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# How to create an extra ordinary relationship & fill it with unconditional love & passion

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This article will give you a lot of insights and practicable tools & techniques following which genuinely with **faith and discipline**, you will be able to resolve any troubled relationship or issues you may be facing. These techniques and tools infact can be **used to create anything you desire in your life, let may be abundance in health, wealth, love, career & anything which you can think off.**

All the tools, techniques inside are **very powerful and potent** and is certainly not discovered by me but by Great Teachers who visited this planet. During my last 5-6 years of study on these areas (Science & Spirituality) I have come across these and also have seen amazing results and phenomenal success achieved by many of those who have applied these including myself.

The content inside may look very simple and also may seem to be long but my sincere request will be to take proper time out and very carefully go through reading it carefully and understanding every point mentioned. **I have tried to be as brief as possible, in general on every topic a book can be written.**

These are also a mix of lot of **scientific and spiritual techniques**. Some techniques you may find absurd but then ask yourself, how long you have been existing and how much you know about the world which exist? **So don't just discard or discount any method mentioned here, I can provide a scientific and spiritual backing evidence for every word mentioned here.**

So don't commit the mistake of thinking these techniques does not work, they are based on scientific and spiritual wisdom and **work every single time but depends on you, the one who is executing it, implementing it.**

Also don't read this as a normal article; you may need to go through this **article 4-6-8-10-15-20-100 times**. Preferably read once in couple of days for a week or month till you find the insights going inside deeply in your mind. With every read, you will find something new flashing to you.

Take this challenge for 21 days to heal, attract or bring back the unconditional love in your relationship.

Make a routine for everyday that when you are going to practice the techniques mentioned here. Some techniques should be practiced at a specific time of the day in which case I have mentioned there the timings.

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## Power of the Heart's Electromagnetic Field

The heart, like the brain, **generates a powerful electromagnetic field**, McCraty explains in *The Energetic Heart*. "The heart generates the largest electromagnetic field in the body. The electrical field as measured in an electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram(EEG)."

HeartMath studies show this powerful electromagnetic field can be detected and measured several feet away from a person's body and between two individuals in close proximity.

<http://www.heartmath.org/free-services/articles-of-the-heart/energetic-heart-is-unfolding.html>

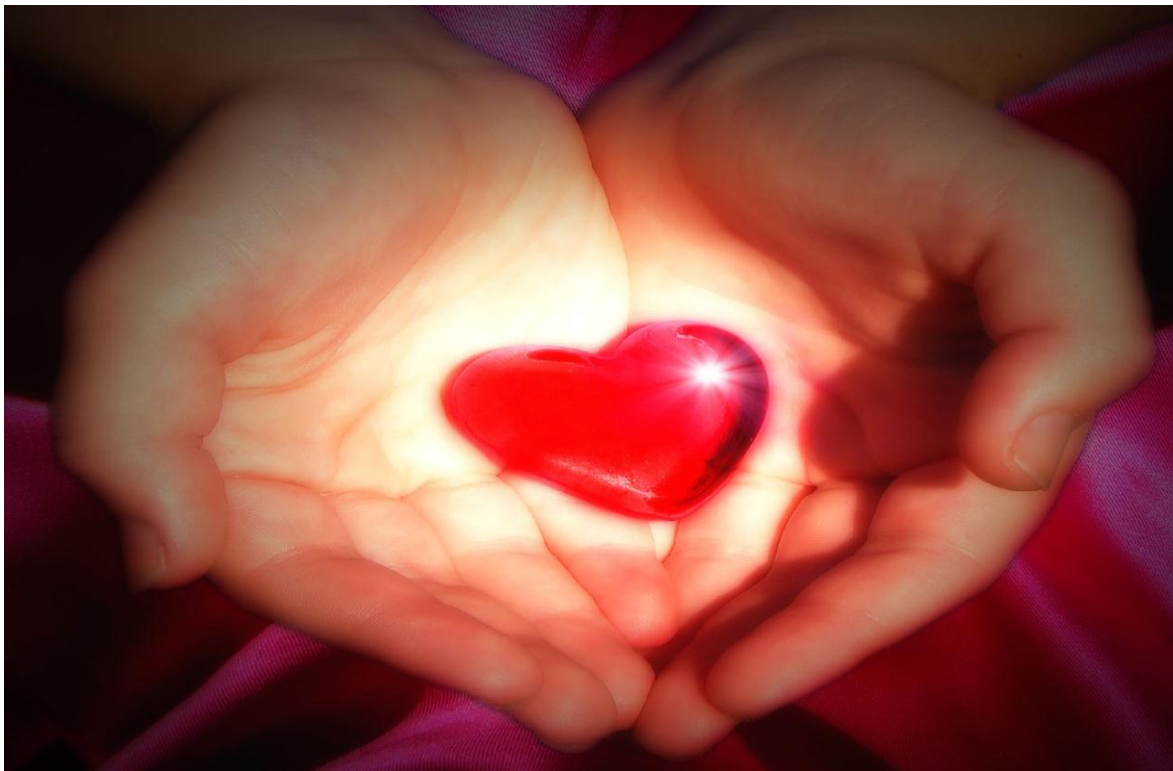


Image courtesy: [commons.wikimedia.org](https://commons.wikimedia.org)

