

COMMUNICATION SKILLS FOR COUPLES

4-Week Practice to Improve Trust, Intimacy,
and Connection to Reignite Your Love and
Build a Strong Relationship

Part 1

Arthur Apison

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Author's Note

This book is a **revised and updated version** of my earlier title, *Relationship Workbook for Couples*. If you have already purchased that book, please note that much of the material is similar, and you do not need to buy this edition as well.

I decided to publish this version under a new title because some readers expected the word “*workbook*” to mean daily instructions and numerous exercises. Since the original book was never intended in that format, I wanted this edition to better reflect its true purpose: to share **practical, experience-based tools** for improving communication, trust, intimacy, and connection. You will also receive a 4-week workbook as a bonus.

For readers who wish to explore **all of my books**, you do not need to buy *Relationship Workbook for Couples* separately; this edition already contains the same foundation, but presented in a refined and clearer way.

Thank you for your understanding, and I hope this book serves as a meaningful guide in strengthening your relationship.

DEDICATION

This book is dedicated to the journey that has shaped me, to the life experiences that have molded me, and to all of the incredible people who have crossed my path along the way.

To the remarkable women who have shared in my experiences, each of you have left an indelible mark on my soul. Your strength, wisdom, and grace have been my guiding stars.

To the amazing woman who stands by my side today, your unwavering support and love are my anchor. You are my muse, my confidant, and my greatest inspiration.

To the beautiful land of Portugal and its warm-hearted people, where I am grateful to live today, your hospitality and kindness are unparalleled. Thank you for opening your hearts and homes to those in need, especially the refugees from Ukraine. Your generosity and compassion embody the very best of humanity.

To all of the other countries, including the USA and those across Europe and other parts of the world that have shown immense support and opened their doors to refugees since the beginning of the war, your solidarity and humanitarian efforts are deeply appreciated. Your actions have brought hope and safety to countless lives.

To all of the conscious individuals who are awakening and driving the transformation of our Earth, your courage, awareness, and dedication to positive change inspire all. You are lighting the path towards a more enlightened and compassionate world.

With deepest gratitude,
Arthur Apison.

Contents

INTRODUCTION.....	6
CHAPTER 1: THE FOUR LEVELS OF COMMUNICATION.....	9
CHAPTER 2: MY FIRST EXPERIENCE WITH A WOMAN	12
CHAPTER 3: MY FIRST SERIOUS RELATIONSHIP.....	15
CHAPTER 4: MARRIAGE AND TWELVE YEARS OF HAPPY LIFE	19
CHAPTER 5: FAIR TALK PRACTICE (FTP)	30
CHAPTER 6: RELATIONSHIPS AFTER MARRIAGE	46
CHAPTER 7: UNEXPECTED RELATIONSHIP	54
CHAPTER 8: FOUR LEVELS OF RELATIONSHIPS.....	63
CHAPTER 9: FAMILY MISSION AND RULES.....	70
CHAPTER 10: HOW OFTEN DO WE CHOOSE OUR PARTNER?	81

**CHAPTER 11: WHAT TO DO IF YOU STILL DON’T HAVE A
RELATIONSHIP OR JUST BROKE UP? 87**

**CHAPTER 12: CHAKRAS AND ENERGY CIRCULATION IN
RELATIONSHIPS.....92**

CHAPTER 13: CONCLUSION 119

ANNEX 1: FTP FEEDBACK SHEET EXAMPLE:..... 134

ANNEX 2: RELATIONSHIPS ALGORITHM:..... 136

ANNEX 3: LOVE POEM: 138

ACKNOWLEDGMENTS 140

ABOUT THE AUTHOR 142

Introduction

For more than twenty years, relationships have been my greatest teacher. They have carried me to incredible heights of joy and connection, and they have also delivered powerful lessons I could not avoid.

I know the loneliness that can exist inside a relationship. I know the frustration of feeling misunderstood, the helplessness of watching love fade under the weight of daily problems. But I also know the miracle that happens when two people learn how to really hear one another, when conflict turns into understanding, and when a safe space opens where both hearts can speak without fear.

Along the way, I have lived through very different chapters: twelve years of marriage, more than two years of celibacy, and profound spiritual connections that defied logic. My personal fasting practice of more than twenty years also deepened my perspective, giving me a new understanding of relationships and personal growth. Each time I reached a new level of awareness, a new relationship entered my life, each one reflecting that growth and bringing unique lessons. These stages, and the

insights they revealed, I will introduce in detail in the following pages of this book.

My interest in psychology, essential for managing a crew in the confined space of a ship (I was a deep-sea captain), became an invaluable tool for understanding human behavior. Yet I soon discovered that managing people at work and building a relationship with a woman are two very different psychologies. Each romantic relationship I embarked on marked a stage of my personal growth, shaping me in unique ways. These relationships, and the lessons they offered, are described throughout this book.

This book is **not a theory**, nor is it a collection of “quick tricks.” It is the fruit of my own journey, years of trial and error, study, and implementation. With over two decades of exploring and understanding the dynamics of communication with women, my path has been both enriching and enlightening, and has contributed profoundly to my personal growth. This book is a culmination of the techniques that not only transformed my relationships but also resonated deeply with participants of my fasting retreats, who shared overwhelmingly positive feedback.

In these pages, you won’t find an endless list of practices that are quickly forgotten once the book is closed. Instead, you’ll discover practical, tried-and-tested techniques that have proven effective in real-world relationships, both mine and those of my clients. I share them with the hope that you can apply even just one and see meaningful changes in your relationship within a month.

The structure of this book is rooted in personal experiences and transformations, aimed at helping you recognize the level of relationship you are currently experiencing and how to elevate it. No matter your starting point, the practices outlined here are adaptable and can be tailored to your unique circumstances and needs. Whether you are at the very beginning of your relationship, in the middle of a storm, or simply wishing

to deepen the love you already share, this book will guide you step by step toward greater understanding, trust, and intimacy.

My goal is simple: even if you begin practicing just one tool from this book, your relationship can start to change within a month. And if you commit to more, you may discover what I and many others have found, a level of connection that feels like a miracle.

Welcome to the journey.

Chapter 1: The Four Levels of Communication

We live in a world where we are continuously entering into interactions with other people. It is impossible to imagine life without others: our families, colleagues, friends, and strangers we meet every day.

Yet not all communication is the same. Some conversations remain light and polite, while others reach into the deepest parts of who we are. In truth, we communicate on very different levels, and the quality of our relationships depends on which level we are able to reach.

To illustrate this, I often use a metaphor that many people can easily relate to: **a cappuccino**. Just as a cappuccino is made of layers, so too are our relationships. Each layer adds something unique, and together they create the full experience.

I call this the **cappuccino concept** of relationships. It has been a guiding metaphor for me in understanding the four levels of communication: **foam, milk, coffee, and syrup.**

1. Foam: The Surface Interaction

Foam represents the superficial layer of interactions—light, airy, and often sweetened. It's the initial phase of getting to know someone, involving small talk, polite exchanges, and basic social niceties. This layer is about making a positive first impression and setting the tone for potential deeper connections.

2. Milk: The Substantial Foundation

Milk adds volume and body to the cappuccino and symbolizes the deeper, more meaningful interactions that form the foundation of a relationship. It includes sharing personal stories, offering support, and building trust. This nurturing and caring aspect sustains the relationship, providing a substantial base that keeps it strong and resilient.

3. Coffee: The Core Strength

Coffee, the essence of the cappuccino, is strong, bitter, and robust, defining the drink's core character. In relationships, it represents the core values, beliefs, and shared experiences that give a relationship its strength and depth. It encompasses facing challenges together, having difficult conversations, and maintaining honesty and integrity, reflecting the reality that relationships require effort and can sometimes be tough.

4. Syrup: The Deepest Understanding

The syrup adds a touch of sweetness and flavor, enhancing the enjoyment of the cappuccino. In relationships, it not only signifies the joy, fun, and positive moments but also the deepest level of understanding between individuals. This profound connection allows enjoyment to come effortlessly, where both people feel appreciated and valued without needing to exert extra effort, symbolizing the sweetest, most fulfilling aspect of a relationship.

Regardless of the current stage of your relationship, the cappuccino concept provides a framework for understanding and nurturing various aspects of interactions. Whether you're at the airy, introductory phase of foam or deepening your connection through the substantial layers of milk and coffee, this approach helps highlight the potential paths to deeper understanding and enjoyment. With my personal growth, I had different types of relationships. Later on, in this book, I will introduce my own concept of relationships, based on my experiences, which also contains four levels.

These levels are not fixed; you can always develop your relationships and bring them to new levels. Most problems between people arise due to the **lack of communication**, and romantic relationships are no exception. I will share a practice that will improve that in a short amount of time. By utilizing the practices and insights shared in this book, you can effectively progress to achieving a much better understanding with your partner, ultimately reaching the sweet, effortless joy symbolized by the syrup.

After each chapter, I provide an analysis of what I did wrong in my own relationships. By sharing these personal insights, you may see reflections in your own experiences and prevent similar mistakes in your relationships. This book underscores that with the right tools and commitment, any relationship can evolve to a deeper level of connection and understanding, ultimately achieving a relationship as harmonious and fulfilling as a perfectly crafted cappuccino.

This book is designed to be a practical guide to achieving a deeper, more fulfilling relationship, offering you the tools and insights needed to bring your relationship to a new level.

Chapter 2: My First Experience with a Woman

In high school, I was the guy who consistently tried to stay in the background. Not because I wanted to be invisible, but because I felt like I had no other choice. I had so many insecurities about my body, my speech, and especially my hair. Since I was born, I've had bald patches, and they became more noticeable as I grew older. Every day, I would spend a ridiculous amount of time in front of the mirror, carefully gelling my hair to cover them up. No matter how much I tried, I never felt confident. I was always convinced that everyone could see through my efforts, even if they didn't say anything.

But my hair wasn't my only issue. I also struggled to pronounce the letter "R." For as long as I could remember, I couldn't get it right. Whenever I

tried to say it, it came out all wrong, like my tongue was tangled. This speech problem made me a target for jokes and teasing. Some of the older guys even made a game out of it, asking me to say tongue twisters filled with “R” sounds just so they could laugh at me. It was humiliating, and after a while, I started to avoid speaking as much as possible. The thought of stumbling over my words in front of others was unbearable.

There is one moment that stands out vividly from high school. I was supposed to give a speech at the end of the school year—a big deal for someone like me. It was an opportunity to be recognized, to be seen. Moreover, everybody wanted that because I was one of the best in my class. But the thought of standing up there, in front of everyone, terrified me. I was convinced that I would mess up—that the laughter would start, and that I wouldn’t be able to recover. So, I refused. I let someone else take my place while I sat in the crowd, relieved but deeply disappointed in myself.

When it came to girls, I was just as shy. I could barely even think about approaching one without my legs turning to jelly. My heart would race, and a lump would form in my throat at the mere idea of starting a conversation. I was sure that they would see all my flaws immediately—my awkwardness, my patchy hair, my speech issues—and reject me on the spot. So, I stayed on the sidelines, watching as others effortlessly flirted and formed relationships, while I remained too afraid to make a move.

Things began to change when I entered the Maritime Academy. One of the first big changes came when I started learning English. To my surprise, I discovered that in English, the “R” sound wasn’t nearly as difficult to pronounce. In fact, it felt natural—almost easy. I was thrilled! For the first time, I could express myself without worrying about stumbling over my words. My confidence grew even more when people started telling me that I had a real British accent. Hearing that made me so proud; it was like a weight had been lifted off my shoulders. I could finally speak freely, without the fear that had haunted me for so long.

During my first practice voyage at the Academy, I also had my first sexual experience. It wasn't what I had expected—this wasn't a romantic relationship but an encounter with a prostitute. It was awkward and far from the idealized version of intimacy I had imagined. But in its own way, it was significant. After years of being too shy and too afraid to even talk to a girl, this experience, although unconventional, was a step toward overcoming the fears and insecurities that had held me back for so long.

As time went on, I gradually overcame the complexes that had weighed me down for years. Slowly but surely, I became more confident in myself.

My journey was also filled with other issues connected to my deep sense of non-acceptance of myself. Though these aren't the main focus of this book, I will reveal some of them in the pages to come. These experiences have shaped who I am today and contributed to the person I've become.

Chapter 3: My First Serious Relationship

After I started working on my personal growth, I realized that I needed to face my fears head-on. One of the biggest steps I took was joining a **Toastmasters Club**. It was a challenging but necessary decision, one that forced me to confront my anxieties around public speaking. Week by week, meeting by meeting, I began to notice changes. My communication skills improved, and even my struggle with pronouncing the “R” sound became less of an issue. With practice and perseverance, I gained confidence in myself—confidence that had eluded me for so long.

It wasn’t just my speech that improved; I started to feel different on the inside too. My self-doubt began to melt away, replaced by a newfound sense of self-assurance. This inner transformation gave me the courage to

explore new social environments, one of which was an English-speaking club I joined during my vacation between voyages. It was a great way to keep improving my English, and I enjoyed meeting nice, intelligent people who were on their own journeys of personal development.

One day, while attending the club, something unexpected happened—a lady I had spoken to a few times began to show interest in me. It was the kind of basic, instinctual attraction that often sparks relationships. For the first time in my life, I decided to just go with it, to let things unfold naturally without overthinking. She fell in love with me, and I found myself responding in kind. She was intellectually stimulating and had a beautiful body, which made our connection even more enjoyable. We spent a wonderful, romantic vacation together, and for a while, I felt like I was truly living.

Shortly after our time together, I embarked on my next voyage, the first time as a 2nd Mate. To my surprise, she arranged to visit me during the voyage. When our vessel entered the Black Sea, she came aboard with the captain's wife and the wife of one of the ABs (Able Seaman). It was a romantic gesture that added a touch of magic to the otherwise monotonous life at sea. She stayed with me on board while we discharged our cargo at the Constanta port. We shared five remarkable days full of love and exciting moments. However, despite that memorable visit, our relationship didn't last long.

When I returned from the voyage, I was shocked by what I found. The woman I had left behind wasn't the same person I returned to. She had changed dramatically. During my time away, she had been attending psychology classes, and it seemed they had transformed her perspective on life—and on our relationship. She began to analyze every aspect of our connection, pointing out the pluses and minuses in a way she never had before. The troubling part was that the minuses far outweighed the pluses in her mind.

It was then that she made her decision—she wanted to end our relationship. I was blindsided. For most of our time together, I had simply accepted her love, not fully realizing how much she meant to me until I was on the brink of losing her. My ego was deeply wounded, and for the first time, I felt the sting of rejection in a way I hadn't expected. Suddenly, I wanted to give back all the love she had shown me—to fight for our relationship. But it was too late. She left, and I was left to pick up the pieces.

That period of my life was painful. I struggled to make sense of what had happened, to understand why things had gone wrong. But out of that suffering came a revelation. I realized the incredible power of psychology—the way it could shape thoughts, actions, and relationships. Intrigued, I began to study the psychological aspects that influence relationships, determined to never be caught off guard again.

Though this experience was a harsh lesson, it was also a turning point. Over time, I've grown from it, learning more about myself and the dynamics of love and connection. But how I transformed this pain into personal growth, and how I moved forward from that heartbreak, I'll share on the next pages of this book.

Looking back, my experience with the relationship taught me some valuable lessons that have stayed with me ever since:

The Importance of Balance in Relationships

First and foremost, I learned the importance of balance in a relationship. If you're lucky enough to have someone fall in love with you, it's crucial not to just sit back and receive their affection. Love is a two-way street, and if you don't make an effort to give back, the scales can tip the other way—sometimes with painful consequences. I experienced this firsthand, and it was a hard but necessary lesson.

The Value of Relationship Psychology. Another key takeaway is the importance of understanding the basics of relationship psychology. Love

alone isn't enough to sustain a relationship – understanding what drives both you and your partner is equally important. By learning more about the dynamics of relationships, you can navigate them more effectively and avoid some of the pitfalls that can lead to heartbreak.

Growing Together Through Communication

Finally, I realized how vital it is to learn and grow together with your partner. To do this, you need to know what interests your partner, and that requires open, honest communication. Good communication is the foundation of any strong relationship. In Chapter 5, I will share the practice of Fair Talk Practice (FTP), which is a powerful tool for building and maintaining this essential connection.

Chapter 4: Marriage and Twelve Years of Happy Life

After some time had passed and the pain of my past relationship began to heal, I found myself approaching love and relationships with a new perspective. The lessons I learned made me more intelligent in matters of the heart, and I was determined not to repeat the same mistakes. This time, I was ready for something more serious—something that would last.

With a clearer understanding of what I wanted in a partner, I took time to visualize the qualities that were most important to me. I asked myself what kind of person I wanted by my side. I knew I needed a partner who was not only beautiful and intelligent but also loyal, especially considering the nature of my work as a seaman, where long periods away from home are part of the job.

As I clarified these criteria in my mind, I realized that the development of the Internet offered new possibilities for meeting people. Dating websites were becoming increasingly popular, and I saw them as a valuable tool in my search for the right partner. I created a profile on several dating sites and began my search while I was at sea. The convenience of these platforms allowed me to connect with potential partners, even while I was on board a vessel thousands of miles from home.

I had a list of dates set to explore by the time I returned from my voyage. The first two dates were brief encounters; we met once and never saw each other again. They were pleasant, but there was no real connection. However, on my third date, something changed. From the moment we met, I felt a spark—a genuine connection that I hadn't felt in a long time. Over time, that connection deepened, and I found myself falling in love.

As our relationship developed, it became clear that she met all the criteria I had visualized for my ideal partner. She was beautiful—with a kind heart and a warm smile. She was a great cook, which added a comforting, homely touch to our relationship. Our intimacy was fulfilling, and most importantly, she was loyal—a crucial quality for someone like me, who spent months away at sea. I needed to trust that my partner would remain committed, even during the long stretches of time when we were apart, and she gave me that trust.

After a year of dating, we got married, marking the beginning of a new chapter in both of our lives.

As time passed, life continued to evolve, and so did I. My career as a seaman brought me many experiences, but my interests began to shift. I found myself drawn to a new passion: beekeeping. What started as a simple hobby quickly grew into something more meaningful. My wife accepted this hobby, but only as a pastime, not realizing the depth of my growing attachment to it.

Over the years, I advanced in my maritime career, eventually achieving the rank of **Deep-Sea Captain**. My journey then took me into the offshore industry (Oil and Gas), where I worked as a **Dynamic Positioning Operator (DPO)**. My role involved navigating vessels within the 500-meter exclusion zones around oil rigs and platforms—some of the most dangerous maneuvers in the industry. As a freelancer, I worked for various companies, earning a good salary, which provided financial stability for my family. However, in late 2013, the oil industry faced a significant downturn. Oil prices dropped, projects were put on hold, and I found myself out of work, as many projects in the North Sea where I had been involved were frozen.

Faced with this uncertainty, I made a life-changing decision. I chose to leave my career at sea and dedicate myself fully to beekeeping. What once was a hobby became my new profession. During this time, I discovered the remarkable benefits of "**Bee Sleep**," a therapeutic practice where people sleep on top of beehives. The vibrations and warmth from the bees create a unique healing experience. Inspired by this discovery, I decided to build a Bee Sleep complex near Odessa, turning my passion into a business.

Just as I committed to this new path, the Universe presented me with a test of my resolve. Out of the blue, I received a job offer for another voyage—a tempting opportunity that would have provided financial security during a difficult time. I recognized this as a test the Universe made to see how loyal I was to my new intention. I had just started building my wooden houses for bee sleep therapy: I had found the place, bought all the materials, and found a team that was able to build. I had to choose to return to my usual life—or follow my dream. After careful consideration, I listened to my heart and chose to refuse the job offer. Instead, I passed the job opportunity to a colleague who was also struggling to find work. I didn't mention the job offer to my wife at first, but eventually, with time, she found out. When she found out that I had turned it down, she wasn't pleased.

My wife was not ready to accept my decision to leave the sea—especially as financial challenges began to arise. The comfortable lifestyle we had grown accustomed to was now at risk. Despite the difficulties, I remained committed to my new path. I knew in my heart that this was the right direction for me, even if it meant facing some hardships along the way. My passion for beekeeping—and the belief in the healing power of bees—became my guiding light.

Following my heart was not easy. The journey was far from over, and there were still many challenges ahead. Yet, I knew that by staying true to my inner calling, I was on the path to building something meaningful—not just for myself, but for others as well.

As my work with the bees transitioned from a hobby to a full-fledged business, I found myself drawn deeper into the path of personal growth. This new phase of my life wasn't just about building a business; it was about building a stronger, more centered version of myself. My experiences, both at sea and on land, had taught me that true growth often comes from stepping outside one's comfort zone. Inspired by this realization, I decided to incorporate **intermittent fasting** into my routine as a way to challenge my mind and body.

Over the years, I've become intimately familiar with the benefits of fasting, especially after it played a crucial role in resolving health issues that traditional medical practices could not address. Initially, my fasting practice was sporadic, employed reactively whenever I encountered health problems. Often, these periods of fasting would occur during my sea voyages, providing a natural break from regular eating habits to solve some issues.

However, as time passed and I gained more insights into the proactive benefits of fasting, I decided to make it a regular part of my lifestyle. The goal was to shift from a reactive to a preventive approach towards my health—aiming to maintain and enhance my well-being rather than

waiting for issues to arise. My plan was to practice regular intermittent fasting, spending one week each month without food. I believed that this practice would not only improve my physical health but also sharpen my mental focus and deepen my spiritual understanding. However, when I first shared this intention with my wife, her reaction was far from supportive.

“All truth passes through three stages: First, it is ridiculed; second, it is violently opposed; and third, it is accepted as self-evident.”

