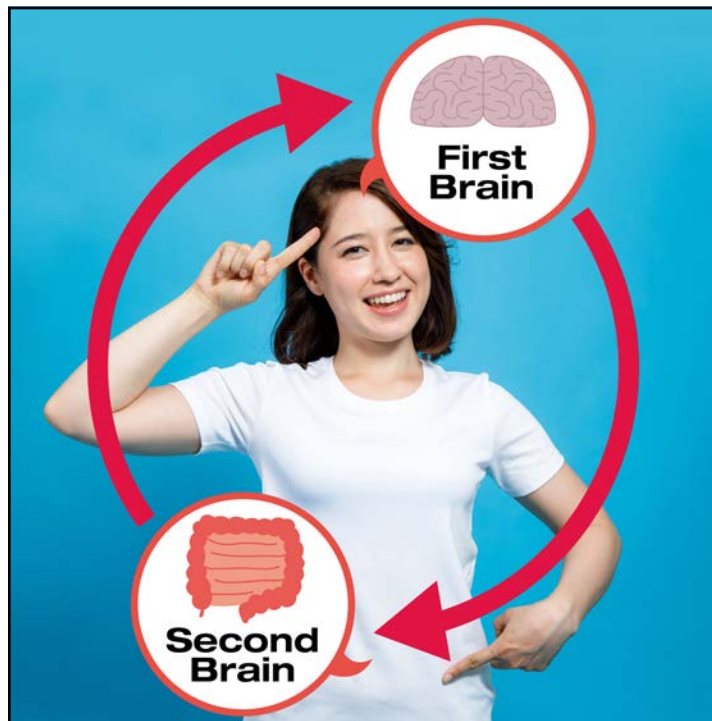


## Being Centered

- The solar plexus energy is where we become “centered” or balanced internally.
- It is the place where body, mind and spirit unite
- It joins the emotional (heart) world to the physical (gut) world and is a plexus of nerves, radiating from the spine, which represents the mental world.







## Gut Instinct

- The solar plexus tenses when things are “wrong,” that is where there is danger or “imbalance”
- It relaxes when things are safe and in harmony
- Learning to listen to your “guts” can help you safely navigate through life
- When your solar plexus is tense it is warning you something is wrong or there is danger around
- When your solar plexus is relaxed things are OK



## Being Scattered

- Weakness at the solar plexus causes a person’s energy to be scattered
- They are unable to “pull it together” and tend to run to and fro putting out fires rather than being able to stay in control of their own life and goals
- Solar plexus energy helps you act on life, rather than just react to it

## Solar Plexus Energy and the Adrenals

- The adrenal glands are associated with the solar plexus energy
- The adrenals are the glands of adaptation, they help us cope or adapt to the stresses of life
- People with strong adrenal glands tend to stay calm in a crisis
- When the adrenal glands become tired and weak people feel unable to cope with life, they can't



## Positive Solar Plexus Energy

- Feeling calm and centered
- Able to deal effectively with stress
- Able to respond to what is happening around you in a healthy way
- Having a sense of inner peace and confidence



## Sources of Solar Plexus Wounds

- Being overly controlled as a child, making one unable to trust one's own "gut" knowing
- Extreme emotional and physical stress
- Extreme fears or worry
- Inflexibility and resistance to change
- Lack of time for solitude or peace



- Stomach and digestive problems
- Adrenal glands problems
- Kidney weakness
- Nervous system problems
  - Muscle twitching or shaking
  - Insomnia and extreme fatigue
  - Tension and anxiety
  - Post traumatic stress disorder
- Hiatal hernia, which causes
  - Difficulty assimilating protein and minerals
  - Shallow breathing, chest pains, heart palpitations
  - Gas and bloating

## Solar Plexus Physical Issues





## Solar Plexus Emotional Issues

- Scattered energy, tendency to rush to and fro
- Chronically worried and fearful
- Lack of inner peace
- Lack of the ability to cope with stress or stay calm and centered
- Reacts instead of acts on life
- Cares for others at the neglect of self



## Solar Plexus Center Affirmations

- I have inner peace.
- I adapt well to stressful situations.
- I deal constructively with stress in my life.
- I recognize my fears and deal with them constructively.
- I am centered.
- I have balance and harmony in my life.
- Power Affirmation: I AM calm, centered and relaxed, with my body, mind and spirit (or emotions) acting in perfect harmony at all times



