

How To Cultivate Higher-Quality Relationships . . .

with a Loving Relationships Energy Egg or Angel

Ki, the energy of life, flows through the land, the sky, and every plant and body, enlivening all that hold it. Human beings contain several different forms of ki that, together, form the nature of their lives. For example, someone without much creativity ki will have more difficulty problem-solving than someone who has plenty. But if that creative person lacks security ki, they will find themselves suffering occasional 'bad luck' as life reflects their energy deficit.

These kinds of ki – creativity and security – are two of eight forms of ki called the 'life ki.' A life ki is so-called because it directly controls an area of your life. For example, your health ki controls your health, your learning ki controls your ability to process new information, and so on. Another life ki – partnership ki – determines the quality of your close relationships.

Since ki can only be recognized by developing one's energy awareness, it isn't well-regarded by instrument-dependent Western science. (In the East, it's a different matter of course.) Consequently, in the absence of awareness, life as it happens often appears to be a mystery – e.g. 'Why is this happening to me? 'I had good/bad luck.' 'It was a coincidence' . . . The human mind likes to tell itself stories to explain circumstances or events that it can't really understand without the necessary kinds of awareness.

Considering the success of the popular book, 'Men Are From Mars, Women Are From Venus,' human relationships are, perhaps, one of the greatest mysteries of all. People perceive one another whilst, at the same time, experiencing confusion, disturbance or even alienation with respect to others. We see each other but we don't understand what we are seeing. Or we explain our perceptions to ourselves in an attempt to avoid the pain of not really understanding.

We are social animals but we don't necessarily easily socialize. Our psychological health depends on human contact but, for many of us, human contact can be fraught with difficulties that leave us perplexed, dismayed, ashamed. People let us down, act aggressively towards us or don't understand us. We want meaningful connection. But what we want and what we settle for can often be very far apart.

Since we can't see how our energy – or lack of a certain energy – is affecting us and, therefore, our relationships, life can easily become disappointing. We start to live more strategically, gravitating towards easier solutions and avoiding those that

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seem too demanding. Or simply impossible. In the case of relationships, we may start telling ourselves stories about others in general – e.g. about how ‘men’ or ‘women’ are – or in particular – e.g. ‘she said x which made me feel this way . . .’

Ironically, the more we interpret our experience, the weaker our awareness becomes. The stories we tell ourselves block our ability to see ourselves as we really are. And the more they reinforce our urge to avoid or react against the areas of our life where we experience any form of confusion, exhaustion, failure or hurt.

These four feelings are called the ‘four misfortunes.’ And they result from a lack of another kind of ki – the four ‘fortune ki,’ which give us our wisdom, inner strength, happiness and success. This means there are literally sinusoidal (like an ‘S’) waves of energy moving through channels within your body – like the meridians addressed in Chinese acupuncture – that determine how happy or, instead, how hurt, sad, injured or depressed you feel.

It can be hard for the human mind to grasp the idea that how we feel is the product of an energy within us. In the absence of awareness, it’s easier to think, ‘I feel bad because he did x.’ After all, that’s how it really seems to be – he did do x! But the problem with this explanation is that it’s really just a way of avoiding dealing with the fact that we lack the awareness to see why we feel the way we do.

Each one of us can react differently to the same event. Or we, ourselves, can react differently to the same event on different days. So ‘x’ happens and one person feels hurt, another is amused, and a third doesn’t care either way. It’s what’s going inside us that counts. Not what’s going on ‘out there.’

This means, it’s our energy – which can also fluctuate from day to day – that determines how we are affected by what happens in our lives. And the good thing about this is that we can change or cultivate our energy. It isn’t doomed to stay the same way. Or, for most forms of ki, to slowly run down. We can choose to change our energy. And so change ourselves and our lives in the process.

