



CONGRATULATIONS ON FINDING LOVE!

Relationship Beginnings:

Humans come into this world as unique individuals with their own likes, talents and personalities. Then they get mostly subjective direction (both good and bad) from authority figures and worldly systems. This information combines with their own distinctive processing to create beliefs, values, habits, relationship guidelines, etc. but most importantly how to love (or not).

What Love Is:

Love is patient and kind. It does not envy or boast. It is not rude, self seeking, easily angered or keep any record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, trusts, hopes and perseveres. Love cares, supports, accepts, respects, and forgives under all conditions.

Realistic Love:

Since humans are imperfect, what defines them as loving? All nice people do some mean things, and all mean people do some nice things. What determines a loving person is the high percentage of loving behavior in all situations. To maintain a high amount of love, people should use adequate stress reduction to let negative emotions go and not allow the past to define their relationships.

Relationship Questions:

Most disagreements come from miscommunication and unrealistic expectations. While opposites may attract, people that think alike have an easier time understanding each other. The following are some areas for checking on compatibility or resolving any assumption problems with discussion and compromise.

- 1) What does our home look like and who will be responsible for maintaining it, which includes the cooking, cleaning, payments, etc.

- 2) How do we manage our money, which includes accounting, goals, large purchases, savings, vacations, insurance, etc.
- 3) What are the career expectations, which includes networking, goals, hours worked, retirement, etc.
- 4) How do we connect sexually, which includes giving and receiving affection, compliments, frequency of sex, fantasies, monogamy, etc.
- 5) What type of family do we come from and want now, which includes children, parents, holidays, etc.
- 6) If we have decided to be parents, what does this mean, which includes the amount, birth type, teachings, discipline, child care, limits, etc.
- 7) How do we keep our health, which includes food, exercise, addictions, chronic diseases, etc.
- 8) What does our spiritual life look like, which includes religious beliefs, family traditions, church attendance, ceremonies, births, burials, etc.
- 9) How do we, as a couple, relate to our community, which includes any socializing, friendships of either sex, free time, charities, volunteer work, memberships, parties, etc.

Are We Compatible?

Couples have problems when choices are based on the unconscious desire to seek out the familiar relationship pattern learned from influential, unhappy childhood authority figures. Did and/or do you have a good relationship with your mother and father? Do you want a relationship like they have and /or had? If the answer is no to either of these questions, then work on letting go of the past and gaining excellent communication skills.

Relationship Skills:

Both the Bible and psychology state that people are imperfect with studies showing 75% of people's thinking as negative and repetitious. With this challenge to love, the best gifts people can give each other are letting go of the past, controlling their selfish nature and practicing stress-reducing skills. The fastest way to let go of the past and become a new creation is by accepting

Christ Jesus. He provides the peace that surpasses all understanding and it is only a prayer away, which makes for excellent stress reduction.

Stress Reducing Skill:

Use contemplative prayer to still the mind and feel peace, even in the middle of a conflict. As negative emotions increase, effective communication decreases.

- 1) Sit or move comfortably.
- 2) Feel the breath going in and out through the nose, throat and lungs.
- 3) Send any thoughts that enter gently back out and refocus on the breath.
- 4) Focus and relax by lightly holding a request like, "Lord, give me peace."
- 5) Return to the breath and repeat.

Weddings By Michelle:

Reverend Michelle Spies loves sharing her talents of Wedding Officiate and Coordinator to make special events extraordinary. She has enjoyed uniting hundreds of pleased couples in wedding ceremonies of all different sizes and styles. Elopement packages start at \$50 and other ceremonies are available, like vow renewals, blessings, funerals, etc.

Contact information:

Reverend Michelle Spies
Mobile Office
1-314-704-1092
weddingsbymichelle17@yahoo.com
www.weddingsbymichelle.net

Tranquil Hearts:

Susan Wright began her Christian ministry under direction of our Loving Creator. While she has worked on discovering truth for over 30 years with education, teaching, advising and researching in the world, her tranquility advice of peace and love are from Jesus Christ. This is my command: Love each other. ~ John 15:17

Contact information:

Susan Wright, Tranquility Advisor
Mobile Office
1-314-406-2701 or 1-618-917-5874
info@tranquilhearts.com
www.tranquilhearts.com