



reality school *contemplation sheet*

Having Conscious Relationships

by Story Waters

Questions to ask your heart

What are energetic cords? Why would you have chosen to experience them?

Going through the main people in your life, how strongly do you feel energetic cords between you and them?

What does it mean to realize that karma was only ever created by the idea of karma? Can you believe that karma has ended? How could this be? What has changed?

If you cut all the cords in your life are there any people that you would then be worried would be leaving your life?

How is something as potent as unconditional love not a cord?

Are there people in your life that you repeatedly experience as draining to be around? What makes you choose to spend time with them?

Are there any relationships in your life that you do not feel you have the choice to end? Is that belief really true?

Is it realistic to imagine only having relationships with others that bring positive feelings into your life? In what ways, if any, does it not feel possible?

Listening to the recording did you feel the queue of people waiting to meet you?

Does the idea that you will see people again in other lives help or hinder you in ending relationships in this life?

Can you imagine ending a relationship without drama, guilt or judgment?

Which relationships in your life have *had their time*? Are you willing to act on this realization?

Which relationships in your life energize you? Do they energize you in different ways? What links the relationships that energize you? How could you nurture more relationships like these?

Have feelings of selfishness and / or guilt arisen in this exploration of relationships?

How do your relationships with family members differ from the relationships with your friends.

What qualities would you like to birth more of in both new and current relationships?

How can you bring more consciousness into the relationships in your life? How will they benefit?

Resource

[ConsciousRelationships.mp3](#)



Welcome to this reality school contemplation sheet for the mp3 listed above. It is recommended that you listen to the recording on its own before reading this sheet so that you can fully immerse yourself in its journey. You can then use the questions on this sheet to explore the themes of the recording in more depth. The more you put in to answering these questions in an entirely honest and vulnerable way, the more you will benefit.

Download the mp3 at : realityschool.org

Are you willing to give yourself the quality of relationships that you know you are capable of? Are you willing to choose only relationships that can meet you in that level of consciousness?

*Want more? Watch the full seminar video of **No More Cords**, from which the mp3 was created, on FreedomCircle.tv*

www.realityschool.org
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