“[your methods] have already helped my relationships quite markedly, just in being able to feel the truth and the right response in the moment . . . My quality of life and awareness is immeasurably better . . . I just wish I’d found you sooner and hadn’t had to suffer for so many years without proper help.” Erica L., NZ

You can choose to cultivate your happiness ki or your partnership ki. Or both. It’s a choice anyone is free to make. But most people don’t make it – because they can’t sense their happiness or partnership ki the way they can sense, say, their muscles

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when they go to the health club – and so suffer a lack of happiness, (or wisdom, success or inner strength), in their close relationships.

And even though we tell ourselves stories or explain to ourselves why our relationships are stressful at times, our explanations don't lead to more happiness or better relationships. The mind is better at commenting on life and explaining life than it is at making life better.

Strengthen Your Relationships by Changing Your Energy

Human life energies can be cultivated by many different means. Cultures all over the world have developed their own methods, from qi-gong in China through meditation in India to chants of all sorts in countless places. Any personal development method necessarily cultivates a form of ki. After all, if it doesn't strengthen some form of energy within you, it won't bring about any real change.

On the other hand, like medical drugs, many energy cultivation methods also have unfortunate side-effects. They may be very popular, and they make you feel better in some ways but if they are also costing you some of your energy, they will generate new problems in the future. Just because it feels good doesn't mean it is [completely] good. How can you tell? By developing your energy awareness.

A Common Environmental Stress

In our work, we often see homes with a large number of crystals scattered around. They are there because the occupant (i) has read or been told they are good for them, (ii) likes them or (iii) feels their energy is good for them.

However, more often than not, a 'high-crystal' environment is a significant contributor to the symptoms, illness or unfortunate events the occupant is experiencing. This isn't because crystals are 'bad,' (anymore than they are 'good'), but because their energy has *multiple* effects on individuals' energies . . .

And when the crystals are in a home, those effects occur 24/7. And they gradually build up over time. Some say, 'a little of what you fancy does you good.' But a lot can damage you or your life . . .

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One of the many ki-cultivation methods we use is that of increasing available ki in our environment, then increasing our receptivity to that ki. Increasing ki in the environment is equivalent to having, say, a vegetable patch – it increases the food in your environment. However, unless you have a food intolerance, you don't usually need to increase your receptivity to the vegetables. You just eat them.

So the idea of becoming more receptive to ki may seem a bit novel. But, in fact, the analogy of a food intolerance is apt. Let's say, for example, you experience some challenges in your closest relationships – maybe a bit of a 'person intolerance,' or someone who 'gets on your nerves.' Or an entire group of people. From Mars. Or Venus. At the energy level, it's not a lot different from a food intolerance – it's just someone instead of something.

If you routinely experience discomfort or disturbance with respect to one or more close relationships, you are experiencing reactions resulting from a lack of partnership ki. The other person is an irritant because you lack the energy you need to manage their energy.

Just so, if you lack the necessary form of health ki in your digestive system, you might find the consequences of eating a certain food to be a bit of a pain in the ass. Obviously, it can be the same with some people.

Changing yourself or your life in positive ways – the ways you would like you or your life to change – depends on your energy changing. If it doesn't, it will just keep re-creating the same kind of life you already have – except, of course, when some life energy within you gets weaker . . .

“Changing my energy [with your methods] . . . has changed the energy of my relationship with my father. Changing my energy really has changed my life! I have never in my 33 years of being alive felt so free, energized and calm as I do today. This is liberation.” Dr. I. W. UK

In the case of your close relationships – or hoped-for close relationships – your partnership ki determines the quality of that area of your life. Since your ability to embrace or welcome more energy of the kinds you need determines what happens 'to' you next, your receptivity to partnership ki is the bottom line.

Just as you can overcome many food intolerances by cultivating your health ki, there are also ways to develop your capacity for partnership ki. Some of them require commitment and self-discipline, but others are relatively undemanding. For example, if you regularly practise the following three simple yet powerful exercises for

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recovering from a felt deficiency of partnership ki, you will soon start to notice some of your relationships becoming easier and more rewarding.

