

How to be Happy And At Peace...

In your Relationships



If you desire to have

Love and Relationships based on
Fun, Integrity, Honesty and Equality.
Then this is the book for you!

Written and Illustrated
By
Jan-Marie Brooke

How to be Happy and At Peace in your Relationships

By
Jan-Marie Brooke

Published and Distributed
Brooke Publishing
www.janmarie.com.au
Phone 0407-75-0407

© 2007 Onwards Jan-Marie Brooke

ALL RIGHTS RESERVED

Cover ©

Original Artwork- Jan-Marie Brooke

All rights reserved. No part of this course may be reproduced by any mechanical, photographic, or electronic process, or in any form of a photographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use—other than for “fair use” as brief quotations in articles, reviews with prior written permission of the publisher.

The Intent of the author is only to offer Information of a general nature to help you in your quest for empowerment and personal/spiritual growth. In the event that you use any of the information in this book or the Success Accelerators, which is your constitutional right, the Author and Publisher assume no responsibility.

Love and Relationships

Love and Relationships can be wonderful, exciting, intense and at times challenging. They can also be a mind-field if it is not understood what makes them work and why we even need them.

- Are you deeply happy in your Relationship?
- Would **understanding the purpose of relationships** help you have a better one?
- Did you know **your ability to make money** is directly related to how you demonstrate love?
- Clearing **anger issues around Money** in your Relationships. Did you know that your style of communication can either bring you resolution or confrontation?
- What defines love?
- The behaviour of 'Control' quashes the Love OUT of Relationships. How to stop this behaviour
- Seven Stages of Relationships
- Did you know there are Relationship Styles? Determine your style
- Infidelity – Why some can't resist no matter the risk.
- You attract relationships via an energetic signal that you send out into the world? Find out how to align your vibration to attract what you DO want.
- Do you want your relationships to be more fun loving, honest and equal?
- Do you yearn for that deep heart/soul connection in your Relationships? Find out how.
- Personal responsibility enhances relationships? If you want a relationship that flows with ease, you need to understand HOW.
- Do you want to find out more?



If your experience in relationships has not met your expectations – then allow this information to help you create the relationships that you DO WANT. When you integrate this information it helps you make simple changes in the way you communicate and interact in ALL your relationships. This means relationships can be rewarding and free of drama and stress.

Chapter One

Happiness - Are you truly happy?

Like success, the state of happiness is different for each person. When we are in our teens and twenties our interpretation of happiness is quite different to when we are in our 40's and later. In some ways the 'innocence of life experience' is a bonus – in that life has not presented too many challenges that take the shine off happiness and idealisms. Love for the youth and young adult is still the rose-coloured glass variety, and in essence is the trap for an enduring relationship.



It is a sad indictment that in our society we are never taught how to create loving and peaceful relationships. It amazes me that it is considered more important to learn long forgotten dates of historic events instead teaching practical life skills including relationships. Frankly it is time that schools taught the fundamentals of effective communication, money management and how to be happy and at peace. To my mind these would be far more practical and enormously beneficial life skills that would create a society that can express how they feel without the threat of retaliation. Instead, unfortunately, many people do not feel happy these days. There is little or no joy in their lives. There are of course, those who will tell the world they are happy, yet dig a little deeper and they will admit to feeling discontent. They have learnt to hide what they really feel, behind - a smiling 'all is fantastic' facade.

Happiness - Are you truly happy?

I meet people from all walks of life who have experienced two or more marriages and several relationships and still HAVE NOT found the happiness they believed that would come from the 'perfect' relationship. Even those who are considered to be happily married for 25-30 years, and appear to have found practical solutions that keeps their marriage alive and well – are in many cases, not 'deeply' happy.

Put them together in a workshop situation and by the end of the day the cracks begin to appear and it becomes clear that all is not well in their long-term relationship. Naturally and thankfully there are always exceptions to this and there are many deeply loving long-term relationships – the relationship goal so many aspire toward.

What I see emerging is, that far too many people are not feeling joy in their lives and therefore are not happy. I believe this begins with the expectation that IF ONLY it was possible to find the total experience of LOVE in an intimate relationship - then happiness would be guaranteed and life would be better. This is a false expectation!

Underlying the desire for happiness expressed through a loving relationship is a deep need to feel ALIVE and PASSIONATE about life, however most have suppressed their emotions for so long that it has quashed aliveness and passion, which is why so many look for a relationship to activate this feeling.

When the feeling of aliveness and passion is activated via another person it cannot be maintained and the feeling quickly diminishes once the first weeks of romantic love dissipate. This is one of the reasons why some move from one relationship to another. They are constantly seeking this adrenalin fix that comes in the first weeks, months of a new relationship. Instead the person needs to look deeper within to find those aspects of their personality that is quashing the aliveness and passion. When a person is 'not-tuned-in' to these qualities they are only half alive and experiencing life in neutral ...which means they can drift through life searching for that illusive relationship that will give them that spark back. Not realising that feeling needs to be created from within. It is important that each person take responsibility for HOW they feel and HOW they are creating their relationships.

Recap

- Are you truly happy? Or are you hiding behind a 'happy face' crying on the inside?
- Do you feel alive and passionate about life?
- Is your life in balance? Do you give equal amounts of time to work, family, leisure, and quality time just for you?
- Are you willing to take personal responsibility for your own happiness? Or do you believe that someone else can make you happy?
- Are you prepared to identify and write down what creates happiness for you?
- Do you spend most of your time needing externally stimulation i.e. Movies, TV, computer games etc or can you find happiness in the little things in life - like watching a sunrise or sunset on your own?
- Do you believe that if your partner changes - then you will be happy?

**To experience Inner Happiness –
The first step is to acknowledge that if life is not meeting your
expectations - something needs to change.**

Often change is viewed as negative, however, proactive change is positive and means you are empowered and in-control of that change. And that is the best news ever; you can be IN-CONTROL of HOW your life pans out. You do not need to be a victim when life-challenges hit you slam dunk.

Be In-Control and watch your Inner Happiness soar.

Note:

To be In-Control is quite different to being controlling. Controlling behaviour is based on a fear of 'not feeling safe' so control is used in an attempt to keep order, whereas to be In-Control means you are grounded. When you are grounded energetically, in body, mind and spirit you are empowered. You are consciously aware of everything around you, yet not attached to outcomes.

Thank you for taking the time to read this.... If you would like to read more – you will the eBook at our Shop www.livingbrilliantly.com.au Books by Jan-Marie