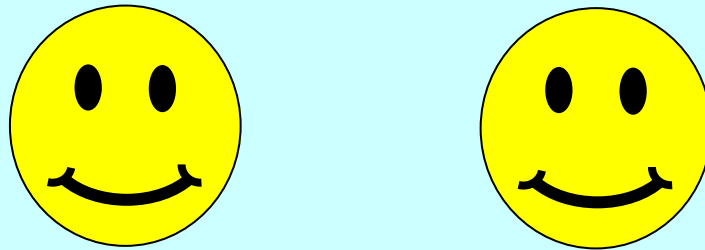
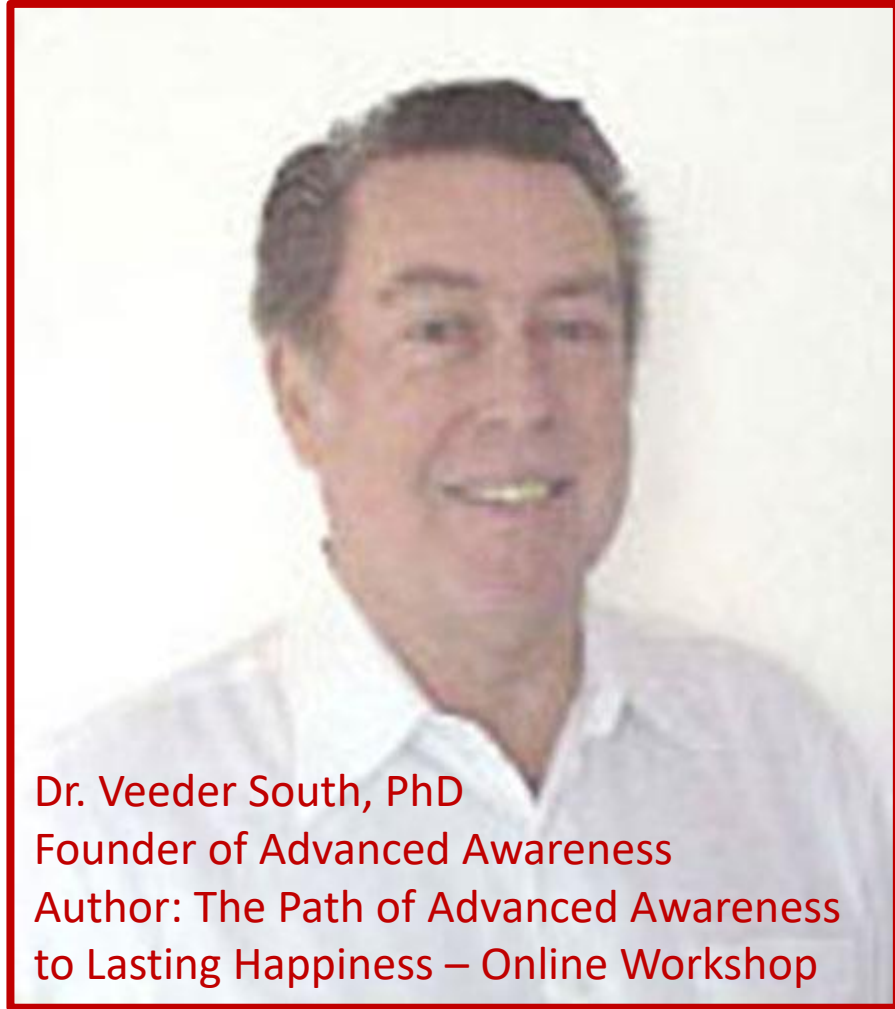


Loving Couple's Path to Lasting Happiness



Preview

Welcome to Advanced Awareness



Dr. Veeder South, PhD
Founder of Advanced Awareness
Author: The Path of Advanced Awareness
to Lasting Happiness – Online Workshop

This online loving couple's workshop consists of eight sessions. The goal of each session is to help you learn more about what you can realistically do together to increase lasting happiness in your loving relationship. The workshop is fun, easy to follow, and highly effective. I recommend that you browse through this Pre-Workshop Slideshow (it takes about 10 minutes) before you begin to work through the Guidebook.