The 'secret' is persistence. A sustained effort to practice these exercises for at least 6 minutes each day, will have a significant effect on your available partnership ki over time. And that's what makes all the difference.

Three Simple Exercises for Higher Energy Relationships

[Loving Relationships Energy Eggs](#) and [Loving Relationships Angels](#) emanate partnership ki. Their name is very specific . . . their ki focuses on the 4th chakra – the chakra of nurture, family and friendship – and then the 2nd and/or 6th chakras – the chakras of sex and/or relationships. So **Loving Relationships Energy Eggs and Angels** are for attracting and cultivating high quality, intimate relationships, family relationships and/or friendships.

With your **Loving Relationships Angel** - or your **Loving Relationship Energy Egg** on a Deep Transmitter, standing on a round olive wood base – you can cultivate your reception of partnership ki by gazing at your Energy Egg or Angel while performing three simple manayoga postures or asanas:

- **Angel Wings**
- **Clouds Opening**
- **Winged Heart**

Performed one after another, these three asanas increasingly open your 2nd, 4th and 6th chakras to partnership ki received from your **Loving Relationship Energy Egg or Angel**. The more partnership ki you conduct, the more you will discover the energy within you to attract or cultivate higher quality relationships.

The **Energy Egg or Angel** needs to be directly in front of you. It can be at eye-level or below, but no lower than the angle of looking 'through' the tip of your nose.

Each asana is performed for anywhere from 1 minute to as long as you can manage without strain. A total of six minutes daily is sufficient – e.g. two three-minute sessions.

All three asanas are performed with . . .

- Feet apart the width of your hips, and outer edges parallel
- Up on your toes as high as is possible without strain or feeling unstable
- Relaxed shoulders – not pulling upwards
- Hands with fingers splayed but relaxed
- Complete breathing – fully into your abdomen then chest, then out of your chest then abdomen
- Tongue centred (not touching any part of your mouth)
- Pelvis forwards
- As empty a mind as possible – mental activity reduces your capacity for more ki
- Eyes focused on your **Loving Relationship Energy Egg** or **Angel**

Angel Wings

- Arms up sideways approximately half way between horizontal and vertical, fingers splayed
- Legs straight

Clouds Opening

- Arms swing forwards and down until they are extended straight forwards, horizontal, from your shoulders
- Palms down
- Knees bent (quite deep if this doesn't cause any strain)

Winged Heart

- Wrists crossing with palms against your upper chest
- Knees a little bent

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If you are fairly athletic, perform this asana sequence with your heels off the floor all the time.

Otherwise, lower your heels and relax between each asana.

At the end of the Winged Heart, lower your heels and uncross then lower your hands down to your sides, together.

Each time you perform this manayoga sequence, you open your 4th then 2nd and/or 6th chakras to more partnership ki, thus increasing your capacity for this kind of life energy in your body and, consequently, your life.

Bear in mind that, like any other energy cultivation practice, manayoga isn't separate from the rest of your life – so if you often choose to act in ways that damage your relationships, you will nullify any benefits you, otherwise, would have gained.

Life follows energy – but energy also follows life. So try to remain mindful of the consequences of your actions in your relationships. This dual process of life energy practice and conscious attention to life is called 'sealing your energy.' This is because it gradually repairs leaks in your energy field through which your ki has been lost.

The more your energy field is sealed the more life energy you will hold. To the degree you make this choice – to practice and to be mindful of your actions (rather than automatically reacting to experiences) - each and every day, the more energy you will hold in the areas of your life you wish to change.

“I recently bought a Loving Relationship Angel, and have been meditating on it using the instructions in the leaflet included. I just wanted to share that I have really noticed a difference - new people coming into my life, more ease in communications, being invited to things, meeting more people, enjoying the people in my life. Also just feeling a bit more settled and like I am in a place that is really 'working', and has potential for my life to grow. Just a thanks . . . and a recognition of the effects of my effort, and that a little of the right thing can go a long way.” Hannah J., USA