

Loving Couple's Path to Lasting Happiness

Guidebook

Partner A: _____

Partner B*: _____

Date: _____

*Note: Partner A can complete this Semi-Guided relationship workshop on their own if Partner B is not participating.

A Semi-Guided Relationship Workshop
From Advanced Awareness

Author's Message to Participants

Advanced Awareness programs do not deal with psychological or medical influences on lasting happiness. Nor do they include psychotherapy. All of this is better left to the physicians, psychiatrists and psychologists.

Advanced Awareness programs do teach a simple but highly effective method of harnessing positive energy that can help anyone, from adolescents to seniors, learn how to improve lasting happiness in their life. It incorporates three well-accepted scientific theories: 1) Personality Temperaments; 2) the Science of Happiness; and 3) the Physics of Energy. Participants learn how to utilize the power of positive energy in creating a happier life within themselves and in their important relationships.

*May your Path of Advanced Awareness be filled with the positive energy of love.
Veeder South III, PhD
Laguna Beach, California*



Loving Couple's Path to Lasting Happiness Guidebook

Price: \$35

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Loving Couple's Path to Lasting Happiness - Relationship Workshop

I would like to introduce you to this semi-guided loving couple's relationship workshop from Advanced Awareness. It is designed to help any loving couple, from adolescents to seniors, discover a new way to increase happiness in their life - within themselves and in their loving relationship. This workshop can be completed by one or both partners in a few hours with or without a workshop guide. It consists of two sessions: in Session 1, partners work through the "Individual's Guide to Lasting Happiness" separately as they focus on improving lasting happiness within themselves; in Session 2, if both partners are participating, they work through the "Loving Couple's Guide to a Happy and Lasting Relationship" together while sharing and comparing results with their loving partner. If only one partner is participating, that partner works through Session 1 and Session 2 on their own. Either way, they will learn how the mental energy of their personalities fits together and what they can realistically do (if they choose to do so) to keep their loving relationship interesting, exciting, happy and together – perhaps even over a lifetime.

*This "**Loving Couple's Path to Lasting Happiness**" relationship workshop is intended for:*

- 1) a loving couple in a new marriage relationship or about to enter one;*
- 2) any loving couple interested in improving their relationship;*
- 3) one partner in a loving relationship (or thinking about beginning one) seeking to understand how well they fit together with their loving partner (or future loving partner).*

Loving partners learn how to harness the positive energy of unconditional love within themselves and in their loving relationship as they follow the path of Advanced Awareness to lasting happiness in their life.

This Guidebook allows partners to work through the relationship workshop with or without a guide. For those who prefer to work with a knowledgeable guide, Dr. South and other qualified professionals are available to lead private workshops or simply be available to answer questions. Here is a summary of Dr. South's background: Dr. South earned his PhD at UCLA in Energy and Kinetics. He has worked with clients of Advanced Awareness for the past 15 years. He was an associate professor at California State University, Northridge School of Engineering for 6 years where he was twice named outstanding professor of the year by the students. Dr. South has written two books on happiness in relationships in addition to this and several other Guidebooks. Dr. South resides in Laguna Beach, California with his wife Susan.

For more information, or to discover how to become a qualified professional guide for this loving couple's workshop, please visit our web site or contact Dr. South directly by text or e-mail.

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Author: "The Path of Advanced Awareness to Conscious Relationships"

Author's Recommendations on How to Work Through This Guidebook

There are no time limits on completing this relationship workshop. However, my recommendation is to try to complete both Sessions of the Guidebook within two weeks or less. If you work through the relationship workshop too fast, it is likely that you will miss some of the important concepts included in the Guidebook. If you take too long, you are likely to have forgotten what you learned in previous sections before you put the Guidebook down. Here are my recommendations on how to get the most out of this "Loving Couple's Path to Lasting Happiness" relationship workshop as you work your way through the Guidebook:

If both partners are participating:

Session 1

Day 1. Partner A works through Sections 1.1, 1.2, and 1.3A - 1.6A on their own and at their own pace.

Day 2. Partner B works through Sections 1.1, 1.2, skipping Sections 1.3A – 1.6A and then works through Sections 1.3B – 1.6B on their own and at their own pace.

Day 3. Before starting to work through Session 2 together, partners should take some time to review Session 1 together, discussing what they may have learned about themselves and what each of them is going to do to improve individual happiness.

