



PSYCH-K® with Rosi Pletzer

I love exploring why we
may not be living our
lives to our full potential.

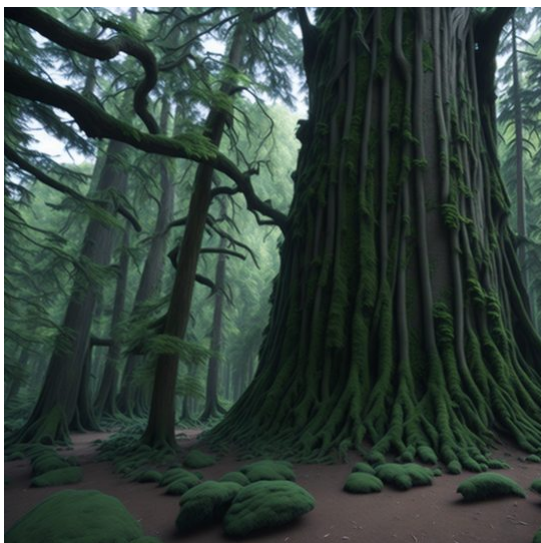
March 2023 Newsletter

THEME # 2:
RELATIONSHIPS: FAMILY, COUPLES, FRIENDS, WORK



You are invited to a trip to “Relationships Island” -- this Island has fascinating territories within it and we are going to go on an inspirational adventure in each of them.

Let’s explore with curiosity, compassion, gentleness, kindness and deep respect for everything and everyone that you may encounter in this Island - shall we?



THE TERRITORY OF THE ANCIENT FOREST OF FAMILY HISTORY

Note: this is a very LARGE forest, so this activity might be covered at your own pace during this month as you walk through it with curiosity and the intention to go as deep as you can.

As you start to walk through this forest you will see that each tree represents someone in your family - Mom, Dad, Grandpa on your father’s side, Grandpa on your mom’s side, Grandma on your father’s side, Grandpa on your mom’s side, uncles, aunts, siblings, cousins, son(s), daughter(s)

Sit next to each “tree” that you feel represents an important part of your history and visit the events you have experienced with this person in your family.

When you remember something in the history with this person, stop there and allow yourself to feel how that made you feel and see if you can give a name to the emotions associated to that

particular situation: stress, anger, deception, confusion, frustration, betrayal, abandonment, rage, shame, sadness, guilt, etc. Write it down so you can Balance as you see fit.

Also consider how the event affected your life and what physical, emotional or mental transformations happened, the consequences of the event - Remain curious - particularly with the events you think you already “solved” in the past with methodologies, therapies or processes different to PSYCH-K®

The very contagious and subtle field of expectations where our roots originate - Perhaps, growing up you learned (verbally and non-verbally) that family members “should” behave in certain ways and that you “should” also behave as expected to be accepted and be part of your clan or tribe. Consider the limiting programs -- which culture considers as acceptable - and that create conflict within you. These may be the reasons why you have distanced yourself from your family or why you maintain certain patterns of behavior to promote the harmony with your family? Here are some examples:

Children should grow up to take care of the financial needs of their parents

The eldest child should take care of the younger ones or assume the role of the father or mother who left / abandoned / died

If you have more money and opportunities than other people in your family, so you have to be generous and “save” others who do not have as much as you do.

You should have followed in your father’s / mother’s steps

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Other people’s needs come before your own -to be a good son / daughter / father /mother... you must take care of others first and leave yourself for last
Your kids should have a better life than you did, so you sacrifice everything for them

As you reflect on these ideas, remember that they might be double sided knives - The situation weighs heavy for you and/or you have made it as evident as you can with words, behaviors, and nonverbal communication to your kids/parents/relatives and create deep guilt and resentment around these issues.

The subtle and very powerful **secondary gains** that limit the growth of healthy trees - There might be patterns in your life, that your subconscious mind learned in order to keep you connected - For example:

Do you need to keep creating drama, difficulties or complications in your life in order to stay connected to a family that is addicted to drama, difficulties and complications?

Are there other “loyalties” like being sick, or overweight or constantly angry about something? Or about staying single, or poor, or not successful?

Did you learn that money separates families, so it is better not to have it?

Every time you have money someone in your family will come and ask for a loan, so it becomes the source of a conflict hence it is better not to have money? Or, every time you have some extra money, some unexpected needs come up and you have to give it away to cover those needs?

As you explore these possibilities Balance using what you have learned in your workshops

Transformation of Stress regarding the perception, emotions and feelings involved

Create Goal Statements related to forgiveness with yourself and/or others in your family, or about acceptance of how things happened, compassion with yourself and others.