**The Path of Advanced
Awareness to Lasting Happiness**

Guidebook

**An Online Happiness Workshop
From Advanced Awareness**

Creating Individual Happiness

Before you begin your “Loving Couple’s Path to Lasting Happiness” online workshop together, you are asked to work through “The Path of Advanced Awareness to Lasting Happiness” online workshop on your own. In the four sessions of this Guidebook (included) you will learn the path of Advanced Awareness and how you can bring the positive energy of love more and more into your everyday life.

Loving Couple's Path to Lasting Happiness

Guidebook

Partner A: _____

Partner B*: _____

Date: _____

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

An Online Relationship Workshop
From Advanced Awareness

Creating Happiness Together

After completing “The Path of Advanced Awareness to Lasting Happiness” online Guidebook individually, you will be ready to work through the “Loving Couple’s Path to Lasting Happiness” online Guidebook together. The eight sessions of this workshop have been designed to encourage loving partners to keep their relationship interesting, exciting, compatible, resonating, and happily together – perhaps even for a lifetime.

Loving Couple's Path to Lasting Happiness Guidebook

Table of Contents

Session 1. Introduction

Session 2. How Did Your Loving Relationship Begin?

Session 3. How Well Do You Know Each Other?

Session 4. Your Combined Personality Temperament Assessment

Session 5. Personality Compatibility in Your Loving Relationship

Session 6. Spiritual Compatibility in Your Loving Relationship

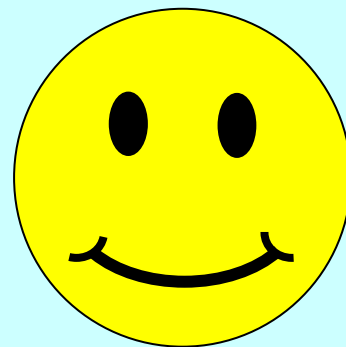
Session 7. Intimacy in Your Loving Relationship

Session 8. Resonance – The Glue of Attraction in Your Loving Relationship

Appendix. Loving Couple's Happiness Prescriptions

Session 1

INTRODUCTION



What Are the Chances That Your Loving Relationship Will Last a Lifetime?

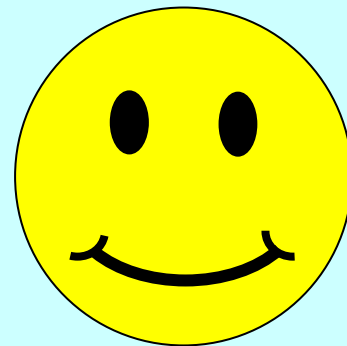
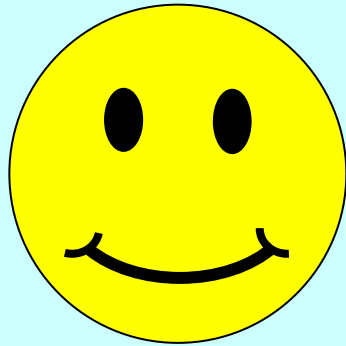
Marriage statistics reveal that the odds for a typical marriage to last a lifetime is about the same as a coin toss. Heads you win, tails you lose. In other words, there is a 50% chance that a typical marriage will (or will not) last a lifetime.

Improving Your Odds

The fact that you are interested in this loving couple's workshop suggests that your relationship is not typical! The goal here is to help you and your loving partner get to know each other better as you work through several ideas that you can realistically apply to greatly improve the odds that your loving relationship will happily last a lifetime.