Session 2

Day 4. Partners A and B work through Sections 2.1 – 2.4 together.

Day 5. Partners A and B work through the last two Sections 2.5 – 2.6 together.

Day 6. Partners A and B should take some time to review Session 2 together, discussing what they may have learned about their relationship and what each of them is going to do to improve lasting happiness in their loving relationship.

If only one partner is participating:

Session 1

Day 1. Partner A works through the entire Session 1 on their own and at their own pace, completing their own Sections 1.3A – 1.6A as well as completing their (absent) partner's Sections 1.3B – 1.6B for them.

Session 2.

Day 2. Partner A works through the entire Session 2 on their own and at their own pace, completing all Sections (except Section 2.2) using their own assessment results as well as the assessment results they have completed for their (absent) partner.

Loving Couple's Path to Lasting Happiness Guidebook

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SESSION 1

INDIVIDUAL'S GUIDE TO LASTING HAPPINESS

(Before working through Session 2 of this Guidebook, each partner should separately work through and complete Session 1. In Session 1, Partner A works through Sections 1.1, 1.2 and 1.3A – 1.6A alone. If Partner B is participating, Partner B works through Sections 1.1, 1.2 and 1.3B – 1.6B alone. After partners have completed Session 1, they work through Session 2 together unless Partner B is not participating. In this case, Partner A works through Session 2 on their own.)



INDIVIDUAL'S GUIDE TO LASTING HAPPINESS

Section 1.1 Introduction

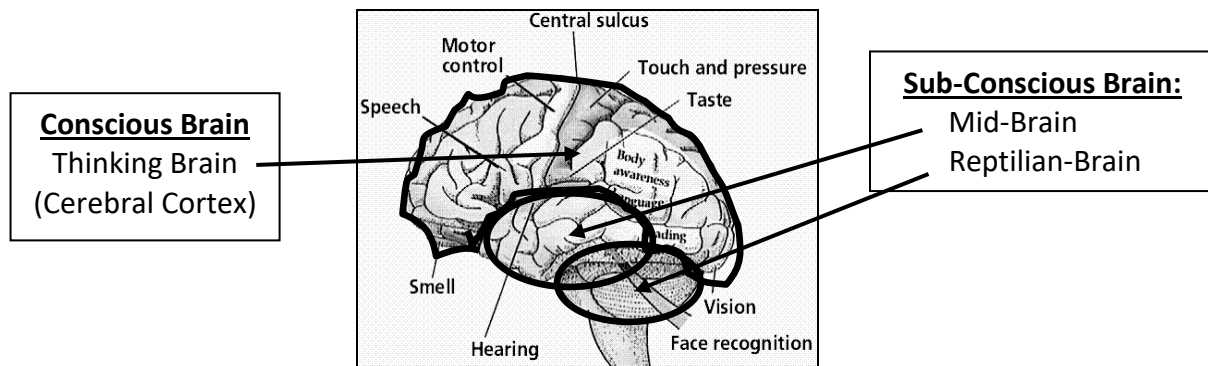
"Most folks are about as happy as they make up their minds to be." - Abraham Lincoln

What is Happiness? - How about contentment, excitement, satisfaction, bliss, love, joy, etc. Notice that these words don't really define happiness, they simply try to convey what happiness feels like. The truth is, happiness cannot be defined in words, it can only be sensed. We naturally sense when we are feeling happy because happiness makes us "feel good". If our senses are the only means of determining whether we are happy or not, maybe we have the option of interpreting our senses as we choose to.

The Scientific View of Happiness – The "Science of Happiness" has determined through research that lasting happiness evolves from balancing and satisfying three general areas in life:

1. Pleasure – this is the "smiley face" part that triggers dopamine and other "feel good" chemicals in the brain. It is short-term but keeps life interesting.
2. Healthy Relationships – this relates to the depth of involvement with family, friends, partners, work groups and other personally interactive activities. Healthy personal relationships have been found to highly correlate with lasting happiness.
3. Meaning – this has to do with using personal strengths to selflessly serve some larger purpose in life.

Energy and the Human Brain - There are approximately 100 billion brain cells (called neurons) that make up your brain. These neurons have intertwined since birth into billions of strands called neural networks. Throughout life, neural networks organize, reorganize and reinforce themselves again and again in response to new stimuli and new learning experiences. This body/mind interaction is what stimulates brain cells to interconnect in complex ways to control physical energy in the body as well as mental energy in the brain.