## Flower Essences for Solar Plexus Energy

- Agrimony (Bach): Anxiety masked by cheerfulness, denial of pain
- Aspen (Bach): Vague anxiety, hidden fears
- Chamomile (FES): Easily upset, moody and irritable, promotes a calm, sunny disposition
- Dandelion (FES): Overly tense, over-striving, over-planning.
- Dill (FES): Scattered, overwhelmed and overstimulated.
- Jacaranda (Bush): Scattered ditherers, people who start projects but don't finish them.
- Mimulus (Bach): For facing and overcoming fears.
- Rock Rose (Bach): Terror, panic and deep-seated fears.
- St. John's wort (FES): Lack of gut instincts, fears, disturbed dreams.
- White Chestnut (Bach): Repetitive and obsessive thoughts, worry.

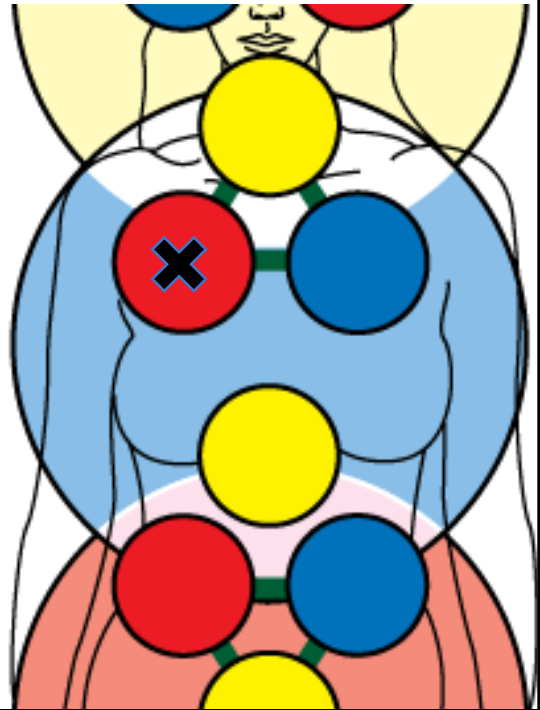
## Solar Plexus Essential Oils



- Angelica
- Atlas Cedarwood
- *Bergamot*
- *Chamomile* (pictured)
- Cypress
- *Frankincense*
- Geranium
- *Helichrysum*
- *Honeysuckle*
- Jasmine
- *Lavender*
- Lemon
- *Lemon Balm (Melissa)*
- Lilac
- Pink Grapefruit
- Sandalwood
- *Vetiver*
- *Ylang Ylang*

## Thymus Center

- Judgement Center
- Physically is seat of immunity – distinguishing what “living things” are beneficial to self and destroying what is not
- Energetically represents the ego or self-image, how I view self, what I put after “I am”
- Emotional seat of self-respect, my sense of self-worth, and sense of what is socially appropriate or inappropriate



## The Sense of Self

- The Thymus sits above the heart in the center of the chest
- It is the spot we point to on ourselves when we say “me” and the spot we point to on others when we say “you”
- It is where we experience the sense of self versus not-self, what is me or not me (i.e., self-image)





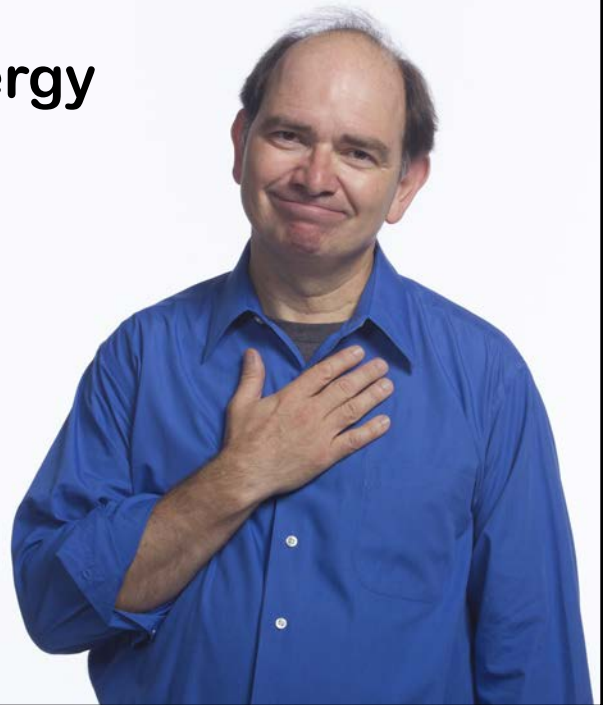
## Ego and Egotism

- The sense of self can also be called ego
- Ego is NOT bad, we need a healthy sense of self to function
- Egotism sees the self as better than others (judgment)
- Healthy ego sees others as equally important and valuable as myself