## **Method to read and apply these techniques:**

- Don't read this like a novel or story
- Don't rush through
- As you read through, reflect back in your life on what you have done
- You need to learn the lessons for life, this here is only a trigger for it
- Make a proper schedule for the techniques to be followed at what time of the day
- Have IMMENSE FAITH, LOT OF CONVICTION not on me but ON THE ONE WHO IS THE SUPREME CREATOR
- Question your beliefs; it might be possible that all you believe currently is wrong
- Beliefs are very important it shapes & creates our life; I am not talking philosophy but science
- Any doubt or question reach out to me on message or email
- Applying these should bring a behavior change in you, if not that means you are not sincerely doing these
- You may ask, I really have to do all these things – my question to you is “HOW BADLY YOU WANT THAT RELATIONSHIP TO HEAL OR MANIFEST OR ATTRACT OR THAT GOAL TO FULFILL”
- There are video / audio links given below some topic –please watch them again and again

**“Everything is possible, every human being possess such invincible powers which can alter the course of history, only once known, developed and applied in action – powers to create ONCE OWN REALITY”**

# Heal your relationship

To start with, I want to clarify that whatever you will find below is nothing which is mine, or my knowledge or my wisdom, but I am only trying to be an instrument of the Lord God, My Rev. Guruji Grand Master Choa Kok Sui, Great beings, Great teachers and all the Divine Helpers whom I have invoked to make me their instrument to communicate these messages to you which may lead you and your relationship to Divine Oneness and Divine Unconditional Love.

I thought of writing this being an instrument because of so many souls I see around in pain and having a troubled relationship. I don't know what you are going through specifically but I can assure you if you read this article carefully you will find some answers and ways to heal your relationship. As this is being written for a broader audience facing problems of all kind in their relationship, so you may feel it to be lengthy. But I strongly suggest just be patient and calm and read through properly with observing mind and you will find techniques, answers and ways for your issues. I also don't take any responsibility for anything but it's completely upto you to read this, learn from it, practice the tools, techniques given for a definite period of time to see the results for you. If you don't follow the methods being told, than you may not see any results and ultimately you will find yourself in more frustration.

I feel so much pain and compassion for all of you who are going through this tough time in your relationship may it be your marriage life, with your family, with your parents, with friends, with your boy friend & girl friend, with any of your closed ones or mostly with our own self.

This compassion I feel is not out of mere sight but myself being through it at some point of my life and probably in my past lives. But let me tell you whatever the pain may seems to give us in the times we are into it **but it certainly makes US grow very stronger, evolved to a different level in our life and learn the few most important lessons in our life on which ultimately depends our evolution.**

Probably the most important definition I have experienced of life is {LIFE = Learning LESSONS}. A happier life only means that you have learnt the lessons fast & quickly and have changed for better and a difficult painful life means that you are slow in learning the lessons and it is being repeated in your life.

So let's take it topic wise for us to comprehend easily and clearly

## 1. What is a relationship?

A relationship is the topsy turvy journey aimed at helping the souls in the relationship learn, grow and come closer to their true self and ultimately to the Divine Self. A relationship is between two individuals who are different individuals with different likings, disliking, preferences, taste, choices, mindsets, views, opinions, ideas. We don't get in to a relationship with a laptop or car that they will do or behave as WE WANT them to DO.

Most of the ISSUES I come across are individuals who try to **control and direct the behaviour** of their partners and then what I suggest them is to better get married to an animal or some physical object. We need to understand that we are with a DIFFERENT INDIVIDUAL who has been made by GOD that way and they have their FREE WILL to take choices for them in their life. Until we don't respect that, we will never have peace and love in our relationship may it be with anyone. So on the name of being caring concerned STOP expecting them to behave the way YOU want them to. Allow them their space, free will to also live the way they want to.

It's perfectly alright to be caring but draw a line till what point you want to go to. Understanding this will solve much of your issue. Also use LOVE and in a very polite way to communicate to them if any of their behaviour you are not very comfortable with, you do not like. People will accept anything even death, if it is being served with unconditional love, such is the nature of true LOVE.

Start practicing it in your life, though your EGO will stop you, distract you from it, but simple say “Dear Ego shut up for some time, the person I love is more important than you”

A very good quote I read somewhere says “When you love someone let them be what they are and don't try to mould them to fit your own likings and disliking else you only love your own reflection you see in them”

## 2. Purpose of relationship.

My Great Guruji, Grand Master Choa Kok Sui, Founder of Modern Pranic Healing and Arhatic Yoga used to say, that “if you want to grow super fast in life, get married. Nothing teaches you more and helps you grow faster than a difficult relationship.” **And here lies the clue.**

Our sole purpose of being here in this planet and in this life is ONLY ONE and that is to **learn the lessons which we need for our growth and evolvment.** It's a different point that you understand or agree it with or not, you may not agree but then that doesn't changes the truth given by Great Teachers across all the religion and time. The real wisdom lies in understanding, experimenting, validating for yourself but if sitting ideally and just making opinions and passing views is what all you prefer to do then, I pray to God to give you light.

Difficult Relationship though seems to give us **much pain** in short term but if you really analyse and think objectively it makes you **rock solid** once it gets over. There is something which is missing in you and that you get in yourself by that relationship. Ask anyone who has been through a difficult relationship and has achieved lot in life, they will tell you that whatever happened but that relationship gave them lot of learning and push in their life. It's because of it that they have been able to become this strong and do much in life. The ones who still don't learn from the relationship you will still find them miserable and in chaos and it will keep happening in their life again and again until they learn the lessons required for them to learn. Pain and pleasure is for you but it doesn't changes the

Divine Law, **Nothing will go away until it teaches you what you need to learn.**

The moment you learn the lessons, you will see miraculously the problems getting disappearing from your life may it be in any aspect or area.



