

# Couples Retreat

Deeper Relationship

ISSUE 1



this issue

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## Double Induction – Couples Hypnotherapy

Double Induction hypnotherapy is one of the processes we do during the couple's retreat. During this process both partners participate in a hypnotherapy session together. They both enter the trance state together and they work on their individual issues relating to what is going on in their relationship at the present time and how that source material affects them and how it contributes to reactivity and conflict .

As the source material is revealed the partner gets insight and understanding into why a particular subject in their relationship has the charge for their partner that it does. Also, some of that charge is released during the session and the early age conclusions and decisions are changed so they do not have the same power they did before the session. During the session the therapist goes back and forth between the partners.

Like all of the group processes we do during our workshops there is power and healing for both partners on both sides of the session. The partner working on their side of the issues receives healing on their source material and during that part of the session the other partner receives understanding but also there is an energetic healing for them and a bonding through the session for the couple. We have found that the more someone reveals themselves the more openness and closeness grows between them.

## Practices For a Stronger Relationship

Yes, communication is important but often the communications we have are not productive. We do not listen to each other or acknowledge each other. We are trying to get a point across and get forceful with that point if we feel it isn't received. This is where learning to do dyad practices can totally change the communication cycles in your relationship and both partners can feel they have had their say and receive their partner in a new way and on a deeper level.

This practice just once a week for 20 minutes can transform the depth of communication in your relationship. It also teaches each partner to listen on a deeper level and in a new way.

“Tell me something that makes you feel loved.”

# Relationship –As a Spiritual Practice

Brining more Love and Passion into Your Relationship

Having a couples relationship is actually practice for how we could be with everyone we have contact with. As we learn to be open more and connect deeper we are gaining practice and ability for the larger world. This has nothing to do with sex or romance – it is about true connection with others. Many of us feel isolated and feel we are on the outside; like we don't belong in some way.

We can choose to remain isolated or we can open more to those we come in contact with. Being open to others, or anything for that matter, is a practice. Open to live more authentically with each other – live more fully and more deeply. Open to have more fulfilling interactions with others. Give up the protection you have wrapped around yourself. OPEN...

Our deepest nature, our true spirit is openness, love and boundless freedom. When we lose touch with our fullness, we begin to yearn for that which seems missing. The feminine in each of us longs for deeper love and tries to find it in intimate relationship, family or friends. The deepest desire of the feminine heart is to flow open with love. No matter how successful you are in your career, if you have a more feminine essence, then your heart will not feel fulfilled unless love is flowing in your life. Deep love. Trustable love. A love that allows you to surrender and relax open as love's graceful fullness.

We have an opportunity in this life to forget our hurts and problems. And open into love; bring and receive joy with each other and experience the divine within the love of our intimate partner. Open as love, birthed full in this moment, alive as

all, who yearns to feel adored? Open as abundant love, who longs to feel cherished? What is there to do if you are so full of love that more love isn't possible?

If you truly trusted love abounding as all of life, then what would occupy your emotions? Unending and all-abundant love is the end of the feminine drama. Relax open so you can feel open as this entire moment. The love for which you long, the freedom for which you aim, is alive as you are open now.

Relationships give us the opportunity to test our skills of communication, intimacy, commitment, authenticity and integrity. The beauty of relationship is that it awakens the mystery and magic of our soul. Relationships also take us back to unity with the Divine and a memory of a state of being in bliss with God.

Every relationship is a reflection of our relationship with God from our perspective. Spiritual relationships are connection to the divine through another. They also help you be open to your own soul. To attain this kind of relationship we must trust ourselves and trust our partner. And having deep connection with others opens us to our depth



## The Four Agreements – A Philosophy For Living

### **Be Impeccable With Your Word**

Speak with Integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

### **Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

### **Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

### **Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

--Don Miguel Ruiz



## Relationship Dyads

Communication is often the most difficult problem that a couple faces in their relationship – it can cause conflict and misunderstanding and a rift can appear between the couple they do not know how to bridge. Also, in couple relating, couples often have trouble managing the communication cycles. When the communication cycles are not managed well – one partner may not feel heard or may feel they do not get to say what is true for them. When this happens communication breaks down. Either the couple argues or they stop communicating totally and a wall builds between them. On the couples retreat the couple will do relationship dyads. The dyads serve the purpose of managing the communication cycle and it teaches the partners how to use communication cycles in their relationship. In managing the communication cycles the dyad allows both partners to say their truth and to be listened to without interruption or response.

An important aspect of Dyad work and couples relating is affinity. Affinity is what is happening when two people like each other. During the retreat we will do exercises to help you learn to increase affinity with your partner and with anyone else you want to build affinity with. Just this one skill can totally

change your life. The next important aspect of couples relating is reality – meaning both individuals in the couple agree. They understand things the same way. An example is that one person in the couple says to the other I will be there at 6:00 and they arrive at 6:00. When that happens they both understand the agreement and it is in reality. If the person arrives at 7:00 then the situation is out of reality. There was an agreement for 6:00 and the person who arrived at 7:00 did not keep the agreement and reality has been disrupted.

The third aspect that is critical to relationships is communication. For good communication to take place in a relationship there needs to be good affinity and good reality. If one or both of these is not present then it is difficult to have good communication. When we do not feel we can communicate directly we try to communicate indirectly. And we usually do so with reality and so we show up a 7:00 instead of 6:00 that is an indirect communication with the other. We are trying to say something to them. During this retreat, among other processes, we will explore affinity, reality and communication. When you have these three aspects in alignment between the partners the relationship is usually on track and relating is good.

## Serve Your Partner to Your Greatest Ability

Rather than worry about what you are getting from them. So many people have a relationship in which they are waiting for their partner to get something about them or give them before they give to their partner. This sets up a kind of waiting game where both partners are waiting and waiting. I say act now, show your partner love. Don't wait, don't hold back. Be the one who invites their partner to a deeper, loving and fulfilling relationship. And do it every day.

Do not wait, do not keep score but give your fullest open heart without reservation, without doubt. You receive love only to the degree you give it and you are open to it. Be open and free.

The freedom in relationship comes from open heartedness and the more you open to your partner the more they will open to you. When you open your heart they will feel it and respond. Don't wait a second more. Open to your partner. Open first get across to them how you feel, show them your love.

## Affinity, Reality and Communication

During this retreat, among other processes, we will explore affinity, reality and communication. When you have these three aspects in alignment between the partners the relationship is usually on track and relating is good.

If each partner takes responsibility for affinity, reality and communication the relationship will improve significantly and both partners will be more fulfilled in relationship.



## Upcoming Events

### Couples Retreat

Currently these are going to be weekend events from Friday Evening until Sunday Evening and will be non- residential.

### Enlightenment Intensives

The Enlightenment Intensive is a modern answer to the question, “Where can I go to directly experience the true nature of life, others and myself?” With one foot rooted in the ancient tradition of Rinzi Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core. Tell Me Who You Are?

### Life Transformation Intensives

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

### Couples Retreats on Location

We are in the planning stages of having Retreats in travel locations. The first will be in the Puna region of the Big Island in Hawaii. These will be residential and two weeks long

## Weekend Workshops

Our Weekend workshops are designed to help people grow and expand in the areas of body, mind, emotions and spiritually.

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