## Positive Thymus Energy

- Confidence in oneself
- Ability to have good judgment of situations and others
- Ability to create organization, order and structure in one's life
- Sense of appropriate social boundaries; what is appropriate or inappropriate in social settings





## Sources of Thymus Energy Wounds

- All negative beliefs about self acquired from negative experiences of others, including belittling, teasing or humiliation
- This must be believed and internalized so it become part of the internal sense of "I am..."
- Basically anything negative placed after "I am..." that is damaging to the self esteem is a thymus energy wound

## Physical Thymus Energy Issues

- Reduced immune response
- Frequent infections
- Autoimmune diseases and cancer
- Lung problems
- Thymus gland problems
- Lymphatic congestion





## Emotional Thymus Issues

- Low self esteem, poor self image
- Egotism and boasting
- Inability to recognize and respect appropriate social boundaries and behavior, lack of good manners
- Poor judgment or discernment of others
- Lack of self-discipline
- Unable to create order and system in life



## Thymus Center Affirmations

- I have forgiven myself for the mistakes I have made in my life.
- I am a person of infinite worth.
- I am orderly and organized.
- I recognize and respect other people's boundaries.
- I set appropriate social boundaries with others.
- I can protect myself when other people violate my boundaries.
- Power Affirmation: I AM a person of infinite worth, possessing all the power I need to achieve every good desire of my heart



## Flower Essences for Thymus Energy

- Buttercup (FES): Low self-esteem.
- Centaury (Bach): weak-willed, dominated by others, self-neglect.
- Echinacea (FES): shattered sense of self due to trauma or abuse.
- Garlic (FES): Fearful, weak or easily influenced.
- Goldenrod (FES): Unable to maintain self-integrity in groups
- Mt. Pride (FES): Unassertive, withdrawal in the face of challenge.
- Penstemon (FES): Self-pity, feeling of being persecuted.
- Pink Yarrow (FES): Overly sympathetic, absorbing negative emotions from others, undue merging with others.
- Scleranthus (Bach): Hesitation, indecision, wavering between choices.
- Sunflower (FES): distorted sense of self, low self-esteem or vanity.
- Walnut (Bach): Feeling smothered, unable to be self
- Yarrow (FES): Overly responsible for others, wounded healers, overly sensitive.

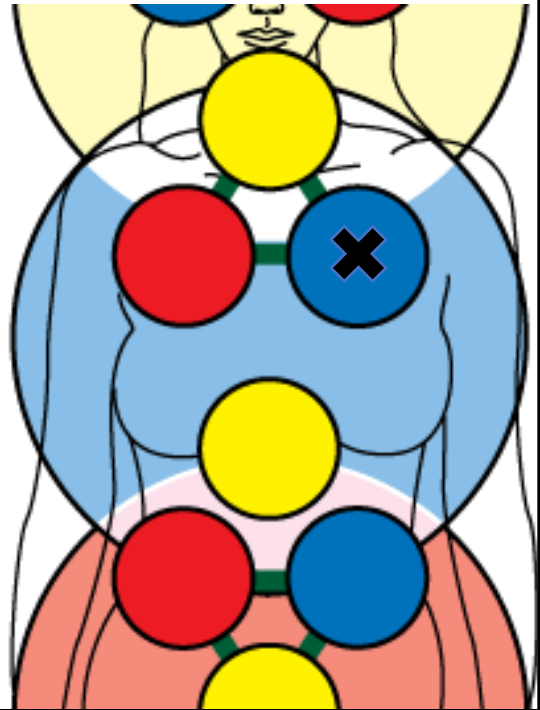
- Atlas Cedarwood
- Bergamot
- Cinnamon
- Clary Sage
- Coconut
- Eucalyptus
- Frankincense
- Juniper
- Lavender
- Marjoram
- Myrrh (pictured)
- Orange (Sweet)
- Oregano
- Pine
- Rosemary
- Tea Tree
- Thyme
- Violet