The Negative (Mental) Energy of Fear and Unhappiness - Unhealthy psychological fears that remain alive in our conscious or sub-conscious mind can keep us trapped in unhappiness. Feelings of anxiety, unease, tension, stress and worry are all sources of negative energy associated with fears about the future. Feelings of guilt, regret, resentment, grievance, sadness and bitterness are all sources of negative energy associated with fears about the past. Unhealthy fears in our mind are potential sources of negative energy that cause unhappiness in our life.



The Positive (Mental) Energy of Love and Lasting Happiness - We all have the ability to access a state of Higher Consciousness within us that provides an unlimited source of positive energy, the true essence of love. The positive energy of love has the power to dilute and eventually eliminate the negative energy of fear that may be causing unhappiness in our life. Studies have found that consistently implementing the positive energy of love in whatever life situation we find ourselves in is a major factor in creating lasting happiness in our life.



Positive Thinking - If we choose to view our so-called “negative life experiences” as “positive opportunities for growth”, we are practicing “positive thinking”. Positive thinking uses the positive energy of love to dilute (and eventually eliminate) the negative energy of fear whenever it appears. Eliminating the negative energy of fear more and more from your life is the key to lasting happiness. This is your Path of Advanced Awareness to Lasting Happiness. This is your path of love.

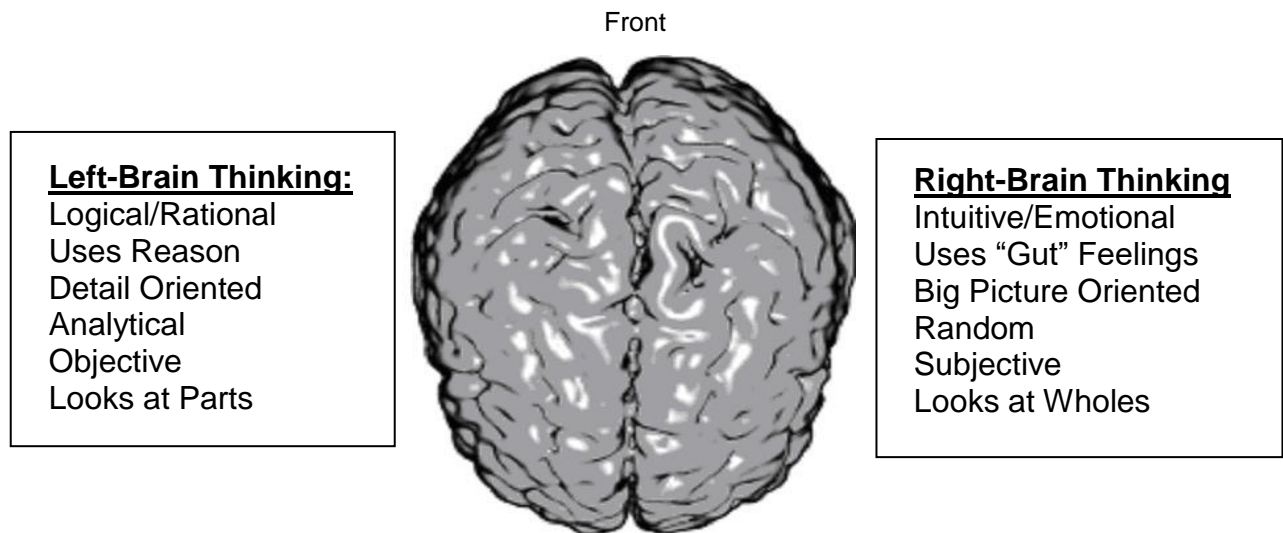
Happiness Prescription

“You are responsible for your own happiness.”

Section 1.2 Personality

Your personality is defined as how you prefer to use mental energy in your conscious brain to think with. It is a combination of genetics (the way your brain cells were “wired” at birth) and your experiences so far in life. All your experiences, all your decisions, all your actions and all your interactions have influenced and helped to mold your personality right up to this very moment.

Left-Brain/Right-Brain Thinking - It is well known that humans have two different hemispheres that make up our conscious brain. Experimentation has shown that the left and right sides of the brain are responsible for different manners of thinking. The left-brain prefers more rational and logical thinking while the right-brain prefers more intuitive and emotional thinking.