Session 2

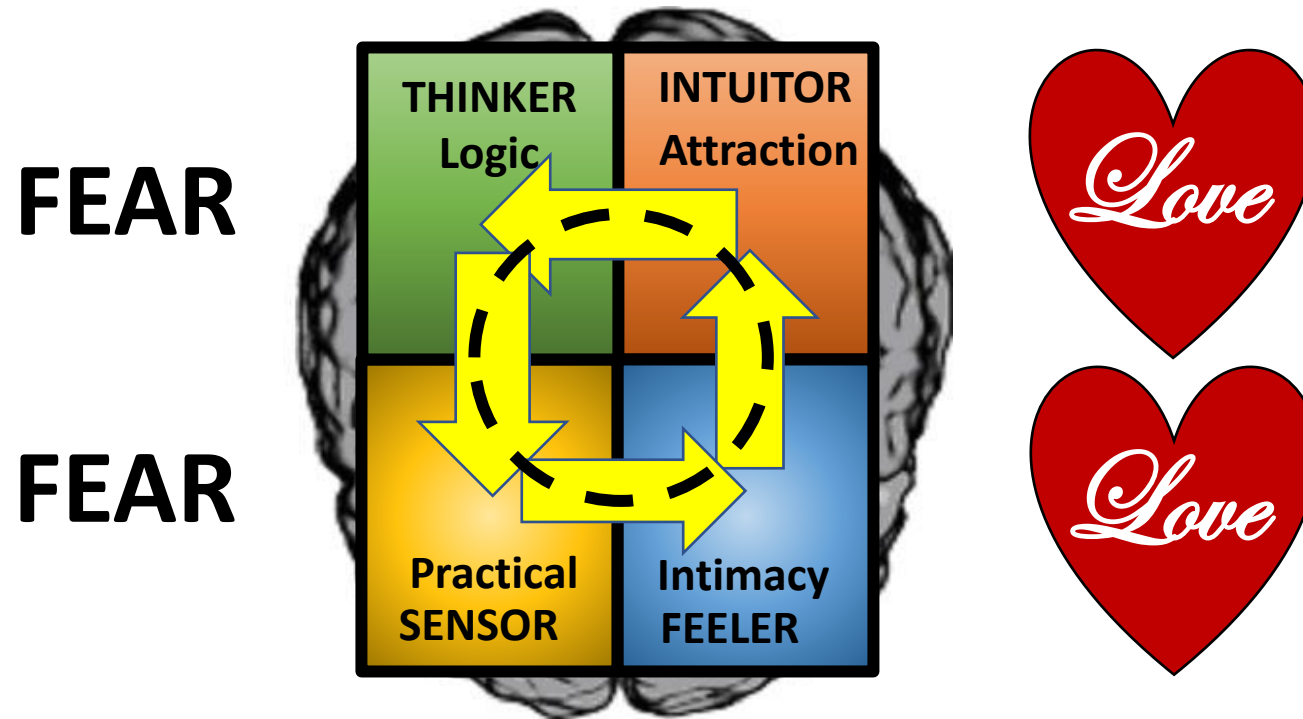
**HOW DID YOUR LOVING
RELATIONSHIP BEGIN?**



The Mental Energy of “Falling in Love”

First attractions occur when two people experience positive (mental energy) resonances between them. If these positive resonances continue, and they survive the fears of their left-brain personality temperaments, there is a chance they could “fall in love.”

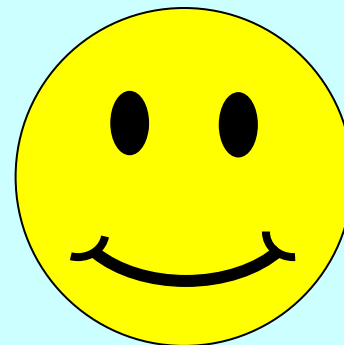
Falling in Love



After the initial attractions, mental energy will pass through each of the four personality temperaments of each person again and again until the relationship either takes root and grows – or withers and dies.

Session 3

**HOW WELL DO YOU
KNOW EACH OTHER?**

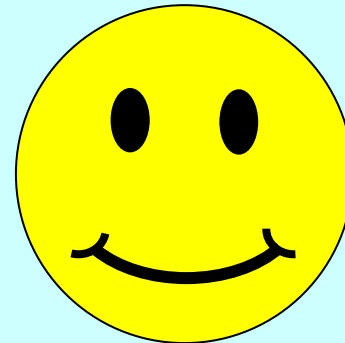
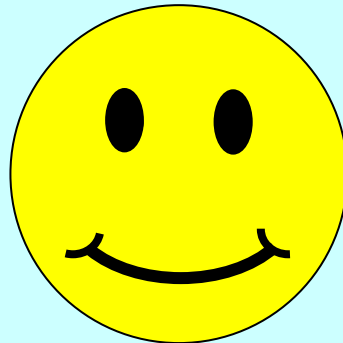


180-Degree Personality Temperament Assessment

In this session, each loving partner will complete a 180-Degree Personality Temperament Assessment for the other partner. This assessment will help loving partners get to know each other better.