— Arthur Schopenhauer

At the moment, my wife was firmly in the “second stage” of this truth. She opposed the idea strongly, voicing her concerns and even threatening to divorce me if I went through with it. Her fears were understandable; fasting was a drastic change, and she worried about its impact on my health. But I knew in my heart that this was the right step for me. The decision to fast wasn’t just about physical discipline—it was about cultivating resilience, clarity, and a deeper connection with my inner self.

Despite the initial conflict, I stood firm in my decision. I began my monthly fasting routine, even though it meant doing so without my wife’s support. Over time, as she witnessed the positive changes in me—both physically and mentally—her perspective began to shift. The opposition gradually faded, and she moved into the “third stage” that Schopenhauer spoke of: **acceptance**.

Years later, not only did she accept my fasting practice, but she also joined me in it. Together, we completed several fasting weeks, experiencing the benefits firsthand. What was once a source of conflict had become a shared practice, a testament to the power of perseverance and the natural progression of truth.

The journey wasn’t easy, but it taught me an invaluable lesson: the path of personal growth often requires facing opposition, both from within and from those closest to us. However, with time, commitment, and patience,

even the most radical changes can become accepted—and even embraced—by those around us. Looking back, I'm grateful that I trusted my heart and followed through with my decision. It was a pivotal step in my ongoing journey toward self-improvement and spiritual growth.

Personal growth is a deeply individual journey. Yet, when approached with integrity and persistence, it can inspire others to join us on the path, turning initial resistance into collective growth. As my personal growth deepened, so did the influence of my journey on those around me. What started as a solitary practice of fasting eventually evolved into something greater. Initially, I fasted alone, finding strength and clarity in the discipline. Over time, a few friends developed an interest and joined me. These early companions were the first to recognize the benefits of fasting, though my wife was not among them—at least not at first.

With time, my practice began to attract more people. What had been a private journey turned into something more communal. I started organizing **fasting retreats**, gathering groups of people who were eager to explore the physical and spiritual rewards of fasting. The retreats became a powerful way to connect with others on a similar path, sharing knowledge, experiences, and mutual support.

However, the journey of growth and leadership often brings unexpected challenges and lessons. At this point in my journey, I've come to deeply understand that every person who enters my life does so for a reason, often bringing with them a lesson I need to learn. However, back then, I was only beginning to grasp this concept. My awareness was just beginning to open up to the idea that interactions and relationships aren't mere coincidences or casual occurrences, but opportunities for personal growth and self-discovery. During one of my retreats, I encountered an experience that would leave a lasting impression on me.

Among the participants was a woman who, over time, developed deep feelings for me—a common phenomenon where participants sometimes fall in love with their mentor or guide. She began referring to me as

“Sensei,” a title of respect that reflected her admiration. She was an accomplished woman, having been through several marriages, raising four children, and building a successful career. Yet, despite all of her achievements, she showed an unusual level of vulnerability and devotion towards me.

Understanding the situation, I made it clear to her that I was married and that my commitment to my wife meant I could not, and would not, pursue other relationships. I valued integrity and the sanctity of my marriage above all else. But then, something happened that I will never forget. One day, she approached me, her eyes filled with sincerity, and did something completely unexpected: she bent her knees, lowered her head to my feet, and declared, **“You are my man. It’s the first time in my life that I want to follow a man.”**

Her words and actions struck me deeply. At that moment, I felt an incredible surge of energy—a powerful realization that if a woman truly believes in a man and trusts him completely, it can give him an unimaginable sense of strength and capability. Her belief in me, even though I could not reciprocate her feelings, made me understand a profound truth: the support of a devoted woman can amplify a man’s energy and drive him to achieve greatness. At that moment, I truly grasped the meaning behind the saying, **“Behind every great or successful man, there stands a woman.”** The encounter taught me an important lesson about relationships, power, and support. It made me realize that I don’t need to expend energy convincing someone of my ideas or my vision. There are women who will naturally align with who I am and what I represent—women who will accept me as I am, in my new role as a healer and mentor, rather than as a deep-sea captain, as my wife expected.

My journey through life has been filled with growth, challenges, and constant transformation, not just for me, but also for those who have walked alongside me. My wife, in particular, played a significant role in this journey. However, I now realize that our time together was as much a

test for her as it was for me. Living with me, as she once admitted, was like being in an endless training session. My relentless pursuit of personal growth, my unconventional ideas, and the continuous evolution of my beliefs forced her out of her comfort zone time and again. Although she did adapt and evolve alongside me, spending twelve happy years together, the strain of constantly pushing her boundaries eventually took its toll. By the end of our marriage, she confided that she was exhausted from always having to rise to my level and adapt to my ever-changing vision.

For me, that was also a form of stress, as most of my ideas were met with resistance. My wife, like many people, found comfort in the familiar, and the unknown often seemed daunting. After some time had passed, she began to accept my ideas, but only after initial confrontation. The continuous cycle of resistance and eventual acceptance created a form of stress on both of us. For me, it was frustrating to constantly share my ideas and visions only to be met with skepticism or reluctance. For her, it was exhausting to keep up with the demands of our ever-evolving life together.

Eventually, we both came to the conclusion that it was time to part ways. It wasn't an easy decision, but it was a mutual one. We realized that, despite the love and respect we had for each other, our paths were diverging. The journey we had started together was no longer serving either of us in the way it once had.

I am incredibly grateful for the **Fair Talk Practice (FTP)** that we had incorporated into our communication at the end of our relationship. This practice, which I will delve into in the next chapter, allowed us to navigate the complexities of ending our relationship with grace and understanding. Through the FTP, we were able to address our concerns, voice our feelings, and part ways without lingering resentment or unresolved issues. This was crucial because I believe that any unresolved complaints or grievances indicate that some lessons remain unlearned. And when you carry those unresolved lessons into new relationships, they inevitably resurface until you confront and overcome them.

Here in Portugal, I have one friend, a very nice guy who has some unsolved issues with women. He has been married five times, with five children, one from each marriage. He once remarked that all women are the same. But I believe the issue isn't with all of his ex-wives; it's with the unresolved lessons he carries from one relationship to the next. Until those lessons are fully understood, the cycle continues, with the same challenges manifesting in new relationships.

Looking back, I'm filled with gratitude for the twelve years I shared with my wife. Together, we grew, learned, and built a life that was rich with experiences. I'm especially thankful for our son, who is one of my greatest teachers on this Earth. My son has taught me a lot and continues to do so.

The lessons I've learned through my marriage have shaped me, and though our paths have diverged, I carry those lessons with me as I move forward. My marriage was filled with valuable lessons that shaped my understanding of relationships and personal growth. Reflecting on these lessons, I've come to realize the importance of communication, honesty, and shared values in sustaining a healthy and fulfilling partnership.

Here are the main lessons I learned from my marriage relationship:

The Impact of Poor Communication

Lack of communication was the root of most of our problems. Many of the issues we faced could have been avoided if we had communicated more openly and honestly. Misunderstandings, unmet expectations, and unspoken needs created unnecessary tension between us. It wasn't until we started practicing FTP that I realized how much we had kept hidden from each other.

Truly Knowing Your Partner

I didn't really know my wife, despite living together for over a decade. It's humbling to admit, but after 12 years of marriage, it wasn't until we began FTP that I truly started to understand my wife's thoughts, feelings, and

concerns. I discovered issues she had kept hidden for years—issues I was completely unaware of during our time together. This experience taught me the importance of actively getting to know your partner throughout the relationship.

Ending Relationships Positively

Ending a relationship positively is crucial. When it became clear that our paths were diverging, it was important for us to part ways without bitterness or unresolved issues. Thanks to Fair Talk Practice, we were able to end our marriage as friends, with mutual respect and understanding. Now, we continue to communicate as good friends, which is a testament to the importance of ending relationships on good terms.

The Importance of Truth in Relationships

Never lie to your partner. All lies, no matter how well-intentioned, eventually come to light. In my case, the lie I told by not disclosing the job offer I received was a decision I made to protect my own peace of mind, but it wasn't good for our family. Looking back, I realize that with FTP, I could have found a way to share that information openly and constructively, avoiding the harm that the lie eventually caused.

The Necessity of a Family Mission and Rules

The importance of having a Family Mission and Family Rules cannot be overstated. Establishing a clear mission for our family and setting rules could have helped guide our actions and decisions, fostering unity and shared purpose. In Chapter 9, I will share my thoughts and examples of how to create a Family Mission and establish Family Rules that support a strong, cohesive partnership.

The Power of Cooperation Over Competition

That woman who appeared during my Week of Health program showed me that men and women can cooperate without competition. Before this experience, I believed competition was normal in a family setting, as I had seen it throughout my parents' marriage. However, I now understand that constant competition can be destructive. There is a proverb that says: "If

you think your man is not right, that is not your man.” A wise woman, even if she believes her partner is mistaken, will never undermine him in front of others, especially children. Instead, she will address her concerns during FTP, which we will talk about right now.

Chapter 5: Fair Talk Practice (FTP)

FTP as A Path to True Understanding

Fair Talk Practice (FTP), as I have named it, is designed to allow deep, honest communication between partners. This practice encourages you to be open not just with your partner, but most importantly, with yourself. The results that FTP yields are far beyond what a simple dialogue can offer, and there are several reasons for this.

Why FTP Works Better Than a Simple Dialogue

One of the key reasons that FTP is so effective is that many of us do not know how to engage in a true dialogue. Often, what we consider to be a dialogue is actually a debate or a verbal battle, where the goal is to "win"

rather than to understand. The line between a debate and a discussion is very thin, and few people can distinguish between the two. In a debate, participants are not really listening to each other; instead, while one person speaks, the other is merely preparing arguments to counter what is being said. This mindset is closed to true understanding and makes it impossible to arrive at any meaningful truth.

True dialogue, on the other hand, involves listening with full attention and an open mind—a state that is only possible when the awareness and intention of those involved are aligned. However, in a couple, one partner often assumes a leadership role, and this dynamic can prevent the other partner from fully expressing themselves. Even in what is meant to be a dialogue, the more dominant partner can unintentionally suppress the other, sometimes with just a look or an unspoken expectation. This is why FTP is structured in a way that ensures each partner has the opportunity to speak freely, without interruption, and be truly heard.

The Structure of FTP

The structure of FTP is simple yet powerful. One partner begins by speaking for 20 minutes, during which the other partner listens attentively without interrupting. The listener may take notes (in **Annex-1**, you will find empty sheets to make those notes), but does not engage until it is their turn. After 20 minutes of speaking, the listener has 10 minutes to give feedback and ask any clarifying questions. Then the roles reverse, with the second partner speaking for 20 minutes and receiving feedback for 10 minutes. So, the whole process takes one hour. In just one hour, you can learn an incredible amount about yourself and your partner. Most importantly, this structure ensures that each person is heard because the listener is prepared to receive the information without distractions or preconceived responses.

There is no magic in this process—just a deep understanding of how our minds work. Each of us has a “window of attention,” a mental state where we are open to receiving and processing information. When this window is open, we can absorb and understand new information deeply. When it

is closed, no matter what is said to us, it passes by without making an impact.

You may have experienced this phenomenon in casual conversations with strangers, such as on a train or in another setting where there is no ongoing relationship. In these situations, people often find themselves sharing deeply personal information, things they might never reveal to their closest friends or family. This openness arises because there is no fear of long-term consequences; whatever is shared will not impact their lives because the person is unlikely to be seen again. This kind of trust and openness allows for a genuine exchange of information and beliefs, creating the perfect environment for true communication.

The Power of Attention and Belief Formation

Here's an example of my life proving that our beliefs are formed in moments when our window of attention is wide open. I recall a childhood memory where my mother, an educated woman with a university degree, used to tell me that boogers in the nose were related to low hemoglobin levels in the blood. As an adult, after studying physiology, I realized there was no scientific basis for this belief. When I asked her about it, she couldn't remember where or how she came to believe it, but my guess is that she heard this information at a time when her window of attention was open, and she accepted it as true.

FTP functions similarly; it creates a safe space where both partners can open their windows of attention, allowing for honest communication and the opportunity to develop a deeper understanding of one another. This practice enables both individuals to speak their truth, be heard, and form new, shared beliefs that strengthen their relationship. Through FTP, you can avoid the pitfalls of miscommunication, resentment, and unspoken frustrations, ensuring that your partnership is built on a foundation of mutual respect and understanding.

FTP is more than just a method of communication; it's a transformative practice that allows couples to connect on a deeper level, fostering

honesty, understanding, and mutual respect. By adhering to a specific set of rules, FTP can help couples navigate through their differences, address underlying issues, and strengthen their bond. Below is a detailed guide to practicing FTP effectively, incorporating all the essential principles for success:

1. Choosing the Right Time and Place

Selecting the appropriate time and environment for FTP is crucial. Ideally, this should be a weekend or another day when both partners are free from work or other pressing obligations. The key is to ensure that you won't be rushed or distracted during your session. The setting for your practice is equally important. If possible, choose a location in nature—a park, a quiet beach, or a secluded garden. Nature has a unique way of calming the mind and bringing you into a state of harmony, making it easier to focus on your partner and the conversation at hand.

If a natural setting isn't feasible, create a special space at home. This could be a cozy corner of a room where you both feel comfortable and safe. Make sure that this space is free from interruptions—no children, pets, or visitors should disturb your practice. The more peaceful and private the environment, the more effective the practice will be.

2. Keeping a Special Notebook

A dedicated notebook for FTP is an essential tool. Throughout the week, you might encounter moments of frustration or misunderstanding that you want to discuss with your partner. Instead of addressing these issues immediately—often in the heat of the moment, which can lead to more conflict—jot them down in your notebook. This not only helps you remember the points you want to bring up during your FTP session but also gives you time to reflect on them. Writing down your thoughts allows you to process them with a clearer mind, free from the immediate emotions that might cloud your judgment. By the time you bring these issues to the practice, you can discuss them more rationally and constructively. This approach helps prevent unnecessary arguments and promotes a more thoughtful dialogue.

3. Listening Without Interruptions

One of the core principles of FTP is the practice of listening—truly listening—without interruptions. During your session, each partner has 20 minutes to speak without being interrupted. The other partner's role during this time is to listen attentively, without making any sounds, gestures, or facial expressions that could disrupt the speaker.

This rule is crucial because it creates a safe space where the speaker can open up without fear of being cut off or judged. Knowing that you have 20 uninterrupted minutes to express yourself encourages honesty and vulnerability, which are essential for deepening your connection. Many couples find that this practice significantly improves their communication and can even reduce the need for outside counseling or therapy. Some of my clients told me that the practice also allowed them to save the family budget, as by practicing FTP, they realized that they no longer needed the help of therapists.

4. Developing Listening Skills

Listening is an active process, not a passive one. When your partner is speaking, your job is to listen with full attention, not just to the words being said but also to the emotions behind them. This requires a “Zen-like” approach to listening, being fully present and withholding judgment or emotional reactions.

During this time, you can take notes to help you remember key points or to organize your feedback later. In **Annex 1** of this book, you will find an example page for your FTP practice feedback. By scanning the QR code at the end of the book, you can receive blank FTP sheets to use for practice. These sheets for all four weeks—one set for each partner—will be delivered to your email. The notes you write in them will be useful during your 10-minute feedback period, when you can ask clarifying questions or share your reflections on what was said.

This process not only helps you understand your partner better but also strengthens your listening skills, making you a more empathetic and supportive partner. This is a very valuable skill. If you learn to listen to other people with interest, you will always be welcome because most people know how to talk, but do not know how to listen. No wonder nature has given us two eyes, two ears, and only one mouth.

5. Eliminating Distractions

For FTP to be effective, it's essential to eliminate all potential distractions, particularly electronic devices. Phones should either be put away or set to airplane mode to ensure that you're not tempted to check messages or notifications during the session. If you need to use your phone to time the session, make sure it's solely used for that purpose.

Distractions can easily break the flow of the conversation and prevent you from giving your partner the full attention they deserve. Even a brief glance at a message can pull your focus away, making it harder to reconnect with your partner. Devoting 100% of your attention to your partner is very important! By removing distractions, you ensure that your mind is fully present, allowing for a more meaningful and productive conversation.

6. Expressing Everything

FTP is a time to express everything that's on your mind, both the positive and the negative. This is where the "sandwich" approach comes in handy. Start by discussing the things you appreciate about your relationship and your partner. This sets a positive tone and makes it easier for your partner to receive the more challenging feedback that follows.

After sharing the positive aspects, move on to the issues or concerns you have. However, it's important to alternate between positive and negative points. This creates a balanced conversation and helps prevent the discussion from becoming overly critical. When addressing issues, always end with a proposed solution or a suggestion for improvement.

7. Focusing on Yourself, Not Your Partner

When discussing issues, it's important to focus on how these issues affect you, rather than blaming your partner. For example, your partner scatters things all over the house. Instead of saying, "You never clean up after yourself," you could say, "I feel stressed when I find clothes left around the house. It would mean a lot to me if you could put them away after you take them off."

This approach reduces defensiveness and makes it easier for your partner to understand your perspective. It also encourages a more constructive conversation, where both partners feel heard and respected. By focusing on your own feelings and experiences, you open the door to a more empathetic and cooperative dialogue.

Reflecting on my own experiences, I've realized that what might seem like a problem to one person in a relationship may not even register as an issue to the other. Our different backgrounds and upbringings shape our perceptions, making it crucial to find common ground in a relationship. This is where FTP comes into play, helping partners not only discuss what they appreciate about their relationship but also address what they find challenging.

The Importance of Understanding Each Other's Perspectives

Consider the above-mentioned example: I might get frustrated when my partner leaves her clothes scattered around the house. To me, this behavior is problematic because I value order and tidiness. However, for my partner, this might not be a problem at all. She may have grown up in a household where her mother or a caretaker always picked up after her. For her, clothes not being in their place is not an issue because they always ended up where they needed to be without her having to think about it. Therefore, when I express frustration over something she sees as insignificant, she might be genuinely surprised.

This scenario highlights a fundamental aspect of relationships: the fact that a behavior or situation that causes discomfort to one person might be

entirely neutral or even unnoticed by the other. If I don't communicate my feelings, I have two options: either wait and hope she picks up her clothes on her own, or clean up after her silently. Both options, however, lead to growing discomfort. In the first case, I live with the mess, which continually irritates me. In the second, I silently harbor resentment as I clean up after her, which can build over time until it eventually erupts in a moment of anger or frustration. When this happens, my partner may be confused about why such a small issue, like a T-shirt left on the couch, has sparked such an intense reaction.

The Danger of Unexpressed Feelings

Many people in relationships experience ongoing discomfort but are hesitant to express their feelings to avoid hurting their partner. This reluctance can lead to a build-up of unexpressed emotions, which, over time, may result in significant strain on the relationship. The longer these feelings go unaddressed, the more likely they are to manifest in an outburst that can cause confusion and hurt, especially if the partner was unaware of the underlying issue. And this situation can build up over weeks, months, and years!

This reminds me of a parable that beautifully illustrates the importance of communication in a relationship:

The Parable of the Bread

In one family, a husband and wife had lived together for many years, sharing their lives in peace and harmony. Every morning at breakfast, the husband would tenderly cut a piece of bread, always giving his wife the soft center and leaving the crispy crust for himself. He believed that his wife deserved the best, and he considered the soft part of the bread to be the most delicious.

Years went by, and this ritual continued every day. One morning, as they were having breakfast, the husband handed his wife the soft part of the bread as usual, but suddenly, he felt a need to speak up.

“You know, my dear,” he began, “for all these years, I’ve given you the middle of the bread because I thought it was the most delicious and that you deserve the best. You are my love and my life, and I wanted you to have what I thought was the finest part.”

His wife looked at him with a surprised expression, a slight smile playing on her lips. “And I, darling,” she replied, “for all these years, I’ve dreamt of getting that crispy crust I love so much. But I never told you because I knew how much you enjoyed it. I was happy to see you delighted with the part you liked, and that brought me joy.”

This parable underscores a vital lesson in relationships: assumptions, even those made with the best intentions, can lead to misunderstandings and missed opportunities for deeper connection. The husband, believing he was giving his wife the best part of the bread, unknowingly deprived her of the part she actually preferred. Likewise, the wife, in her desire to make her husband happy, missed out on what she truly enjoyed.

If this couple had communicated openly and practiced FTP throughout their marriage, they wouldn’t have had to endure a lifetime of unspoken wishes and missed opportunities for mutual happiness. By engaging in FTP, they could have uncovered the small, yet significant, misunderstandings that silently shaped their lives together.

Through FTP, each partner is given the opportunity to express their thoughts, feelings, and preferences without interruption, judgment, or fear of causing offense. In this safe and structured environment, they might have discovered that what they assumed was best for the other was actually based on their own perceptions, not on the other’s true desires. The husband would have learned that his wife cherished the crispy crust of the bread, and the wife would have understood that her husband was motivated by his deep love and desire to give her what he thought was the most delicious part. This simple revelation could have led to small but

meaningful changes in their daily lives, fostering greater understanding and mutual respect.

FTP also opens the door to surprising and enlightening conversations. You may find that your partner's actions, which you had assumed were automatic or thoughtless, actually have a logical explanation rooted in their experiences, values, or upbringing. Hearing these explanations firsthand can lead to a reevaluation of your own stance on the issue. You might realize that your partner's perspective is not only valid but also offers a new way of looking at the situation that you hadn't considered before.

This exchange of ideas and perspectives is the essence of FTP: It allows you to hear each other out fully, without the usual interruptions or defensive responses that often derail conversations. When both partners are heard and understood, they can move forward together, addressing the issue with a newfound mutual respect and a shared commitment to improving their relationship.