Some of the lessons which we are meant to learn from a difficult relationship are below. Though this is not all but mostly covers major lessons, you need to sit back quietly with your own self and need to reflect what your lesson from this relationship is?

1. **Unconditional Love** – You are born with this, your heart already has experienced this in life, may it came from your mother, father, sister, brother, husband, wife or your friends. You need to give unconditional love to your loved ones, to your family and friends and slowly to every being, may it be human, animals or plants. We all are Spiritual beings visiting this human world for some time, the ONE who has made you, has made the one's you hate also. What common you have with everyone is the SAME CREATOR and that's why the Great Teachers say, **we are spiritually ONE**.
2. **Compassion** – You are not perfect and if you really count, you may have committed thousands of mistakes but then do we have compassion for our loved ones when they do some mistake, why we expect them to be perfect, if at the very first place we are not? Learn the lesson of being compassionate, how much time you have taken to learn and grow and that time someone was compassionate with you also. Learn THE LESSON OF COMPASSION.
3. **Patience** - A very important lesson to learn (currently I have been made to learn this) in life and it generally comes from our closed ones. You will find there are so many instances that we will be tested on this virtue. Just have patience, no one remains bad forever, no one makes mistake for life, all improves, all learn, but be patient with them. Let them have their time to learn and grow. **The more you will be impatient, the more the SITUATIONS will be around you which will make you more impatient.** Learn to be Patient understanding that no one is perfect but we slowly learn and become perfect.
4. **Forgiveness** – This is the MOTHER FATHER of all lessons. Imagine all the mistakes you have done in your life and what if people would have not forgiven you for all that ? No one in this planet, let alone the super evolved ones, who have not committed mistakes, in fact “EVOLUTION IMPLIES MISATKES” committing mistakes are the only way how we the soul, GROW. You need to forgive people doesn't matter whatever they have done. **Nothing can touch you if you have not sown those seeds in past.** If someone's cheats you, it only means you have cheated someone in your life or past life. If someone hurts you, means you have hurt someone, if you get criticism, think when you have criticised people, whatever happens to you, UNDERSTAND that you have sown those seeds in past, without sowing the seeds you cannot reap the fruits. It's a different case that you cannot remember or may be in your past lives, you have that karma. The law of karma says **“What you sow so shall you reap”**. **This is not a man made law but one which governs the Cosmic Creation, every religion and Great Teachers have talked about this.**

Learn to forgive people, it will help you to have peace inside, in yourself and all **those negative dead emotions inside you will be released**. Later in this article, I will share the process of forgiveness. Start forgiving your partner, irrespective of what he or she has done to you, DOENSOT MATTER THE LEVEL OF ACT done by them, irrespective of everything FORGIVES THEM. **My Master says, “Forgiveness is not about who is right or wrong, it's about doing the right thing”**

If you will not forgive, you will not be forgiven. Once you forgive, your heart becomes empty, and then only it can be filled with love and good emotions. Forgiveness primarily is for our peace and happiness and doesn't mean that you go and be with the person again.

Also today science says that every severe disease like cancer, diabetes, arthritis and many more are caused because of suppressed emotions individuals have been carrying from so many years. Refer to the books or work of Louise Hay, she is an amazing soul has done ground breaking work in this field. There is a video link I have given below.

5. **Tolerance** – A difficult relationship teaches you tolerance. It's very important for us to learn this lesson. If people would not have been tolerant with you, you would not have been here in your life. Check if your difficult relationship is testing your this virtue. Every parent has to learn this lesson, a child check our tolerance so much. Be tolerant, don't get hurt but give enough time to your partner or loved ones to improve and do the right thing. **Whenever you think about your loved ones, think only and only about their good qualities.**
6. **Faith** – This is also a very important lesson to learn. **Generally when we doubt our loved ones or any one in a relationship, mostly that doubt exists in us only, inside us.** So start having faith on your loved ones, the people you care for. Also have faith that ultimately things will improve and will be alright though depends on how fast we learn the lessons. Practice FAITH, don't allow the negative thoughts, doubt creep inside your mind. **Say "I TRUST AND have IMMENSE faith on my relationships"**
7. **Gratitude** – A difficult relationship also teaches you to be GRATEFUL to all the good things you have got in your life which many were not even privileged to have. Don't be just grateful for all the good things; also be grateful for the pain and bad things you have got. Affirm & repeat everyday **"God thank you for all the pain I have got, which has made me stronger and learnt so many things. I thank you for everything"**

Once you start being Grateful to your partners for small small things you will see miraculous change in your relationships. Such is the power of GRATITUDE. Everyday thanks people for small things, say I AM GRATEFUL TO YOU, especially to your loved ones.

8. **Giving and Sharing** – Whatever is in scarcity in your life, it only means that particular thing you have not shared in your LIFE. If you don't have love than you have not given love, If you don't have peace, means you have harassed people in your life or office, if you don't have appreciation, means you have not appreciated people, if you don't have happiness, you have made so many people sad, if you don't have a good relationship, have you broken someone else relationship.