Our conscious mind can only focus on thinking from one side of our brain at a time. We can switch our thinking process from one side to the other very quickly, but that is not always the most efficient way to operate. Eventually, most people develop a personality preference for thinking more in one side of their brain than the other. Which side of your brain do you prefer to think in?

Left Brain? ____ Right Brain? ____ No Preference? ____

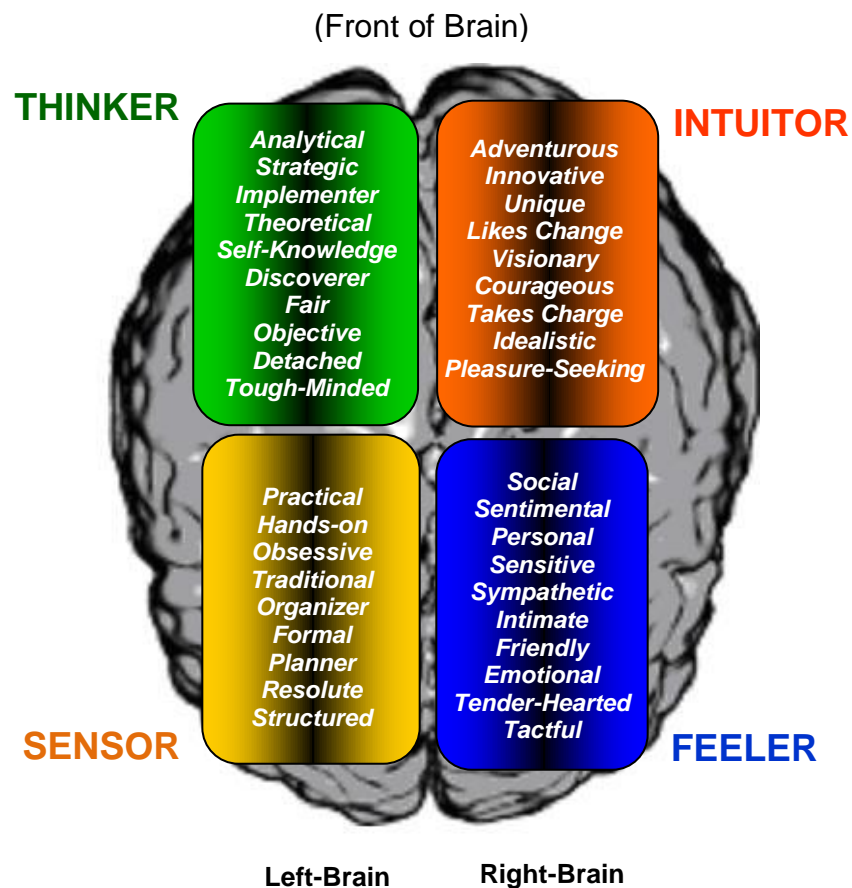
Personality Temperaments - Carl Jung, the famous Swiss psychiatrist, published his book “Psychological Types” in 1921 in which he suggested that the personality characteristics of just about every person on the planet, regardless of religion, sex, ethnic background, age, or any other difference, fits into a combination of four distinct personality types he labeled: **Thinker**, **Sensor**, **Intuitor** and **Feeler**. Jung’s characterization of the four personality types (he called them personality temperaments) is depicted in the table on the following page. Each personality temperament can briefly be described by a set of words on four Personality Awareness Cards as shown beneath the table on the next page drawn over an image of the human brain.

Thinker (Left-Brain) – evaluates and uses information logically

Sensor (Left-Brain) – evaluates and uses information practically

Intuitior (Right-Brain) – evaluates and uses information intuitively

Feeler (Right-Brain) – evaluates and uses information emotionally



Happiness and Balance - Everyone exhibits these four personality temperaments. We just have them in different proportions. We typically have a dominant temperament that is the most developed in us; a 2nd temperament that is less developed; a 3rd temperament that is even less developed; and a 4th temperament that is our least developed. Carl Jung believed that increasing personality temperament balance in all four temperaments leads to a happier life.

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SESSION 2
**LOVING COUPLE'S GUIDE TO A HAPPY
AND LASTING RELATIONSHIP**

(Partner A and Partner B should work through Session 2 together, perhaps by reading the text that accompanies each section to each other. However, if Partner B is not participating, Partner A should work through Session 2 on their own.)