In any case, the key is that through FTP, you will hear each other, truly and fully. This practice not only prevents the build-up of small grievances that can lead to larger conflicts but also helps you work through differences in a constructive way. By listening deeply and responding thoughtfully, you can strengthen your bond, ensuring that both of you feel valued, understood, and loved. By allowing each partner to speak openly and honestly, without interruption or judgment, FTP helps to uncover these hidden preferences, desires, and grievances. The practice encourages both partners to listen actively and empathetically, fostering a deeper understanding of each other's needs and perspectives.

After you have completed FTP, it's essential to take the insights gained and apply them in your daily life. Pay close attention to the moments that your partner mentioned as sources of discomfort or dissatisfaction and make a conscious effort to address these issues. However, remember that

this process is primarily about working on yourself, improving your own actions and behaviors, rather than trying to change your partner.

The first step after your FTP session is to reflect on the feedback you received. Identify specific behaviors or situations your partner highlighted and think about practical ways to address them. This might involve altering habits, adjusting your approach to certain situations, or simply being more mindful of your partner's feelings. The key is to make these changes as aligned as possible with the version your partner described during the practice.

Throughout the next week, your focus should be on self-improvement and personal growth, without pressuring or criticizing your partner to change immediately. The following week, practice FTP again. During this session, you and your partner can discuss any progress made and any ongoing concerns. If you have successfully addressed the issues your partner raised, you can begin to expect some level of reciprocity. However, it's important to be patient and understanding. Change doesn't happen overnight, and your partner may need time to fully grasp that these issues are significant to you. Your partner may develop the desire to change and then start making those changes.

At each stage, recognition, motivation, and action, there can be challenges. For instance, your partner might struggle to see the issue from your perspective or may not yet be ready to make adjustments. If this happens, don't get discouraged. Allow your partner time to process the conversation and the importance of the changes you're asking for. If there's no noticeable change after the first week, continue with the topic in the second week. If the situation remains unchanged, move it over to the third week. And then psychology comes to our aid!

Research has shown that when one person consistently gives a random passerby three small gifts, one gift each time they cross paths, by the fourth encounter, the passerby will, in most cases, feel to offer a gift in return. This principle of reciprocity is deeply ingrained in human psychology and

has been confirmed by various research studies and real-life experiences. This is a clear example of basic human psychology: when someone receives three gifts, there is a natural inclination to reciprocate. This behavior is not just a coincidence; it's a fundamental aspect of social interaction that taps into our innate sense of fairness and obligation.

The same concept applies in many areas of life, including relationships and even business transactions. For instance, when you visit a car dealership, the salesperson often offers you a series of small gifts: a cup of coffee, a free test drive, and perhaps a branded pen or souvenir. These gestures are not merely acts of kindness; they are strategic moves designed to trigger the reciprocity effect. By the time you've enjoyed these small tokens, you're more likely to feel a sense of obligation or goodwill toward the dealership, which increases the likelihood that you will make a purchase there.

In relationships, this principle can be incredibly powerful. If, during the course of three weeks, you diligently fulfill your partner's requests and make a genuine effort to address their concerns, you are effectively giving them three "gifts" of understanding, support, and change. As a result, your partner will naturally feel a desire to reciprocate. This isn't about manipulation; it's about creating a positive cycle of giving and receiving that strengthens the bond between you.

When you consistently meet your partner's needs and show that you value their happiness, they are much more likely to want to do the same for you. After three weeks of this effort, when you bring up your own request, your partner will not only recognize its importance to you but will also feel more inclined to fulfill it. The psychological drive to reciprocate kindness and effort is strong, and your partner will likely respond by trying to meet your needs in return.

If you've asked your partner three times to fulfill a request, and despite having honored their requests, they still haven't responded to yours, it may be time to reflect on the situation. While most people naturally reciprocate when they receive kindness or support, there are exceptions. Some

individuals may be more inclined to take than to give, and while this is rare, such people do exist. If you find yourself in a relationship with someone who consistently fails to reciprocate, it's important to ask yourself a crucial question: "Do you want to continue being with this partner"? If your honest answer is "yes", then it's essential to carry that decision with dignity and accept the reality of the relationship. However, remember that your feelings can change, and you always have the power to reassess the situation. In Chapter 10, I'll delve into the importance of regularly reevaluating your choice of partner. In **Annex 2**, you will find an algorithm to get a clear, step-by-step approach to building a healthy relationship to foster mutual respect and understanding.

FTP is effective because it creates a structured, calm environment where both partners can communicate without the interference of heightened emotions. In the heat of the moment, emotions often take over, leading to escalated arguments rather than productive discussions. These emotional outbursts rarely lead to any kind of resolution; instead, they often result in lingering resentment, misunderstandings, and deeper conflicts.

Through FTP, however, you're encouraged to write down your thoughts and concerns in a notebook rather than addressing them immediately during a heated exchange. This simple act of jotting down your thoughts allows for reflection and gives you the time to consider how best to communicate your feelings. What might have seemed urgent and emotional on Monday can often be expressed in a much more thoughtful and effective way by the time the weekend arrives, when you engage in the practice. This delay and reflection help transform potentially hurtful words into constructive dialogue.

Another key aspect of why FTP works is the anticipation it builds. When, instead of reacting impulsively in the moment of disappointment, you simply note your concerns in your notebook, your partner sees this as a signal that the issue will be revisited in a more controlled and constructive setting. With time, both of you will understand everything without any additional words and anticipate what will be uncovered during the next

practice. This transforms your hard issues in the relationship into an interesting game with anticipation of what will be on the next talk. This anticipation prepares both of you for a more meaningful conversation during your scheduled practice, where shouting and swearing are replaced with love, harmony, and mutual understanding.

The practice not only enhances communication but also fosters an environment of respect and patience. Your partner knows that even if an issue isn't addressed immediately, it will be brought up in a space where both of you can listen and be heard without the interference of immediate emotions. This method helps ensure that concerns are addressed thoughtfully, leading to better understanding and a stronger, more harmonious relationship.

Additionally, FTP allows us to address and resolve issues individually, preventing them from piling up and becoming overwhelming. When something bothers us, we often keep it inside (I was like this) and we don't know how to express it to our partner, then we wait for the "right" moment to bring it up, but that moment might never come. Over time, dissatisfaction accumulates, and eventually, emotions can boil over. When that happens, we might spill out everything at once, recalling all the situations that caused negative feelings, even if they're unrelated.

This flood of unresolved issues can leave our partner confused and unsure of how to respond, especially when past events that have no connection to the present situation are brought up. It becomes difficult for them to understand what we truly want or need at that moment.

By utilizing an FTP notebook, we can jot down our concerns as they arise, knowing that we'll have dedicated time to discuss them during our next practice session. This approach ensures that each issue is addressed in a timely and focused manner, without overwhelming either partner. It helps keep communication clear and prevents the unnecessary mixing of different situations, fostering a healthier and more understanding relationship.

Conclusion

FTP is more than just a communication tool; it's a pathway to deeper understanding, empathy, and connection in a relationship. By following these rules, couples can create a safe space for honest and open communication, where both partners feel heard and valued. Over time, FTP can help resolve conflicts, strengthen your bond, and bring you closer together.

The importance of FTP is particularly evident when considering the challenges faced in relationships, where differences in opinion or emotional responses could easily escalate into conflicts. FTP helps mitigate these potential conflicts by providing a structured approach to communication that encourages listening and understanding rather than reacting. This is crucial for maintaining harmony and deepening the connection between partners.

Additionally, during FTP sessions, both partners are more receptive. This "window of attention" is when expressions of appreciation are most likely to be fully absorbed and valued. Regularly sharing what you admire and appreciate about each other can strengthen your bond, reinforcing the emotional connection and mutual respect that form the foundation of a healthy relationship. Thus, FTP is not just a tool for conflict resolution; it's a powerful practice for ongoing relationship enrichment.

Moreover, the practice's role in helping partners manage changes in their relationship is invaluable. As individuals grow and evolve, their relationships must adapt to accommodate these changes. FTP facilitates this adaptation by creating a safe space for discussing changes in needs, expectations, and feelings. It allows both partners to stay aligned with each other's growth trajectories, ensuring that the relationship remains strong and supportive even as both individuals undergo personal development.

In essence, Fair Talk Practice is a transformative tool that fosters healthier, more resilient relationships. It encourages a culture of mutual respect and

understanding, where both partners feel valued and heard. This not only enhances the emotional and psychological health of the relationship but also contributes to the overall well-being of each partner, making it a fundamental practice for any couple aiming to nurture a lasting and fulfilling relationship.

Implementing FTP consistently for four weeks can significantly enhance your relationship, often yielding surprising improvements in communication and understanding. Remember, the key to successful FTP is consistency and commitment. It's not about having one perfect session but about making this practice a regular part of your relationship. With patience and practice, FTP can transform the way you communicate with your partner, leading to a healthier, happier relationship. FTP is not just about resolving conflicts; it's about creating a space where both partners can feel heard and understood.

As this practice is designed not only for resolving conflicts but also for nurturing the relationship during peaceful times, continuing FTP beyond problem-solving sessions is crucial. Use these sessions to express appreciation and gratitude, which are vital for maintaining a positive relationship atmosphere. Daily life often distracts us, and we might miss opportunities to acknowledge our partner's qualities or the small acts of kindness they perform. FTP provides a structured opportunity to ensure these acknowledgments don't get overlooked. By regularly engaging in FTP, couples can prevent the build-up of unexpressed emotions, avoid misunderstandings, and strengthen their bond. Remember, it's not just about what you say in these sessions, but also about how you listen and respond to each other. The goal is to build a relationship based on mutual respect, understanding, and love.

Chapter 6: Relationships After Marriage

After my divorce, I was finally wise enough to understand what I truly wanted in a new relationship. My previous experience had given me a clear idea of what worked and what didn't, and more importantly, who I really was at my core. I realized I didn't just want someone who would see me as a Deep Sea Captain, a professional identity. I needed someone who would accept and embrace the "crazy" parts of me, the parts that were unconventional, quirky, and completely outside the norm. For instance, I fast every month for an entire week, not for any religious reasons, but simply because it feels right to me. I sleep on top of beehives, finding comfort in the hum and energy of the bees beneath me, a practice that most people would find utterly bizarre. And then there's my love for the Handpan, an instrument that creates otherworldly sounds and speaks to

my soul in ways that words never could. These are the parts of me that truly define who I am, the parts that most people might consider nonsensical or even eccentric. Yet, these are also the parts that I refuse to hide or compromise on. Moreover, it had been a long time since I attended hospitals and pharmacies, places that most people visit when they have health issues. Even more, I was passionate about teaching others how to live a life that kept them away from hospitals and pharmacies, a lifestyle that aligned with my personal beliefs about health and wellness. It wasn't just about following the beaten path; it was about carving out my own and helping others find theirs.

But as much as I had a clear idea of what I wanted, I wasn't actively searching for someone to fit this mold. Instead, I chose to relax and let life unfold at its own pace. I started a new chapter, a new page of my life, where I was no longer constrained by the expectations of others or by the expectations I had once had for myself. I embraced the freedom that came without searching, without forcing things to happen. I trusted that when the time was right, the right person would come into my life, someone who would not only accept but celebrate all of the facets of who I am now.

After the divorce, I rented an apartment in the historical part of Odessa, leaving my previous home to my wife and son. This move marked the beginning of a new chapter in my life, one where I continued to immerse myself in the practices that had become integral to my well-being, such as the fasting retreats I led at our retreat center just outside the city. However, when I was at home and not fasting, I ran into an unexpected challenge: I couldn't cook. Previously, this had never been an issue. My wife or a cook on board (during my sea voyages) would always handle the cooking, but now, I found myself in a position where I had to figure it out on my own.

One day, while scrolling through Facebook, I stumbled upon an article on a friend's page about a lady who baked special organic bread. It wasn't just any bread: it was naturally fermented and even gluten-free, made from green buckwheat. Intrigued by the description, I decided to give it a try. The bread turned out to be delicious, and soon enough, I was ordering

several small loaves every week. This routine purchase gradually led to regular communication with the woman behind the bread, whom I came to affectionately refer to as my "bread lady."

Life continued, and after wrapping up another Week of Health with a group at the retreat center, I took a trip to Antalya. When I returned in November, the holiday season was fast approaching. The thought of spending Christmas and New Year in Odessa didn't sit well with me. I wanted something different, something that would resonate more with the new life I was crafting for myself.

During my next bread order, I casually asked my bread lady where she was planning to celebrate the holidays. To my surprise, she shared that she was not only a baker but also a tea master. She had been invited to perform tea ceremonies at a Yoga Festival in the Carpathian Mountains, where they would also be celebrating New Year's. The idea of going to the mountains for the holidays instantly appealed to me, and it felt like the perfect escape from the urban winter of Odessa.

We continued chatting, and the conversation naturally flowed into the idea of me playing my Handpan during her tea ceremonies. The idea excited both of us, and she provided me with the contact details of the festival organizers. After getting in touch with them and confirming my participation, our conversations became more frequent and intense. We found ourselves talking every day, discovering shared interests and values that went far beyond bread and tea. As the festival drew closer, the anticipation of meeting in person grew stronger. Although we lived in different parts of Ukraine, the connection we had built over our daily communications was undeniable. It was clear that this meeting in the Carpathians was going to be more than just a collaboration at a yoga festival, it felt like the beginning of something much deeper and more significant in both of our lives.

After the Christmas and New Year 2022 celebrations, instead of returning to her city, she came to live with me in Odessa, with her 2-year-old son. It

wasn't long before we moved all her belongings into our apartment, beginning our life together.

What followed was nothing short of a magical honeymoon phase - a beautiful tapestry of happiness, excitement, and shared passions woven together seamlessly. Each weekend, we hosted enchanting tea ceremonies, with the soothing sounds of my Handpan resonating through the air, creating a serene ambiance that filled our home with the warm energy of friends and kindred spirits.

Alongside these serene gatherings, I introduced her to the architectural beauty of Odessa, a city planned with the artistic influences of French and Italian architects. We marveled at the grandeur of the Opera Theater, renowned as the second most beautiful in the world, which served as a gateway to the vibrant life of Deribasovskaya Street. Strolling down Deribasovskaya Street, we would immerse ourselves in its lively blend of history and modernity, enjoying the quaint cafes and boutiques that line this iconic pedestrian boulevard. From there, we would often wander to the majestic Primorskiy Boulevard, passing by the stately city hall, where the expansive views of the Odessa port awaited us. Our walk would culminate in a descent down the historic Potemkin Stairs, each step offering a panoramic view of the Black Sea and the harbor, stitching an unforgettable vista into our shared memories. After coming down and walking through the passenger terminal we would take a taxi home.

We lived near the world-famous PRIVOZ market, where we regularly wandered through its vibrant stalls to select fresh, local produce, immersing ourselves in the lively atmosphere that only such a marketplace can offer. Her son took great delight in our walks along the sea, where the numerous playgrounds for children and an array of activities, including a visit to the dolphinarium, filled our days with joy and adventure.

Our life together blossomed like a whimsical fairy tale, each day infused with a delightful touch of madness that turned the mundane into the extraordinary. As our connection deepened under this enchanting spell, it

soon bore fruit: she became pregnant, adding yet another layer of wonder and joy to our shared journey.

But then, on February 24, our world was abruptly shaken. We were awakened early that morning by the terrifying sound of gunfire - the war had begun. I remember the panic in her eyes as she frantically tried to pack a suitcase, her hands trembling as she tossed in whatever she could grab. By the time she finished, the suitcase was filled with nothing but her son's belongings. I knew that we needed to stay calm, so I reassured her, and together, we methodically repacked our things. We included the essentials: only really necessary things, a tent, the baby carriage, my Handpan, and her tea ceremony tools. We left Odessa behind, knowing deep down that this wasn't just a temporary escape. The gravity of the situation settled in, and we had a feeling that our departure would mark the beginning of a long and uncertain journey.

After crossing the border into Moldova, we made our way to Kishinev, the capital. The journey was eased significantly by the presence of volunteers who met us at every turn. These volunteers were remarkable, offering not just basic necessities but going above and beyond to provide comfort and support. Their readiness to give everything within their power was profoundly touching. Their kindness became a lifeline for us, providing not just physical aid but emotional solace as well.

After a day of rest in Kishinev, reenergized by the unexpected warmth and generosity of the volunteers, we boarded a bus to Istanbul. There, we were fortunate to stay at my friend's place for a week. This pause allowed us time to gather ourselves emotionally and plan our next steps in a city that bridged continents and cultures. The plan was to head to Antalya to be near my sister, seeking support during this tumultuous time. However, when I reached out to her, the response was disheartening. It became painfully clear that she and her husband were not prepared to welcome us. This realization was a bitter pill to swallow, especially when contrasted with the overwhelming generosity of the volunteers and friends who had become our temporary family. It underscored a poignant lesson:

sometimes, strangers can provide greater support and compassion than one's own relatives. This unexpected twist in our journey highlighted the incredible human capacity for kindness and the complex nature of family ties.

With Antalya no longer an option, we decided to fly to Hungary and then travel to Poland. My girlfriend had lived there before, spoke Polish, and had some friends, which gave us a sense of connection and safety.

Our time in Poland wasn't bad, all things considered. My girlfriend's Polish friends helped us find an old apartment, and volunteers helped us by supplying all of the basic necessities to bring it to better living conditions. I played my Handpan on the streets and at a vegan restaurant where my girlfriend worked. Together, we received free dinners there. Within just a few weeks, we had settled into a routine and even managed to visit a retreat in a beautiful place with Dome houses. The atmosphere there was serene, and it offered a much-needed respite from the chaos of our journey.

Yet, despite these relative comforts, I couldn't shake the feeling that Poland wasn't the right place for me. I felt a growing sense of frustration, especially since my connection to the outside world was largely filtered through my girlfriend, as I was just learning Polish. This language barrier made me feel isolated and dependent in a way that was unsettling. Something within me knew that we needed to keep moving, that our true destination lay elsewhere.

Then, one day, I came across an advertisement for an evacuation bus from Warsaw to Porto. The mention of Porto immediately reminded me of a client who had often ordered my bee suppositories to treat hemorrhoids. He had called me several years ago, urging, "Come to Porto! We have many clients here and I've had brilliant results with your magical bee suppositories." His words echoed in my mind, and I decided to contact him. To my relief, his offer still stood, he was eager to help me establish myself in Portugal.

My partner, however, wasn't thrilled about the idea. She had just secured a job in Poland, and her son was about to start kindergarten. The prospect of uprooting everything and plunging into yet another unknown didn't appeal to her, but she agreed to accompany me into this new uncertainty.

When we finally arrived in Portugal, the tables turned. It was now my partner who found herself in an uncomfortable and unfamiliar situation. The new language, new people, new culture, all of it was overwhelming for her. The stress took its toll on our relationship, which began to show signs of strain. Our once-weekly FTP sessions, which had been a cornerstone of our relationship from the beginning, started to falter. I continued to prepare for these sessions, but she increasingly had nothing to say. To me, this was a kind of sign that our relationship was losing its importance to her.

More and more, she wanted to address issues in the moment, without waiting for the calm and structured environment of our weekly talks. This shift led to constant misunderstandings and quarrels. We drifted further from the principles that had initially held us together. Our mission and the rules we had set for our relationship were forgotten, reduced to mere words spoken at the start, never written down or revisited.

The breaking point came when we lost our baby. The grief was overwhelming, and it was amid this pain that my girlfriend decided to return to Poland. I bought her and her son tickets, with a firm condition: "If you go, you go without the possibility of coming back. It's a one-way ticket." She agreed, and we parted ways, not out of anger or resentment, but with a mutual understanding that our paths were now diverging permanently. Our story ended not with a dramatic fallout, but with the quiet resignation of two people who had once believed they could build something lasting, only to find that the foundation wasn't as strong as they had hoped. And so, she returned to Poland, and I stayed in Porto, ready to start yet another chapter of my life alone.

The experiences I went through taught me some valuable lessons, ones that I believe are essential for anyone embarking on a relationship, especially in challenging times. Main lessons learned:

Write Down Your Mission

The mission that you and your partner share should be clearly written down. When it's only spoken, it can easily be forgotten or overlooked, especially when faced with significant challenges like war or other major life disruptions. A written mission serves as a constant reminder and a point of reference, keeping both partners aligned with their shared goals and values.

Love Needs to Be Nurtured

Love isn't a static thing; it grows and deepens over time if both partners actively work at it. If you neglect it, love can easily fade away under the pressures of routine and everyday problems. It's not enough to simply feel love; you must invest time, effort, and care into maintaining and nurturing it. Love grows. Over time, it deepens if you nurture it. If you don't, it fades in the face of routine and everyday problems.

Fair Talk Practice as a Relationship Barometer. The FTP isn't just a tool for resolving conflicts; it's a way to see the true face of your partner. It reveals whether your partner is truly committed to the mutual, everyday work that a healthy relationship requires. If your partner consistently engages in FTP, it's a sign that they're willing to work together to build and sustain the relationship. If not, it may be an indication that they aren't as invested as you are.

External Communication in a Couple

Although Poland was quite a safe place to live, I felt uncomfortable because the external communication of our relationship was managed by my girlfriend, who spoke Polish. In Chapter 12, I will elaborate more on energy circulation in couples and the natural distribution of responsibilities according to it.

Chapter 7: Unexpected Relationship

After my girlfriend decided to return to Poland, I began living on my own, fully embracing the freedom and opportunity to explore aspects of life I had never delved into before. It was a period of profound self-exploration and self-discovery. I experimented with fasting, adjusted my diet, and spent time playing music on the streets, activities that were new to me and allowed me to connect with my authentic self in a way I hadn't before.

During this time, I shifted my focus entirely to living my life fully and authentically. I no longer felt the need to seek validation from a relationship or from anyone else. Instead, I found that validation within myself. This period of self-acceptance opened the door to the possibility of a future relationship that would be built on true understanding,

acceptance, and love, one that didn't require constant justification or explanation of my choices.

