

## SUCCESSFUL RELATIONSHIPS MODEL

### Using the Law of One to Create Successful Relationships

You can use the Law of One to enhance all of your relationships. Teach this process to your loved ones and co-workers. When you focus together on creating for the “highest good” of all, disagreements melt into harmony and creativity springs forth with innovative solutions and ideas.

This process uses the Law of One in creating successful relationships. Each person takes turns using this process until they have received insights for successful solutions. Your partner leads you through the process by stating the next step aloud for you, by listening and offering unconditional support. They do not offer any ideas or opinions of their own until the process is complete.

These are the steps your partner can state aloud for you. They can also take notes for you too.

1. What is the issue, problem or goal?

Example: “With so many demands on my time at work, I do not have enough time to spend with you.”

2. What is the outcome you desire?

Example: “I would like to spend more time with you and delegate some of my work to my staff.”

3. Speak the Law of One by yourself or with your partner. Give yourself enough time to feel these words penetrate your whole being. Stay in silence for at least 10 minutes. Allow new insights to come.

4. Can you share your experience? What insights, if any, did you receive?

“I don’t have to do it all myself anymore.”

5. What new actions will you take?
  - a. Set up a meeting with my boss to talk about delegating some of my work.
  - b. Spend time with myself first so I can be clear when I tell my boss which projects I’d like to keep and which ones I’d like to give away.
  - c. Make a romantic date with you at our favorite hideaway.

When you feel complete, switch positions. Your listening partner becomes the receiving partner and vice versa. In this situation, your listening partner may be your life partner. They may have a different perspective on the same issue. Give them the same loving support they gave you.

Your partner may want to use this process for the same issue. In this case, it is about having more time together, or they may choose a separate issue.

If you would like feedback from them regarding your process, it is best for you to listen to them without any comments until they are complete.

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