So whatever we lack in our life directly is an indication that we have not sown those seeds or may had hurt others or pained others for it. **Remember the Creator or The God, as bible say "Cannot be mocked"**

So whatever you lack, start giving it in plenty, start sowing those seeds. Need love, give love to the suffering ones, alleviate people from pain. Need happiness, fill others life with happiness, especially those with lot of sadness, the underprivileged ones. Whatever you WANT GIVE IT FIRST.

Anthony Robbins says "THE SECRET OF LIVING IS GIVING"

There are many more, if I continue I will end up a writing a book. But what matters is that you have to learn your lessons, NO ONE else can do it for you.

**Moment you learn the lessons, the problems will magically disappear from your life. Reflect see from past when some problem got over, it's because you learnt something from it.**

**Process of learning the lessons:**

- 1. Know this, only you can learn your lessons.**
- 2. Before you sleep, pray to God to show you, your lessons in dream or when you get up in morning.**
- 3. If you do meditation, than before starting just put an intent to show you your lessons.**
- 4. Sit everyday in silence, your SOUL is always communicating with you; the challenge is to silence your mind.**
- 5. Before you sit in silence, Chant the Mantra OM for 18 times and then spend some time in silence, you may see some flashes or thoughts coming to you.**
- 6. Someone whom you are very closed with and you know that they are very mature, ask them to help you with learning the lessons, God may communicate through them.**
- 7. Reflect on the past what you have done, wrong and right, some thoughts may click.**
- 8. Reflect on the events happening and see any messages coming for you.**
- 9. Be careful of any movie you come across, any book, any person some coincidences, nothing happens by chance, everything has a reason to be there. Lord Buddha got enlightenment just by looking at a flower.**

**The bottom line is if you really get COMMITTED and willing to learn, you will BE SHOWN the lessons.**

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### **3. How to heal or create the ideal loving relationship?**

Here I am suggesting series of tools / technique which you can use to heal your relationship. These are combinations of lot of scientific and spiritual techniques researched, learned, some discovered, validated, implemented by me and people whom I taught over a period of last 4-5 years. Every technique in itself is very powerful though it appears to be very simple. There are lot of cases where people have got amazing results using them. One couple on the verge of divorced miraculously decided to give one more chance and started staying together. Two couples, whose family was not at all in favour of them getting married, suddenly agreed for the marriage. Some got their love and passion back in their relationship. Some attracted their soul mate in their life. Some got the love, feelings, and care back in their relationship. There are many cases I have but again I can't put everything here but what I suggest you is to apply for yourself and check.

**Now all of this will be of no USE and will not create any DIFFERENCE if you don't have these two below things.**

**1. Positive BELIEF**

**2. Immense FAITH**

Belief is like a plug, you want to switch on the light but you have not plugged in the wire, no matter how much you try changing the bulb, it will not light up. You need to plug the wire in the socket.



Positive Belief works the same way; it instantly plugs you to Divine Socket, the field where everything comes from, where everything is possible.

Faith is not being patient and waiting. It's is being fully convinced that the no matter what, the bulb will light up. You can say it's like being blind but being blind not on someone or anyone, but on THE SUPREME CREATOR Himself. A small story about faith, "Once Swami Vivekananda was crossing a village, people their stopped him and request him to pray for rain, as the village had no rains for years and years. Swami ji said alright, we will do "hawan" ritual using fire for 3 days and exactly third day 10 am in the morning the rain shall come. All got very happy, the pooja started and exactly the 3<sup>rd</sup> day there was huge rain, all villages start shouting and praising for Swami Vivekananda but then suddenly he stopped all of them and said, the rain has not come because of you and me but because of a small child who was sitting at the back with an umbrella in his hand. He said the faith of the child has brought the rain, he had so much faith that he brought umbrella with him in the morning."

**Such is faith and that's why Ramayana says "Faith moves mountains".**

**So repeat 100 - 1000 - 10000 times a day "I believe on my Creator, The Supreme God and have immense faith on HIM, My life is filled with miracles & love"**

**Do it in silence or say loudly if you are alone. Your life will be revolutionised, but just saying few times for few days will be like working for one day and expecting a month salary from your company. ☹ ☹☹**

## **Techniques / Tools:**

### **1. Everything happens twice in this world, first in mind and then in reality.**

You go and purchase something but before it thought of purchasing, You make a call to someone but before you thought of calling, you read the sms but before there is a thought, you kiss your loved one, but thought first, you eat, but thought first, you walk, talk, drink, sit, stand but thought always and always comes first. You reading this article but thought about reading it first. The house you stay in, first the blueprint got ready then only house got built, someone thought of making the designer watch you are wearing, then only it got made, practically in this world whatever you do or you see done or created first existed in the form of a MERE THOUGHT. A single thought. May it be company like apple, virgin, facebook, everything was once a thought. So the relationship you desire, wish to improve, wish to heal, wish to form needs to be first well thought of in your thoughts, not a just random idea but a well thought out thought with details and clarity.

Watch this video which shows the power of thought [Louise Hay Video](#)

**So put your INTENT TO THE UNIVERSE & LET IT CHANGE the COURSE TO ACCOMMODATE YOUR INTENT.**

Get your INTENTION crystal Clear. Most of us vaguely think of it, that's not going to work out – GET CLARITY. What you want exactly.

