

Arguments to Agreement



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The gold is in the challenges and how I interpret this

I love how everything in our life serves a higher purpose for our soul's growth (if we surrender to it that is!).

I feel my gift is to slow down, getting my attention enough to cause me to begin a search for Truth that led me to the very work I now share with you all.

Slowing down and syncing more with our own frequency

It was a journey, becoming a Mother that forced me inwards and to slow down even further.

During my pregnancy, I felt a strong desire to move out of my current space and I know it was the something inside me that was asking for this change, to move to a place that would better support my inner self & soul; so we moved to the UK. A quiet place, with lots of nature around. It has brought me further out of my mind and into my body which was exactly what I have wanted.

Here I have been better able to hear those whispers of my soul as I am surrounded by more nature and much less distraction.

It takes time and this has been the very journey I have been on and what I share. It's taken me the last 5+ years of exploring my relations work to truly get to the root of why me and my partner used to shut down when it comes to any arguments or discussions in any context and we used to enter into a false, armoured, and closed way of being and creating.

Opening up in the relationship

There is a lot of surface-based relationship work out there however that doesn't touch our soul nor allow us to heal and transform at the deepest levels.

There are many things we can do to look and feel more engaged to our deepest levels in our relations, but if we don't address the cause of what brought us into that false happiness and armored expression in the first place, or work with the root cause, then we will forever be working against the tide.

- ❖ The deeper we go, the more we release the very roots that cause our body to live in an unnatural love and intimacy expression, hold tension, stress, fear, worry, and trauma and be stuck in the mind, disconnected from our intuition and soul's guidance.
- ❖ The deeper we go inwards, the more we surrender, soften, open, allow, trust, and blossom open into our authentic loving, and joyful true self.

Everything I tried prior to this work didn't touch me deeply enough to heal the places that had caused me to shut down with my loved ones and kept me away from my heart, separate from myself, body, others, and life.

This journey has allowed me to heal my deepest wounds and grow my soul in a way I have desired for almost my entire life. And it just deepens and gets better and better.

However, I know it's taken the last few years of deep inner work to cause this physical, emotional and love healing. This has been a quest I began back in 2005 to heal this.

So after much determination and never giving up, I finally got there.

It's absolutely huge for me. So for the last 18 months, while growing my children, birthing them and then Mothering them, being in close relationship, I've gone even more inwards and this has been a time of being in a cocoon; a time of rebirth for me.

I've been unravelling such deep patterns and programs within myself as I heal more and more of the causal level of the wound in me. With each layer, it brings me into more clarity within my soul around what I desire and the actions needed to allow that new vision in my life.

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More insights from me becoming and being in the relationship

Recently I've been feeling that spark again to start sharing, hence this initiative & this new journey. This is the start of any way of connecting again with you in this space and sharing what I know from this space as well as keeping you up to date with my upcoming experiences and the knowledge that I have to share.

There is so much I'd love to share, yet right now, I am not sure how to put into words the magical experiences I am beginning to have within my own consciousness within my relationships.

The connection, my intuition, the Love, the illusions dissolving as I arrive more and more into the Truth, the beauty, the connectedness between all life, the sacredness of life I feel, the empowerment, the healing, and so much more!

It's a Journey for me to bring agreement from arguments.

As I am awakening, naturally, old parts of me have dissolved and new parts have emerged. This inner healing has changed how I share my work as well in all relationships.

I reached a place recently where "**The Relationship Karma**" is all over me and that's what being felt my beautiful lovely partner as well and so we started our own "**The Relationship Transformation Academy**" and designed this "**The Intense Intimacy Blueprint**" to share it with you all.

The name that I have come up with that best suits what this path is all about is...

What is Argument?

Dictionary meaning of Argument is an exchange of diverging or opposite views, typically a heated or angry one.



What is Argument?

Dictionary meaning of Agreement is the absence of incompatibility between two things; consistency.



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Does this sounds familiar to you?

- ✓ “Didn’t I tell you, but you wouldn’t listen to me!”
- ✓ “Stop nagging me,”
- ✓ “You will never give up your irritating habit, will you?”
- ✓ “Don’t yell at me.”
- ✓ “You are the most selfish guy I’ve ever seen”
- ✓ “You don’t even listen to me when I have something to say.”
- ✓ “I am the one who is taking care of kids all the time.”
- ✓ “I am busy at work, and hardly have time for myself, how do you expect me to take care of them?”
- ✓ “Say something for God’s sake.”
- ✓ “I don’t have anything to say.”
- ✓ “I don’t want to have kids at this stage”
- ✓ “You didn’t put your things at their place”
- ✓ “I don’t want to have sex now”
- ✓ “You don’t love my family”
- ✓ “You don’t love me anymore”
- ✓ “Why did even I marry you?”
- ✓ “Well, you started the whole thing now deal with it.”
- ✓ “Don’t spend without telling me”, or “Why didn’t you message me before going out?”

And Much more.....

Arguments over little things acts as a wake-up call to take charge of your relationship and Act. If not acted on time, they could signal a bigger problem.

Partners/Couples can argue on the silliest, craziest point and the most absurd things such as, “Why haven’t you put your shoes back in the shoe rack?”, or “Why didn’t you clear the kitchen counter after your dinner”, or any of the statement given above in pointers.