Living in Porto turned out to be one of the most fantastic moments of my life, spanning two years while I embraced a lifestyle free from sex and alcohol. Consciously quitting alcohol was a significant decision, though I was never addicted to it. Even before this decision, I would only drink when I genuinely felt like it, not out of social obligation or circumstance. I was the kind of person who could attend a wedding party, arrive in my car, and have a great time dancing without touching a drop of alcohol. People often found it hard to believe that I was completely sober, but for me, alcohol was merely a tool that I used only when I had a genuine internal desire for it. I called it “controlled stupidity”—something you do today but will not do tomorrow—so it is definitely not a habit but a conscious choice.

Actually, quitting alcohol, or any habit for that matter, isn't as difficult as it might seem, provided you replace it with something meaningful. The key is not to leave an empty space but to fill that void with something that enriches you. In my case, I replaced alcohol with a deeper exploration of myself and the Universe, immersing myself in daily practices and continually learning new things. This approach not only worked for me but also had a positive impact on my clients: many participants in my fasting retreats found themselves quitting smoking and even overcoming drug addictions. The reason they never returned to these habits was simple: they had developed new, healthier habits that took the place of their old ones.

During my time in Porto, I wasn't actively seeking a new relationship. Instead, I was focused on deepening my understanding of myself and exploring new facets of my life. One of these explorations was starting to conduct Sound Healing Sessions, which allowed me to connect with others on a different level. One day, a woman contacted me, interested in joining one of my sessions. As it turned out, we had met almost two years earlier, but I had no recollection of her.

Our first meeting took place when I had just moved to Portugal. She was also a refugee from Ukraine, and we were both sitting in a queue at a social work establishment, trying to register our children for kindergarten. When she reminded me of that first encounter, I initially thought she had mistaken me for someone else. However, when she showed me photos of her child, I recognized the moment. I remembered her child, who was full of life and energy, much like my girlfriend's son. I recalled how the two children had interacted while we waited in line, but I couldn't remember her at all. At the time, she was carrying a lot of extra weight. After years of fasting and focusing on health, I had developed a mindset where I subconsciously equated excess weight with a lack of respect for one's body, which I saw as the sacred home of the soul. This mindset likely led me to dismiss her unconsciously, as she didn't fit into the image of someone who was aligned with the principles I valued so deeply.

So, when she approached me for the Sound Healing Session, I only saw her as a client, someone who came with her husband and had certain health issues that I could help address through my Week of Health program.

I regularly conducted Sound Healing Sessions in Porto, and as part of these sessions, I often introduced participants to the practice of Nails Standing, a powerful method that involves standing on a board of nails. This practice was designed to challenge both the body and mind, forcing participants to confront discomfort and find stillness within it. For many, it was an intense experience, and for this particular woman, it was her first time. I could see the hesitation and fear in her eyes, so I offered my hands to support her as she stepped onto the nails. Holding her hands, I helped her balance and encouraged her to breathe through the discomfort. The pain was immediate, but as she settled into the discomfort, something profound shifted within her. By the end of the session, she was visibly moved, filled with new insights and a deeper understanding of herself.

After my Sound Healing session, she began reaching out to me, sending photos and messages, and telling me that she was seeing me in her dreams at night. At first, I was concerned. Her intensity made me question whether she might be struggling with some mental health issues. My initial instinct was to distance myself, to quietly step back from our communication to maintain professional boundaries, but as I thought more about her situation, I realized that she was reaching out for a reason, and I felt a strong desire to help her.

When she finally came to visit me in person, the depth of her loneliness became evident. What began as a casual conversation turned into a six-hour marathon of nonstop talking. I listened as she poured out her thoughts, fears, and frustrations, and it became clear to me that she had been holding all of this inside for a long time. Despite her outward appearance of success, a good business, and a seemingly happy family, she was deeply isolated. The contrast between her external life and her internal struggles was striking.

I realized that she wasn't just looking for a healer or a guide: she was desperately seeking a genuine human connection. Her loneliness was profound, and I could see how much she needed someone to truly listen and understand her. It became clear to me that I had the ability to help her, not just through my practices, but by offering the support and connection she was craving.

So, despite my initial reservations, I chose to continue our communication. I wanted to help her, to guide her through her journey of self-discovery and personal growth. Our continued interaction wasn't just about healing, it was about connecting on a deeper level, as fellow travelers on the path of understanding and acceptance.

She continued showing attraction to me. I was acutely aware of the potential consequences of getting too close and I didn't want to do anything that could harm her family. However, it became clear that she

was developing feelings for me, and there were moments when her attraction was evident.

One evening, when I was in the middle of one of my fasting periods, she came to see me unexpectedly. It was late, and her visit was almost uninvited. The situation made me uncomfortable. As much as I wanted to support her, I also felt a strong sense of responsibility to respect the boundaries of her marriage. I told her directly that a married woman should be spending her nights with her husband, not with another man. My words were sharp, intended to make her realize that what she was doing was not correct, given her marital status. My intention was to help her see that she was crossing a line, and to encourage her to refocus on her marriage. But instead of helping, my words hurt her deeply. She left feeling disappointed, and she later told me that she never wanted to come near me when I was fasting again because, in her words, I was "evil" in that state.

Her reaction was only partially true. Yes, fasting can heighten emotions and make people more direct, but my words came from a place of concern. At that time, I genuinely believed that I could help her, and her husband navigate through their difficult period and perhaps save their marriage. I wanted to help them preserve their family, even if it meant pushing her away to remind her of her commitment to her husband.

As our communication continued, I introduced her to the FTP, hoping it could benefit her family. I explained the theory behind it, but she was eager to experience how it worked in practice. During our first session of Fair Talk, I experienced something extraordinary: an intense energy circulation within my body. It felt like a direct connection between our hearts, something I had only felt once before, with that woman during my fasting retreat who declared that I was the first man in her life that she was ready to follow.

But this was different. The connection here was not just intense; it was intimate, almost tangible. Every word she spoke seemed to touch my heart directly, radiating warmth, sometimes even heat. The sensation was so

powerful that it felt as though our hearts were physically connected, creating a loop of energy that flowed between us. Despite only holding hands, I felt a profound sexual attraction just from the energy of her words. It was as if our bodies were communicating on a level beyond the physical, forming a short, intense circuit that linked us deeply.

Since she was new to the practice, she suggested we start with just 10 minutes, thinking that 20 minutes might be too long. However, as we delved deeper into the practice, we ended up doing three cycles instead of just one. During the last cycle, I even turned off the alarm because she had so much more to express. It was a clear indication that once you begin practicing FTP, 20 minutes feels far from excessive. However, maintaining this practice weekly can be sufficient to foster a deep connection and understanding.

After each of our meetings, I found myself becoming increasingly passionate about her. Her eyes, deep as the ocean, were worth everything. I could gaze into them and feel as if I were drowning, completely lost in a world that was entirely new and different. With every conversation, I uncovered more about her, each small detail forming a piece of a puzzle that was gradually coming together in my mind. Though many of the feelings and events were difficult to explain logically, I chose to let the river of life flow naturally, no longer trying to resist it. As time passed, she began to appear in my dreams, and the tables turned, now it was her teasing me, just as I had teased her half a year earlier when she first told me she dreamt of me at night.

The more I contemplated our connection, the more I became convinced that there was something profound linking us, something not yet fully understood. It felt as though an invisible thread had been woven between us, one that we were meant to explore and unravel together. Our connection went beyond the physical understanding, it was as if we shared a deep, almost telepathic bond. Time and again, we would discover that I had done something just as she was thinking about it, without any prior

discussion or communication. It was as if our thoughts were intertwined, revealing a connection that was both mysterious and undeniable.

Beyond our shared thoughts, there were other experiences that defied logical explanation. She once told me that in the night, she had a dream in which she encountered a young man who resembled me, though slightly different. This young man imparted some information to her during the dream. Initially, she assumed it was me at a younger age and even asked to see my old photographs. However, when I showed her a picture of my older brother, who had passed away nearly 20 years ago, she recognized him as the man from her dream. It was a moment of deep realization and one that left us both pondering the mysteries of our connection.

Accepting these strange occurrences was challenging, especially for the rational mind. Our common sense often demands tangible proof, something measurable to confirm the reality of such experiences. It became increasingly difficult for my logical mind to reconcile a relationship based on feelings and intangible phenomena. Some of my close friends, when I confided in them about our relationship, thought it was sheer madness. My logical mind agreed with them at first. After all, embarking on a journey into the unknown, especially one not grounded in our lived experiences or knowledge, is inherently risky. Furthermore, there were few people we could turn to for guidance in such an unusual situation.

One day, she spoke with a spiritual specialist who introduced her to the concept of Twin Flames. According to this belief, Twin Flames are two halves of the same soul, split into two bodies. The idea is that, in the beginning, there was one soul that was split into two, and each half went on a separate journey through lifetimes, evolving, learning, and growing. The ultimate goal is for these two halves to reunite, completing the soul and achieving a sense of wholeness that is unparalleled.

The concept of Twin Flames suggests that when these two parts of the same soul meet, the connection is instant and powerful, often

characterized by intense emotions and a deep sense of recognition. It's as if you've known this person for lifetimes, even if you've just met. The relationship is typically transformative, pushing both individuals to grow, confront their deepest fears, and embrace their true selves. However, this connection is not always easy. It can be tumultuous, as the intense bond forces both individuals to face their shadows and heal past wounds.

Several times we decided to stop our communication, but circumstances always seemed to conspire in such a way that we ended up resuming our interaction. It was as if some invisible force was drawing us back together, no matter how firmly we tried to part ways. We would drift apart for a time, but life would inevitably bring us back into each other's orbit, almost as if urging us to continue our journey together. These repeated reunions made it clear that our connection was more than just a coincidence or a fleeting attraction.

At first, I was skeptical of the idea of Twin Flames. The notion that our relationship could be guided by something as abstract as a shared soul felt implausible. My logical mind struggled to accept something that couldn't be measured or proven. But as I reflected on the series of inexplicable events and the profound connection we shared, I started to reconsider. The telepathic experiences, the dreams, and the intense emotional and energetic exchanges pointed to something beyond a conventional relationship.

The more I pondered, the more I realized that the concept of Twin Flames may be the only explanation that made sense of our unique bond. It explained why we could feel each other's emotions across distances, why our thoughts often aligned, and why being together felt like a homecoming. It also explained the intense challenges we faced, the misunderstandings, the push and pull, the moments of doubt, because Twin Flame relationships are often characterized by a dynamic of separation and reunion, where both individuals must grow individually before they can truly come together.

Accepting our connection as a Twin Flame relationship also brought clarity to the struggles we faced. It wasn't just about physical attraction or shared interests; it was about something much deeper, soul growth and spiritual evolution. I began to see that our relationship was not just about companionship or romance, but about helping each other become the best versions of ourselves, pushing each other to evolve and embrace our true selves.

In accepting the idea of Twin Flames, I also had to accept the responsibility that came with it. This wasn't just any relationship; it was a journey, a mission of sorts. When it comes to the concept of Twin Flames and the intense connection that accompanies it, understanding and embracing responsibility is crucial. Only by taking responsibility for the relationship can both individuals navigate the challenges that arise and steer their shared vessel through the inevitable storms. These storms, whether they be conflicts, misunderstandings, or external pressures, are tests of the strength and depth of the connection.

Taking responsibility means acknowledging that the relationship is a journey, one that requires conscious effort and intentionality. It's about being present, communicating openly, and supporting each other through growth and transformation. It's recognizing that the connection is not just about fulfilling personal desires but about fulfilling a shared purpose, a mission that transcends the individual and reaches into the spiritual.

When both partners commit to this level of responsibility, they can chart a course towards harmony and happiness, despite the obstacles they may face. The journey of any relationship is not an easy one, but it is profoundly rewarding. By taking responsibility, both individuals can ensure that their relationship not only survives the challenges but thrives: reaching a place of deep understanding, unconditional love, and true unity.

Chapter 8: Four Levels of Relationships

Having experienced different types of relationships, each beginning at a different level, I've developed my own classification for relationships between a man and a woman:

1. Physical Attraction (Chemistry):

The chemical reaction is straightforward and instinctual. It doesn't require any conscious action; it's simply a natural, almost primal response where we feel an attraction based on our instincts. This is often the first layer of connection, where physical desire and the appeal of the other person's body or presence create a strong initial pull.

2. Mind (Logic): A relationships at the mind level require logical approval. Here, we have specific intentions and criteria for our partner. We evaluate the relationship through a mental filter, seeking someone who aligns with our beliefs, goals, and intellectual compatibility. This level involves more calculated decisions, where the mind plays a significant role in choosing and maintaining a partnership.

3. Heart (Emotions):

On the heart level, there isn't a deliberate search. Instead, the right person enters your life naturally, someone who matches your emotional vibrations. This connection is based on shared values, life principles, and emotional resonance. It's a deeper connection where feelings, empathy, and emotional understanding take precedence, leading to a bond that feels both meaningful and fulfilling.

4. Soul (Deep Spiritual Connection):

Relationships at the soul level often defy logical explanations. At first, there may be little to no sexual attraction to your partner, but there's an undeniable sense that you share a profound connection. This connection serves as the foundation for everything else, such as sex, passion, and emotional intimacy. It feels as though some invisible hand has orchestrated the scenario for your love story, guiding you along a path that's already been set. At this level, you surrender to the flow of the relationship, allowing it to unfold naturally, as it was meant to be.

Each level of connection offers its own unique experience and depth, and the most profound relationships often encompass all of these elements, creating a bond that is both multi-faceted and enduring.

No matter which level your communication starts on, you can move through different levels of connection with the help of FTP. This practice creates a safe and open space for honest communication, allowing you to deepen your relationship. Through FTP, you can transcend the initial connection, whether it began with physical attraction, intellectual alignment, or emotional resonance, and evolve toward a soul-level bond.

This progression happens as you share more of yourselves, fostering a mutual understanding and connection that extends beyond words.

The first three levels of relationships, physical (chemical), intellectual (logical), and emotional (heart), are relatively accessible and understandable to our minds. However, I wish to explore deeper into the soul level, which stands as the most profound and transformative layer of a relationship. This level, while being incredibly impactful, often eludes clear logical understanding.

The connection that originates from a soul level is profound and operates independently from conventional validations. It doesn't need the approval typically sought from logical reasoning or past experiences. This type of bond is marked by an intrinsic certainty; you feel confident on this path, often without a clear roadmap or precedent to guide you. Embracing this connection means letting go of the familiar, taking what is metaphorically described as a 'leap into the unknown.' This leap is taken without fear, driven by a deep trust in the relationship and its significance in your life.

In such a relationship, I experienced what unconditional love truly means for the first time. Unconditional love is when you hold no expectations from your partner; instead, you fully accept them with all their strengths and weaknesses. The happiness of your partner becomes paramount, transcending any personal gain or even your own direct happiness. This level of selflessness enriches the relationship, fostering a pure form of love where each person thrives on the joy and fulfillment of the other.

Both of us were open to the possibility that if a better-suited partner came along, or if staying with a current partner was best, we would accept this outcome without resentment. For my part, I was prepared to step back from our relationship if she found that renewing or fixing her family situation was possible and more conducive to her happiness. For her part, there were moments when she actively tried to connect me with someone she believed could make me happier, a clear demonstration of her unconditional love and desire for my well-being. But the problem wasn't

that there weren't beautiful women around who matched my preferences. Once you've experienced real depth in a connection, surface-level attraction no longer captivates you in the same way that it once did. Sure, you can begin a relationship at any level and gradually dive deeper through practices like FTP, but this process requires mutual commitment, desire, and consistent work. What made our relationship so unique was that without any of the hard work or intentional progression, I found myself immediately immersed in such profound depth. It was as though the connection unfolded naturally, with no need to navigate the usual layers or put in the work that often accompanies deeper emotional intimacy.

Such openness and honesty about where we stood in each other's lives illustrated the depth of our connection. It underscored a mutual understanding that our relationship was not about possession or superficial attachments, but about genuine love and the desire for each other's ultimate happiness, whether together or apart. This dynamic of unconditional love and acceptance not only deepened our bond but also allowed us to grow individually, secure in the knowledge that our connection was rooted in the truest form of love.

Throughout our relationship, there were several instances where she faced significant challenges just before important events for her. Acting almost like a magician, I found myself able to lift her spirits and stabilize her mindset, ensuring she could excel and shine during these crucial times. Although I wasn't physically present at these events, my role was deeply impactful. I came to view myself as a sort of invisible cardinal, subtly influencing and supporting her from behind the scenes. This wasn't about overt gestures or visible support; instead, it was about the quiet, potent impact of emotional and spiritual encouragement that I could provide. She was deeply appreciative, often sharing the highlights of her experiences with me in real time. Despite being surrounded by others, she always found a moment to connect, conveying her experiences and allowing me to feel present in a more intimate, albeit hidden, layer of her social engagements.

This dual layer of interaction, her social presence at the event, and our private, deeper connection gave her the strength to navigate her environment with a blend of calm, harmony, and peace. She lived these events on two levels: the outward, where she engaged with everyone else, and the inward, secretly shared between us, which was rich with tranquility and understanding.

This unique dynamic of supporting her invisibly brought me immense satisfaction. I was content knowing that I could contribute to her happiness and success without needing to be physically present. It was fulfilling to see her happy and thriving, knowing that my support played a part in her achieving her best. This experience underscored a profound aspect of our relationship: the ability to profoundly impact and support each other's journeys, celebrating successes and offering strength, all within the unseen emotional and spiritual bonds that connected us deeply.

From my perspective, her feedback on my activities was incredibly valuable; it was the greatest gift that spurred me toward new achievements. She was always the first to congratulate me on any success, which meant a great deal to me. Even when she didn't say much, just knowing that she saw my stories on Instagram and was keeping up with my progress filled me with a sense of support. I felt her enthusiasm for my successes as if she was right there cheering me on.

This subtle but consistent encouragement from her was a powerful motivator. It made me feel seen and appreciated in ways that words alone could not fully express. This connection and support were so significant that, as I've mentioned, this book might never have come into existence without her influence. Her presence in my life, even in the most understated ways, has been a profound source of inspiration and confidence, driving me to pursue goals that I might not have dared to attempt otherwise.

There were numerous occasions when both of us were swamped with our own lives, leaving little room for lengthy meetings. Yet, every time we managed to meet, something extraordinary happened with the space around us. What was intended to be a brief half-hour catch-up often transformed into several hours or even half a day spent together. During these times, it seemed as if the world around us ceased to exist; we were like Alice and the Rabbit, plunging into a rabbit hole where only we existed, or caught in the eye of an energy hurricane that isolated us from the rest of the world.

In these moments, time and routine responsibilities would dissolve. We often found ourselves so engrossed in our connection that mundane concerns like eating or attending to scheduled tasks were completely forgotten. It was as if our meetings created a bubble of altered time and space, where the usual rules didn't apply. This phenomenon wasn't just about enjoying each other's company; it was a deep dive into a shared energy that was rejuvenating and profoundly connecting. These weren't mere interruptions to our daily lives; they were essential pauses that recharged us and deepened our bond in ways that routine interactions never could. Our plunges and tumbles into a rabbit hole (where the outside world simply melted away) appeared not only during our physical meetings but also while we messaged each other from distant countries. Sometimes we would spend half a day messaging one another - distance did not matter (very often even in different countries). Each interaction reinforced and enriched our bond, highlighting the extraordinary nature of our relationship in the most profound way.

Our mutual support and unwavering consciousness reassured us that we were on the right path: what we were experiencing was genuine and not merely a product of imagination nor wishful thinking. Throughout the entirety of our relationship, we maintained full awareness and presence. Neither of us consumed any substance that could alter our perception or cloud our judgment - no alcohol, drug, or any mind-altering substance. Everything we experienced was clear, intentional, and rooted in our conscious mind. This clarity was crucial because it allowed us to fully trust

in what was unfolding between us. If there had been any external influences, it might have been easy to dismiss our experiences as mere fantasy or some form of escapism. But there was none of that, just pure, unfiltered awareness and connection.

Every action we took came from a place of openness, guided by our hearts and a deep sense of flow. There was no pretense, no hidden agenda, and certainly no desire to cause harm to anyone. Our intentions were pure, grounded in love and understanding. We moved forward with an honesty that allowed our relationship to develop naturally, without forcing or manipulating.

Chapter 9: Family Mission and Rules

Living in Portugal has profoundly influenced my perspective on relationships and family. In Portugal, family traditions hold a central place in society, often considered the backbone of community life. For many Portuguese, the family is the paramount aspect of their lives, a sentiment that resonates deeply with me. Alongside this emphasis on family, religion plays a significant role here, intertwining with daily life and providing a framework in which many families operate.



Religion, with its rituals and teachings, offers a set of ready-made rules that can help stabilize family life and guide moral and ethical behaviors. This foundational support is something I've observed closely in Portugal, where many couples celebrate over fifty years of marriage, a testament to the enduring strength of these traditional bonds.

However, with my deep respect for the Portuguese and their traditions, I believe that in today's world, where information is ubiquitous and different points of view are just a click away, there is an opportunity to create a more personalized approach to family life. It's been a long time since I've come to appreciate the value of creating customized family rules that align with my personal values and ideals. Creating these rules is not a quick process; it requires deep reflection and thoughtful consideration, but it's ultimately rewarding.

As my previous relationship deepened, we began discussing the possibility of a future together. Imagining what our hypothetical family might look like, I made a decision I had never acted on before: to type and print out

my **Family Mission**. In the past, I had only ever spoken about family goals and rules verbally, but this time I wanted something concrete, something both of us could reflect on and use as a foundation. Influenced by my experiences and reflections on what makes a strong family, I decided for the first time in my life to put those ideas into writing.