Session 4

YOUR COMBINED PERSONALITY TEMPERAMENT ASSESSMENT

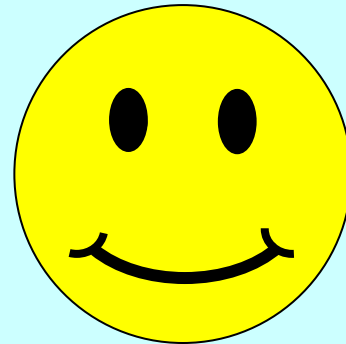


Combined Personality Temperaments

Your combined personality temperaments are computed by averaging your individual scores in each of your four personality temperaments. The results indicate how well you are prepared to deal with issues together as a team.

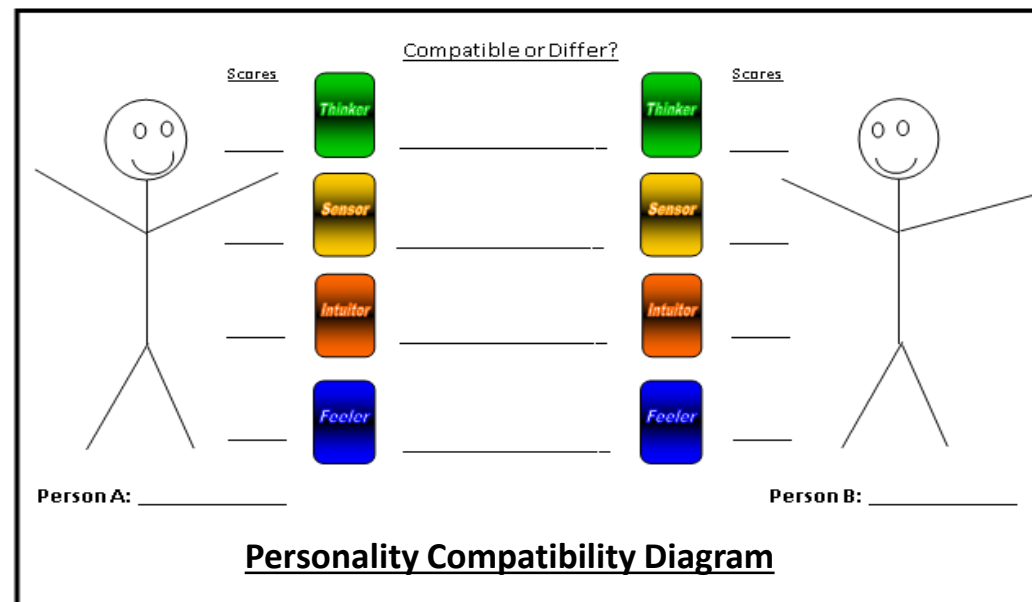
Session 5

PERSONALITY COMPATIBILITY IN YOUR LOVING RELATIONSHIP



Personality Compatibility Diagram

A blank Personality Compatibility Diagram is shown below. It compares corresponding Personality Temperament Self-Assessment scores between two people to discover how compatible they are.

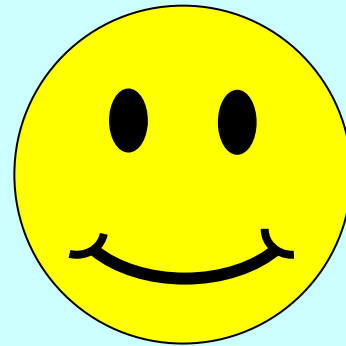


Personality Compatibility in Your Loving Relationship

Personality temperament compatibility in at least two of your personality temperaments is a sign that your loving relationship has a good chance of lasting (the more the better). You can improve your chances by working on improving personality temperament compatibility in all four of your personality temperaments.

