

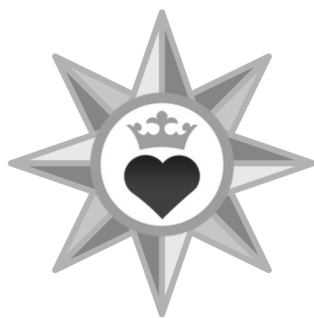


QUEST ONE

COUPLES
SHIP
MANIFESTO



Salon



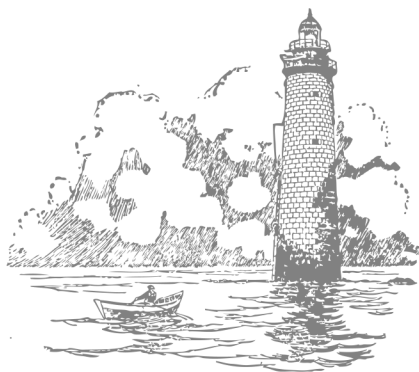
Picture this: you and your partner, facing a recurring pain point in your relationship. Blame hangs heavy, the air thick with misunderstanding. But what if there was a North Star guiding you beyond the surface, towards deeper connection?

Imagine leaving behind the "us versus them" dynamic and stepping into a compassionate observer's perspective. During this Salon you will be guided through a powerful exercise where you'll connect with this wise, all-knowing entity – your **Relationship** as your North Star.

You will discover the power of turning towards your **Relationship** to navigate your **Coupleship** journey. This process will allow you to see the bigger picture, release the burden of painful patterns, and reclaim the space for true closeness.

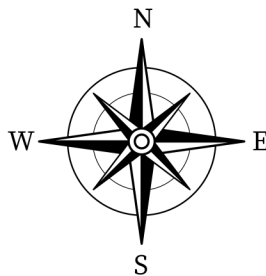
You will learn how to use your **Relationship** as a source of objective guidance and support to overcome any painful patterns and instead navigate towards deepening your connection.

Be prepared to share your discoveries, collaborate with your partner, and lock in new tools that transform how you navigate challenges together. Whether you're facing seemingly insurmountable hurdles or simply seeking a deeper connection, this Salon is designed to leave you uplifted and revitalized.



Every Couplship needs a North Star to orient towards. The Eden World Guiding Principle #1 is “**Relationship is Our North Star**” and yet what does that mean when your Couplship runs aground, or hits turbulent winds or ... even when you have a clear notion of where you want to head and yet are uncertain about how to get there?

Your **Relationship** has been present for every thought, emotion, and action for both you and your partner. Your **Relationship** does not take sides. Instead your **Relationship** is a warm, compassionate, objective ally calling each of you towards a truer version of love. Every time you reach out to your **Relationship**, you are turning towards your North Star.



RELATIONSHIP IS OUR NORTH STAR

We hold with reverence that each person’s romantic partnership is a spiritual practice. Everything we explore revolves around the idea that in the context of committed partnership, we are more likely to discover even greater levels of freedom for our sovereign expression than what we would find through personal exploration alone. We regard partnership as the perfect mirror for our present level of consciousness and our greatest teacher for the optimal path forward. We live in harmony with what serves that partnership, as we trust that it points us towards what is in the greatest service to ourselves, to the community and to the world.

In Eden, we search for the commonality with each other rather than exploit our differences, and use that as a reminder to awaken to a higher consciousness. When we hold this perspective, we can feel the boundary lines dissolve between us and our beloveds, between our shadow and our light, and between that which we revere and that which we detest. If we find ourselves in opposition, we remember to take a moment to see the complimentary and symbiotic nature within ourselves and our Beloved. We are devoted to loving one another with the fullness of our hearts.

In other words:

It is through the container of relationship that we see ourselves more completely and become the most actualized version of ourselves. We take being in relationship seriously.

NAMING YOUR PATTERN

Pick a repeating experience of pain (“pattern”) in your Couplship. It may be one related to one of your Couplship Assessment areas or something that showed up recently.

What is the painful pattern or challenge that you want to work on today?



Recall the painful pattern or challenge.

Remember it as if it is happening now.

What are you feeling in your body (e.g. stomach tightens, shoulders hunch)? What emotions come up (e.g. annoyed, resigned) and any thoughts that kick in (e.g. “I can’t believe you did that again!”, “here we go again!”)?

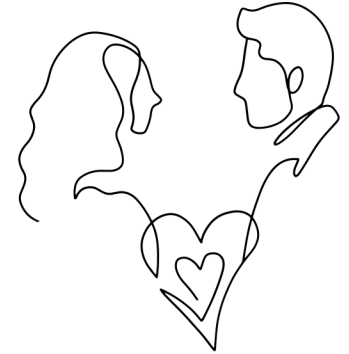
BRINGING YOUR RELATIONSHIP IN

Turn towards each other, and be seated in front of your partner (or if you are not physically together, imagine your partner sitting across from you).