## Thymus Center Oils

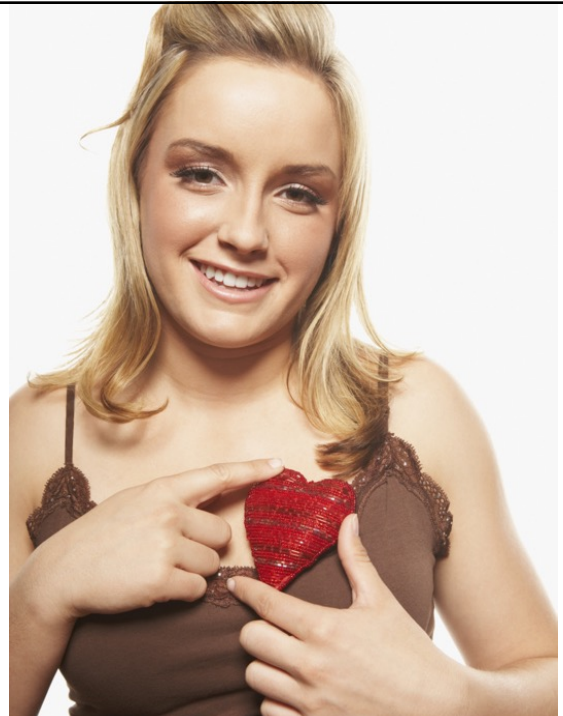
## Heart Center

- Physically is the area where life-giving blood is distributed to all tissues of the body, emotional “brain”
- Energetically represents ability to connect with others, to form social relationships and to care for other people or things
- Emotional seat of love, mercy, kindness, compassion, empathy



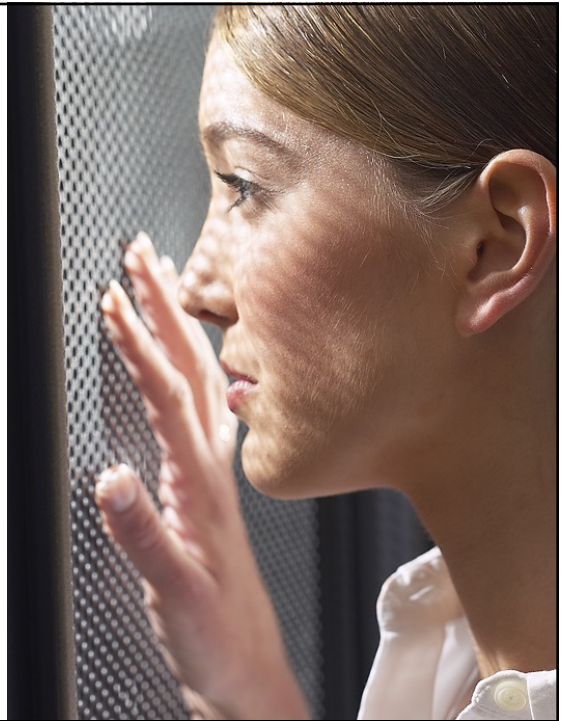
## The Core of Our Being

- The heart, not the head, is the core of our being
- The heart develops before the brain
- The heart triggers the brain to develop
- The heart signals the brain and influences thoughts, attitudes and decisions
- The heart is the driving force in our behavior



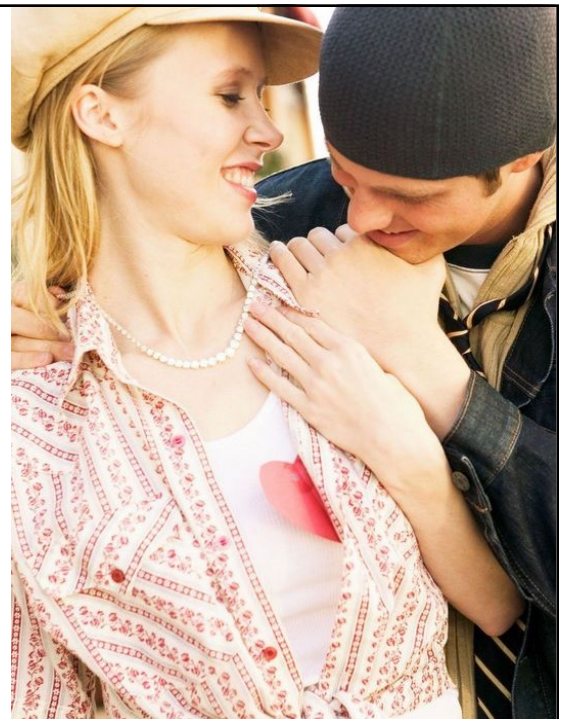
## Forgiveness and Grieving

- Forgiveness and grieving are the two processes that allow the heart to disconnect from something that no longer serves us
- When we fail to grieve or fail to forgive, we can remain dysfunctionally attached to people, places, things and situations that no longer serve us



