



*“SANDPAPER
TO SILK:
Perfect
Partnerships All
The Time”*

*CD Companion
WORKBOOK*

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INTRODUCTION



This workbook supports the audio-seminar “**Sandpaper to Silk: Perfect Partnerships All The Time.**” It contains exercises from the seminar, so you can work with them in written form. For easy reference to the CD, the track number of each exercise is listed with the headings.

For best results, listen to the audio-seminar at least once in its entirety, then read through the workbook once before you begin. Also, it’s helpful to meditate or just sit in the stillness for a few moments in preparation. Studies have shown meditating helps us learn, retain what we learn, and create the new behaviors we want.

Work at a pace that’s comfortable. Instead of focusing on getting the results you want quickly, let deeper self-awareness and willingness to change be your goal. The Sandpaper to Silk principles and practices ensure your own perfect results in your own perfect timing. And always remember, your best life is found just outside your comfort zone.

SEVEN TRUTHS ABOUT PARTNERSHIPS

(track 2)

1. God's promise is that if we live focused on our own growth and allow others their own path, we will have perfect relationships. Trying to manipulate or force events is what causes your suffering. Deciding someone should behave a certain way causes your suffering. Focus on changing YOU. If you haven't figured this out yet, trust me because I've learned this the hard way, the only person you can ever change is YOU.

Exercise:

Think of a partnership in which you are suffering right now. Ask yourself:

“What standard or rules for this person am I trying to enforce? Am I trying to manipulate?”

“What are my criticisms?”

“What are my beliefs that are creating this suffering?”

“What would be different if I were practicing unconditional acceptance and universal love?”

2. We are here to give and receive god’s universal love, and here is something worth knowing. At its most basic form - all human behavior is either a gift of love or a request for love. Remember this every single time you find yourself ready to criticize someone – especially yourself. The application of this truth alone can change your life.

3. Life is school and it is always in session. You create your curriculum by your choices, and that curriculum *always* involves relationships; if this weren’t true we each would have been issued our own separate planets! When we are paying attention in this school called life we learn the solution to our relationship problems is not to control the other person, or to withdraw or to make our relationships smaller - *but to engage even more*. Remember where the power is; the power is in changing your thoughts, not in changing the circumstance. So the next time somebody really, really annoys you and you want to either overpower them and give them a piece of your mind, or you want to just withdraw...remember this is a rich opportunity for your own growth.

4. You can run but you can’t hide. Your consciousness creates. Your beliefs in your conscious and subconscious mind create ALL of your life experience – and thus all your relationships. I know it’s hard to accept but it’s true nonetheless. If you’ve been kissing too many frogs lately remember they are frogs that your own thought energy created. Start thinking about princes and they’ll start to show up.

5. Mastering your thoughts is how you master your relationships. I want to remind you again to send your energy to what you want - not what you don’t want. You can create from reaction to the outer (which you have, remember, created) or you can create from an inner vision. You can learn it and you can do it and it’s simple. You can stop suffering in your partnerships. You get to choose.

Here are some strategies for thought mastery.

Whatever you desire in the experience of the relationship you must BE. It’s how the metaphysics works and the universal principle is called the law of attraction. Remember energy is what we are – and like attracts like, If you want to have peace in your partnership with your mate you must BE peace – then the universe responds with the energy of peace, attracting it to your realm. What we mostly want in our relationships are spiritual qualities such as peace, honesty, strength, compassion, courage, authenticity, unity – those sorts of things. *Being* those qualities will get you closer to having them than trying to change the other person.

Ask yourself: “ What spiritual qualities are called for here –what qualities could this partnership use more of?”

Ask yourself: “Whom do I chose to be in this partnership?”

“What of these qualities do I choose to express in this partnership?”

I like to focus on unity when things get tough – unity means we are both on the same side sharing goals and sharing our human fears. All partnerships start out in unity and then when we start thinking negative thoughts about the other person, that energy of unity separates and becomes two separate energies opposing one another. Start with restoring the energy of unity and the rest is much easier.

6. The universe is always operating on your behalf. Nothing is ever done *to* you; everything is done *for* you, no matter how much it seems otherwise. Every interaction you have with another human being is an opportunity for you to become more self-aware and to grow into a better life. What feels like sandpaper is a gift that is smoothing your future into silk.

7. Finally - and this is important! Relax. God is in charge. You can't make a wrong choice, you can't get hurt, Life is eternal and you are an infinite being. The loving wisdom of Spirit is actively on duty in your life, and is capable of doing a better job than you of creating your partnerships – and will - if you let go a bit. Do you know that angels fly because they take themselves lightly? In the Bible in the book of Timothy we are told: “For God has not given us a spirit of fear, but of power, of love, and of sound mind.” You can use the power of that sound mind and your love of the life you desire to create perfect relationships.

FREEDOM QUESTIONS (track 3)

You have a chance to create each relationship anew each time you think of that person or interact with that person. The Freedom Questions work to change relationships from sandpaper to silk.

