

**Healing Through Relationships** – Michael explains in this workshop how we all start out as LOVE as babies, then we become doers to be approved of by our Power Person (usually a parent, this is explained in my notes on CoDependence to Interdependence). We hold resentment for giving up our true nature and this resentment is the foundation for all our future relationships until we forgive it. We go into a relationship with a bag of garbage (usually matches their bag of garbage) and we each hide it well until the other gives us the look and up comes our stuff. We have the opportunity here to see that together we are vital enough for all the toxicity to surface and we can support each other, work through it and be done with it. Our relationship will actually be stronger because of the conflict. However, most people get to this point and say, "I don't feel this way unless I am around you." And they get rid of the very person who could support them in dealing with their realities that are less than love. Michael offers a tool called the Commitment, one version is to be said to yourself, to say to everyone you are in relationship with. We all have relationships – with significant others, with siblings, with parents, co-workers, friends and neighbors. This works with all relationships. Michael and I used the most current version of the Commitment in our wedding as "our Pagra" and at this point I would like to share that excerpt as an explanation of this tool. I encourage everyone to use this tool.

Y'shua, more popularly known as Jesus, is the source of the thought system we have joined in making our guide in life. The larger purpose, beyond our human selves, is the commitment to do whatever is necessary, within our power, to spread the WORK of Y'shua by creating a Holy Partnership of the Soul ... that we may together do God's work ... sharing all that is good within us ... with all whose lives we touch. Throughout our lives we have each sought to be a light to the world and now, in our joining, hold, as the Primary Purpose of our marriage, to increase that light and our service to humanity.

In Aramaic, the language Y'shua used to deliver His magnificent teachings, it is understood that each person has a Personal Code by which they live. Conflicting Personal Codes are the cause of much stress in a marriage. In the Aramaic thought system, a new third entity, called a Pagra, is formed when two people marry and that Pagra has its own Personal Code. The Pagra is formed by marriage partners who, by agreement, submit their own Personal Codes, their own way of doing things, to the Personal Code of the Pagra.

After deep prayer and meditation, our vows taken are the Personal Code we choose to live by in sharing our lives together.

***I promise to TRUST you enough to tell you the Truth and be True to you.***

***I commit to always be sweetness in your life, to nurture you daily and treat you LOVINGLY, Gently and with Respect in my thoughts, words and actions, whether in your presence or not. In every interaction, I Commit to affection for you, always looking for and acknowledging the highest and best in you and surrender to LOVE, our true nature. My connection to God (my Source), my relationship with you and our Serenity will always be more important than any issue.***

***I open my heart to embrace you in my Love, and I open my heart to be embraced in your Love. If anything unlike LOVE comes up, I will hold us in my heart and listen as I learn to speak, experience and be RESPONS-ABLE for my own realities.***

***I am here for and with you. I promise to keep communication open and keep LOVE conscious, active and present AS WE HEAL, CELEBRATE LIFE and GROW TOGETHER!***