This mission was not just a list of ideals, but a guiding principle that I intended to share and live by. Below is the example of the *Family Mission* I eventually printed, a statement that embodied my aspirations and values for the family I hoped to build.

By creating this mission, I aimed to bring together the best of traditional values with a modern understanding of what makes a family resilient and harmonious. My hope was for it to serve as a compass, helping my family navigate the challenges of modern life while staying rooted in timeless values of love and respect.

Don't take this the wrong way; this is not guidance, but simply my personal example. It was shaped by the Eastern traditions in which I was raised and influenced by my professional experience. Here, I share how I approached family values and long-term vision, not as a model to follow, but as inspiration for you to create your own. If you live in the USA or Western Europe, with a more modern approach to relationships, please don't take it personally if something doesn't resonate with you. Instead, see it simply as another perspective, *another side of the same coin*, on relationships. As a reader, you are encouraged to develop your own family mission based on your values. And as you grow personally, and as your couple grows together, your mission can, and should, evolve as well.

Mission of the Family:

To unite two energies (masculine and feminine), two spheres of life (material and spiritual) for synergy, symbiosis, and joint flight into the stratosphere (space)!

What do we want, what are our goals?

- A harmonious development of our family in all aspects of life: moving forward together on a balanced, smooth wheel of life, aiming for the highest league.
- Five beautiful children: we already have two but desire three together (that's our minimum goal, but we're open to more).
- We share our happiness with others and strive to improve the world around us.

Why we are together:

- To help each other see those moments where the growth zone is evident to one but not to the other. We do this in the most supportive and respectful way possible, ensuring that instead of losing motivation, we each gain energy and enthusiasm for self-realization.
- We support each other emotionally and fulfill each other physically (sex) and energetically (through massage and other practices).
- We share with each other whatever we feel like sharing. We listen and strive to be truly heard by our partner. To facilitate this, we dedicate time at least once a week to Fairy Talk Practice (FTP): every Sunday at 18:00 (our time). Each of us has our own personal space, which is accessible only to us, and the boundaries of this space can only be crossed with the owner's consent.
- We raise our children together: daughters receive guidance and education from their mother and love from their father, while sons receive education and guidance from their father and love from their mother.
- We provide our children with a clear example of healthy family dynamics and hierarchy:
- Father – the host, the head of the family (king, captain);
- Mother – the hostess, the keeper of the hearth (queen, chief mate of the captain);
- Children – temporary guests in our family (pawns, privates, sailors). As they grow up, they become more important pieces on

the chessboard (bishops, knights, rooks), preparing to create their own families in the future and become kings and queens in them.

- We prioritize taking care of each other as parents. For example, at the table, the father first shows attention and care to the mother and then to the children. The mother, in turn, focuses on the father first and only then on the children. This way, our children learn to respect the foundational relationship between their parents, understanding its importance in building a strong and loving family.
- We focus on creating material resources (earning money) and supporting those who, for various reasons, may not have such opportunities. To achieve this, we allocate only 50% of our earnings for daily living expenses, while the remaining 50% is distributed as follows:

10% - Charity

10% - Investments

10% - Entertainment and recreation

10% - Education

10% - Savings for purchasing valuable things (e.g., apartments, houses, cars, yachts, private jets, etc).

This approach ensures that we balance our present needs with our future aspirations while contributing to the well-being of others.

Our guidelines in relationships:

- Whenever possible, we move forward together, working on shared projects and goals. If one of us progresses ahead of the other, we allow time for the other partner to catch up, offering support and assistance. At the same time, we do our best to help each other walk the unique path of our souls, supporting each other's individual growth and purpose.
- In everyday life, we make decisions together as equals. In moments of disagreement, we work together to find an alternative solution that satisfies both of us. We do not move forward with the idea

until this alternative is found. All discussions and efforts to find a solution remain between us, without involving the children (up to a certain age). The children only see the united decision and vision of both parents.

- One neutral way of resolving this situation is to toss a coin.
- In a critical situation, one person takes full responsibility for the decisions affecting the family (by default, this is the father). However, if circumstances require, he may verbally transfer his authority to his wife to take charge of the situation.
- Every day, when we wake up, we consciously choose whether to continue being together or to take time apart.
- If, for any reason, we find that our paths begin to diverge, we do not cling to each other. Instead, we allow our partner to follow their own path, as closely aligned as possible with the direction each of us has envisioned for ourselves.
- Cheating by either partner is considered a valid reason to end the relationship immediately, without the need for further explanations or clarifications.

It is Prohibited in Our Family:

- Any form of physical violence from either side.
- Psychological abuse, including manipulation, attempting to reshape, or changing the other to fit our own ideals.
- Yelling, raising voices, swearing, cursing, or using any kind of offensive language.

It is also forbidden to:

- Blame;
- Complain;
- Justify;
- Defend;
- Embarrass;

For each of these five offenses, the offender must contribute 5€ to the charity box. A violation is considered valid if any family member observes it (a simple fixation is sufficient; no discussion or proof is required).

In our family, we take 100% responsibility for our own lives, while knowing that we can always count on support and help whenever we need it.

It is encouraged in our family to:

- Be happy!
- Laugh.
- Share openly.
- Give love, hugs, and kisses (kisses and hugs are our internal family currency, worthless to the giver, priceless to the receiver).
- Offer and receive sincere compliments.
- Express gratitude and give thanks.
- Accept love and appreciation with an open heart.
- Show interest, empathy, and compassion toward each other.
- Try new things!
- Think big!
- Learn!
- Forgive and accept each person as they are.

When something bothers us or triggers negative emotions, we first look inward to understand the root cause of our feelings, what within us is reacting. We then use **Ho'oponopono**, a Hawaiian practice of forgiveness and emotional healing, to bring our emotions back to a state of zero and restore inner balance. If the issue persists after this practice, we write it down and discuss it during our FTP session.

In our family, we embrace each person's individuality and allow everyone to be themselves. Any attempt to change someone without their explicit consent is seen as psychological abuse and is, therefore, forbidden. When the desire arises to change another, we first focus on changing ourselves.

By leading through our example and offering support, we naturally inspire others to grow and change alongside us.

When I shared this carefully crafted Family Mission with my partner, she read it immediately, her reaction one of surprise; she wasn't completely ready for such a formal declaration. Despite her initial shock, her response, after taking a moment to reflect, was simple yet profound: "I read it, and I agree." Hearing her affirm the values and visions I laid out was incredibly affirming for me; it was like experiencing an intellectual orgasm. The joy and satisfaction of receiving her endorsement were immense, especially when I contrasted it with the kind of response I might have expected from my ex-wife—likely disappointment and disapproval.

This moment was a significant milestone for me. It reinforced that I was on the right path with someone who not only understood my aspirations but also shared them. To hear a cool, business-savvy woman like her wholeheartedly agree to the ideals and commitments laid out in my Family Mission was both validating and exhilarating. It felt like a gift, a sign that we were truly aligned in our thinking and values, ready to build something lasting together based on mutual understanding and respect. This alignment was more than just a personal victory; it was a foundational moment for what I hoped would be our shared future.

I usually avoid giving advice without being asked, but I feel this insight is worth sharing, as it can have a meaningful impact on relationships:

From my own experience, I've discovered an important truth: when partners support and affirm each other, it creates a strong foundation of confidence and trust. For men in particular, feeling agreement or encouragement from their partner can provide a powerful boost of strength. This does not mean silencing your own voice or holding back your perspective; it simply highlights how genuine support and alignment can uplift your partner and, in turn, strengthen the relationship for both of you.

When a man feels supported and understood by his partner, it fuels his energy and motivation. This power enables him to pursue goals more confidently and to be a better, more present partner in return. Your agreement creates a sense of unity and trust that strengthens the bond between you, giving both of you the foundation to navigate life's challenges together.

This act of alignment, even on small matters, can transform the dynamic within the relationship. It builds a positive cycle where both partners feel valued, leading to more harmony and mutual support. The couple, as a whole, benefits from this synergy, becoming stronger and more resilient together. So, as often as possible, when you can genuinely agree with your partner, know that you're not just agreeing, you're giving him power, confidence, and love. In turn, both of you will thrive, benefiting from this deeper connection and partnership.

With mutual support, common interests and goals, the family functions as a team, working together to succeed in the external world. This sense of unity strengthens the bond between partners, allowing them to focus their energy on achieving external success. When both partners are actively contributing toward a shared vision, less energy is wasted on internal conflicts or misunderstandings within the relationship. By investing your efforts in external goals and maintaining a clear sense of purpose, there's far less room for petty arguments or frustrations. Instead, the couple can support one another in pursuing their shared dreams, knowing that they are working together toward a common mission. This team-like approach fosters cooperation, strengthens the partnership, and leaves little space for unnecessary conflicts, ensuring that the relationship remains strong and harmonious.

Creating a family mission and rules is a collaborative process that involves both partners discussing, editing, and agreeing upon the principles that will guide your relationship. This mission needs to be printed and made

accessible to both partners, serving as a constant reminder and reference point for the values and goals you've set together.

As time goes on, it's natural for circumstances and perspectives to change, which might necessitate revisions to your family mission. This is a healthy part of any long-term relationship, reflecting growth and adaptation. However, until any changes are made, it's crucial to adhere to the existing guidelines. Just like any formal agreement, the current rules remain in effect until both partners mutually decide to update them and adopt new ones.

This approach ensures that both partners remain on the same page, minimizing misunderstandings and helping to maintain harmony within the relationship. It emphasizes the importance of communication and mutual respect, key elements that help sustain and nurture a partnership over time.

Reflecting on my last relationship, I've learned several profound lessons that have reshaped my understanding of intimacy, connection, and partnership:

Loneliness Within Togetherness

Although people live together, share a bed, and have a sexual relationship, it doesn't necessarily mean they aren't lonely. Physical proximity doesn't automatically fill emotional voids or alleviate the deep-seated feeling of loneliness.

Social Success Is Not an Antidote to Loneliness

Achieving social success and engaging in numerous activities externally doesn't guarantee that a person feels fulfilled or connected internally. Success and busyness may be poor indicators of emotional contentment.

Soul-Level Connections Might be Orchestrated

Some relationships are predestined to occur at the soul level, and the universe seems to conspire to ensure these connections happen. This type

of relationship is deep, often inexplicable, and feels like a continuation of a bond from another lifetime. In these relationships, you can start communication straight at the level of Coffee and go very easily to the Syrup level, and have a feeling that you knew this person before.

Growth of Physical Attraction

It's possible to fall in love with someone to whom there is initially no physical attraction. When a relationship begins from a deep, soul level, physical attraction can develop over time. Starting from a soulful connection often means surface-level issues become negligible.

The Power of a Printed Mission

A written or printed mission for a relationship holds more power and influence than one that is merely discussed. Having a tangible, visible set of goals and values helps both partners stay aligned and committed to their shared vision, making it easier to navigate challenges together.

Unconditional Love

Your partner's happiness becomes more important to you than your own happiness. Later, I will share how our relationship ended. Without sadness, I was able to let her go, understanding that it was a conscious decision.

Chapter 10: How Often Do We Choose Our Partner?

As a child, I loved attending wedding parties. There was something enchanting about the atmosphere of love and happiness, watching couples unite to begin their new lives together. The phrase "till death do us part" used to resonate deeply with me, as I thought that couples made the decision to be together only once, whether in a church or a registrar's office. However, now I realize that the decision to stay with someone is not a one-time choice. It's a decision we must make every single day.

Each morning, when you wake up and open your eyes, it's essential to ask yourself honestly: "Do I choose to live this day with my partner?" This question is far more important than it may seem, and it carries both philosophical and psychological meaning.

Philosophically, we will never know how much time we have left in this life. If we were to treat each day as if it were our last, we would be more mindful of the people we choose to spend our time with. Would we really choose to be with someone with whom we don't want to spend our final moments?

Psychologically, making a conscious decision each day gives us energy. When we actively choose to be with our partner, it provides us with motivation and enthusiasm to work on the relationship. If we do not make that decision, our mind subconsciously assumes that the choice was made for us by someone else, leaving us with less drive and engagement. But when we take ownership of this choice, we unlock the energy and commitment necessary to nurture and build the relationship we truly deserve.

The answer to this question, whether to stay with your partner for the day, can be either YES or NO, and that's perfectly okay. What matters most is being honest with yourself and your partner. Life continues in both scenarios, and there's no need for fear or guilt.

If the answer is 'YES', it means you're choosing, with intention, to invest in your relationship. This conscious choice will fuel you with the energy and motivation to nurture the bond you share, driven by the power of your decision. But don't be alarmed if, at times, the answer is 'NO'. There's nothing wrong with you. It's natural to occasionally need time to yourself, a day where solitude is essential. You have every right to spend a day without your partner. In fact, taking this time can be healthy and restorative.

As Luc de Clapier de Vauvenargues wisely said, "Solitude is as necessary to the mind as food is to the body, and just as ruinous if it lasts too long." Solitude, in balance, offers clarity and renewal, allowing us to return to our relationships with a fresh perspective and deeper appreciation.

If you feel the need to spend some time alone, it's perfectly normal. The key is finding a respectful way to communicate this to your partner. Fair Talk Practice is a great tool for these situations. If you've recently practiced FTP, you can have a brief, unscheduled session to explain your feelings to your partner. Alternatively, you can simply inform them and wait until the end of the week to explain why you needed some space. The important thing during this conversation is to emphasize how important this is for you. Focus on your own feelings and experiences. When you talk about yourself, what you need, and why, it prevents your partner from feeling blamed or hurt. If you can convey this information clearly, and if your partner truly loves and understands you, there shouldn't be a problem at all.

Everyone needs their own inner space. From time to time, we all need solitude to reflect and organize that space. Spending 100% of your time with your partner is not healthy in the long run. Eventually, it can lead to complications because each person should maintain their own sense of self-sufficiency. Completely dissolving into your partner's life is a sign of an unbalanced relationship. Maintaining your individuality within a relationship is essential for its long-term health and success.

That woman who attended my fasting retreat and showed me a completely new way of understanding relationships, without competition, without the need to constantly prove myself or my ideas—taught me something else. Her personal story struck me even more. She left her husband, despite having four children, and the reason was unexpected: love. When she told me, I was shocked. Up until that moment, I had believed that people only left when love had faded. But it turned out that having too much love can also be suffocating. She shared that her husband loved her so much that she could barely breathe under the weight of it.

This made me realize just how crucial balance is in all aspects of life, including love. Too much or too little of anything can disrupt harmony, and love is no exception. Relationships require a delicate equilibrium

between giving and receiving. If one partner overwhelms the other with love without leaving space for the other to reciprocate, it can create discomfort rather than fulfillment. Finding this balance is essential for a relationship to thrive, ensuring that both partners feel free, valued, and truly connected.

“Life is like driving a bicycle—to keep your balance, you have to keep moving.”

– Albert Einstein

And you might wonder, how do you find that balance? The best way is through honest and open communication with your partner, as there is no universal answer. What feels like balance for one person could be completely out of balance for another. The key lies in practicing FTP with your partner. Only by regularly communicating, expressing your needs, and listening to theirs can you find the unique balance that works for your particular relationship. In Chapter 12, I will explain the natural balance of energy in couples. However, through FTP, you can create a space where both of you adjust the dynamic of giving and receiving to ensure harmony and mutual fulfillment in your relationship.

Later, I will explain how the entire system functions. But for it to be effective, you need to find daily motivation to keep building and nurturing your relationship. This consistent effort is what ensures lasting growth and connection. Love, after all, is work and requires energy and effort. Many couples become disheartened when the initial passion fades, mistakenly believing that love is something that’s just “given.” However, what is often mistaken for love is infatuation, the initial rush of passion or chemistry, which represents only the first and most basic level of connection. If you want to elevate your communication and relationship to a deeper level, you need to actively work on it.

Here's a list of daily actions (checklist) for couples to maintain and deepen their relationship:

1. Choose Your Partner Everyday Consciously

Start each day by asking yourself if you choose your partner today. This mental affirmation gives you the energy to commit to your relationship with intention.

2. Practice Gratitude

Take a moment to appreciate something your partner has done, no matter how small. Verbally expressing this gratitude will foster closeness and reinforce positivity in your relationship.

3. Communicate Openly

Make space for honest, open communication. Ensure that you're sharing both the good and the challenging aspects of your life with each other. Use your FTP notebook for addressing concerns, expressing needs, and while practicing, practice listening without judgment.

4. Resolve Conflicts Without Emotions (not in the moment)

When disagreements or misunderstandings arise, don't allow them to be addressed with emotions. Use your FTP notes and express them during your next practice so that you are heard and understood by your partner.

5. Balance Giving and Receiving

Relationships require a balance of giving and receiving. Ensure that both of you are contributing to the relationship equally. Take note of whether you're giving your partner the love, time, and attention they need, and whether you are receiving the same.

6. Prioritize Time Together

Despite busy schedules, prioritize quality time with your partner. Whether it's a shared meal, a walk, or a meaningful conversation, make an effort to spend undistracted time together. If you don't have a lot of time, make sure that you can change quantity to quality. They say that the time

people spend together is measured by how long they look into each other's eyes.

7. Work on Yourself

Self-development is crucial for maintaining a healthy relationship. Continuously improving yourself not only enriches your life but also brings new energy and perspective to your relationship.

8. Respect Each Other's Space

It's essential to respect each other's individuality and need for personal space. Solitude helps recharge and reflect, which ultimately benefits the relationship.

9. Show Affection

Physical and emotional affection strengthens bonds. Simple gestures like a hug, a kiss, or saying "I love you" go a long way in keeping the connection alive.

10. Keep the Passion Alive

Don't let routine extinguish passion. Make an effort to keep the romantic and intimate side of the relationship alive by trying new activities together, exploring each other's interests, and keeping the excitement alive.

By following this checklist, you create a conscious, ongoing commitment to building and evolving your relationship. Love is not just a feeling, it's a choice and an action. Through consistent work, you can take your relationship to deeper levels of understanding, connection, and fulfillment.

Chapter 11: What To Do If You Still Don't Have a Relationship or Just Broke Up?

When I was younger, I often worried about not being in a relationship. Films, books, and TV shows all made it seem like finding your "other half" was essential, that being alone was something to be fixed, and that we should always be seeking someone to complete us. Over time, however, I realized that once I established a deep connection with my own soul, I would never truly be alone. Other people became temporary travel companions on my journey. This realization shifted everything for me. I stopped looking for someone to make me whole. I understood that if there were lessons I needed to learn, the Universe would send the right people into my life at the right time. My responsibility is to continue improving myself, while the Universe's responsibility is to bring the right people for

those lessons. But this understanding didn't come overnight. It took me time, conscious work, and deep self-exploration. Explaining how I arrived at this mindset is not part of this book, it's something I usually show in-depth in my Week of Health program. Here, I share my personal conclusions based on my experiences and offer recommendations for what to do if you find yourself without a relationship.

So, what should you do if you don't have a partner?

Relax and live your life fully, for yourself and about yourself. Once you reach a new level of consciousness and are ready for new experiences, the Universe will bring the right person into your life.

Why is it so important to focus on developing yourself?

Expanding your horizons and shifting your vibrations is transformative. We can only attract into our lives what already exists within us. For example, before my marriage, I wouldn't have been able to attract a woman who didn't compete with me. Why? Because, at that time, competition in relationships was my reality. I had witnessed it in my parents' relationship, and subconsciously, I believed it to be normal. With my mindset at that stage, I couldn't attract a different kind of partner (or teacher) because I didn't realize such a dynamic was even possible.

Step by step, we learn, grow, and evolve to new levels of consciousness. When we fail to pass certain lessons, we often find ourselves repeating them. This reminds me of my friend, who has had five wives and insists that all women are the same. The truth is that until you change internally, you continue to attract the same patterns externally.

First, we must cultivate a meaningful relationship with ourselves; only then can we establish one with someone else. It doesn't work the other way around. We attract partners who resonate with our inner state, reflecting our level of consciousness and the lessons we are prepared to learn. When the time is right, and when you've reached a new level of awareness (consciousness), the Universe will bring the right person into your life.

There's no need to rush or force anything- trust that the process will unfold naturally.

“To wisely live your life, you don't need to know much
Just remember two main rules for the beginning:
You better starve, than eat whatever
And better be alone, than with whoever.”
– Omar Khayyám

So, what should you do if you just broke up?

First, relax. Don't worry. The most important thing to understand is that this is not the end. If the Universe closes one door, it usually opens another. Right now, in the midst of grief or heartache, it may be difficult to see that new opportunity or open door. Trust the process, relax, calm yourself, and, in time, you'll notice the door waiting for you. Breakups are not the end: they are transitions. Often, they guide us toward new experiences, growth, and opportunities we never anticipated.

If your partner has cheated on you, as difficult as it may be to accept, take a deep breath and try to relax. Remember, this situation is not a reflection of your worth. Cheating stems from the partner's own dissatisfaction and struggles within the relationship- it's their issue to address, not yours.

Now, you're faced with a crucial decision: whether to forgive and continue the relationship or to separate. Either choice is valid, but it must be a conscious decision. When you make a decision from a place of clarity, you regain the energy and enthusiasm to move forward, whether it's to continue working on the relationship or to part ways. If you choose to forgive your partner, do so with full awareness that the behavior could happen again. Take proactive steps to prevent a repeat, but don't make this choice out of pity or fall into the role of a victim. Take responsibility for your decision and own it completely.

Importantly, don't let external circumstances, such as children, a house, or finances, force you into a decision you're not truly at peace with. The

choice should come from your heart, from what truly feels right for you. And if you feel that the relationship has reached its end, don't try to force it back to life. Everything has a beginning and an end. As hard as it may be to accept, sometimes it's better to acknowledge when the journey is over. If the horse is dead, stop trying to revive it.