In using the Freedom Questions follow these guidelines:

- Stop enrolling your friends and coworkers to play "Ain't it awful" with you. Remember about how your greatest complaints keep showing up again and again, and remember the reason is because you keep fueling them with your thought energy? When you get other people to agree with your complaints, have you noticed any improvements? Me either. What I do notice is that my complaints go away when I stop *feeding* them. It's that business of where you direct your thought energy again!
- Stop asking "why" questions. We are curious by nature and want answers to why things are the way they are. In the case of relationships, asking why may get you understanding and some mental satisfaction but not much more. Even the field of psychology has moved away from so much analysis and toward changing thoughts and behavior. If you think about it, wanting to know why a person acts however they act is usually because we then want to figure out how to make them change, or how to control them. Even if it's you that you want to change, self - awareness of HOW you are is very valuable, WHY you are how you are is not. When it comes to "why" questions, the whole dynamic is a bad plan.

The 5 Freedom Questions:

1. What more is there for me to see?

2. What more is there for me to Be?

3. What more is there for me to Set free?

4. What is the spiritual truth?

5. What is my highest vision for this moment?

INTIMATE PARTNERSHIPS (track 4)

Perhaps you want to create a new intimate partnership or transform the one you are in now. The creation process is the same for all partnerships, yet in intimate partnerships there are other considerations we should talk about.

Masculine and Feminine Energy

In an intimate partnership there is a synergy of masculine and feminine energy, which completes the whole. When each partner consciously chooses which principle to represent in the relationship true harmony results. The authentic masculine and feminine are principles, not genders; they reside in both males and females. They are part of the universal creative process. The masculine principle is the seed, creative force, power, assertion, blueprint, the word, provider and protector. The feminine principle is the soil, patience, allowing, surrender, acceptance, and gestation, bringing into form. When these principles are unrefined and corrupted they appear as the passive, weak, manipulative female and as the angry, aggressive, insensitive, male. They show up when the ego self is in charge, when self-mastery has not been attained. Whichever energy you chose to express in your intimate partnership, express it fully, and allow the opposite energy to express fully in your partner. You must restrain yourself from expressing what you have not chosen. It is valuable to cultivate both principles to employ in areas other than your intimate partnership. For example, if you operate from all masculine energy you may create money but never accept it, or create ideas that remain unfulfilled. If you operate from all feminine energy you may have nothing to bring into form, you are willing to accept but have put nothing into the law of the universe.

Consider carefully, then ask yourself, “Do I choose to be the masculine or the feminine principle and energy in my intimate partnership?”

What might this mean regarding my thoughts, words and deeds in that partnership?

CREATING YOUR VISION (track 5)

A vision is a clear conception of an ideal state or experience. It is a magnetic blueprint that attracts all resources required for its fulfillment. Your job is to keep the vision fueled with your energy. That job is easier if you surrender to the natural process by which the universe delivers the vision. Keep your mind free of thoughts of “how” and keep focused on your vision. Here are the steps.

Step I – PREPARE YOUR MIND.

You must prepare your mind to accept a higher experience. Remember, there is something within you that accepts your present experience, and that has to change. *Your biggest dreams are fulfilled just outside your comfort zone.*

Here are 3 steps to preparing your mind for better relationships.

1. Firmly setting your intention. Because it is thought, intention creates. Remember, you are 100% responsible for all your life experiences. You create them - no one else. Use the power of your intention to create what you want. Realize also that your desire for perfect partnerships is in harmony with the universe. We are *supposed* to live in harmony with each other in the circulation of universal love. You have the *right* to ideal relationships.
2. Turn your attention away from the past or the future, and focus on the present. I know, I know, sometimes that can seem nearly impossible, but consider this. In the past is longing or lamentation; in the future is limitation or fear. The only place you have power is here and now. Train yourself to live there.
3. Focus on your uniqueness. This is God within you. Focus on trusting god as you and you as god. You cannot make a wrong choice. Free your mind of all self-judgment and judgment of others. Forgive yourself for choices you judge as wrong. They were not, and you are not. Forgive anyone else you have judged as wrong. If you haven't put any attention on forgiveness, do it now. Carrying around old hurts and angers and judgments imprisons you in a jail of your own making. Get free.

Step II – CREATE YOUR VISION

Give yourself some quiet time. Close your eyes and breathe deeply. Say a prayer or centering words. It's important to allow your mind and body to be still, and be in a meditative state as best you can. Be sure you have the time and a comfortable, private place for this process, and pen and paper. Put these questions to your inner wisdom, your divine intuitive guidance, and trust...

Keep in mind that the vision must be about the *experience* of the relationship, not the qualities of the person, and not about you. The vision must be about the nature of the invisible bond between two people, how they serve and are served by each other, about how god's universal Love is expressed in this partnership.

Ask yourself:

“What is my vision for this ideal partnership? “How can I best describe it?”

“What in my mind must change?”

“What in my behavior must change?”

“What am I willing to do now?”

Articulate your vision

Write, draw, sculpt, sing, dance - whatever. Express it any way you can to give it maximum power. Leave open questions open. Your vision will refine itself over time.