Session 6

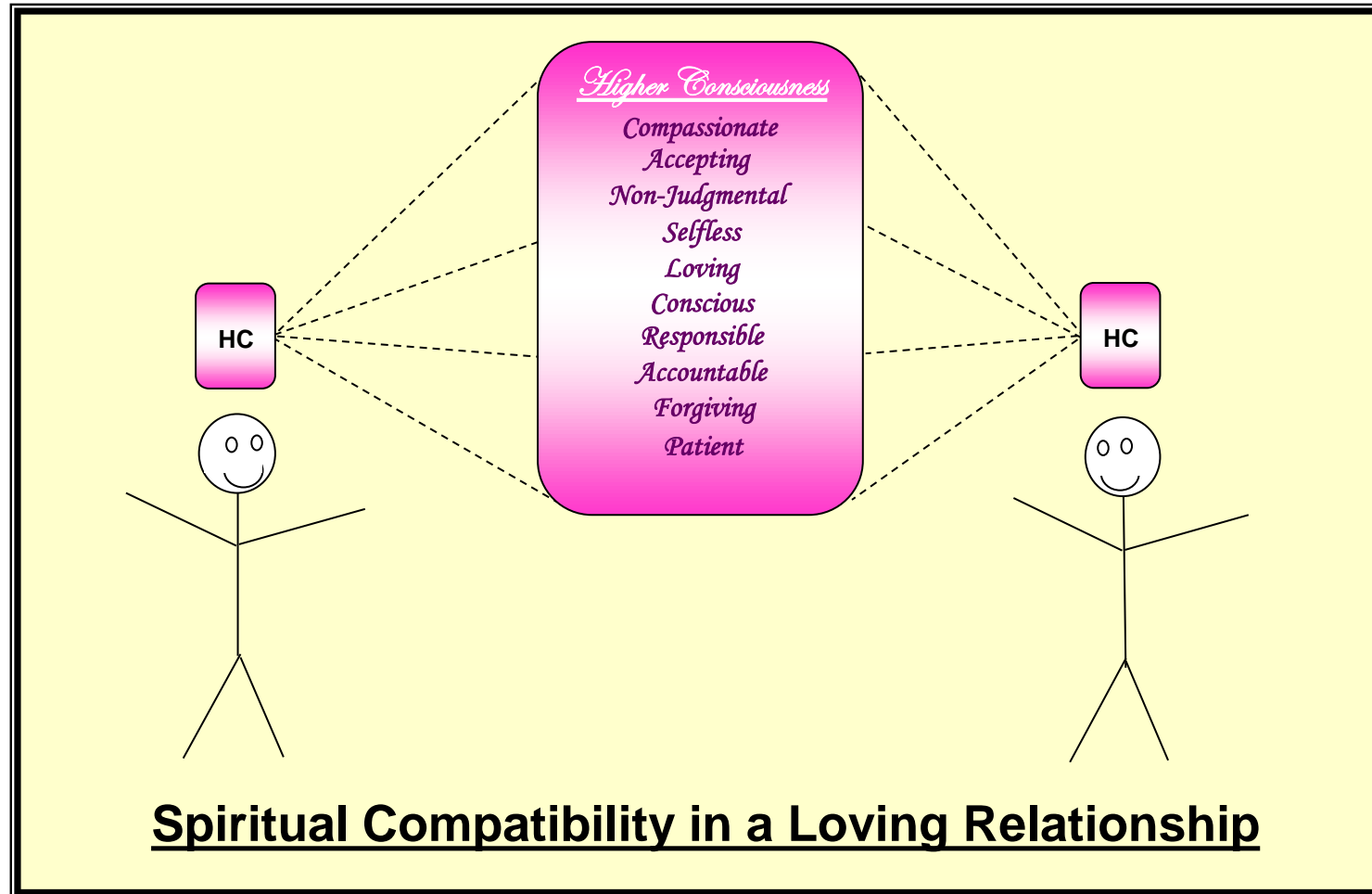
**SPIRITUAL COMPATIBILITY IN
YOUR LOVING RELATIONSHIP**



Spiritual Compatibility

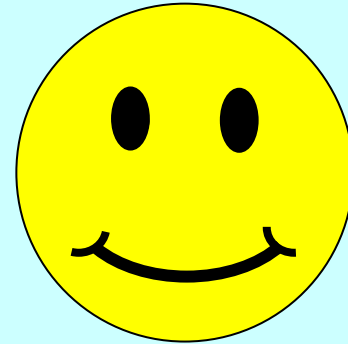
Spiritual compatibility in a loving relationship exists when both partners agree on a set of spiritual values of Higher Consciousness (positive energy) that they will consistently implement whenever the negative energy of ego-based fear arises to cause unhappiness in their loving relationship.

Spiritual Values of Higher Consciousness



Session 7

INTIMACY IN YOUR LOVING RELATIONSHIP



Healthy Emotional Intimacy

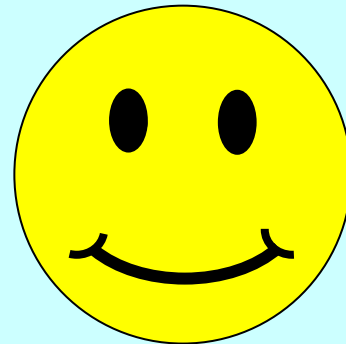
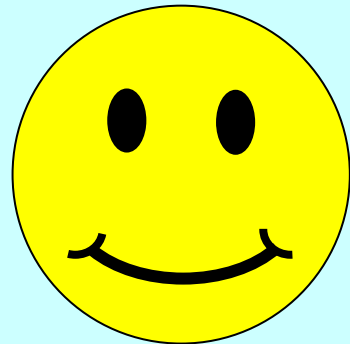
Creating and maintaining healthy emotional intimacy is the single most important pathway to lasting happiness in your loving relationship. It requires open, honest, and heartfelt verbal communication between partners. It requires the ability to rise above your ego-based fears to discuss any issue between you, no matter how difficult or how easy it may be.

Healthy Physical Intimacy

Creating and maintaining healthy physical intimacy in a loving relationship is what makes a loving relationship different from all other relationships. Anyone in a loving relationship knows the pleasure, excitement, and importance of physical intimacy. However, physical intimacy without emotional intimacy is not on the path to lasting happiness.