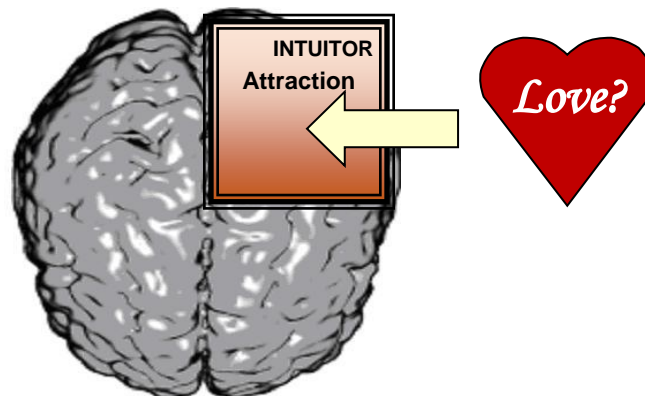


LOVING COUPLE'S GUIDE TO A HAPPY AND LASTING RELATIONSHIP

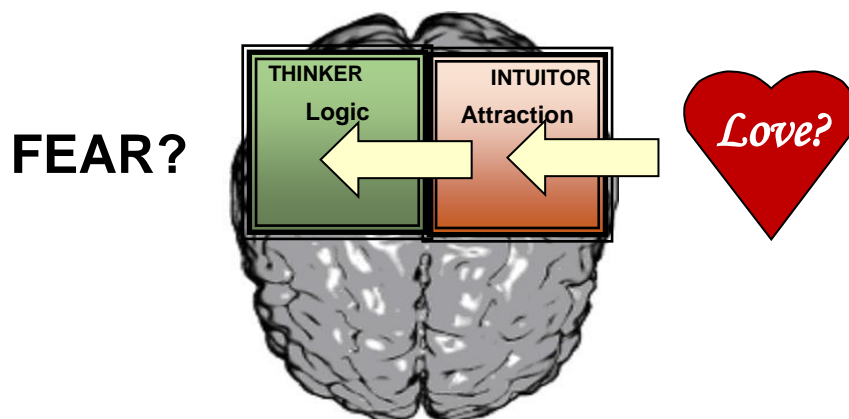
Section 2.1 Love and Fear

How Do Loving Relationships Begin? - Nature has a vested interest in promoting romantic relationships that have the potential to continue the species. The genetic need inherent in all animals, including humans, to establish intimate relationships is among the strongest urges we experience. The dance of attraction, infatuation, and the euphoria of romantic love is still a mystery. Science is just beginning to understand the workings of the neurons in the brain and the role that chemical messengers such as dopamine play in the process. Let's imagine how the mental energy of this "falling in love" process might pass through each of the four personality temperaments of both partners as it progresses (or not) toward the goal of creating a happy, loving and lasting relationship:

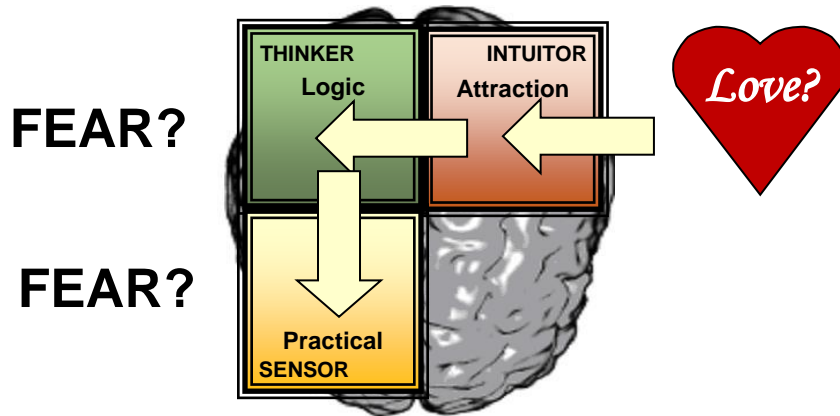
Phase 1: Attraction - Studies have shown that in the initial stages of romantic love, the brain responds much the same as if it were on drugs. In the beginning of a romantic relationship, mental energy typically enters the brain through the **Intuitior** temperament in the form of an attraction that resonates between the potential partners.



