
A Course in Mastering Your Relationships

Mission Statement: In the course of one's life one would want to have achieved true happiness, true peace and true love. We are dedicated to bringing all three to you by truth, hope and joy.

Pathway One: On Talking to and Listening to Lovers

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Truth: Do you want to know how to get along peacefully with your lover?

Hope: Do you dream of having the perfect relationship—lovers living happily ever after?

Joy: Do you want to have someone to love who loves your soul?

Let us explore truth

- If your answer is yes then this course is for you.
- If your answer is no then go no further.
- If you answered yes to all three, and you have such a relationship, then give this course to someone else who may still be learning about true happiness, true peace and true love.

In this course we will help you to achieve your goal by helping you to change your behavior and in so doing you will reap the benefits of seeing your lover change his or her behavior. “Not an easy feat!” you say. I will show you it is easy.

- Do you like the relationship you presently have with your lover today?
- Are you having some rocky times together?
- Would you like to change the relationship and make it better?

Do you know that the desire of all lovers is the same as a puppy dog? The lover only wants to please you, make you happy, love you and be loved by you—be at peace with you.

And your desire, what is your desire in the relationship between you and your lover?

- Do you want to receive love, happiness and peace?

- Do you give love, happiness and peace?
- What emotions do you give to your lover?

There are the push away emotions and the come to me emotions.

1. The push away emotions
 - speaking in an angry tone of voice
 - speaking in a tone that puts your lover down or ridicules him or her
 - criticizing words with a mean tone of voice
2. The come to me emotions
 - encouraging tone of voice, teaching with helpful instructions
 - praising tone of voice, complimentary and encouraging
 - loving and appreciative words and tone of voice

Are you pushing away or are you asking your lover to come to you?

The child you once were is the child you are today. To have happiness, peace and love as a lover, you must explore the habits you had as a child. How were you spoken to as a child: were you pushed away by an angry, ridiculing or criticizing tone of voice or were you given come to me signals by a praising, loving and encouraging tone of voice?

- What did you learn in childhood that adds to your playful lover self? Did you learn to have come to me habits?
 - What did you learn in childhood that prevents you from being your playful child self? Did you learn to have push away habits?
1. Did you grow up with parents micromanaging every move you made from the cradle to the University —even into your love life? Now you cannot make a decision on your own without feeling you might make a mistake; you micromanage your lover and hold onto the leash that you have attached to him or her—granting no freedom outside of the box.
 2. Did you grow up without parental supervision—wild and unstructured—given to angry fits just to get someone—anyone to pay you some attention or to take control of your parent’s time? Now you feel that you need so much attention and affection that without enough of it you feel unloved, uncared for and abandoned. You need to know where your lover is all the time to be reassured that the connection between your hearts is not broken.
 3. Did you grow up with guidelines of right and wrong behavior that came with enough rope with which to hang or save yourself, depending upon which decision you made? Now you respect yourself and other people’s decisions and ideas, time and

space; you are confident in who you are with a strong sense of giving your lover the freedom to do whatever he or she wants to do. You feel loved—even in times away from your lover.

Given the child you were/are what habits do you have today that stop you from having true happiness, true peace and true love? And your lover—what childhood experiences add or stop his or her loving your soul: giving truth, hope and joy to your heart? Perhaps you can gain a better understanding of the lover you are and the lover you love if you understand your/his or her childhood first.

The three types of childhoods we will cover are:

- A lover who was micromanaged and is micromanaging his or her lover or allowing the lover to micromanage his or her life.
- A lover who needs more than the usual attention or he or she becomes angry, depressed or feels abandoned.
- A lover who is self-disciplined, self-entertained, and self-assured—confident with the knowledge of knowing who he or she is.

Do you want to free your child self to play? For that is what lovers are—play partners. Are you afraid? Are you confident?

1. Do you believe that if you let go of the controls, parental controls, that you will be bad—do something bad?
 - Are you an evil person? I do not think you are. What could you do that would be bad? List the bad things you are afraid that you might do and decide: shall I do this or shall I not. The child who is raised with a clear sense of right and wrong learns to decide at a very young age which one he or she will choose. Now is your time to choose; which will it be, will you choose what is right or what is wrong? And what is wrong: something that hurts an animal or a person's body or feelings, something that imposes on the rights of men, women, and children's space, time and peace: noise and litter; something that takes the free will, the free choice, the self-determined decision from a child, a man or a woman.
 - Begin to make choices based upon what you think is right and what are wrong words or actions. Decide by evaluating: will this hurt anyone's body or feelings; will it interfere with the time, space or peace and quiet of anyone; will it force anyone against his or her free will to do something he or she does not want to do?
2. Do you believe that if you give your lover the freedom to spend time with friends that he or she will not pay enough attention to you—that you will be abandoned?
 - Make a soul to soul connection with your lover. Look into his or her eyes when

you talk, when you make love. Make it a habit, look into his or her eyes everyday. Speak to his or her soul and let your eyes touch, let your heart be filled with love, joy and hope; this is the way to banishing the feeling of abandonment. Keep this connection of hearts that love each other, for it is your sole/soul connection and the only connection that is real.