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Do you know why these arguments happens?

1. First and the foremost reason of this is **lack of setting the right expectations** and not being able to communicate that because there is a huge gap between expectations and reality. We expect things to be done without even communicating it to the other person. The expectations are not unrealistic and impractical yet they are not being communicated and discussed. For instance, the wife expects her husband to pamper and be sweet with her every day. What she fails to understand is that it is not practical for him to be lovey-dovey every day given the varying moods, work pressure or other things going in the environment.
2. Next reason is **variation in our tolerance levels**: You and your partner are less tolerant to each other and refuse to accept each other's behavior than to your neighbors or friends. With them, you ignore smaller issues, don't feel bothered if your friend has forgotten anything, yet with your loved on you feel so irritated to dry the towel or not putting the things at right place or for not helping you to make a cuppa for you!
3. And then it's so **easy to blame**: When things go wrong, the easiest thing to do is to blame others. Perhaps, this is something most arguing couples end up doing. They either blame their partner, loved one, their families and/or their external environment because it's an easy option. A typical argument goes like this, "I told you so, but you didn't listen to me, see what happened, now you bear the burden of it all."
4. Many arguments have a reason of **unsorted/unspoken/unshared responsibilities**: When one partner thinks "I am doing it all" or "Why is it that I am doing all the work all the time? Why can't you share the responsibilities? Why can't you take the kids to their dance classes for a walk? Why can't you drop the kids at the bus bay?" When responsibilities are not shared it results in arguments. Remember lack of setting expectation and having a proper communication back this reason up every time in our relationship arguments.
5. Finally we all have our individual lives beyond our family lives and when we are stressed out because of our work we **make a big deal out of nothing** like we're back from the work and feeling very tired, then we might get irritated even with trivial things, such as toys strewn on the floor, food not being tasty or bed not done, which were overlooked earlier.

These little arguments have to be nipped in the bud before they become grave.

How to Handle Arguments in the Relationship?

Irrespective of whether an argument is crazy, doesn't make sense or silly enough to not make any comments or serious, here is how to deal with it arguments in a relationship:

1. Analyze the problem: It is easy to indulge into arguments and get carried away however finding the reason for the argument is the main step we should think about here. Rather than proving that you're right in the context, take a step back, take a pause and think about why you are arguing. What's provoking you and why you want to prove yourself right? What's the purpose and intention behind it?

Think about the alternatives and discuss them with your partner with a calm & quite mind.

It is worthwhile to understand the issue at hand.

Break your emotional state by walking or doing something different than sitting there and arguing, take time to consider all angles to get to the crux of the issue.

2. Understand the personality: Often we are derived into relationships by our own needs and overlooking or ignoring needs to the other persons in the relationship. Change your focus from your needs to his/her needs in a relationship. Shift your focus to his/her like, behaviours, response. They are necessary for a good relationship.

3. Talking it over: Understand and talk in a calm and composed state of mind. Choose the right time to talk. Without solving the issue, don't leave the place else it would worsen the situations. Once both of you have calmed down, take time out to sort out the issue at hand.

4. Collaborate & Communicate: Don't be rude with your partner. You can start the discussion and make sure you put sandwich feedback in place so start by saying good stuff, such as, "You're doing so great with me and We are doing well in our relationship, this is the problem we're facing at this moment and tell me how we can solve this". When heated arguments arise, it can be avoided, you just need to be avoided. Openly tell your spouse that you need time to think about the issue.

This will help you come up with a solution.

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To better serve you with the framework of The Intimacy Blueprint, I, am committed to provide you with the best learning and life changing experience, please fill out this questionnaire with best of your understanding.

READ following context before answering the questions:-

In Addition do following exercise to change your Arguments to Agreements

As soon as you receive any statement/input, say to yourself “That’s Right” this is true because it’s true in other person’s model of the world, the purpose of the exercise is to understand the difference between argument and agreement, the importance of acceptance over compromise

1. Think of an example of a conflicted situation (ask yourself, what is the purpose of this behaviour and what’s the intention)? Write the **situation** that you recently faced and its purpose and intention.

2. Write down the **purpose** and **intention** of the ANSWER from the previous question?

3. Repeat the process until the intention or purpose is same as of behaviour you would have in that situation for yourself?

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Compromise to Acceptance

1. For the situation you thought in question 1 above, think of this, what is this an example of or what could have been achieved by this behaviour?

2. What are the Pains of this behavior and what are the gains of having this behavior?

3. Why is this the right time now for you to let go all the burden of those emotions?

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4. Can you think of the similar situation in nature e.g. Plants eating too much of food, Elephants fighting for shortage of resources?

Taking 100% Responsibility

The most important thing we can do is to own every emotion that would get triggered within our relationship. It's about noticing when either of you is projecting and blaming, and instead, feeling into the emotion arising within your own body.

Each trigger we have in the present moment is the surface layer of a deeper wound that is buried within your subconscious psyche.

When we understand this, we can heal ourselves.

We are never a victim only a powerful creator, attracting to us the exact and perfect experiences we need to mirror back to us our own wounds.



Enjoy the journey & for any queries or feedback contact us on support@poojabharat.com.