



# RELATIONSHIP RESCUE REMEDY

FIVE DROP FORMULA

## Module 4 - Drop The Pain (Reset)

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# Drop the pain

Congratulations!

You have successfully...***Paused, Reflected,  
Accepted Responsibility***



# Drop the vain

**Key to Success!**

**Drop 2 - *Reflecting...***  
the Drop that opens the  
door to resolving conflict



# Enter the 'Reset'

- What is a 'reset'?
- How do you do it?



# New way forward!

...but something  
is blocking the  
way!



# Obstacles on the Path

What if its been so long... that getting back to a loving place seems like an impossibility?

***You probably have lots of 'stuff under the rug'***

**Insert video?**

‘All arguments in one’



**Unresolved issues**  
build up and up...  
until they  
finally explode!





# The Stuff Under the Rug

## What's your style?

- Avoidance
- Helplessness
- Competition
- Compromise

**Sweeping  
issues under  
the rug...  
never works**



# **Traditional Counselling & Therapy**

**Revisit the past**

***Costs lots... generally not very successful!***



**Here's the good news...**

You don't have to go back and sort out  
all that 'stuff' under the rug!



# The magic formula

## *(Spiritual Solution)*

- Acknowledge that issues exist...
- Be prepared to move beyond them
- **Be in the moment!**
- Let your upset go...and move on!



# Drop the pain (Part Two)

Reset... ***'Beyond conflict'***

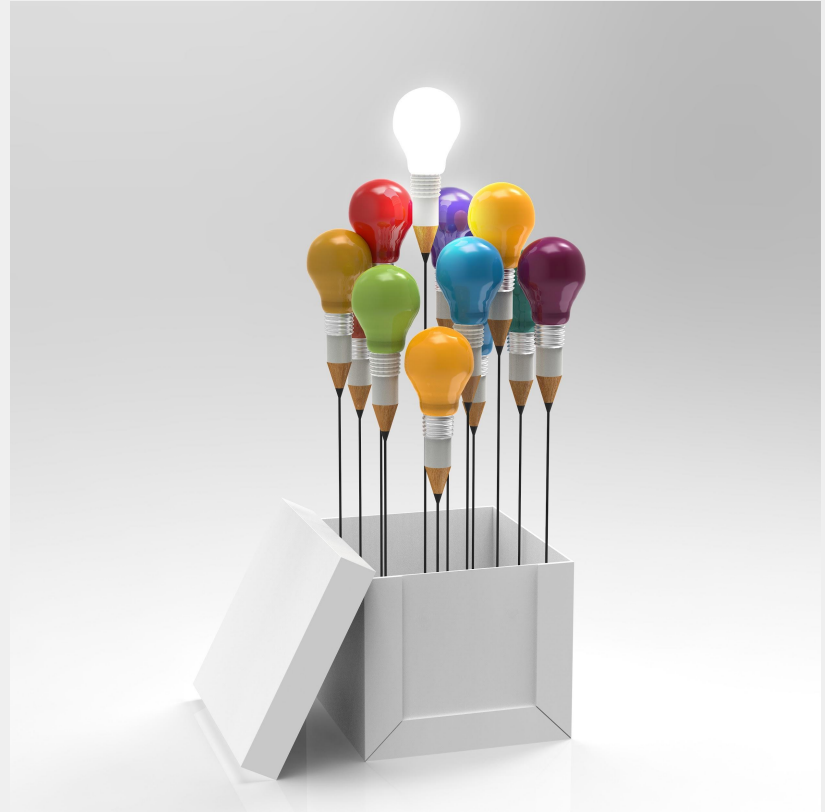


... back to that loving place!



# The Third Alternative

- **Be Creative....** find ways to work out new alternatives that work well for you both
- **Test...ask “How would that work for you?”**







# Drop the pain

## 'The Reset' in a Nutshell

- Beware of 'stuff under the rug'
- Identify your patterns
- Realign with your 'higher self'
- Create a 'Third Alternative'

# Warning!

## Don't Try and Reset Others

- You can only 'reset' yourself
- When others see you 'reset' you inspire them to do the same





# **Homework**

**Only works when you use it**

**Use it or lose it!**

# Module Four - Homework

1. Identify your style of 'Sweeping Issues Under the Rug'
2. Reflect and if possible, discuss with your spouse how it has impacted your relationship
3. Practice '*Resetting yourself*' whenever you slip into old dysfunctional patterns...either personal or relational

**Coming Up Next...**

**Pour on  
the energy**



**Energise for Success!**