Session 8

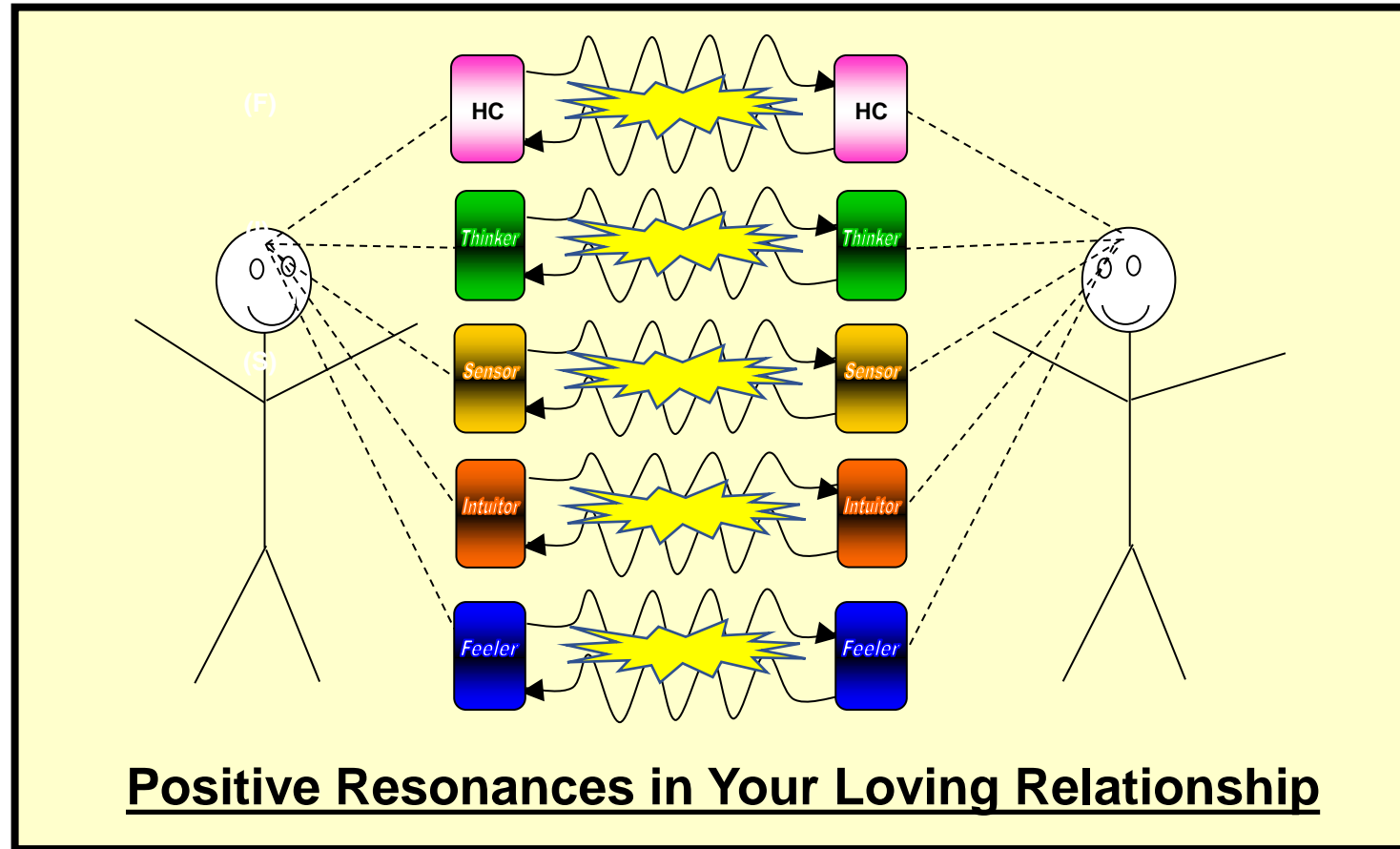
RESONANCE – THE GLUE OF ATTRACTION IN YOUR LOVING RELATIONSHIP



Positive Resonances

Positive resonances are the “glue of attraction” that holds your loving relationship together. They are the result of positive energy resonating in harmony in your conscious brains that releases “feel good” chemicals such as dopamine. Positive resonances keep partners attracted to each other.

Positive Resonances Between Loving Partners



Loving Couple's Path to Lasting Happiness Workshop – Participant Feedback

“This workshop would be very useful to dating people. I can see this concept being very useful in high school and college curriculums.”

Marriage Counselor: “My husband and I think it is a useful tool for both increasing one’s ability to relate to others and to one another.”

“What I liked about the Relationship Workshop was the personality temperament self-assessments. The Guidebook was very easy to understand and follow. I rate the workshop and the Guidebook a 10 out of 10.”

“This workshop gives you a visual map of your tendencies, strengths and areas of growth. This may sound superficial, but it’s FUN! The step-by-step approach makes it easy to complete. I rate the Guidebook as a 10 out of 10.”

“I liked the concept of energy compatibility and its effect on our relationship.”

“The workshop was excellent! I liked tying in both spirituality and science. I loved how the workshop was organized. I rate it a “22” out of 10.”

“It made me aware of my own personality traits in relation to my husband. It gave me an incentive to change things I don’t like (in myself). I rate it as 9 out of 10.”

“I was new to this concept so it was very interesting to see what a healthy relationship looks like. I rate it as 10 out of 10.”

The Path of Advanced Awareness



Dr. Veeder South, PhD
Founder of Advanced Awareness
Author: The Path of Advanced Awareness
to Lasting Happiness – Online Workshop

The more you apply the ideas and concepts presented in this loving couple's workshop the greater the odds that your loving relationship will happily last a lifetime. Consistently rising above your ego to selflessly bring the positive energy of love into your relationship is the single most effective way of keeping it together. May your "Loving Couple's Path to Lasting Happiness" be filled with the positive energy of love.

[Learn More...](#)