In Annex 2, you will find the scheme (algorithm) of how the whole system works. According to this algorithm, if you're already in a relationship but struggle with communication, the first step is to focus on practicing FTP. Make communication the foundation before trying to tackle any larger goals. Once FTP becomes a natural part of your relationship and you've successfully renewed and deepened your communication, only then should you move toward building your family vision and creating a Family Mission together.

If you try to do everything at once, improving communication while simultaneously discussing long-term goals and a shared vision, it often won't work. The reason is that initiatives usually come from one partner, and if you're the one bringing these new ideas, your partner might feel overwhelmed or resistant and close themselves off to the process. Take it easy, step by step: first, establish strong, open, and healthy communication through FTP. Once that foundation is in place, you can begin creating your family's goals and mission. This approach allows for smoother transitions and ensures that both partners are on the same page, emotionally and mentally, before moving forward with larger life decisions.

In the next chapter, I will explore how energy circulation between partners directly influences and shapes our relationships.

Energy constantly flows not only within our bodies but also between partners, shaping the dynamics of their relationship. This flow happens on many levels: physical, emotional, mental, and spiritual. When the energy exchange between partners is balanced and harmonious, the relationship thrives. However, when there is a blockage or imbalance in

this energy flow, it can lead to misunderstandings, conflicts, and a lack of fulfillment in the relationship.

Each of us has active and passive energies within us, and in relationships, we naturally give and receive energy from our partner. If one partner is always receiving and the other is always giving without receiving that energy, an imbalance is created. Over time, this imbalance can lead to frustration, resentment, or a feeling of being drained.

Understanding how to balance these energy exchanges can help you foster a healthier, more fulfilling connection with your partner. Balancing masculine and feminine energies, learning to receive as much as you give, and maintaining the flow of energy between you are essential for sustaining a happy and vibrant relationship.

In the following chapter, I will guide and familiarize you with the natural energy flows, as they were designed by nature, ensuring that your relationship remains balanced and harmonious. By understanding these energy dynamics, you will gain the ability to maintain a healthy exchange of energy between you and your partner, fostering a deeper connection and long-lasting harmony. You don't need to 'believe' in chakras to benefit; simply observe how your connection feels when communication and balance are restored.

But before we continue, I want to make something clear. The concept of chakras comes from Eastern traditions and naturally reflects an oriental approach. Since I was raised with these traditions, this way of understanding energy resonates with me. If this perspective does not fully connect with you, that's absolutely fine. Take it lightly, don't take it personally, simply see it as one possible way of looking at relationships and energy. Use whatever insights feel valuable, and feel free to leave aside what doesn't serve you. And if you don't believe in energy circulation within your body or between you and your partner, that is also completely fine. You can even skip this chapter if you wish, and that's perfectly okay too.

Chapter 12: Chakras and Energy Circulation in Relationships

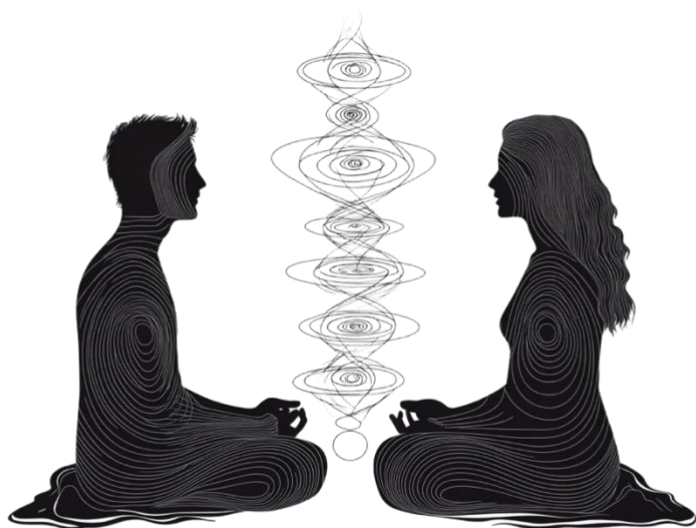
Why is it important to understand how energy flows in relationships? – Because everything is connected through energy. At its core, everything in life is about energy. People who have higher levels of energy tend to attract more attention from others. This is because energy acts like a beacon, drawing others towards it. You may have noticed that certain individuals, regardless of conventional attractiveness or physical features, always seem to be the center of attention. This attraction is often due to the energy they emit, which can be more appealing and magnetic than mere physical attributes. Women who consistently attract men's attention or wealthy men who are surrounded by beautiful women exemplify this principle.

While it's easy to assume that such attractions are superficial, rooted in physical appearance or wealth, it's important to consider that both beauty and money can be manifestations of energy. Wealth, for instance, isn't just a collection of assets but can also be seen as a form of energy that some people are able to attract, and others are drawn to. And money is also equivalent to energy!

In my **Week of Health** program, I explain how energy circulates within our body and how this circulation directly affects our health. In this book, however, I will focus specifically on the energy circulation in relationships between partners, a man and a woman. Understanding how energy flows between partners is crucial for maintaining harmony and balance within the relationship.

The Seven Chakras

To understand this flow, let's turn to the system of **seven chakras**, the energy centers of the body. Of course, in reality, there are many more, but these seven are the easiest to grasp and the most practical to work with. Think of them as seven wells of energy, seven gates where life-force gathers and passes through. Each chakra is connected to a specific area of the body, to a color, and to a sphere of life:



Chakras correspond to the colors of the rainbow and are called:

- **Muladhara** (Root Chakra, Red): base of the spine, connected with survival, safety, and grounding.
- **Svadhithana** (Sacral Chakra, Orange): just below the navel, connected with pleasure, emotions, desire, and sexuality.
- **Manipura** (Solar Plexus Chakra, Yellow): stomach area, connected with willpower, self-esteem, and achievement.
- **Anahata** (Heart Chakra, Green): chest, connected with love, compassion, and emotional bonds.
- **Vishuddha** (Throat Chakra, Blue): throat, connected with communication and creative self-expression.
- **Ajna** (Third Eye Chakra, Dark Blue): forehead, connected with intuition, insight, and higher perception.
- **Sahasrara** (Crown Chakra, Violet/White): top of the head, connected with spirituality and cosmic consciousness (divine connection).

Of these seven chakras, three are active in a man (Muladhara, Manipura, Vishuddha) and three are active in a woman (Svadhithana, Anahata, Ajna). The seventh chakra (Sahasrara), responsible for the soul's

connection to the cosmos, functions equally in both sexes. Gender does not play a role here, as the difference exists only in the first six chakras. What does it mean that a chakra is “active”? It means that energy in this center is naturally expressed or given out. A “passive” chakra, on the other hand, is designed to receive energy. Men give where their chakras are active; women receive. Women give where their chakras are active; men receive.

This is not inequality but complementarity. One side gives, the other receives, and together they form a complete circuit. Two puzzle pieces don’t match because they are the same, but because they are different, and that difference is what makes wholeness possible.

Each of us embodies both masculine and feminine energies, with one typically more dominant while the other remains less active. For a harmonious and fulfilling life, it’s essential to accept and integrate the less active energy, achieving balance within oneself. Although individuals can work on activating hidden energy on their own, doing so with the help of the opposite sex can often be more effective and much easier.

Before we go deeper, it’s important to remember that these are not rigid roles but natural polarities that can flow and change over time. In a healthy relationship, each partner learns to express both energies, giving and receiving, leading and supporting, so that the connection remains balanced and alive.

In modern life, roles can sometimes be inverted or shared, and that’s perfectly fine. What matters most is not rigidly copying a model, but ensuring that energy flows in both directions. If energy doesn’t circulate, imbalance and exhaustion soon follow. When both partners embrace and integrate these energies within themselves, harmony naturally arises.

The First Chakra – Muladhara (Root)

The first chakra is symbolized by a lotus with four petals and a square

inside. The square represents stability, the firm ground under your feet. That is what Muladhara is about: survival, grounding, the ability to stand solidly in this world.



Just like all the chakras, it works differently for men and women. In men, Muladhara is active. In women, it is passive. This doesn't mean it doesn't function in women, but rather that here the man gives energy, and the woman receives.

A Man's Role in the First Chakra

Historically, defense and basic security have been regarded as a male responsibility, with the man expected to provide physical protection for his partner and children. In such situations, it is important for the woman to feel comfortable accepting the man's care and protection. Trusting a man completely allows him to take care of you. A woman strengthens her first chakra by being able to receive masculine energy. And for this to function, the woman must be able to do something very simple yet very difficult in today's society: To receive. To relax. To trust.

Women's task at this level is to practice receiving. Allow your man to care for you, not only in grand gestures of protection but also in daily things. Trust him in small matters so that the root of trust grows deeper.

But in today's world, trust has become more complicated. Many women hesitate to allow men even small responsibilities, fearing that he won't do it "right" or might fail. They want him to be strong and independent, yet unconsciously expect him to think and act exactly as they do.

Consider what women often mean when they say a man has “failed.” In many cases, it simply means that he didn’t approach the task the way she would have. If you’re a woman and want your man to achieve a certain outcome, the key is communication. Use your next FTP session to explain clearly what you expect, and then give him the freedom to reach that outcome in his own way. Give him space to be a man.

How Imbalances Begin

Men may also face challenges with their first chakra if, during childhood, they weren’t taught to protect or take responsibility for the family. When the mother assumes both parental roles, the boy may grow up passive in this area. Later, as a man, he may unconsciously continue letting women dominate in matters of survival and protection, even if it leaves him feeling uncomfortable.

When this happens, when the woman takes charge of her own survival, her first chakra becomes active in a masculine way, while the man’s energy slips into passivity. Over time, this dynamic becomes very hard to reverse.

It’s easy to fall into blame: to say that the man is at fault for being passive, or that the woman is at fault for not trusting. But blame changes nothing. What matters is restoring balance.

A Real-Life Example

To illustrate this, I’ll share a story.

I have a friend who appears to have it all: a beautiful family, three children, a career, and a husband who also works. By European standards, they are almost middle-class. After work, she even finds time for volunteer activities. She manages the household and takes care of the children, but things aren’t always as smooth as they seem. Sometimes, when she doesn’t have time to cook, her kids will just take store-bought pizza out of the freezer and heat it in the microwave for lunch. If something breaks at home, whether it’s plumbing or electrical, she tries to fix it herself. If she can’t, she calls a professional.

Once, I asked her, “Have you ever asked your husband to handle it?” Her response was, “No, he doesn’t understand anything about these things.” This made me think: if a woman can’t “trust” her man to handle simple tasks like fixing a tap, how can she fully rely on him in critical situations? When a woman consistently takes the lead in everyday matters, it’s likely she’ll also take charge in more serious ones too. Her husband, an office worker who always wears an ironed shirt, glasses, and a tie, contrasts sharply with her practical, hands-on approach. She’s usually in jeans, sneakers, and comfortable clothes, ready to carry a sack of potatoes or fix the toilet if needed.

Who is carrying the masculine energy here?
And who is carrying the burden of frustration?
Is she truly happy?

I don’t think so, because she often shares her feelings of frustration and dissatisfaction with me. And here’s something I’ve noticed in life: genuinely happy people don’t complain. They simply live and enjoy life. When we constantly hear complaints, it’s usually a sign that something is off, even if on the surface, everything seems fine.

Happiness does not come from “managing it all.” It comes from balance, from trust, from shared responsibility. Without that, no matter how strong a woman is, she eventually becomes tired and dissatisfied.

Working with the Root Chakra. So how can we work with Muladhara? First, by recognizing and accepting our shortcomings. According to the mirror theory, everything around us reflects our inner qualities. The traits we most dislike in others are often the ones we haven’t yet accepted in ourselves.

Try this exercise: make a list of qualities in others that irritate you most. Once the list is done, see it as a mirror of your own shadow. These traits

live in you, too; that's why they bother you. The more you deny them, the more they disturb you.

Acceptance comes in stages: first denial, then recognition, and finally full acceptance. True harmony is achieved when you embrace not only your strengths but also your weaknesses. Once you accept your shadow, those traits in others will no longer irritate you.

For Men: Building Strength

For men, working on the root chakra often means developing real confidence and physical strength. This doesn't mean becoming a warrior in the old sense, but cultivating the ability to protect. Training the body, building discipline, and learning to feel strong within yourself creates the foundation.

Men, your work is to develop inner strength and stability so that she truly can lean on you. Not only physical strength, but also confidence, calmness, and reliability. Only when a man knows he can ensure his own safety can he confidently offer protection to a woman.

The Second Chakra – Svadhisthana (Sacral)

The sacral chakra is symbolized by a lotus with six petals and a crescent moon inside. The crescent represents water, fluid, flowing, ever-changing. And that is exactly what this chakra is about: emotions, pleasure, movement, the tides of life.



If the first chakra is about instinct and survival, the second is about emotion and enjoyment. It governs the ability to give and receive pleasure, to feel joy in the body, to live with sensuality. If we were to describe the first chakra in one word, it would be *instincts*. For the second chakra, the word would be *emotions*.

Here too, men and women function differently. For women, Svadhishthana is active. For men, it is passive. This means women give here, men receive.

A Woman's Role in the Second Chakra

And what exactly does a woman give at this level? She gives pleasure. She gives emotional warmth. She creates comfort. She fills her man's world with the things that soothe him, bring him joy, and make life feel sweeter, more human.

Today, many women resist this idea. They hear "give pleasure" and immediately think: "*What am I, a maid?!*" They associate it with servitude or lowering themselves. But that's a misunderstanding. Giving at the second chakra is not about servitude: it is about creativity, love, and femininity expressed in daily life.

Women naturally have a special ability to bring ease, warmth, and joy into a man's world, creating an environment that nurtures connection and fulfills his desires. By engaging their active second chakra, they create a comfortable and cozy microcosm, a place where men feel inspired to provide protection and security.

At the same time, many women expect men to give them exactly what they themselves are designed to provide: romance, tenderness, emotional fulfillment, and satisfaction in intimacy. And when he doesn't, they complain. But here is the paradox: women often look to men for something they already have in abundance.

What It Means to “Give Pleasure:” It’s not only about sex, although sexuality is a big part of it. Giving pleasure to a man includes many things:

- sexual intimacy that is inspired and alive, not dutiful or mechanical;
- lovingly prepared food that carries warmth, not indifference;
- a home atmosphere that is cozy, welcoming, and restful;
- moments of silence, when he can breathe out and recover;
- small gestures of care and admiration that remind him he is valued.

Each of these may seem small, but when done with love, they are priceless. Take the example of breakfast. You can make scrambled eggs with the attitude of *“eat and don’t disturb me”*, and yes, he’ll eat them, but without joy. Or you can make the same eggs with care, warmth, and a little touch of love, and suddenly it becomes a gift that lights up his morning, bringing him real pleasure and tenderness.

The same applies to intimacy. A woman can approach it as a responsibility, something to “get it over with.” Or she can approach it with inspiration, with the desire to truly bring her man comfort and closeness. The difference in energy is enormous.

And here lies the essence: for a woman to give real pleasure, she herself must enjoy the process. Cooking, intimacy, creating comfort, if she does it with resentment, the energy will be heavy. But if she does it with joy, the energy shines through, and that joy is felt by both. When a woman finds joy in giving, her natural sexuality shines. True giving means offering without expectation, and this approach not only uplifts the man but also leaves the woman energized, radiant, and deeply satisfied.

Why Men Need This

Creating a home that men want to return to is incredibly important. In today’s world, men can easily pay for services like cleaning, food, or even sex. However, deep down, all men are seeking something more, something that goes beyond what professional services can provide.

In ancient times, men returned from hunting, and their women would tend to their wounds. While we no longer face saber-toothed tigers or mammoths, modern men still face battles, only now, the battlefield is the office or the business world. They may not return with physical wounds, but the emotional scars of daily interactions and challenges are just as real.

When a man comes home, he craves the comfort and healing that will prepare him to face the next day. He will always return to the place where he feels restored, where his emotional wounds are soothed, and where he is given the strength to continue providing for his family. Yes, food can be ordered, and housekeepers can be hired, but nothing compares to the moments when a woman, out of love and care, prepares a meal for her man. No matter how skilled a professional chef might be, they cannot infuse a dish with the same love that a beloved partner can.

Similarly, healing emotional wounds requires more than just physical comforts. Every woman, in my view, should know the basics of a simple massage. This allows a man to quickly regain his strength after a long day, not just recovering but becoming more energized to spend time with his family. This kind of simple massage doesn't replace professional ones, which he can still enjoy once or twice a month, but it creates an intimate connection. Knowing that his partner can help him unwind at the end of the day can greatly strengthen the bond between them.

A Man's Role in the Second Chakra. But what about men? If a woman is the giver here, is the man simply a passive consumer? Not at all. His responsibility is to receive consciously.

When a man accepts her care with indifference, criticism, or entitlement, the flow dies. Imagine pouring water into a cup full of holes; no matter how much you give, it empties out. The same happens when a man fails to value what he receives.

The energy of Svadhisthana only circulates when the man meets her gift with gratitude, enjoyment, and presence. If she prepares a meal with love, he should notice, appreciate, and savor it, not just eat absentmindedly in

front of a screen. If she offers intimacy, he should be fully present, not distracted or treating it as routine. If she creates comfort at home, he should acknowledge it, not take it as a given.

When a man receives with gratitude, he strengthens her desire to give. She feels appreciated, cherished, and inspired to keep creating. This energy, in turn, fuels his motivation at the third chakra (Manipura) to provide and achieve.

Of course, this isn't a one-sided exchange. When a man is feeling restored, he naturally wants to reciprocate, offering his own love and care to his partner. Whether it's preparing a meal or offering her a relaxing massage, the balance of giving and receiving creates a harmonious relationship. It's a mutual game, where both partners support each other, ensuring that the relationship stays in balance.

Men should also learn to confidently accept the reward of care and attention for the security they provide. Many men are reluctant to accept attention and care from women, especially if they don't feel that their role as protectors has been recognized. If a woman has not accepted his efforts as a protector, a man may feel that he does not deserve to be rewarded. It becomes even more complicated when women take on the male role in the first chakra and, quite understandably, expect pleasure from men in the second. While this dynamic might work to some extent, it doesn't align with universal laws and may not function in the best way.

Balance and Growth

What may seem unfair at first glance is, in fact, part of a deeper balance. In the chakra system, three chakras are naturally more active in women, three in men, and the crown chakra functions equally in both. This is not a sign of inequality, but of complementarity, two distinct but harmonious roles that, when embraced, create partnership rather than competition.

The first and second chakras are the most difficult chakras to work on because they deal with the most unpleasant aspects of our lives, connected

with everyday activities and routines that might feel boring. Therefore, many practitioners put off working on these chakras until later, not realizing their fundamental importance. If you can balance these two chakras, further work will be much easier and faster. Without the development of these basic levels, one cannot speak of serious intellectual and spiritual development.

If at any point you feel this balance has gone missing, don't stay silent. Talk about it in your next FTP session. Speak honestly, without blame. Energy exchange is like a dance, sometimes one leads, sometimes the other, but the music must always remain in harmony.

The Third Chakra – Manipura (Solar Plexus)

Manipura, the solar plexus chakra, is depicted as a lotus with ten petals and a downward-pointing triangle at its center, symbolizing the fire element and the spark of personal power. This is the chakra of energy, achievement, and resources, the place where willpower and determination are forged. Manipura is the fire that fuels achievement, purpose, and contribution.



While the first chakra is about physical survival and the second about emotional fulfillment, the third is about **social survival**. It is not about escaping danger to stay alive physically, but about navigating the challenges of society: careers, money, ambition, and the ability to stand strong in the world. This energy center develops not through brute force, but through skill, focus, and perseverance.

Here, too, men and women function differently. The third chakra is active in men and passive in women. In practice, this means men give resources, while women receive them. When men give here and women receive with gratitude, both feel empowered.

The Flow of Resources

In modern society, many women feel hesitant or even ashamed to ask for financial support, particularly if they don't work or earn income. Yet this very hesitation can block energy flow, because money, like all forms of energy, needs to circulate. If a woman consistently refuses to ask and receive, she may unknowingly block the flow, and her partner's motivation to earn can weaken over time.

Very often, a man's drive to achieve is shaped by his partner's expectations. If she says she doesn't need anything, he may unconsciously feel less motivated to strive for more. By not accepting a man's money and energy, a woman may unintentionally create depletion in the flow.

On the other hand, imbalance can also appear in the opposite direction: some women demand more than they are prepared to give at the second chakra, leaving their partner depleted, exhausted, and even financially strained.

Natural Exchange

In the chakra system, a natural flow occurs when a woman offers pleasure, care, and emotional nourishment at the second chakra, and in return, the man feels inspired to give at the third chakra, providing resources, money, and financial security. When this exchange works, both feel energized, motivated, and fulfilled.

But if the second chakra is neglected, the third often falters. A man who does not receive appropriate energy at the second chakra may unconsciously redirect his energy elsewhere: to external comforts like restaurants, services, or even unhealthy outlets.

Women sometimes ask, “*What should I do if I’m raising my child alone, if I am both mom and dad, and everything rests on my shoulders?*” This is a very real challenge. Often, it reflects not only external circumstances but also deeper patterns of energy. The way you relate to the closest man in your life, even if he is not your partner, mirrors your relationship with masculine energy as a whole. Harmony begins with how you connect to that energy, not just with individual men.

Men face a similar lesson. The way you relate to the closest woman in your life reveals how you connect to feminine energy in general. When you treat her with respect, sensitivity, and understanding, you embrace the inner feminine within you, the part that brings intuition, empathy, and emotional depth. But if you reject, suppress, or dismiss her, it often reflects an inner disconnection. True balance begins when a man accepts and honors the feminine energy within himself. Inner harmony naturally shapes outer behavior.

Modern Challenges. In today’s world, it is common for women to earn as much as men, and often more. On the surface, there is nothing wrong with this. But if balance isn’t consciously maintained, subtle tensions can appear.