EX: I DESIRE TO HEAL MY RELATIONSHIP WITH MY \_\_\_\_\_ or I DESIRE TO BE IN A DIVINELY LOVING AND HARMONIUS RELATIONSHIP WITH \_\_\_\_\_

*The great author, Wayne Dyer said “ In the universe there is an un-measurable, indescribable force which sorcerers call INTENT and absolutely EVERYTHING that exists in the entire COSMOS is attached to INTENT by a connecting LINK.”*

So you may think that you know what you want but I strongly suggest, make it more clear specific words, and write it down in paper where you can read it as frequently as you can. Or you can also keep this in front of the deity’s photographs and request them to bless it.

I have written my goals on my ipad as a wall paper, on my phone wall paper, reminder for next 10 years, on my books, on my washroom, living room, every day I write on my body where possible.

**Every time you write something, see something, put your attention to something, ENERGY is coming our which helps in the manifestation process.**

## 2. Mind is a fertile land but you need the seeds to have the fruits

So the birth place of everything is HUMAN MIND. Without it nothing could have been created or done. That’s the place any idea comes first in the form of thoughts. Any great businessman, scientist, author, poet, actor, sportsperson, or for that matter someone who had their desired relationship use the MIND to create it first and then it turned into reality.

**MIND = FERTILE LAND**

**THOUGHT = SEEDS**

So mind is like a fertile land, but whatever you want to create you need to put in the find in the form of a thought. That too a clear cut thought.

Also once you sow the seed and keep on taking out, you will never have the tree coming out, same way once you have sown the seed / created the thought keep it intact in the mind / consciousness. **You have to HOLD on to the thoughts to help it manifest.**

My Rev. Guruji Grand Master Choa Kok Sui used to say “Whatever thought is held repeatedly and with certainty will tend to materialize physically.”

**The great Saint Swami Sivananda said “The stronger the thoughts, the earlier the fructification”**

## 3. Once the seed is sown, it needs fertilizers, water and other things to grow

So here comes the real secret of all, once which is hardly known to people.

**MIND = FERTILE LAND**

**THOUGHT = SEEDS**

**FEELINGS = Fertilizers, water, sun rays**

Merely sowing the seed will not help but you need fertilizers to help it grow. Same way a thought created is very weak and needs energy to manifest in reality. The feelings which your heart creates are very very powerful and gives the raw material to manifest the thought.

So once you have put the intention clear, you have created the THOUGHT now you have to create the feelings for it to manifest. **Feelings of already having the things you want, that desired relationship already done, that soul mate already attracted etc.**

#### 4. THOUGHTS & FEELINGS CREATES ENERGY

Every thought produces energy in the form of electromagnetic waves which can be measured by machines called EEG. Now in a day a normal person have around 60,000-70,000 thoughts and with every thought energy is coming out.

So imagine 60,000-70000 kinds of thoughts produces different kind of energy. So that's why clearly thinking about **what you want** to manifest is so important.

Now your heart creates feelings which are nothing but again electro-magnetic waves and produces energy. But this energy is different.

**The electrical energy which the heart produces is 100 times more powerful than the thought electrical energy & the magnetic energy which the heart produces are 5000 times more powerful than the thought magnetic energy.**

*(Refer to the work of Institute of Heartmath for more detail on the above)*

So merely having a thought will not make much difference until you attach feeling to it. Feelings of already having it, what you wish to manifest desire and want in your life. Create those feelings in your heart. Feeling does not come automatically or by someone, WE THE SOUL has got the INSTRUMENT called HEART to create the FEELINGS.

**So the equation to remember is :**

**Thought produces energy – Emotions amplify it – Action heavily multiply it = Result you want.**

Now if you think a thought but feel exactly opposite – it's a conflict of energy and what you feel will be true and you will say I thought of it but it did not happen because your feelings were negative.

**UNIVERSE will not respond to what you want but WHAT you ARE. Your FEELINGS & the state you will be in will be GIVEN back by the universe. Live as if all you want is already you have with you.**

**Gregg Braden - Cancer getting cured in 3 Minutes – Watch this video 10 times to understand what he is speaking and how we create thoughts and feelings which produce energy. He is a leading quantum Physician and well renowned scientist.**

#### 5. Imagination & Visualization

**The language of brain is pictures.** If I ask you to think of spelling of orange, the spelling or letters will not come but the picture of orange will come. Now to create the thing from future is impossible until we don't have the power of imagination or visualization. Using this only you can

create the exact scenario you want in your life. This technique has been used by almost all the successful people in their life. Your every second of your life is unknowingly created by you using this faculty.

**So follow these simple steps:**

1. Get your intent clear.
2. Give a thought form to it – make it more detail oriented.
3. Now imagine one specific scenario from your future – Like your relationship is healed and you are going to that temple with your hubby or wife or with your bf or gf. Now this has to be very detailed.
4. While creating this use your 5 SENSES.
5. See the picture clearly, fill colors to it, use some sound, like someone is calling you or some specific song is being played. Then link it with feelings, how are you feeling is it too cold, or hot, you feeling happy or sad. SO USING YOUR 5 sense makes this MOVIE in your mind, a very detailed movie.
6. It can be a picture or movie whatever you wish to desire but the key is **ONLY & ONLY FOCUS ON THE END RESULT.**
7. Now whenever you see this pictures or movie – just create the same feeling may be by dancing, jumping, shouting, being happy, running – do whatever it takes to create the feelings. I know it looks and sounds foolish but do it.

**Ex – I have visualized my marriage day, sitting with the one whom I love, pundit sitting and doing the pooja, my friends moving around with crystal clarity.**

6. [Brain doesn't understand what is reality and what is imagination](#)

When you hold that image in your mind or play that movie the brain does not understand if its reality or imagination, it simply understands it to be true. And the moment it believes it to be true it starts using the immense power it has to attract & create what you are imagining or visualizing.