Create Affirmations

Affirmations are a powerful support to the manifestation of your vision. You have 60,000-75,000 thoughts daily. That means that your sustained attention is necessary to implant new thoughts in your subconscious mind. Anything less just isn't going to cut it. Old beliefs will predominate until they are transformed.

Affirmations are present tense declarative statements that you desire to be true. For example: "My mate and I experience only loving harmony." "My employer and I support each other's creativity." In working with your affirmations, begin with this "*I am willing to fully experience this in my life now...*" or "*I am ready to accept this now*"... If you're not used to working with affirmations, they can seem awkward and you might not believe in them. Hold your judgments, get busy, and don't give up. They work.

Keep your attention on your vision. Use your heart -*not* your logical mind- to fuel it with energy and bring it into form. Nourish and protect it. Act on its behalf however and whenever you are inwardly guided. Trust the process. Accept the guidance, intuition, ideas and resources that issue forth from your vision. And most importantly, remember that the purpose of your vision is to bring you joyful partnership. Accept the joy. You have a right to it.

Step III – your ACTION PLAN:

Ask yourself: "What three actions can I take in the next six months to create my vision? What can I do in the next thirty days? What is my commitment?"

Share your vision, plan and commitment. Support each other. Share the joy of creation. In the Los Angeles area I facilitate Mastermind Groups where people work together in support of each other's dreams. There is great power in knowing others are supporting you, and holding you accountable to yourself. And there is great power in giving support to others.

Relax, God is in charge. As you commit to living your vision, practice patience and trust the process. Martin Luther King said, "You don't have to see the whole staircase, just the first step." And my own email signature says, "Sometimes your only available transportation is a leap of faith."

Now that you have your vision and your action plan *Hold the space!* In the book of Ecclesiastes in the Bible it says, "A heart resolved after due reflection will not flinch at the critical moment." As you commit to the new status quo you desire, a creative tension develops between the old and the new. Your old belief patterns will hold you back and Spirit within you will move you forward. This is the critical moment. This is when you must *trust--*trust God and the laws of metaphysics. Trust that as you have used the power of your thought to create a new reality, the energy of that thought will blindly create from your blueprint. But, if you let go of that new thought because of fear, doubt, low self-esteem, or just habit, you will create a more powerful blueprint of the old status quo, the default position. The change you want will not manifest. Remember, *the universe always says yes*. Training your mind to keep your thoughts firmly focused is the splint that holds the bones of the new reality together until they have knit into their new position.

AFFIRMATIONS (track 6)

This section offers you extra support to help you on your way to perfect partnerships. Remember that old beliefs will predominate until they are changed, and affirmations are a good way to change your old beliefs into new ones that support the life you want. You may want to use these affirmations as a meditation. Find a quiet, private, comfortable place and have a few minutes to just sit afterward and let it all sink in. Get seated comfortably. Take a really deep breath in through your nose and let it out through your mouth really slowly...again, and again. Imagine yourself in the most peaceful place you know, where you feel fully relaxed and still. You have no desire for outside stimulation, no need to achieve or acquire anything. Just for this moment, you are totally at peace. Allow the affirmations to focus your energy. Believe these words are true for you.

“My life is always expanding, deepening, and gaining power.”

“I participate in the circulation of universal love.”

“It is always safe for me to experience the fullness of life.”

“I practice unconditional acceptance – no matter what.”

“All of my thoughts are positive, constructive, and life-enhancing.”

“I am grateful for my history, and I accept its value to my life.”

“I live in the present moment, focused on my vision of perfect partnerships.”

“My highest good is always being served. I am always serving the highest good of others.”

“Healing is always happening.”

“I easily direct all my thoughts to serve my highest possibilities.”

“I am MORE than my mind and my body. I am an infinite being.”

“It is easy for me to change, I welcome change in my life.”

“I always take the next right action – or inaction.”

“I welcome and accept all experiences because I know they serve my growth.”

“I dedicate myself to my vision of perfect partnerships, and know it attracts whatever it needs to come into form.”

“I am always open to the guidance of my higher power.”

“I live free of the innercarceration of my ego self, free in the power of my highest self!”

“I am free and unguarded in relationships, because the universe is always acting on my behalf.”

“I always focus on the right thoughts, words and deeds.”

“I am free from unfulfilled yesterdays and uncertain tomorrows. I live in the Present.”

“I am a creative, unlimited being, supported by a loving, abundant universe.”

“My faith is always more powerful than my fears.”

“Every partnership I have is peaceful, powerful, joyful, valuable and smooth as silk.”



ABOUT THE AUTHOR

Reverend Margaret Shepherd, MBA, is dedicated to your spiritual and material fulfillment.

As a minister with a business orientation, she thinks of ways and means. Clarity of vision, self-mastery and inner guidance are the way, and investing in yourself is the means. She shares her message through public seminars and classes, teleclasses, books, tapes, mastermind groups, private coaching, and presentations tailored to your organization. Visit her website www.reverendmargaret.com, or call 800- 264-9690.

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