If a woman steps fully into the provider role, carrying the family’s financial responsibilities, her partner may drift into passivity, becoming dependent and disconnected from his natural energy. These dynamics don’t make a couple “wrong,” but they do raise an important question: how can balance be maintained when life doesn’t follow the traditional script?

The man may feel disempowered, the woman may feel overburdened, and both may quietly begin to resent the situation. The key is not to cling rigidly to “roles,” but to ensure that giving and receiving remain in harmony.

Building Balance

If a woman doesn’t work but feels she wants more, she may first need to

reflect on what she is giving at the second chakra level. Demands and entitlements only close the flow of energy. Instead, harmony grows when giving and receiving are mutual and natural, when each contributes in their own way, within their own sphere of responsibility.

For men, the work at Manipura is to step confidently into responsibility: to recognize the value of what they provide, whether it is money, stability, or leadership, and to offer it with strength rather than resentment. Just as important, men need to feel appreciated. Respect and acknowledgment from their partner are the fuel that keeps their fire strong.

For couples where the woman earns more, balance is still possible. It simply requires clarity. Through regular FTP conversations, partners can decide together how to share responsibilities in a way that feels fair. Perhaps she contributes more financially while he takes the lead in protecting, fixing, or planning for the future. What matters is not who does what, but that both feel the exchange is equal and alive.

A woman who earns more can still allow her partner to express his protective instincts, providing energy in other ways, through practical support, taking initiative at home, or building a sense of security in daily life. Likewise, a man who isn't the primary financial provider can still embody strength, leadership, and responsibility in his relationship.

The important part is that both partners consciously agree on their responsibilities, rather than slipping into imbalance by default. When one partner consistently gives much more while the other gives less, frustration builds. Over time, this imbalance becomes a quiet strain on the relationship. Even unspoken, it lingers, and eventually it can lead to distance or even collapse.

The way to prevent this is not through sacrifice or control, but through honest communication. FTP provides a safe space for both partners to express what they need, what they feel, and how to adjust. Together, you can create family rules, agreements that keep your unique relationship

sustainable, fulfilling, and balanced, even when life doesn't match traditional expectations.

The Fourth Chakra – Anahata (Heart)

The heart chakra, Anahata, is depicted as a lotus with twelve petals. At its center is an overlapping triangle forming a six-pointed star, symbolizing harmony and the union of opposites, the balance of love and compassion.



Anahata is the chakra of love, not just in the romantic sense, but in its purest and most selfless form. It is the source of unconditional love, love that transcends material gain, personal desire, or attachment. This is the energy of giving without expecting anything in return, the love that heals, nurtures, and sustains life itself.

A Woman's Role in Love

Traditionally, the fourth chakra is considered active in women and passive in men. In this flow, the woman gives love, while the man receives it. The manifestation of love lies at the core of a woman's nature; it is through love that she feels realized and complete. When this flow is reversed, difficulties can arise. For example, when men are expected to constantly "prove" their love while women merely receive, both may feel unfulfilled. A woman loses the joy of expressing her natural gift, and a man becomes burdened with expectations that may not match his role in the energetic balance.

Women find their deepest fulfillment when they embrace this natural strength, bringing pleasure, warmth, and emotional depth into the

relationship. This doesn't mean women should deny their own needs, but that their greatest power lies in being a wellspring of love. Expecting men to carry this role entirely, or waiting for constant romance and grand gestures, can lead to disappointment. A woman shines most when she allows her love to flow freely.

A Man's Balance in Love.

This does not mean that men are incapable of love. On the contrary, men express love in their own way, often through their active chakras, by giving protection, stability, and material security. For men, the heart chakra is primarily receptive: they are called to receive the love a woman offers. But just as a right-handed person still uses their left hand, men should also express love. Giving and receiving are inseparable; each depends on the other.

A man whose heart is open will naturally cherish, protect, and value the love he receives. This openness allows the energy of love to circulate between partners in both directions, strengthening their bond.

Love in Modern Society

In today's world, relationships often struggle under cultural stereotypes, women waiting for endless romance, and men pressured to prove their love through constant gestures or material displays. Movies and media reinforce this imbalance, but real love is much simpler and deeper. Love is not measured in how many gifts are given or how dramatic the gestures are, but in daily warmth, tenderness, and the ability to give and receive with an open heart.

For modern couples, the key is to understand that love cannot be one-sided. Even though the fourth chakra is primarily active in women, both partners must participate in the exchange. A woman thrives when she expresses love openly, and a man thrives when he receives it gratefully and responds with devotion, stability, and presence.

The Deeper Meaning of Anahata: An open heart chakra is especially important for women. It allows them not only to love unconditionally but also to embody the role of nurturer and mother. On a physical level, it even supports the body's capacity to conceive and sustain life.

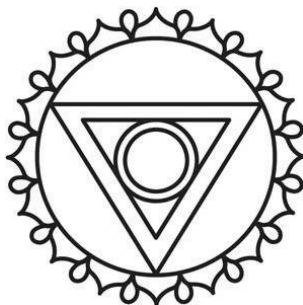
I once knew a couple who struggled for years to have children. Medical tests showed nothing unusual, yet they could not conceive. It was only when they deepened their love, opening their hearts more fully to one another, that life finally blossomed in their family. Without any medical intervention, they became joyful parents. Love, after all, is what calls the soul into life.

In Summary, the fourth chakra is the meeting point of giving and receiving love. Women empower themselves and their relationships when they freely offer love, while men strengthen the bond by opening their hearts to receive it and reflecting it back through their own strengths. When both allow love to circulate, without stereotypes, without demands, the relationship becomes a true partnership, rooted in compassion, balance, and harmony.

When love flows freely through Anahata, both partners rise above fear and ego, creating a relationship that not only sustains but uplifts their souls.

The Fifth Chakra – Vishuddha (Throat)

Vishuddha, the throat chakra, is symbolized by a lotus with sixteen petals. Inside the lotus, there is a circle with a downward-pointing triangle, representing the element of space (ether) and the power of communication and expression.



Here, men are active, they give. Women receive.

At this level, a man longs to express himself in the world, not only within his home or private circle, but outwardly, in society. He wants to speak, build, create, lead, and leave a mark that lasts beyond the day's paycheck. When his energy rises to Vishuddha, he is no longer satisfied with mere survival or even material success; he seeks meaning, legacy, and contribution.

And what lifts him to this level? **Love from the heart.** When a woman's Anahata is open and flowing, her love doesn't merely soothe him – it ignites him. Suddenly, he finds the courage to write the book, start the project, face the audience, or finally claim the vision he has carried quietly for years. Her love becomes the wind in his sails.

A woman's role here is not to speak for him, but to support, reflect, and inspire. When she says, "*What you do matters*," his voice deepens. When she believes in his purpose, his words find their path. This is not empty flattery; it is fuel.

Social Expression and Family Balance

Vishuddha is also about social connection. Traditionally, the man weaves his family into the outside world. He introduces his partner into his circle of friends, allies, and community, building a network that protects and uplifts the household. When he withdraws from social life, it may be a sign of depleted energy or of not feeling supported at home.

When the woman takes on the role of external connector, making all the calls, building all the bridges, managing all the relationships, the balance may shift. Her natural strength lies more in fostering *inner* communication: creating harmony within the family, offering emotional clarity, and nurturing an atmosphere where everyone feels at peace.

If she begins correcting his way of relating to the outside world, or tries to impose her own networks on him, tension grows. Not because she is wrong, but because the roles are crossing wires. He may feel diminished, while she feels overburdened. The music of the relationship goes slightly off-key.

I learned this lesson personally. When I lived in Poland, most of my external communication flowed through my girlfriend, who spoke the local language. She supported me greatly, and I remain grateful for that. Yet I also felt a subtle discomfort, as though I wasn't standing fully in my place. That experience showed me how vital it is to honor the balance of Vishuddha. If circumstances require a role swap, such as language, relocation, or immigration, it's important to make it conscious. Talk about it, agree on how to compensate elsewhere, and keep the energy exchange fair.

When Vishuddha Flows. When this chakra is in balance, the family is not isolated. The man's voice and presence are felt and respected in the world outside, while the woman feels secure because her partner stands openly and strongly in society. At the same time, she holds the family's heart, creating a space of warmth and harmony within the home.

He voices; she resonates. He reaches out; she deepens within. Together, they create a living echo between the outer world and the inner home, a harmony of expression and reflection that keeps the family whole.

Vishuddha in the Modern World

In today's world, many women are leaders, entrepreneurs, or public voices. They run companies, manage teams, and often serve as the "outer

voice” for their families. This is not wrong; in fact, it can be incredibly powerful. But the challenge comes when both partners neglect the energetic balance underneath.

If a woman is constantly in the external role without her partner’s support, she may feel unprotected and secretly long for him to step forward. If a man loses his voice in society, he may grow passive or resentful, even if he admires her strength.

The solution is not to cling rigidly to old roles, but to ensure the flow remains balanced. A man who isn’t the louder public voice can still embody Vishuddha by taking initiative in different ways: speaking up for his family’s needs, being decisive in daily matters, or standing firm in times of challenge. A woman who carries a strong external presence can balance by letting her partner feel that his voice matters at home, that she values and trusts his guidance.

What matters is not who speaks louder, but that both voices are heard and respected.

The Sixth Chakra – Ajna (Third Eye)

Ajna, the third eye chakra, is symbolized by a lotus with two petals. Within it, two interlaced triangles often appear, representing the union of opposites and the insight that transcends duality.



The sixth chakra governs conscious perception and the higher mental faculties, memory, imagination, intuition, and knowledge. It connects the

body and mind to the subconscious, opening awareness to universal laws and subtle, non-verbal information. Ajna brings balance between the two hemispheres of the brain: intuition, emotion, and mysticism on one side; logic, reason, and analysis on the other. When harmonized, it creates a clear perception and wisdom that sees beyond appearances.

The Role of Intuition

The primary function of Ajna is clairvoyance, the ability to “see” beyond the obvious. At this level, the woman gives and the man receives. Her intuition becomes a guiding lantern, offering insights, warnings, and direction that cannot be reached through logic alone.

As with the lower chakras, this exchange reflects complementarity: the woman provides what the man cannot generate by himself, and he provides what she lacks. A woman’s task here is to share her intuitive guidance; the man’s task is to value it and integrate it into action.

When a man feels secure in his role, grounded in the lower chakras, confident as a provider and protector, he is far more willing to accept her intuitive counsel. In such balance, her gift benefits them both, giving him foresight and giving her the fulfillment of expressing her natural wisdom.

When Intuition Is Not Clear

Of course, intuition is not infallible. There may be times when a man chooses not to follow a woman’s advice and later sees that her insight was not accurate. This does not mean intuition is worthless. Rather, it points to a deeper question: Is the energy flow from the lower chakras strong and steady?

Ajna functions like a lantern, but its flame depends on the oil supplied from below. If the lower chakras are weak or unbalanced, the light of intuition becomes unsteady or dim. A woman whose lower energy centers are not nourished may find her sixth chakra clouded, leading to uncertainty or misjudgment.

In this sense, the clarity of her vision depends not only on her own inner balance but also on the strength of the partnership. If a man is not supporting her on the lower levels, providing security, stability, and presence, her intuitive channel may not shine with its full brightness.

A Real-Life Example

I once knew a couple where the wife often sensed when her husband's business partners were unreliable. She couldn't always explain why, but she would say, "Something feels wrong here." When he trusted her feelings, he often avoided deals that later proved risky. Over time, he learned that her intuition was not a replacement for logic, but a powerful addition to it.

Yet there was also a time when her intuition seemed unclear. She insisted that one of his projects would fail, but it actually succeeded. Later, they realized she had been under heavy stress, carrying too much of the household burden. Her lower chakras were not supported, and her "lantern" flickered. This didn't mean her intuition was gone, only that its foundation needed care.

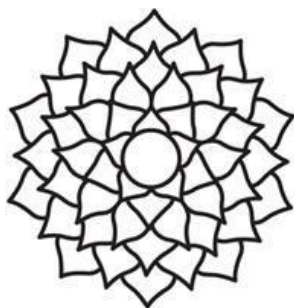
Ajna in Modern Life. In today's world, intuition often competes with data, statistics, and "rational proof." Many people, especially men, are taught to trust only what can be measured. Yet true wisdom lies in uniting both ways of knowing. A woman's intuitive insight may not always explain itself logically, but when balanced with reasoning, it becomes a powerful compass.

Modern couples thrive when they honor both sides: her intuition as a lantern, his logic as a map. If he listens with respect and she communicates her insights clearly, they can chart a path that combines vision and practicality.

The Seventh Chakra – Sahasrara (Crown)

Sahasrara, the crown chakra, is often depicted as a thousand-petaled lotus

unfolding at the top of the head. It is the highest point in the chakra system, the place of spirit, unity, and the quiet certainty that we are connected to something greater than ourselves.



At this level, gender distinctions dissolve. Sahasrara functions equally in men and women. There is no giver and no receiver: only Soul and Spirit. Here, “he” and “she” become “we,” and “we” expand into the infinite and God.

When this chakra is open, relationships take on a sacred dimension. Conflicts don’t disappear, but they are held in a greater light. Instead of becoming enemies in moments of tension, partners remember they are allies walking the same path. The perspective shifts from *you vs. me* to *us together facing life*.

In the energy of Sahasrara, home becomes more than just a shelter or a place to rest. It becomes a sanctuary, a temple of shared growth, where love matures into wisdom and daily life is infused with spiritual meaning.

Modern couples often look for happiness in material comfort, external achievements, or constant excitement. But Sahasrara reminds us that true fulfillment comes from remembering our shared source, from touching the silence within, and from recognizing the divine spark in each other. When two people cultivate this awareness together, through prayer, meditation, gratitude, or simply quiet presence, their love is lifted to a higher plane.

At the crown, there is no competition, no imbalance of roles, no striving to prove or demand. There is only trust, surrender, and connection to the greater whole. This is the space where love itself becomes prayer, and the couple's journey becomes a spiritual path.

Conclusion: The Dance of Energies

The chakra system offers us an oriental map of natural energy circulation between man and woman. When our chakras are balanced and energy flows freely, relationships become more stable, joyful, and fulfilling. When they are blocked or misaligned, we feel strain, fatigue, resentment, or distance.

The farther we drift from balanced exchange, the more friction arises. The closer we move toward conscious giving and receiving, the more we discover ease, attraction, and quiet joy. And we don't need perfection to begin. Awareness itself starts the healing: simply notice where the flow is smooth, where it feels stuck, and gently guide it back into rhythm.

By learning to understand and apply these principles, we can transform not only our relationships with others but also our relationship with ourselves.

In this scheme, three centers are naturally more active in men, three in women, and one, the crown, is shared. But this is not a prison of rigid roles. It is simply a map of balance.

Think of the chakras as a living tree:

- **Roots (Muladhara)** anchor us firmly in the earth.
- **Bark (Svadhithana)** carries energy and nourishment upward.
- **The trunk (Manipura)** provides strength and structure.
- **Branches (Anahata)** spread outward in love.
- **Leaves (Vishuddha)** whisper and communicate with the world.
- **Flowers (Ajna)** bloom with vision and insight.
- **The crown (Sahasrara)** reaches upward to the light of spirit.

Without the roots, the crown cannot thrive; without the crown, the roots lack purpose. Each part depends on the others, just as every chakra depends on the flow of the whole system.

In modern life, roles may shift, blend, or invert, and that can work beautifully, as long as the exchange stays fair, and the energy continues to move.

At its highest, love is not just romance or comfort. It is a dance of energies that mirrors the dance of the cosmos. When two people learn to move together in that rhythm, life opens, lighter, brighter, more meaningful. Some couples will naturally keep traditional roles; others will invert or share them. What matters most is not the form, but the balance: that both partners give and receive across the system in a way that feels fair, nourishing, and alive. Tools like **FTP** help by giving couples a safe space to name their needs, clarify contributions, and keep the exchange honest and warm.

When energy flows, love grows.

Chapter 13: Conclusion

Reading this book, you may have seen reflections of your own relationships and discovered ways to improve them. Now, I'd like to share some key insights based on my personal experience with the four types of relationships I've encountered. These reflections may also be helpful as you navigate your own relationships:

Physical Attraction (Chemistry):

Reflecting on my first relationship, I recognize now that it began purely on a chemical level, an attraction driven by instinct rather than intention. This was the main driver, but without proper communication and emotional connection, it didn't evolve. At that time, my understanding of relationships was limited, and this lack of knowledge and experience prevented me from elevating our connection beyond its initial stage. Communication in that relationship was problematic. When issues arose or when I felt displeased, my default responses were resentment and

manipulation. This was largely because I had allowed my girlfriend to love me without offering the necessary emotional depth in return. Back then, I was unaware of tools like FTP, which facilitates open and honest dialogue between partners by ensuring both individuals can express themselves without interruption or judgment. Such practices could have provided a framework for us to address our issues constructively. Moreover, our relationship lacked a defined mission or shared goals, which are often vital for giving direction and purpose to a partnership.

Mind (Logic):

My marriage initially began on what I would describe as the mind level, where I had specific expectations and sought a relationship that fit these criteria. This approach worked well at first, aligning with the structured plans I had set for myself. However, as I embarked on a journey of personal development and began to change, the dynamics within our relationship became strained. While I was evolving, I failed to adequately support or prepare my wife for these changes, which created a widening gap between us.

As challenges arose, I often felt the urge to change my wife (psychological abuse), and at times, I even became aggressive when I perceived competition. This was far from ideal and reflected my limited understanding at that stage of what truly makes a healthy relationship.

It was only toward the end of our relationship that I discovered and implemented Fair Talk Practice. FTP profoundly changed how we interacted. It helped us address our issues more constructively, facilitating a healthier dialogue about our needs and expectations. This new approach brought clarity and understanding, allowing us to see that while our paths had diverged, we could still respect and care for each other. Introducing FTP helped us eventually separate amicably and maintain a friendship post-divorce.

We didn't have a defined mission of our family: some family rules were established only at the very end of our relationship, which perhaps could

have provided better guidance and structure if they had been settled from the beginning.

This experience underscored the importance of having clear communication and mutual understanding in relationships. It taught me that relationships need both partners to grow together, supported by effective communication tools like FTP, and guided by shared missions and rules.

Heart (Emotional Connection):

My third relationship blossomed at the heart level, where mutual interests and a shared vision for the future ignited a deep and harmonious connection between us. We enjoyed a romantic and fulfilling relationship, enriched by our common goals and affinities. We had a common vision and interests, including our love of nature and the bees. Unfortunately, this promising start was dramatically altered by external circumstances beyond our control.

The onset of the war introduced a series of relentless challenges: the constant need to change countries and find new places to live, and the heartbreaking loss of our baby. These turbulent times were like a hurricane hitting our young, small boat that was not yet equipped to handle such massive waves. Ultimately, our relationship could not withstand the storm, and we sank under the weight of these overwhelming forces.

Despite its brief duration, the six months we spent together were intensely concentrated with experiences and growth. In this short period, I encountered nearly the same depth of emotional and relational experiences as I had during the 12 years with my ex-wife, but at a pace 24 times faster. This acceleration was a reflection of the impact of the war, which forced many, like myself and other Ukrainians, the whole nation, to undergo profound life lessons at an extraordinary speed. War, while devastating, can act as a catalyst for rapid personal and collective development. The adversities and extreme situations it presents can

accelerate learning and personal growth, compressing what might otherwise take decades into much shorter periods. This was the harsh reality and also the unexpected teacher for us, highlighting the resilience required to navigate life's most severe storms.

Soul (Deep Spiritual Connection):

My fourth relationship operated on a soul level, beyond shared interests or initial physical attraction. It's a relationship built on acceptance, trust, and understanding that transcends logic. This connection looked ridiculous to the logical mind, as we had nothing in common: we had different interests, we liked different music, different films, etc. Even on a physical level, we did not align with each other: she was attracted to different types of men, and I was drawn to different types of women. There's a book titled *Men Are from Mars, Women Are from Venus* that touches on differences between the sexes. So, we were not just from different planets but from different galaxies. But at the same time, we had such a strong connection that we both were not able to explain. Why did I call it a 'soul connection'? Because everything felt right in our connection until we started using our brains (our egos). When we communicated without our egos, without overthinking, everything flowed naturally. But as soon as we began analyzing our relationship, our minds listed countless reasons why we shouldn't be together.

“Love, reciprocity, and trust happen between hearts. Dispute happens between minds. And the mind can betray the heart. Only logic can betray love. The heart always says YES. And it is always ready to listen.

But even a small ‘NO’ has tremendous power and can destroy everything.”

– OSHO

Both of us had significant achievements in life, which meant our egos were quite pronounced. At any given moment, our minds (our egos) could make decisions that didn't resonate with our hearts and souls. The future of our relationship depended entirely on which part would dominate, and the logical part won. In the end, she decided not to break her family.

For me, this relationship was completely different from my previous relationships. It was the first time in my life that I didn't expect anything from my partner. I accepted her at a soul level without criticism or a desire to change her—just full acceptance of who she was, with both the traits I liked and those I didn't. Thanks to this unconditional love, I was able not only to let the relationship end but to bless her as she moved forward into a new phase with her husband. I believe the FTP practice also played a significant role in helping to restart their relationship.

I was truly happy for her when she told me about her decision. I knew how hard it was for her, and I'm very grateful for our experience. I'm immensely grateful to her and all of the changes that have happened in my life since she appeared. As I had mentioned, before her, I used to keep a bit of an ascetic life, and she inspired a lot of changes: thanks to her, I updated my wardrobe (she helped me choose all new clothes as I really don't like shopping). After meeting her, I bought a car, even though before that I was content traveling by bicycle and public transport. That was fine for me. The MacBook I'm using to type this book was also purchased after we met.