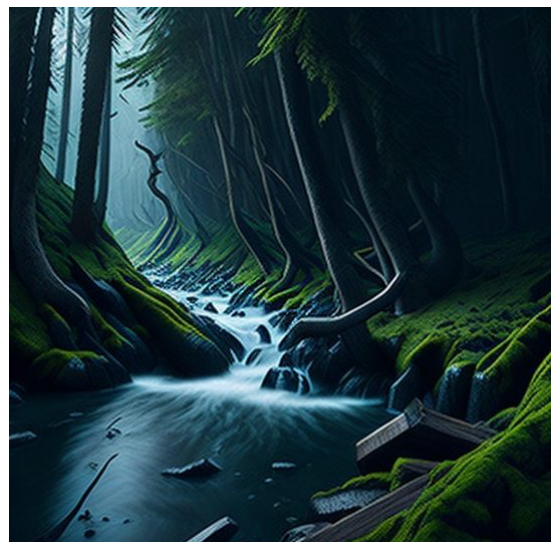
You may also look at the 7 categories of change in your Basic or Online Level 2 Material and visit the sheets about Grief or Relationships - you may find some interesting food for thought there as well

Or ... any of the other tools you have, depending on the workshops you have attended

Consider also the light in the forest - How about expressing gratitude to each person involved in your family forest as well as to yourself, for the beautiful moments, for the lessons learned and for the experiences that have made you who you are today. Remember, you are the director of your “movie”, the co-creator of this wondrous forest and you have invited - perhaps unconsciously -- each of these trees into your life for the purpose of your self-realisation.

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NAVIGATING THE ROMANTIC RELATIONSHIPS RIVER



You will begin this journey navigating down a river that represents your story with romantic relationships.

The first stop will be with the most recent romantic relationship you have had. Explore the areas in which this relationship triggers you - what does the person do or does not do, that makes you feel uneasy, that makes you angry, that you find disappointing, that is frustrating, that drives you mad, that feels overwhelming and impossible to solve.

What about the differences you have? How do these make you feel? Do you judge this person based on their food preferences, daily habits, social outlook, family values, relationship with money / finances management, political, religious or spiritual beliefs, child education, cultural knowledge, etc.

Be honest, gentle and kind with yourself. Allow whatever needs to come up and then Balance as necessary - Consider the suggestions from the Family Forest, as these apply beautifully here as well.

When you feel ready to continue navigating the river, your next stop will be the relationship before this one. Continue as you like and set the intention to go as far down the river as you feel you are ready to go.

Other aspects of the romantic relationships

What are the characteristics of the “ideal” partner? Make a list and then create Goal Statements in first person - the idea here is to Muscle Test to see if you are all that which you expect from that ideal partner (Example - Caring - I am caring with my partner) - Once you have Balanced for these, then you can create Goal Statements to believe these aspects about that other person (I have a caring partner)

Words associated to romantic relationships: In the same way as we explored in the first theme, there are words to which we have associated different levels of meaning. How about testing to see if some of these (and any others that make sense to you) create subconscious stress and the use Transformation of the Perception of Stress

Relationship

Commitment

Sex

Love

Romance / Romantic

Caring

Dedication

Loyalty

Loneliness / Being alone

Abandonment

Betrayal



THE FRIENDS BEACH

Sit on the warm and welcoming Friends Beach and start by making a list of those friends that have been significant in your life - perhaps there are some you have not been in touch with for a long time, some may be your long life friends and some may be friends with whom the relationship ended badly.

On this beach, you can invite your friends to have a conversation with them. It might be individually or perhaps you have a special group of friends you would like to have a conversation with.

Here are some ideas of the questions you can ask them about the relationship with you:

Have I been present when you needed me?

Did I not care for your needs / did I act selfishly?

How have I failed to understand you?

Were there / Are there moments when I am too self-centered?

What are my greatest gifts for you in our relationship - how have I made your life better?

What are my greatest weaknesses - what could I do different to make our relationship better?

And any other questions that you may discover

With the answers, reflect if there are areas where you can Balance to be a more supportive friend, to forgive yourself or others for past behaviors, to change the perception of a situation from the past, to re-signify how you relate to someone.. etc

In a similar manner, consider inviting co-workers, boss (current or previous), employees (work related relationships) and reflect on your patterns of behavior in front of figures of authority or in front of people you have authority over - Consider also uncomfortable moments when someone you were close with at work ended up becoming an adversary, or difficult conversations associated to work issues that interfere with work friendships, etc

REMEMBER!

Commit to take action steps to activate the potential of your Balances.

Share your results in the groups... we want to know about your small and big victories!

Many people have similar difficulties and challenges, so your transformation journey with PSYCH-K® can be wonderfully INSPIRING to others! Sharing your experience on your social media can create a MOVEMENT in which more people discover that it is possible to FREE THEIR MINDS, LIVE better and BE THE PEACE they seek!