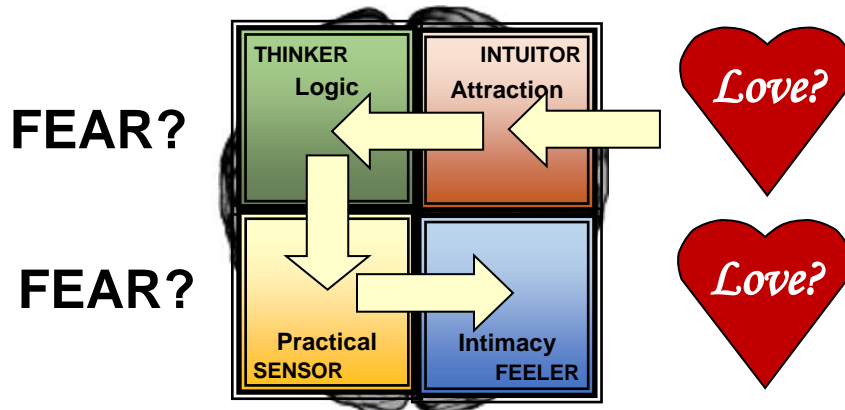
Phase 2: Logic - The initial state of this romantic resonance lasts for a relatively short time, from a few weeks to a few years. As this "natural high" begins to wear down, the more logical **Thinker** temperament of the brain begins to consider whether this relationship has a future or not. The psychological fear of being hurt is likely to arise.



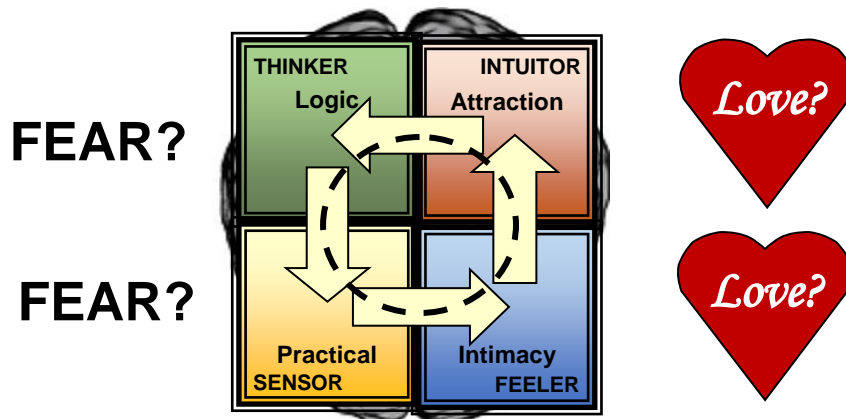
Phase 3: Practicality – As time goes on, practical fears about the potential partner may be considered by the **Sensor** temperament such as financial security, stability, shared values, commitment, character and the responsibility of raising a family together.



Phase 4: Intimacy – If both partners can overcome the psychological fears that may arise from the logical and practical side of the brain (left-brain), the mental energy of the relationship is likely to enter the **Feeler** temperament as it moves toward intimacy.



As the relationship progresses, its mental energy will pass through the four personality temperaments of each partner again and again until the relationship either takes root and grows - or withers and dies. If it takes root, this process will continue throughout the lifetime of the relationship as partners seek to dilute the negative energy of fear with the positive energy of love.



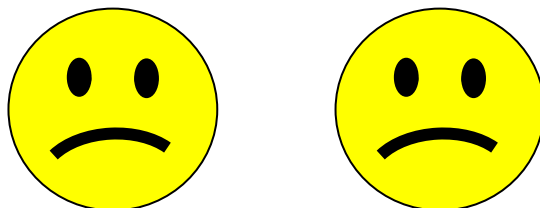
Some loving relationships do not begin via the Intuitor temperament. Common interests in any temperament can spark a relationship between potential partners with the possibility of growing into a loving and lasting relationship. No matter how a loving relationship begins, its mental energy still needs to pass through all four temperaments several times before a healthy and happy relationship evolves. If any of the four personality temperaments “shirk their duty” (underdeveloped?) during this process, there is a good chance that difficulties may arise later in the relationship.

Why Do Loving Relationships End? – The simple answer is that the growth and maintenance phases of the relationship fails to keep the satisfaction level high enough for at least one of the partners and the relationship comes to an end, often with a crash.