They say that it's only when a woman enters a man's life that he feels the desire to channel his cosmic energy into something material. And that's so true. Dear ladies, if your man doesn't seem to want to do anything, here's a question for you: "What are you doing wrong or not doing?" Start practicing Fair Talk, and a lot will be revealed to you and your partner. Or, perhaps, it's simply that the energy circulation isn't flowing properly?

As I've mentioned before, this book might not have come to life if I hadn't met her. She helped me transform in so many ways, even shifting some of my deeply held beliefs. Thanks to her, I changed my perspective on several things. For example, she enlightened me about the possibility of building relationships with women from other countries, pointing out that, with my fluency in both English and Portuguese, I could easily connect with foreigners. Before that, I had always thought that the FTP required 100%

mutual understanding, and I believed that communicating in a non-native language would lead to an incomplete connection. She opened my eyes to a new way of thinking about this.

She also helped me change my views on tattoos. In the past, I not only didn't perceive them well but also had a negative reaction. I couldn't understand why people would permanently mark their bodies. Although she didn't have any tattoos herself, she offered me a new perspective that softened my views. I came to realize that everyone's choices are deeply personal, and beauty or meaning can be found in those choices. Her ability to gently show me different perspectives is just one example of how she's helped me grow and evolve in ways I never expected.

In addition, she revealed qualities about myself that I had never noticed. She told me that if I paid as much attention to any woman as I did to her, they would be completely captivated by me. I had never believed in this ability before, but she did, and she illuminated it in a way that made me see myself differently.

So, I'm grateful and send her a big, big THANKS. As I'm sure that one day she will read this book.

Each relationship I've experienced has taught me valuable lessons. From chemistry and shared values to emotional depth and soul connection, every relationship has had its own strengths and challenges. I can honestly say that I was happy in each of them, as I never cheated on any of my partners. What I've learned is that a truly fulfilling relationship requires growth on all levels—physical, mental, emotional, and spiritual. Through this book, I hope you've found insights to apply in your own journey, understanding that relationships evolve as we grow, and with the right tools, we can create deeper, more meaningful connections.

And here's a good question that you're probably asking, my lovely friend: "What did I do when she decided not to break up her family?"

I followed my scheme (see Annex 2): I decided to “Live my own life for myself and about myself,” focusing on what I do best—helping people improve their health and increase their quality of life by my Week of Health program, bee products, and Sound Healing.

Thanks to my last relationship, I was able to accept my feminine energy and become more harmonious overall. During that relationship, there were times when we didn’t see or communicate with each other for a week or more, and during those periods of silence, I noticed something remarkable. In that time apart, I felt a heightened level of attention from other women. In one particular week, three women expressed a desire to interact with me outside of my individual sound healing session with Taoist massage.

This, of course, was a clear indication that through my interaction with her, I had tapped into and embraced my feminine energy, becoming more balanced and harmonious. When we are aligned within ourselves, with our energy circulating properly, other people sense it. They are drawn to us, wanting to communicate, interact, and be part of our energetic field.

This experience showed me that the most important work we can do is on ourselves, adjusting and harmonizing the energy within our own bodies. When we achieve that balance, relationships with the opposite sex will naturally fall into place. This was exactly what happened to me after our “separation”. My internal harmony reflected outward, drawing new connections into my life without any effort on my part.

My Portuguese friends organized a festival called “Gaya Human Experience” and invited me to conduct several Sound Healing sessions. It was during this festival that something extraordinary happened, something I believe I had been preparing for my entire life. I met my woman. The moment our eyes met – it was as if time stood still. We both felt an indescribable, deep connection. It wasn’t just a glance; it was a moment of profound recognition, as though our souls had known each

other long before. It felt like a strike, a powerful sensation that Paulo Coelho describes in *The Alchemist*:

“At that moment, it seemed to him that time stood still and the Soul of the World surged within him. When he looked into her dark eyes and saw that her lips were poised between a laugh and silence, he learned the most important part of the language that all the world spoke. The language that everyone on earth was capable of understanding in their heart. It was love. ... It was the pure language of the world. It required no explanation, just as the universe needs none as it travels through endless time. What the boy felt at that moment was that he was in the presence of the only woman in his life. And that, with no need for words, she recognized the same thing. He was more certain of it than of anything in the world. He had been told by his parents and grandparents that he must fall in love and really know a person before becoming committed. But maybe people who felt that way never learned the universal language. Because when you know that language, it's easy to understand that someone in the world awaits you. Whether it's in the middle of the desert or in some great city. And when two such people encounter each other, and their eyes meet, the past and the future become unimportant. There is only that moment and the incredible certainty that everything under the sun has been written by one hand only. It is the hand that evokes love and makes a twin soul for every person in the world. Without such love, one's dreams would have no meaning.”



When our eyes met, the entire world around us seemed to vanish, the festival activity disappeared, leaving us immersed in a powerful connection. I recognized this feeling, as I had experienced something similar in my last relationship, but this time it was even deeper. I took her hands, keeping eye contact, and I noticed tears of happiness welling up in her eyes. We didn't speak. Yet, in that stillness, there was an unspoken, profound communication flowing between us. From time to time, she would smile, nod, and softly say, "Yes, you know everything." It felt so magical, like we were unlocking each other's inner worlds without a single word. In that moment, I realized that true connection goes beyond language; sometimes, just being present and open allows you to discover an entire universe within another person.

On that day, we had both planned to attend a workshop by one of the world's most renowned Handpan masters, Kabeção. But before the workshop, we met. We found ourselves sitting on our yoga mats under a tree, holding hands. As soon as our hands touched, time seemed to stand still, and the world around us faded away. It felt like we had slipped into a deep, shared meditation, an experience far beyond words. The spell was only broken when a voice over the microphone announced the next

activity at the festival. After what felt like moments, we suddenly realized that 1.5 hours had passed, and we were still sitting there, in the same position, holding hands. We had completely missed the workshop, but in that peaceful, timeless space, it didn't matter. We had experienced something far more profound.

Later, during our conversations, we realized that we had actually met before, long before our encounter at the festival. More than a year earlier, I had been playing Handpan on the streets of Porto, and she had come with her friends to celebrate her birthday. We had locked eyes then, too, but at that time, it was just a brief moment amidst the crowd. However, when we reflected on this, we both felt that the connection we shared in Porto was not the beginning; there was a sense that we had known each other for much longer, perhaps in ways that go beyond this lifetime.

At the festival, this connection became undeniable as we felt it deeply on all four levels: chemical, mental, emotional (heart), and soul. It was as if every fiber of our beings recognized and resonated with each other. Throughout the days of the festival, we kept crossing paths, even though we hadn't planned anything together. Somehow, we always ended up together, naturally drawn into each other's energy.

We shared two tea ceremonies, both of which were incredibly deep and unforgettable experiences. The ceremonies brought us even closer, as we both sank into the quiet, mindful energy of the space, feeling that our connection transcended the ordinary. It was as if the festival had orchestrated itself around us, providing the perfect setting for our souls to reconnect and remember their bond.

The day after the festival, we were already seamlessly cooking pancakes together, laughing and making fun of every little thing as if we had been doing this for years. What amazed me the most was discovering how much we had in common, our tastes in books, music, films, our attitude towards life, and so many other things were perfectly aligned. From my past

experiences, I thought it was impossible to find someone who aligned with me on so many levels.

The festival played a key role in setting the initial principles of interest-based selection. With its focus on 0% alcohol, 0% drugs, and 0% carbon footprint, along with practices like yoga, tantra, meditation, ecstatic dance, Sound Healing, and Nails Standing, the festival naturally attracted people with shared values and interests. It helped create a basic alignment between us, giving us a strong foundation to build upon. This experience reinforced the importance of not only working on personal growth but also surrounding yourself in environments that foster connections based on shared principles.

For me, this is a new, miraculous journey. It's the first time in my life that I've experienced such a deep connection on all four levels—chemical, mental, heart, and spirit—simultaneously. She is as sexy as the woman from my first relationship, as clever and beautiful as my ex-wife, and as heartfelt as the girlfriend I faced the war with. We also share a deep soul connection like that of my last relationship. Every aspect of her life resonates with mine. I still find it hard to believe that someone could embody everything I had ever dreamed of. Even the small details, like the subtle features of her face that remind me of Japanese or Eastern cultures that I've always admired, feel like a perfect match.

The same happened to her. She had also been without a relationship for a while and went through a period of celibacy, during which she focused on working on herself. At one point, she shared her vision of the ideal partner with her friends, who told her that such a person simply didn't exist. Yet, all the qualities she had on her list, she found in me. This mutual sense of finding exactly what we had been searching for, after both undergoing our own personal growth journeys, feels like both a rare and precious gift and miracle. It's as if the universe conspired to bring us together at the perfect moment when we were both ready to embrace such a deep and meaningful connection.

So, we proved to ourselves once again that miracles do exist. This connection, this journey, is undeniable proof of that for both of us. I hope that everyone reading this will believe in miracles in their own lives because they truly happen, often when you least expect them. Embrace the magic, and let miracles find their way into your life!

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

– Albert Einstein

We cannot change our past. The only control we have is over the present, and by changing our present, we can shape the future. The journey we've embarked on has just begun, but in the first weeks of our communication, we have already implemented our Mission/family rules, started the FTP, and set fantastic long-term goals for our shared journey. I believe this is a powerful start, a foundation that feels solid and purposeful.

Though we live in different cities, she in Lisbon and I in Porto, we made the effort to meet every weekend. Those meetings became the highlight of our weeks, as we cherished the time we spent together despite the distance. For my next Week of Health, she joined my individual program, which deepened our bond and allowed us to get to know each other even better. By the end of our fasting week together, we made a conscious, mutual decision to end our celibacy and take our relationship to a new level.

Now, we are both fully immersed in this wonderful journey, which feels like an ongoing miracle. It has been a long and sometimes challenging path for both of us, but through patience, consistency, and unwavering faith in our dreams, we have finally received this beautiful prize, each other. This relationship is a testament to the power of perseverance, and we are grateful for the love and connection we now share.

I wish for everyone to connect with the right partner, someone who resonates with your vibrations, aligns with your values, and embraces the lifestyle you desire to live each and every day. May your relationship be a

harmonious journey, where both of you grow together, support each other, and live in mutual understanding and joy. And remember, love and relationships are not a given; they require continuous, dedicated effort every day. If you already have a partner, you can always elevate your relationship to a new level by applying the algorithm outlined in Annex 2.

And for you, the reader who has stayed with me through this journey, I'd like to offer a few gifts of gratitude.

By entering your email, you will receive **printable blank FTP sheets** to support your upcoming sessions, as well as my **bonus four-week practical workbook, *4 Weeks to a Deeper Connection***. This workbook will guide you step by step in deepening your bond and applying the techniques shared in this book to your everyday life.

You will also gain access to my **breathing exercises designed to eliminate hunger**. You don't need to be fasting to use them; they're equally useful in daily life, during busy moments, or when you simply prefer to avoid unhealthy food options. These gentle techniques can suppress hunger for up to three hours safely, helping your body feel lighter and more balanced while improving digestion and overall well-being. Scan the QR code and follow the link to receive your FTP sheets, your bonus workbook, and your breathing exercises.



I hope we meet one day through my Week of Health program, where you will:

- Create your own affirmation that will, if necessary, attract your new partner effortlessly, just as it happened to me.
- Let go of the bad habits you wish to leave behind.
- Cultivate new, positive habits, like waking up early and engaging in morning practices.
- Overcome your fears, especially the fear of death.
- Address health issues and work towards losing weight.
- Improve your digestion habits (if needed).
- Get to know your mind and body better and strengthen your connection with your soul.
- Learn more about chakras and how they affect your health.
- Practice Ho'oponopono, which helps bring any emotion to a neutral state.
- And so much more.

Whether we meet or not, I wish everyone a life filled with happiness. Enjoy it fully, no matter what happens. Don't take life too seriously or get overly attached to others. We all entered this world alone, and we will leave it alone. Every person we meet is a temporary companion on our journey. What truly matters is the footprints we leave behind.

"When you were born, you cried while the world rejoiced. Live your life in such a way that when you die, the world cries while you rejoice."

– Ancient Sanskrit saying

So, don't be sad if something has ended, be thankful and grateful for the beautiful experiences you've had. Each one has added richness to your life. Continue working on yourself, raising your vibrations, and in doing so, you'll attract more incredible opportunities and people into your life. As my friend, an excellent psychologist, often says: "All miracles in life start from the awareness of "I'M NOT AFRAID TO LOSE." This wisdom

applies to everything, whether it's business, money, relationships, or even health.

If you want to eliminate your fears and learn more, I invite you to join my program. More details, including breathing exercises, will be available after you scan the QR code!

Since I'm about to begin exploring new processes in my current relationship—particularly the importance of identifying emotions, this book will have a sequel. Most likely, my next book will delve into this topic. I hope you'll have the chance to read it and join me on this continued journey of discovery. For now, I say goodbye, whether we meet in my Week of Health program or in the pages of my next book.

Annex 1: FTP Feedback Sheet

Example:

FTP sheet format *

DATE _____ NAME _____

FTP Timing (20 min) / Feedback (10 min)

I'm grateful for my partner because:

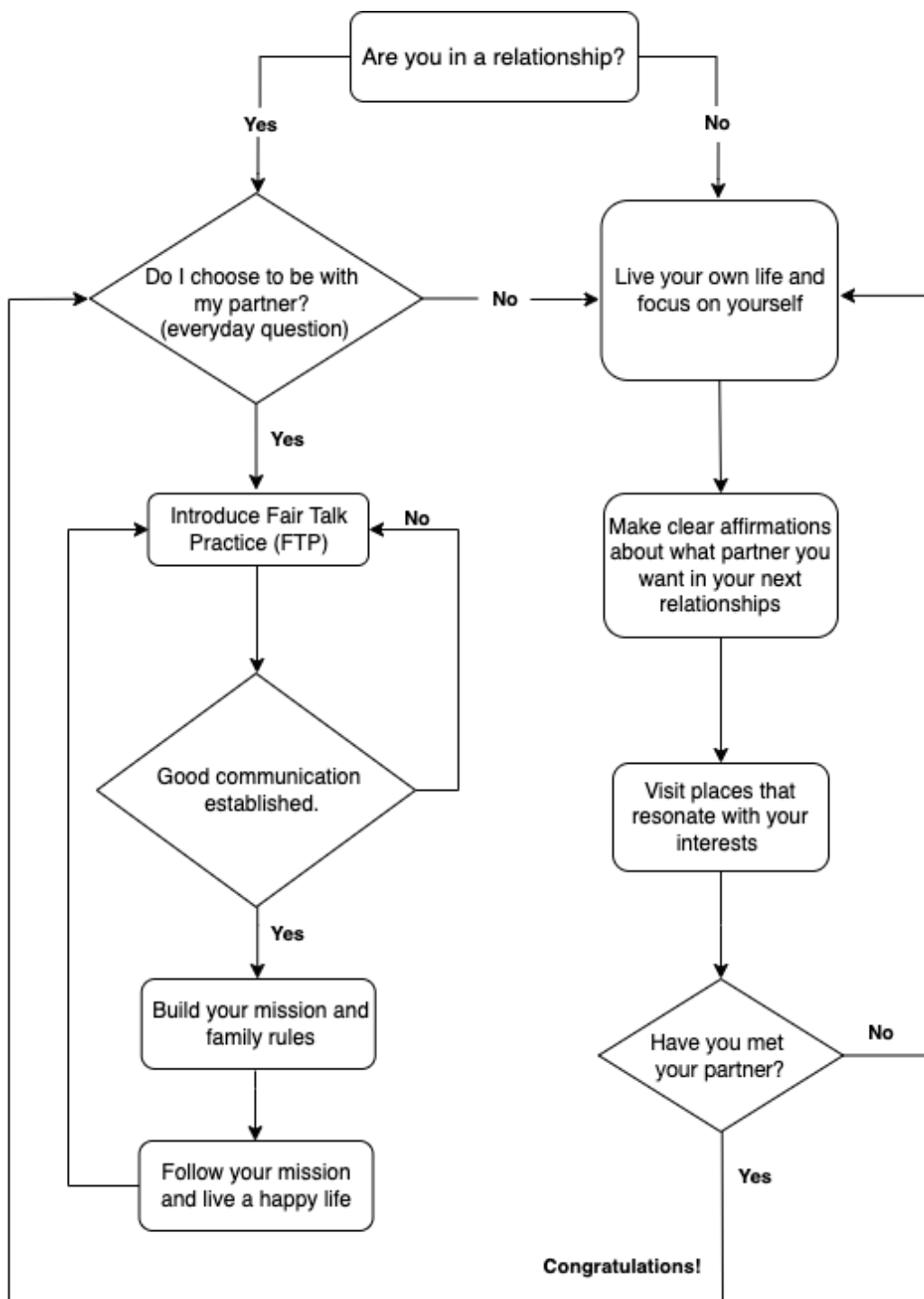
What does my partner need?

How can I improve our relationship? My tasks for the next week:

What didn't I understand and need to clarify with my partner?

* Blank 4-week FTP sheets will be sent to you once you follow the QR code in the previous chapter.

Annex 2: Relationships Algorithm:



Annex 3: Love Poem:

Relationships are portals
Souls that seek each other to let their petals bloom;
Treading a journey hand in hand to the infinity of being.
Parts of me and you turn inside out,
And silently, it is asked – listen to the tune of the relationship

The lake of your being reflects my soul,
Mirroring the vastness that resides within me.
I am able to see my scars through you,
Our parts unite and traverse the roots of darkness;
And together, we transmute pain into perfect union.

Opening the heart to integrate
Light and shadow in the dance of contemplation,
Revealing the strength from the depths of our souls' layers.
We are able to see ourselves through the perspective
Of a new and pure gaze, dissolving projections.

Love envelops us in singular harmony;
In the merging of chaos and cosmos within our essences,
We overflow with joy, returning to innocence.
I see you with the eyes of today, where shines
The celebration of the flow of presence.

Ana Lúcia Lima
(translated from Portuguese)

Acknowledgments

I am thankful to my parents for bringing me into this amazing world and for their unwavering support through all of my ups and downs.

I am deeply grateful to all the teachers I have encountered in my life. Although I have never met most of them in person, such as OSHO (Bhagwan Shree Rajneesh), Paulo Coelho, Eckhart Tolle, and Robin Sharma, their books and stories have profoundly influenced my journey.

I am very grateful to Oleksiy Arestovich for the psychological insights he shares through his Apeiron School.

I am also grateful to my online YouTube teachers—Maks Cosmos, Sergey Dharma, and *Awaken the World*. Your wisdom and experience have helped me to better understand how the Universe works.

I thank Wim Hof for his practices. His philosophy of breath has strengthened my belief in the body's abilities. I apply his methods in my daily life and in my Week of Health program.

I am especially thankful to my friends: Christine Santos André, Yuliia Olenych, Sergiy Skidan, Igor Nakazonoy, David Kuckhermann, Alex Bulkin, Roman Kirilovich, Daniel Tonkopi, Elena Adamova, Artur Vasilyev, Evgen Portnoy, Yusuf Nuraydin, Oleksandr Byelokon, Dmitriy Korchevsky, Alexandr Galanin, Petro Sinegub, Radislav Gandapas, Isaac Pintosevich, Maria Solodar, Mykola Latansky, Max Bogdanovich, Ilya Yakovlev, Iefym Shabshai, Vladimir Yakovlev, Gennadii Ivanov, Roman Stelmakh, Roman Dakus, Igor Kholodinsky, Nikita Ivanov, Vitaliy Kachurovskyi, Ilona Lubeneca, Irina Dubrovska, Elena Levenets, Nickolay Romanenko, Vera Lihacheva, Bruna Nunes, Mac Silva, Andre Castro, Katia Buben, Miguel Pinto, Maria Goncalves, Joana Sousa Coutinho, Nuno Goncalves, James McGrillis, Paulo and Monica Marques, and Larry and Linda Cammarata. Thank you for sharing your knowledge, your perspectives, and your approach to life. Each of you has taught me something valuable that I carry with me.

And last but not least, to my greatest teacher, whom I have met on this Earth—**my beloved son**.

About the Author

Hi, I'm Arthur, originally from Odessa, Ukraine. My first professional path was as a deep-sea captain—a career that began at the Maritime Academy, where I graduated with honors in 2005—and continued for 15 years. Life at sea took me to nearly 60 countries and gave me a broad view of cultures, people, and the many ways we connect.

In between voyages, I discovered an unexpected passion for bees. What began as a small hobby gradually grew into something much larger: the creation of the first Bee Sleep therapy center near Odessa. To support others who wanted to try my method, I wrote my first book, *Amazing World of the Bees*. What started as a simple guide for friends became my doorway into writing and sharing knowledge.

Over time, my interest turned more deeply toward health, fasting, and spiritual development. A month-long fast in 2005 transformed my health in ways traditional medicine could not, and from that moment fasting became a central part of my life. This practice eventually inspired the creation of the **Week of Health** program, which has helped people worldwide restore balance, prevent disease, and rediscover vitality.

Today, I live in Porto, Portugal, where my work focuses on fasting retreats, sound therapy, and what I call “mystic psychology”, a holistic approach to personal and spiritual growth. In the past four years, I’ve explored profound practices such as living over a year without food and spending more than two years in celibacy. I’ve chosen a life free from alcohol, smoking, and other substances, finding joy in the clarity and freedom this brings.

Beyond my professional roles, I see myself as a lifelong student of life, relationships, and consciousness. Writing, healing, and guiding others are simply extensions of my own journey toward greater awareness and love.

If you’d like to explore more of my work, please visit: **api-son.com**, where you’ll find information about my programs and services.

And if you happen to be in Porto, I warmly invite you to join me for a cup of tea or experience one of my Sound Healing sessions in person.