

## **CHAPTER 12**

### **BUILDING RELATIONSHIPS**

#### **Overview:**

The best way to track a person's growth is through the relationships they have and develop – especially intimate ones. We must learn to see the Light in another before we develop the strategy and conviction to see and share the Light in ourself. This induction can be done with a couple individually or together after discussing their current challenges and desired new outcomes. Look for some common ground to establish some more resourceful and workable rules, values and strategies.

#### **Building Relationships**

Please allow yourself to become as comfortable as you like. Feel free to adjust your position at anytime to experience the level of relaxation that will provide you the greatest sense of ease - slow and deepen your breathing while you discover how relaxed you can become. It's times like these as you listen to my voice, feel the cushions supporting you, and notice what feelings may be in your feet-that you can be aware of what it's like to reorient yourself in a different way by just allowing your conscious mind to drift off where it will as your unconscious mind listens intently to the background music while following closely my words-as my voice will go with you-deep inside to have you reach the level of trance which will be most beneficial to you to uncover the hidden dynamics of the issue you have decided to transform today.