There are scientific theories behind these, I cannot write them here but all has concrete logic behind it.

7. [Visualize the image or play that movie just when you get up in morning & just when you are ought to sleep.](#) It's very important that you visualize these pictures or movie in the morning & in night just when you fell asleep. That's when you can access your subconscious mind directly. Once you can communicate to subconscious directly it will manifest very rapidly. You can also put the image in reality. Take a marriage photo of a happy couple and replace your faces there. Save that image as your wall paper on phone or laptop. Every time you see it energy comes out and it will manifest very fast.

8. [Drawings](#)

One of the best things to do is to draw the scenario you want to manifest in reality. Draw your picture smiling with your husband or your family whatever you want. When you draw your intention is getting very clear and huge energy is set in motions.

## 9. Write down your wish or goal

Now every time you write something, the energy is concreted. So follow these steps:

1. Sit in silence, chant the Divine & very powerful mantra OM / AUM for 27 times. This has many purposes and the energy this creates is very powerful.
2. Now write your goal or wish in PAST TENSE as if already happen. Ex – I am so grateful to God that I have married to \_\_\_\_\_. Or I am so grateful to universe for healing my relationship with my husband. You can write anything but it needs to be specific and clear & in past tense.
3. Everyday atleast write this for 9 - 18 - 27 times
4. The limit is how badly you want to manifest, if you can write for 10,000 times you will have the result super super fast.
5. But whenever you are writing it make sure you are in a **very very positive state, the feelings are very good else the negative feelings will come down in your writing.**

## 10. Donate Money or help someone heal their relationship (This Is by FAR the most important thing you can do to heal any area of your life) - THE BIGGEST SECRET OF ALL

So this is a very critical step. It's basically using the law of karma. You cannot manifest anything if you are not entitled for it.

So if you are facing an issue with getting married – family is not agreeing – **get a couple who cannot afford money, get them married. Organization like Arya Samaj they do or any ngo who do this kind of work.**

Idea is to generate good karma so that it can help you to negate the bad karma you may have generated in past. Donate money to any authentic spiritual organization and pray to God for your healing. You can also donate money to some good NGOS.

**“What you sow, so shall you reap” – this is the law of karma.**

Now you cannot simply pray to God without doing anything good and ask for your wishes. Do a good thing first and then ask for it.

Couples facing relationship issue or with family or with inlaws or any kind of issue – donate around Rs. 5,000 - 10,000 – 15,000 and then put this prayer to God.

**“Lord God, thank you for your mercy and love. Whatever good karma i have generated by this donation may be utilised in healing my relationship with \_\_\_\_\_. With full faith and thank you. So Be It.”**

You can't even imagine how powerful this is – it can create miracles in your life. I have many cases of miraculous healing. But only make sure you are donating in an **authentic spiritual organization.**



## **11. Do a basic course of Pranic healing by Grand Master Choa Kok Sui**

It's an amazing energy science and lot of spiritual wisdom. Once you do this course you will know very advanced tools to heal your relationships and heal your loved ones of any disease, issues etc.

Watch the Intro video here:

[Introduction to Pranic Healing](#) – This is a very advanced energy science and will change your life forever. I strongly recommend all of you to do and live an excellent life knowing your true self and infinite potential.

## **12. Do Forgiveness: Once you forgive, then the probability of healing the relationship is very high.**

Very important if you are having:

1. Troubled marriage life with your partner
2. With in-laws
3. With friends and family
4. You want to attract the right partner but he or she is not keen
5. Any issue with the one you loved
6. Some friction for unknown reasons
7. Emptiness, no peace love in relationship

### **Steps for forgiveness:**

1. Simply sit in silence
2. Chant OM for 9 times
3. Visualize your loved one or the person you are having trouble with in front of you very small
4. Visualize a star between your eyes connecting with Divine light with the star at the other person forehead. Affirm "I the soul connect with you soul"
5. Say "Namaste, We are all child of God. We do mistakes and learn from it. That's how we grow and come closer to God"
6. Now mentally say "I forgive you for whatever hurt or pain you have given to me. I forgive you of all those" Say 3-6-9 times until you feel peace.
7. Do the same as above and seek forgiveness for the mistakes you have done or hurt or pain you have given to the other person.
8. Mentally say thank you and hug the other person (visualize) and speak or ask any question, be sensitive you may get some answers back.
9. Once you are done, Give you thanks to Lord God
10. Repeat this every day with the same person till you feel forgiveness has happened. You will feel internally the peace once it's done but do it for 10-15 times or till relationship is healed.
11. Follow the blessing steps below once you complete this.

### 13. Do blessings in Meditation :

Do a very simple yet very very powerful meditation to heal your relationship or attract the person you want. If your family or your partner family is creating an issue for your relationship or marriage, then include them also. This can be applied for anything or everything in this world.

12. Simply sit in silence
13. Chant OM for 27 times (very important)
14. Visualize your loved one or the person you are having trouble with in front of you very small
15. Knock your heart for 3 times
16. Raise your hand in blessings position
17. And Say Lord God Make me your instrument to bless this person.
18. Visualize & feel from your both hands lots of unconditional love, kindness going to the person.
19. Visualize the person filled with Divine White light & PINK LIGHT
20. Do it for 9 breathing cycle – every time you exhale feel energy going to the person.
21. Do it every day twice to quickly heal your relationship with anyone you want.