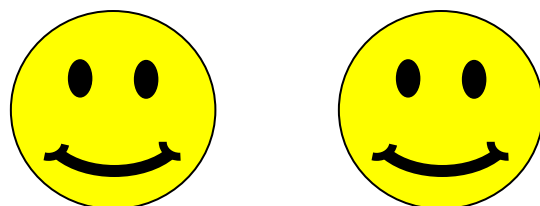
The two most common reasons for a loving relationship to end are:

- 1) a lack of open and honest communication
- 2) a lack of consciousness between partners.

Each of these is based in fear. A lack of open and honest communication feeds on insecurity, guilt, resentment, regret and other ego-based fears that only serve to keep partners separate. A lack of consciousness means that one or both partners are holding on to their ego-based fears that diminish the positive energy of love in the relationship. They allow their consciousness to become trapped in the past or constantly worried about the future, and seldom present in the “here and now” - the only place that happiness can truly be experienced.



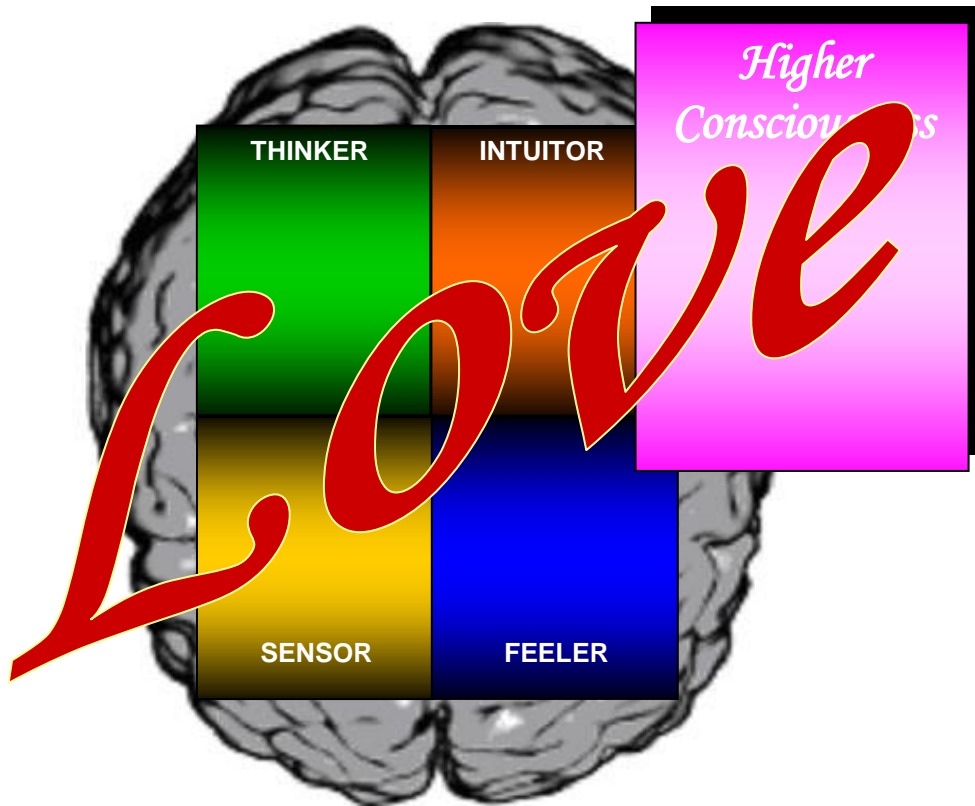
What Makes a Loving Relationship Last? – The simple answer is compatibility and consciousness. A compatible relationship is one in which loving partners think similarly much of the time. A conscious relationship is one in which partners have learned to accept natural differences (incompatibilities) between them by rising above their individual egos into Higher Consciousness to bring the positive energy of unconditional love into their relationship, especially whenever they encounter the negative energy of fear and unhappiness. Continuously improving compatibility and consciousness between loving partners is the key to maintaining a happy and loving relationship with a great chance of lasting a lifetime.



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The Path of Advanced Awareness

The Path of Advanced Awareness is a lifelong spiritual journey from fear to love. Feelings of lasting happiness come from continuous progress along your path, not on reaching some unrealistic goal. Don't always expect to feel happy as you travel your path. Don't be surprised if you sometimes fall out of spiritual integrity. That is human. We all make mistakes. The idea is that whenever you have temporarily lost your way, you simply pick yourself up, get back on your path, and do better the next time. This is how you grow. This is your path to lasting happiness. This is your path of love.



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