

Do you want to improve your Relations ?

Occasionally in our lives we can find that our relations don't always run true to course. There are many ways in which relationship problems can arise, some examples are;

- *relationship issues within marriage*
- *friends or colleagues who have had a difference of opinion find they are unable to approach one another to make amends*
- *disharmony can arise in families with teenagers putting a strain on families*
- *people may have difficulty in forming new relations, particularly when they are finding it hard to 'move on' from a previous break up*
- *Fears and problems associated with dating*
- *People may have difficulty in forming good relations with boss or senior person.*

Through the use of meditation, perceptions can be reframed to enable healing of damaged relationships or stabilization of basically positive and healthy relationships. Meditation can allow you to re-appraise key events, to look at situations from a completely different perspective and to gain an appreciation for another's position. You can recapture lost feelings of love, friendship, romance and commitment, allowing healing to occur in the here and now.

How to improve your relation using meditation technique

*Meditation can help you to re-experience **past memories** in a more positive way and to gain **new perspectives***

*Learning **effective techniques** to **relax and be calm** around others can be a significant and positive benefit*

*Meditation can start to help you to **develop greater self belief** and **positive thinking**, leading to a new confidence in yourself and your ability to create new and successful relationships*

*Creative visualization techniques and learning to imagine a brighter future can help you to enjoy more successful relationships. **What you think will happen, May well happen. What you think won't happen, won't happen.***

We hope this C.D. has helped you on the way to achieving more successful relationships.