3. Do you lavish affection on your lover and allow him or her the space and time he or she needs?
 - Take care of the heart of your lover and fulfill the special needs that his or her soul has: a phone call often to reassure love or time alone and time to be together with just enough space to make the relationship comfortable.
 - Understand your lover and speak to the child inside gently helping him or her to a place where you are: independent yet interdependent and free to be who you really are, allowing your lover to be who she or he is, making his or her own decisions.

The negative emotion—the push away emotion of anger is used when you are afraid. Let us deal with anger. Why do you feel the negative emotion, anger? Are you:

- Afraid that no one is listening to you? Can you speak in a soft voice that asks questions rather than dictating your demands; listen to the answers and find out the truth about your suppositions?
- Afraid that you have been misunderstood, maligned, ridiculed or unjustly criticized. Can you calm down first by writing your feelings on paper to get rid of the emotion of being unjustly accused of a wrong? After you writing it down, can you then speak about it calmly—later is better?
- Afraid that you are losing control? Should you be in control of anyone but yourself? Should you be asking for your lover's opinion and what she or he wants?
- Afraid from the sadness that you are abandoned—again? Anger cannot enter in when you look into the eyes—of your lover's soul. Make the connection and keep it.

Anger is a habit. Do you want to push away your lover?

Do you push away in any other way?

1. Do you criticize—pick apart your lover until there are only bones left?
 - If you do this you are an abuser. Do you want your lover to leave you? The soul will leave you—for it is free to go anytime, it is not held here by your earthly bounds. You may have the body but the soul will never stay near you or give you the love that you may desire.
2. Do you ridicule your lover?
 - Once again, like criticism, you will be the loser. The body may be held against its

will, but the soul—the soul is free to leave you. You might as well go out and buy yourself a blow-up doll for a lover; without the soul you have an empty shell with no one home in it.

Sudden death to love and the feeling of love is:

- Being angry yourself or having someone direct their anger towards you.
- Being ridiculed.
- Being criticized.

It is your choice. “To be loved or not to be loved?” that is the question. Truth—be truth.

Now, let us explore Hope.

Do you hope for love? Do you wish for love? Do you believe love exists?

- Do you feel that you can love?
- Do you feel that you are lovable?
- Do you feel that someone on earth does love you?

Who taught you to love? Do you know how to love and be loved? Love is everywhere and yet it is no where to be found. Why? We are afraid of love. We want to be loved but we have been trained by our caretakers how to respond to love. Again we are back in childhood, confined by the training that was given us as babies and children.

1. Were you loved by anyone special when you were a child?
 - A friend?
 - A relative?
 - A teacher?

2. Were you given hugs, kisses, sweet looks and/or smiles when you were growing up. Think back to the time when you felt loved. Was it a look, a kind word, a smile? Yes, love is passed from heart to heart by the voice, the eyes, the facial expression.

Some of us grow up without knowing how to touch or be touched. Touching is another form of showing love: affection. We will explore three ways that one can exhibit affection: easy ways to learn how to begin doing it today.

1. Smile when you talk. Fear keeps us wary of people and the look of fear is not attractive. Smiling shows the other person that you are not a threat; you will not mistreat him or her, in fact a smile shows that you have found something that you like about him or her. Practice eating in front of a mirror: slightly smile as you chew. Take tiny bites and you will be able to talk while you eat as well—you will be an interesting dinner partner.

2. Speak in a voice that is just above a whisper. Notice how he or she listens intently to what you have to say. The voice is a weapon. A dagger sound says, “Get away from me, and stay away if you know what is good for you!” You may be driving people away from you by the sound of your voice. The voice is affectionate, kind, and loving when you speak in your just above a whisper voice. It is a smooth voice not breathy, gruff, jagged or shrill.
3. Eyes touching his or hers means you are interested in his or her soul. Eyes sparkle when love is passed between hearts who touch eyes. Looking into his or her eyes will show you who he or she is and whether he or she is interested in talking with you.

Love is everywhere. People are very childlike and loving, inside the heart, where the soul resides. Everyone is lovable—you are and so is a stranger. Look inside of him or her to the soul: look into the eyes and listen to the voice of the soul, let him or her look into your eyes and hear the voice of your soul. Your soul who is so easy to love; who only wants to be loved and to love. That is the true you—your soul.

Get to know your own soul. Practice in front of a mirror.

- Smile and speak to your soul, look into your very own eyes and see how lovable you are—love your own soul.
- Forgive yourself for your past: for following a bad example, for not making the right decision, or for having negative habits. Follow your own soul path, decide what is right and what is wrong and choose the right. Teach yourself to be a good person.
- Practice smiling when you talk to people and look into his or her eyes. There is plenty of love to go around: it is easy to love and so nice to be loved.

When the child you were/are grows up, one tends to forget that love is more than just between lovers: love is between friends, strangers, people who need your help, a child or a young person who needs to feel that he or she is liked/loved: wanted. Touch someone’s soul with your eyes and your smile. You may be the only person who has touched that soul with love. Passing love from your eyes is how we keep hope in our hearts. You know from what you feel in your own heart that love exists and that you are lovable.