### 14. Appreciate your loved one

**STOP thinking about the negative qualities of your loved one or any person you want to improve. The more negative qualities or short comings you think of other person, the more DIFFICULT you are making them to change. You are projecting negative energy and amplifying their negative qualities.**

Everyday mentally appreciate your loved one for all the good qualities he or she has. Do it physically face to face also. Do it every day for 21 days continuously. Whenever you have time for 5 minutes, do it consciously, while driving, eating, walking, doing any less important task.

Read What Brad Pitt had to say :

*Wise words. Brad Pitt about his Lady:*

*"My girl got sick. She was constantly nervous because of problems at work, personal life, her failures and children. She lost 30 pounds and weighted about 90 pounds. She got very skinny and was constantly crying. She was not a happy woman. She had suffered from continuing headaches, heart pain and jammed nerves in her back and ribs. She did not sleep well, falling asleep only in the mornings and got tired very quickly during the day.*

*Our relationship was on the verge of a break up. Her beauty was leaving her somewhere, she had bags under her eyes, she was poking her head, and stopped taking care of herself. She refused to shoot the films and rejected any role.*

*I lost hope and thought that we'll get separated soon... But then I decided to act. After all I've got the MOST Beautiful Woman on earth. She is the idol of more than half of men and women on earth, and I was the one allowed to fall asleep next to her and to hug her. I began to shower her with flowers, kisses and compliments. I surprised and pleased her every minute. I gave her a lot of gifts and lived just for her. I spoke in public only about her. I incorporated all themes in her direction.*

*I praised her in front of her own and our mutual friends. You won't believe it, but she blossomed. She became better. She gained weight, was no longer nervous and loved me even more than ever. I had no clue that she CAN love that much. And then I realized one thing: the woman is the reflection of her man. If you love her to the point of madness, she will become it."*

## 15. [Repeat this affirmation every day for 21 days minimum](#)

### **For relationship healing:**

*“With the blessings of Lord God my relationship is becoming better and healthier every day in every way”*

*Or*

*“Thank You Supreme God for healing and blessing my relationship with (name). I am so grateful to you for filling my life with love, light, power & abundance. With full faith. Thank you. So Be it”*

### [Video on Affirmations - Heal your life](#)

You can do this affirmation for anything, your personal physical healing, and relationship healing, financial healing, attracting the right soul mate, healing family relationship, bringing more peace and love in family.

Whenever you repeat make sure you are **feeling as if your relationship is healed completely.**

Once you feel in that way, the energies you are emitting will speed up the manifestation process.

**THE KEY is to repeat with LOT OF FAITH and CONVICTIONS. When I repeat my affirmations, I prefer dancing or jumping in joy as if I have already received the healing.**

**If you only mentally repeat, results will not be much.**

## 16. [30 – 60 days challenge](#)

You only get love when you give it and if you have not given love, you will not get it. So take this 30-60 days challenge. Follow these steps.

1. For next 30-60 days, DON'T EXPECT ANYTHING from your partner
2. For next 30-60 days make your partner feel that he or she is the most important person in this planet
3. Fill your loved one with UNCONDITIONAL LOVE
4. Make a strategy or plan, whatever are the things which your partner like or love. For a week continuously give them gifts small or big
5. Write letters for them filling it with love and past memories
6. Be it small or big – do a research with her / his friends, family , closed ones
7. Plan for surprise gifts, parties, long drive, something crazy which will make them feel WOW
8. It doesn't mean using only money but creating those feelings, being caring for them
9. For this period, don't say no for anything, just let this period be spend according to him or her
10. Fill her or him with so much LOVE that once she or he feels complete, they will automatically give it back to you

11. Do a research on google for finding ways to be more creative and making your partner feel so special. There are million ways to make them feel like a prince or princess
12. Make your sex life an awesome one – there are enough videos on you tube with different ways to make a complete married life
13. If you cannot make your guy or girl feel like the most special person in this planet than think do you really love them truly??

*Watch these videos – Click on the link.*

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Video 1 [Anthony Robbins - Relationship Challenge](#)

Video 2 [Anthony Robbins - Tranfrom your Relationship](#)

## 17. [Gratitude](#)

**Everyday** write **10 things** you are grateful for in your life. This is very important to shift your energy pattern. Preferably do **as soon as you get up in MORNING**.

Practice this for next one month regularly. Everyday find time to appreciate people for the good things. This will create such a miracle in your life you can't even imagine.

Also you have to be grateful for the difficult times you have in your life. Say thank you to God for everything and say **"Lord God I am grateful for even the tough time you have given me, I also seek your guidance in learning the lessons I have to learn from here"**

18. [Everyday read this prayer](#) – It's The Great Invocation given by Holy Master DK through Alice Bailey. And later modified by My Guruji Master Choa Kok Sui

*(Reading this twice or thrice will be very powerful, record in your own voice and listen to daily while sleeping or anytime) – You cannot even imagine, the power and miracles this will do for you if done with faith.*

\*\*\*\*\*Chant OM / AUM / AMEN for three times\*\*\*\*\*

**"From the point of Light within the mind of God  
Let Light stream forth into the minds of men.  
Let Light descend on earth**

and on my family, my husband or my wife or on the family of my boyfriend or girl friend \_\_\_\_\_ (Include whomever you want peace or love with, can be anyone, include someone who is harassing you or seems to be doing wrong with you)

