



RELATIONSHIP RESCUE REMEDY
FIVE DROP FORMULA

Module 1- Drop the Flame - Pause

Presented by Vimala Dasi & Jaya Sila Dasa

About Us

Jaya Sila Dasa

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&

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Both disciples of
Sri Prabhupada...
happily married for
nearly 40 years



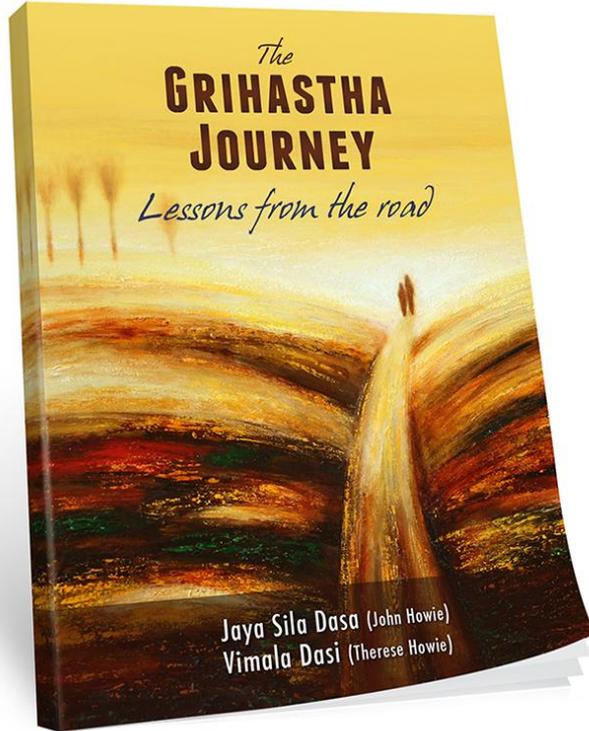
Teaching devotees worldwide

India, USA,
Australia,
New Zealand,
Ukraine,
UAE - Dubai, UK,
Germany, Spain,
Switzerland,
Slovenia,
Slovakia,
Russia, China...



Relationship
Rescue Remedy





**The Relationship
Rescue Remedy
began here...**

Why you registered for this course

- Repeated conflict and arguments
- Holding feelings of resentment...
- Little or no love in relationship
- Frightened by prospect of break-up
- Want to take your relationship to a much higher level

Personal Desired Outcomes

- Think about exactly why **you** registered for this course

- Write down two or three **specific things** YOU would like to get out of this course.



Pause

What to expect from the course...

- **40 years of practical tips, tools and know how**
- **Practical skills to transform any conflict**
- **Everything you need to build vibrant Krishna conscious relationships... based on empathy, love and trust.**

You will learn how to...

- Easily dissolve annoying everyday conflicts
- Quickly transform upsets into opportunities for deepening relationships
- Rapidly realign with your highest intentions for both yourself and others

5 Drop Formula... combined form



Drop the flame

Pause



Drop the vain

Reflect



Drop the blame

Accept responsibility



Drop the pain

Reset

Pour on
the energy



Energize



Drop the flame

Pause...

not the easiest thing to do,
especially when things start
to get heated



Identify Your Negative Patterns

All relationships have patterns...
some good... some not!



Typical Conflict Patterns

Start looking out for...

‘Dysfunctional patterns and rituals’

Typical Responses

Defend
Avoidance
Suppression



Attack
Confrontation
Combat



Pause the Video

**Come Back When
You Have Done the Exercise**

When ANGER becomes the ISSUE!

Typical responses often generate
Upset and **Anger!**

'Calm is strength'

The mantra for keeping your cool



Pause for just a moment

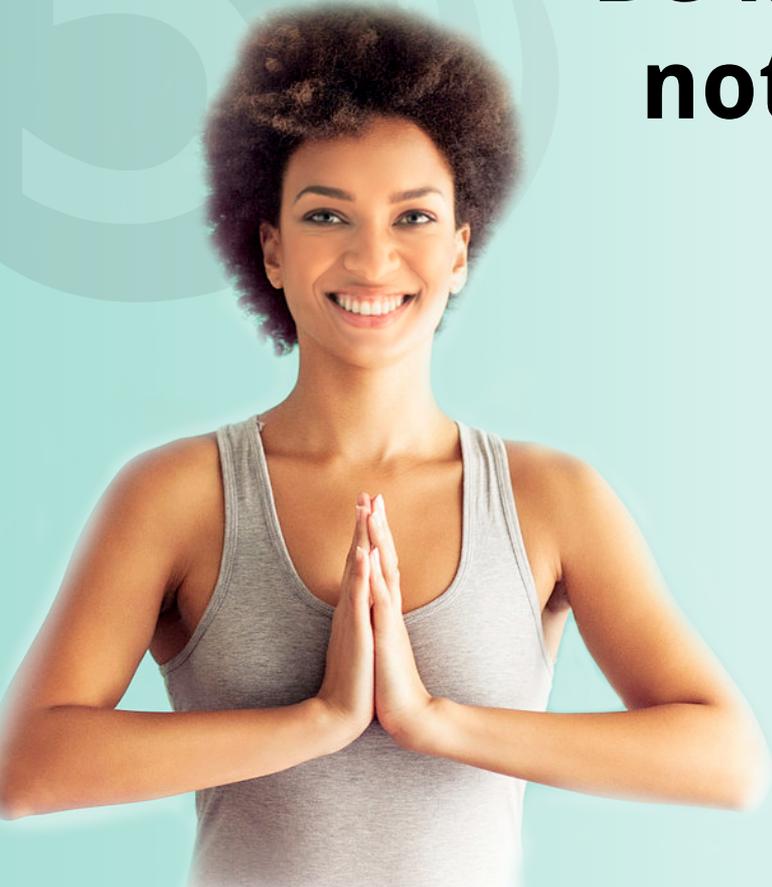
...or for however long it takes



Learning How to Pause... **even in difficult circumstances**

- Mode of Goodness - Only pathway forward
- Develop your 'Mindful muscles'
- Mindfulness - is a 'learned habit'

**Be in your heart
not your head**



Practical Ways to Change Your State

**The Ultimate State-changer
Call Out to Krishna!**





Calmness Breathing

- Become the Observer
- Release Anger & Frustration



Change your environment

Walk Away



Affirmations - Positive Self Talk

Re-script your internal dialogue



Pro-active Self care

Sadhana - Sleep - Diet, etc

Mental Rehearsal



Pause

- Think of conflict situation
- Consider how will you change your state
- Write down 1 or 2 methods to change your state that you will commit to practicing this week.

Mental Rehearsal

- Practice this daily
- See the difference



Drop the flame

Summary

- First become conscious... something's going wrong
- Recognise dysfunctional patterns
- Don't let your anger become the issue
- Access the mode of goodness (Mindfulness)
- Change state (Calm is Strength!)
- State Change strategies... use individually or combined

'Drop the flame' - Homework

A. Identify a specific upset situation

Notice... Change your state... Reflect

B. Affirmations/self talk... Shift your mindset

C. Focus on Self-care strategies

Sadhana, sleep, right foods



Drop the vain