## Positive Heart Energy

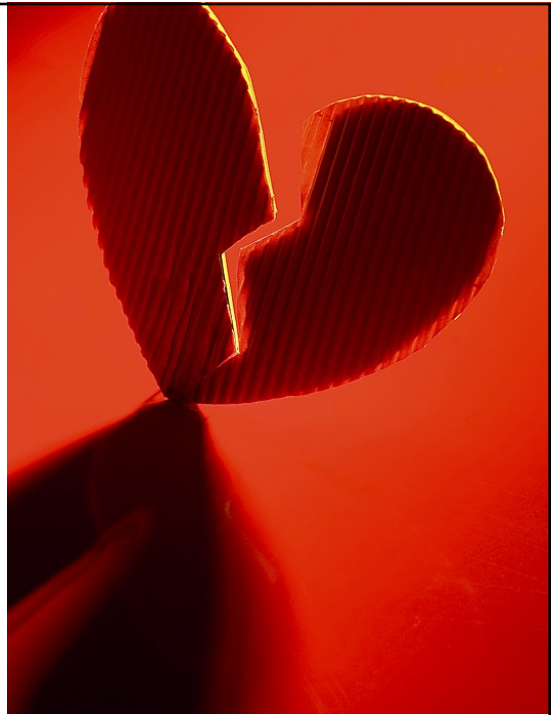
- Warm, loving and caring feelings for others
- Compassion and empathy
- Joy and happiness
- Able to connect with others, to be close to others and form emotional bonds in relationships
- Ability to forgive
- Ability to care for others and render loving service





## Sources of Heart Energy Wounds

- Losing relationships and things that are important to us
- Unresolved grief, sadness or hurt
- Feeling betrayed in relationships (“wounds of the heart”)
- Lack of love and caring from others in one’s life



## Physical Heart Energy Issues

- Chronic respiratory congestion, and respiratory weakness
- Feeling of heaviness and pressure in the chest area, especially on the left side
- Poor circulation, cold, pale skin, lack of warmth and blood flow
- Angina, chest pains
- Hardening of the arteries, heart disease, heart attacks



## Emotional Heart Energy Issues

- Hardened heart, the inability to trust and connect with others emotionally
- Being overly judgmental, harsh, lacking empathy, sympathy or compassion
- Inability to forgive and let go of the past
- Inability to cry when touched with deep joy or sadness
- Feeling no motivation to serve or love others
- Afraid of relationships, afraid to open one's heart to love others



## Flower Essences for Heart Energy

- Beech (Bach): Critical, judgmental, intolerant.
- Bleeding Heart (FES): Possessiveness, need to let go.
- California Wild Rose (FES): Apathy, unable to catalyze forces of heart.
- Chicory (FES): Possessive, needy, demanding, self-centered.
- Heather (Bach): Deep loneliness and pain, constantly talks about past or present problems, craves sympathy
- Hawthorn (FES): Aggressive energy closing down heart
- Holly (Bach): Feeling cut off from love, jealousy.
- Love-Lies-Bleeding (FES): Intense personal suffering, loneliness
- Mallow (FES): Socially insecure, afraid to reach out.
- Poison Oak (FES): Fear of intimate contact, overprotective.
- Wild Rose (Bach): Resignation, apathy, giving up on life
- Sweet Chestnut (FES): Profound despair and anguish.
- Yerba Santa (FES): Constriction in chest, internalized grief.

- Bergamot
- Black Pepper
- Chamomile
- Clary Sage
- Eucalyptus
- Gardinia
- Geranium
- Frankincense
- Jasmine
- Lavender
- Lily of the Valley
- Mandarin
- Neroli
- Orange (Sweet)
- Peppermint
- Rose
- Sandalwood
- Vetiver
- Wintergreen