Hold one of your beloved's hands (your right holding their left, or vice versa). If you are not with your partner, reach out and imagine holding their hand.

On the opposite side, imagine your **Relationship** is sitting beside you two – *a warm compassionate ally that does not take sides.*

Reach towards your Relationship with your free hand and imagine your Relationship is reaching back and holding your hand. You don't need to explain, you don't need to justify or prove your point – you are just accepted and being held by your Relationship.



What changes are you feeling in your body?

What emotions came up, if any?

In what way have your thoughts changed?

LOOKING THROUGH THE EYES OF YOUR RELATIONSHIP

Stand up and move so you are standing next to your **Relationship**. Imagine you are still holding hands with your **Relationship** and are looking back at yourself and your partner in the midst of the pattern.

Remember, your **Relationship** has been an objective ally, present for every thought, emotion, and action that occurred in between you and your beloved. When we are in the pattern, our focus narrows and all we see is what's right in front of us. Looking at the pattern through your **Relationship's** eyes is an opportunity to see everything else that is still present but goes unnoticed. We're on the hunt for what is usually not noticed.

Standing here with your Relationship, what else can you observe about this pattern that has not been acknowledged? *The other emotions present (e.g. helplessness, disappointment, fear), the other factors that may have contributed to the recent occurrence, the love that brought you together, your shared desire to find another way. Let whatever comes to you come without judging or dismissing it. All of it is valid.*

Sit back in your chair and write what you observed and any insights you had about this experience.



UNBURDENING YOURSELVES OF THE PATTERN

Sit back down facing each other. This heavy painful pattern is in the space between you two. Set an intention to give this pattern to your **Relationship**.

Reach out and using your hands, arms and body movements, lift this heavy pattern out from the space between you. Be as playful as possible, feeling its weight, pulling up any anchors, and untying any mooring lines and slowly move it to the side where you were just standing with your Relationship. Give it to your **Relationship**.

Repeat previous step over again at least 2 times.


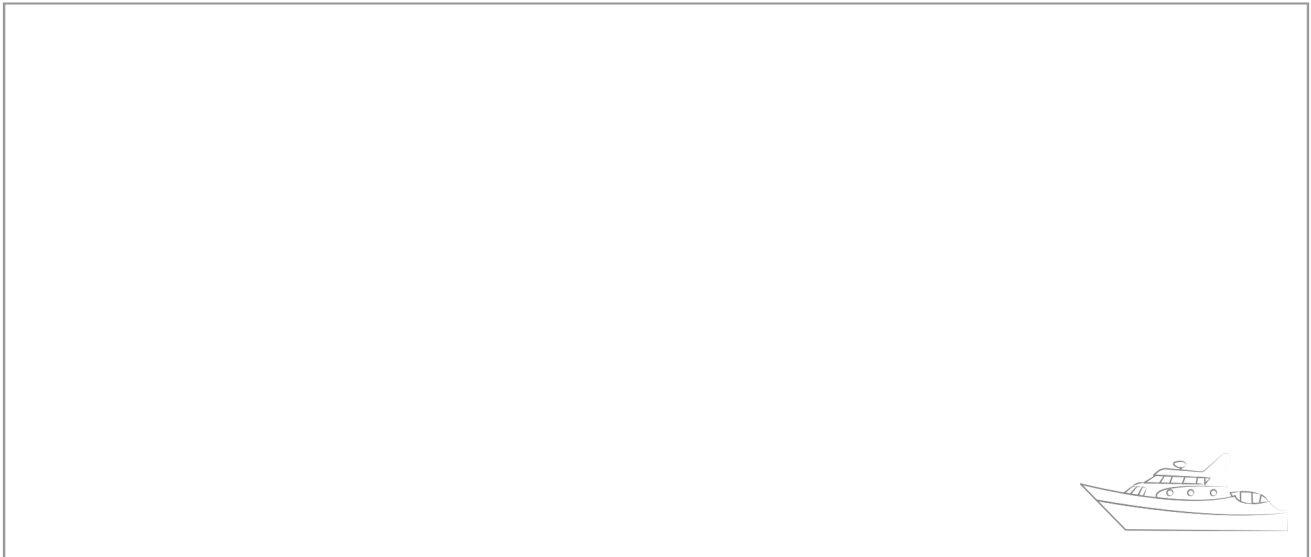
How does the space between you and your partner now feel (e.g. lighter, clearer, crisper)? Does it feel like you can look at each other through fresh eyes? Note in the box below what you notice, including any insights.



CONNECT & SHARE

Now is the time where you get to share your experiences with your partner. First, take turns sharing with your beloved what you noticed during each of the exercises and where you noticed the biggest shift.

How might you use these tools or what you discovered to help you navigate your CoupleShip together?



Did you gain any further insight from hearing from other couples?