Now let us explore Joy.

Is there a place in time where you would like to be: in the past or in the future? Journeys through time and space will not harm your love life if you take the time to travel when you are alone. Why? Your lover will know that you are not here by the vacant eyes you have and she or he will leave, either in spirit, like you have, or in body which is not what you would want. There is no joy between lovers when one is not there because he or she has left to be in the past or the future. You are where your mind is, stay with your body and enjoy the soul of your lover in the present for that is where joy lives—in the present. There are three types of interactions that bring joy.

1. What you are thinking. There are three different types of thoughts.
 - I like you. I want to get to know who you are. I enjoy you. You are free to be who you are. This is the fun state of mind. Here is where joy abounds. Lovers who are here are happy, playful and good to each other. The mind is in the present.
 - I want to use you. I want to get what I want from you, satisfy myself, my selfish needs and wants at your expense. I want you to be my slave and do what I want and if you do not I will be angry, pout or leave. The mind is in the future. There is only the appearance of joy until the moment she or he gets the feeling of being used: then the game stops.
 - I want to harm you; I think you are a person I detest. The mind is in the past: someone has abused this person and he or she is having a flash back. Get out. Here is where your talent of looking into his or her eyes will save your life. The eyes indicate the intent. Look for signs of danger. Get into the habit of looking into people's eyes for signs of good or bad intent: friend or foe. Run at the first sign. Do not be so needy for someone, anyone, to love you that you would take a taker or a rapist into your life.
2. What you are doing. Are you doing what you like to do and what he or she likes to do?
 - You are playing, laughing together, enjoying each other's nuances, funny little quirks and habits. Life is a sitcom—you enjoy each other doing nothing but being together. You are smiling, eyes touch and you think I am so happy, I am having fun being—just being.
 - You are not comfortable doing what you are doing, you are not having fun. Who are you with? Look into the eyes. What is his or her intent towards you? Playing is fun and if you are not having fun, you are not playing; you are being abused. Get out.
 - You are being made fun of or worse you are being injured. Get out. This is not fun and there is no joy. Find someone who loves your soul, whom you can love as well.
3. What you are saying. Are you giving come-to-me or push-away signals? Is what you are saying playful or harmful, business or pleasure, serious or light?
 - You are enjoying playing together, laughing and talking about fun subjects; enjoying each others' ideas, stories or dreams of how life could be.
 - You are constantly getting into arguments. One has to be right: there is no give and take of ideas. This is not fun. There is no joy in arguments. Keep the conversation light. Find a subject you both enjoy discussing.
 - You do not talk. Are your thoughts in the past or the future? Are you at home? Is anyone there? There is no joy in sitting or being together and not talking unless you are alone, sleeping or working.

What can you talk about? Talking is fun if it makes one laugh. Laughter brings joy into your heart and that makes one's heart fill with love. True love is the goal and with it comes true happiness and true peace.

What type of child were/are you, for it is you, the child, who plays. There are three different types of children.

1. The child whose fear is on the edge of every move he or she makes. This one does not know how to play—really play. The caretaker is ever present, ready to reprimand or correct the behavior of this child. Look around you; where is your caretaker now? Say, “I am BIG now, I can play and laugh and no one can stop me.”
2. The child who plays rough. Does not listen to the cries of, “NO!” “STOP IT!” Who is going to stop you now that you are BIG, unless you stop yourself. Yes, it is wrong to push, hit, say mean things to, make fun of, or hurt another person’s body or feelings. You are BIG now, play nice or you will find that BIG people will not play with you.
3. The child who enjoys playing and makes a game out of everything. Creativity abounds in this child’s playtime: no one is injured, criticized, or ridiculed. Everyone is welcome to play nicely.

The one who is the most fun is the one who can play nicely with you. Pick a playmate who gives you joy for joy comes from true happiness. Happiness for no other reason than from just being free to be you—the soul.

The touch of love is without desire, wanting nothing it only gives. Practice giving hugs. Do you know how? Touching your hands on his or her back is not a hug. A hug is enveloping him or her in your arms, arms hug not hands; hands may give a massage as your arms envelope him or her. Practice hugging a huge pillow with your arms. There are three types of hugs.

1. A hug that gives to you: thank you for being, I am so happy to see you, I hope to see you very soon, I really like/love you.
 2. A hug that is expected, for show only—no feeling.
 3. A hug that wants something from you: lecherous, someone’s sexual pressure, wanting to take from or use you. Feel what the hug conveys to you. Get away from this person who wants to use you: use is abuse.
- If you do not want to hug someone and you are suddenly caught giving one at a business meeting, turn to the side and give only a side hug with one arm.
 - If you are asked, “Here, give me a hug,” and you do not want to hug, say, “Actually I would like to know you better before I hug.”
 - People who come up to you and just hug you will have their reasons but are you ready for such a display? Get ready. Cross your arms and loose only one as you lean in for a moment, putting your hand on the person’s shoulder.
 - Hugs should mean love. Do you mean love when you hug? Let your soul decide who is to be hugged and who is not by how you feel toward the person.

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