**From the point of Love within the Heart of God  
Let Love stream forth into the hearts of men**

and on my family, my husband or my wife or on the family of my boyfriend or girl friend \_\_\_\_\_ (Include whomever you want peace or love with, can be anyone, include someone who is harassing you or seems to be doing wrong with you)

**May Christ, Lord Krishna, Great Avatars return to earth.**

**From the centre where the Will of God is known  
Let Purpose guide the little wills of men,**

**The Purpose which the Great Master Knows and serves.**

**Let Good will and will to do good descend on earth'**

and on my family, my husband or my wife or on the family of my boyfriend or girl friend \_\_\_\_\_ (Include whomever you want peace or love with, can be anyone, include someone who is harassing you or seems to be doing wrong with you)

**From the centre which we call the human race, let the plan of love & light workout.**

**May it seal the doors where evil dwells, Let Divine Light, Love & power manifest the Divine plan on earth and**

and on my family, my husband or my wife or on the family of my boyfriend or girl friend \_\_\_\_\_ (Include whomever you want peace or love with, can be anyone, include someone who is harassing you or seems to be doing wrong with you)

\*\*\*\*\*Chant OM / AUM / AMEN for three times\*\*\*\*\*

While saying this prayer, you can visualize the complete earth or your family, people whom you think you are having trouble with.

### **19. [How to remove obstacles or troubles or issues from relationship](#)**

If you having issues or trouble in your relationship **due to a third person or someone who is trying to bring chaos in your relationship** may it is your closed ones or unknown souls, someone you don't know, may be in office or anywhere. Follow these powerful steps



## This mantra was given by My Beloved Spiritual Teacher Grand Master Choa Kok Sui.

1. Simply sit in silence
2. Chant OM for 3-6 times
3. Visualize that person face if you know else just put the intent and feel the person in front of you, take their name or just make an intention.
4. Raise your hand in blessings position
5. Chant the Mantra "OM SHANTI SHANTI SHANTI OM"
6. Feel the energies going to that person & visualize that person is just turning back and going far from you and slowly fading away.
7. Chant the mantra for as many times as you want, preferably 9 times twice a day will bring **miraculous results**
8. Once you finish bless that person with God love & light – this is important for you to be in peace.
9. Give your thanks to Lord God, Great Teachers & Angels helping you.

Chanting the mantra "**OM Namah Shivaya OM**" helps you to revive the relationship. Lord Shiva's energy will help you to transform things in your life. You can chant these mantras for 108 times if you can to have amazing life. Today science is validating the powers and technologies used by our ancient sages, seers, saints, the abundance we have in our culture.

None of the above is my original creation, I mean to say I have learnt these from some or other Great Teachers and they in turn would have learnt from their Teachers and ultimately to Supreme Universal Being.

All the credit goes to Lord God Himself and the Teachers, Souls whose name I cannot recall here or mention here. My only effort is to help the souls who are in pain, to help them see the powers they have, the light which is in them.

All the above are very scientific in nature and also have been mentioned in our ancient scriptures. If you follow the field of Quantum Physics, Meta Physics, different scientific development you will be able to relate the power these have to change your life.

**I know all these above are time consuming, but the question is how badly you want change or transformation in life. Following the above will impact each & every area of your life for good. No way I can tell you or prove you the impact of the above if followed properly and with faith.**

Due to time constraint, I was not able to go in much detail on lot of above points but I am always available if you wish to reach out to me, my details are given below.

### **Remember these very important points:**

1. The Divine law is God or Angels will not come for Help until you put up a request, before you go in any situation ask for Divine guidance and help, It will be given to you
2. If having trouble, means you have to learn something
3. Pain is good, it helps us to grow and develop
4. Universe will not respond to what we want but HOW ARE WE FEELINGS. **Feelings are the key**
5. **Always be in a state that your wishes, goals, prayers have already been answered**
6. No one is perfect, so your partner, family, loved ones will also not
7. Faith, Tolerance, patience, commitment, honesty, loyalty, unconditional love, care, kindness are important lessons to learn
8. Be pure in thoughts and in actions
9. When in pain, that means God wants us to spend more time with HIM.
10. Sit in meditation everyday

11. Follow law of karma, Do good to others everyday consciously
12. Donate money, get some child education sponsored or alleviate people out of pain – THAT’S REALLY DOING GODS work
13. One day all will die, including the one you love and hate. Love them now, because that day can be today or tomorrow
14. You are not a human being, but spiritual being of Divine Love, Light & Power. The seeds of God is sown inside you
15. You can create positive thoughts and feelings at WILL
16. People we hate are only a mirror who helps us to see our true self
17. Life is not about pain or pleasure but about leaning lessons
18. Control your senses, don’t let them influence you
19. When you getting angry or negative thoughts coming in, Visualizing throwing them to Sun and request Lord God to burn all of those.
20. KILL YOUR EGO – that’s the root cause of everything. I say sorry to my GF within 3-5 minutes of our fight. That’s what I do, that’s my choice, what she does is her choice.
21. If you are holding tight, that’s fear, Letting go is freedom, unconditional love
22. Send more positive loving thoughts to the person who creates much trouble in your life. Only love can conquer hate, hate cannot.

I pray and will keep all of you in my blessings and meditation and prayers. Reach me whenever you desire or feel the need. If you ever need help on any of the above, below are my coordinates.

### **Miracles, Love, Light & Power**

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