

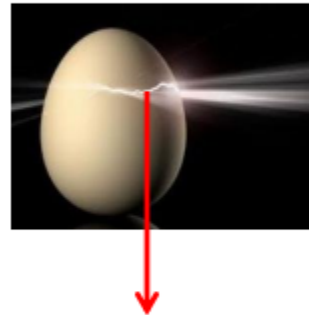
The Truth is in the Triangle

How to achieve wholeness in your relationships

THE TRUTH IS IN THE ▲ The M-F-C Triad in Relationships

Relationship Rules

1. Everything is a **system**
2. Everything is a **mirror**
3. We create everything
4. **Your partner = parent**
5. The "home" you create is the "marital home" of parents
6. Relationship is based on a **creation myth**
7. The creation myth will repeatedly crack the system until it either cracks or is re-established on a new myth or origin story.

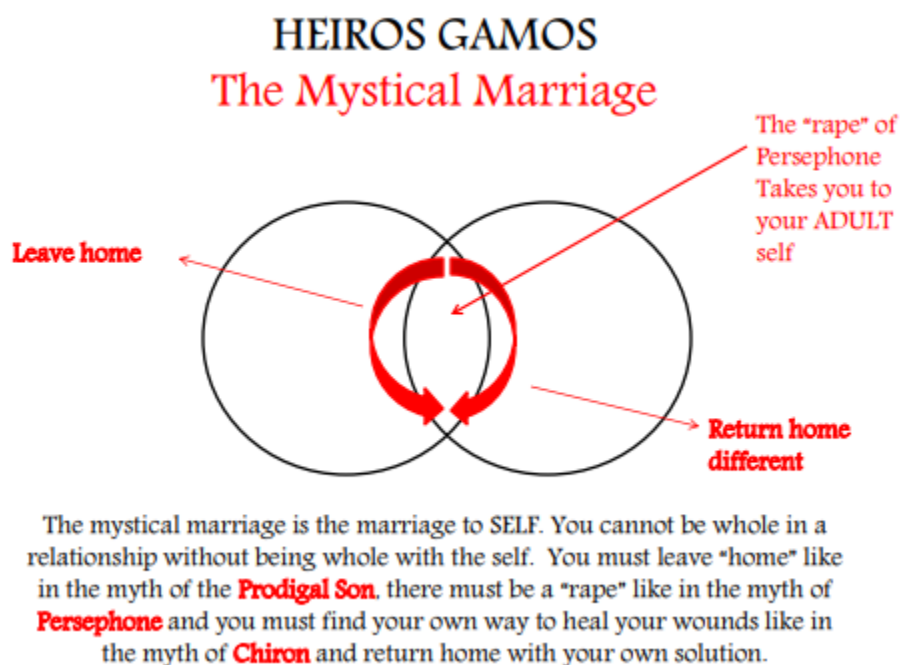


The relationships starts off with a creation Myth **based on how a couple met & their first fight**. This origin story determines all future fights and is **the "crack in the system"**

Rules to work the model:

1. Everything is a system
2. There is only 100% in the system, own your 48-52 to be whole, not more, not less
3. You are redoing your parent's relationship. Parents = Partner with an extra R for "redo"
4. Your partner is your mirror, what you do not like in him/her is what you have yet to integrate in yourself (your shadow)
5. You get together because you recognize the fragmented/dismembered parts of yourself
6. Your origin story is how you met. This story tells the "fantasy" or delusion you're keeping yourself in. This is your "snow globe". If not looked at, it will be why you break-up.
7. Your first fight is the conflict. What you come to change in yourself via the relationship. This fight will eventually resurface to heal the delusion or the shadow aspects of self. It is the power currency of the relationship. One person has the overt power currency. The other person has the covert power currency.
8. Every relationship has a mistress. The mistress shows up to help each partner integrate the un-integrated parent (shadow/bad buckets). Each partner needs to give themselves, and each other, what the mistress is providing.
9. Every 5 to 7 years you will shatter the origin story/snow globe and renegotiate the rules for the next 5-7 years and repeat this cycle throughout the relationship. If you fail to renegotiate or work the mistress/fantasy/snowglobe you will break up or grow apart even if you stay "together".

10. The I-I-We is a template to write the non-negotiables of the relationship. Each person needs to get clear on their non-negotiables and together the couple writes the relationships non-negotiables. This can be renegotiated.
11. The thread needs to be identified to determine the focal point of the relationship. A relationship has a focus, identify this with your partner and stay true to this focus. This is the space where you meet each other's needs; go within and elsewhere (ie., friends and family) for your other needs.
12. Write down how you met. Identify the "fantasy" in the story. This snowglobe will shatter to get you out of delusion and do the inner work.
13. Identify your first fight. This is the crack in the snowglobe that will resurface over and over to help you integrate the other power currency. Pull back every other fight and realize it always links back to the first fight. If it does not, it is not linked to the thread and is a decoy.

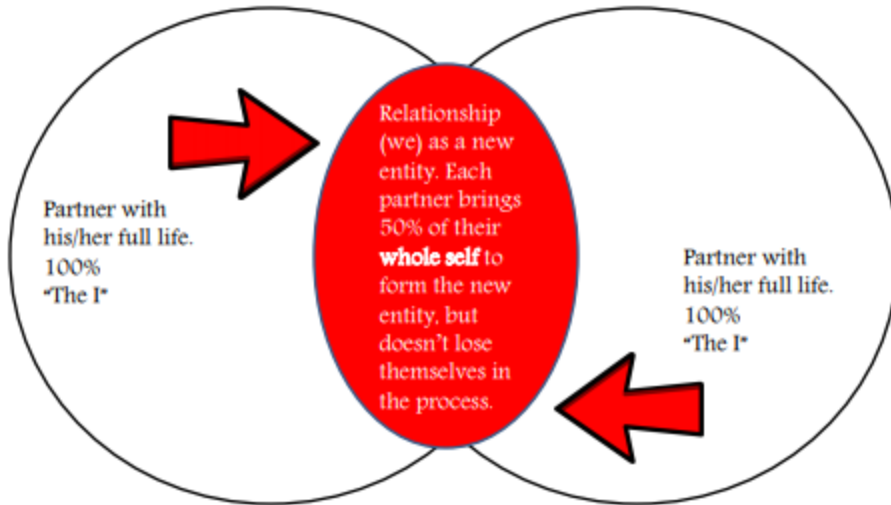


Heiros Gamos: The mystical marriage

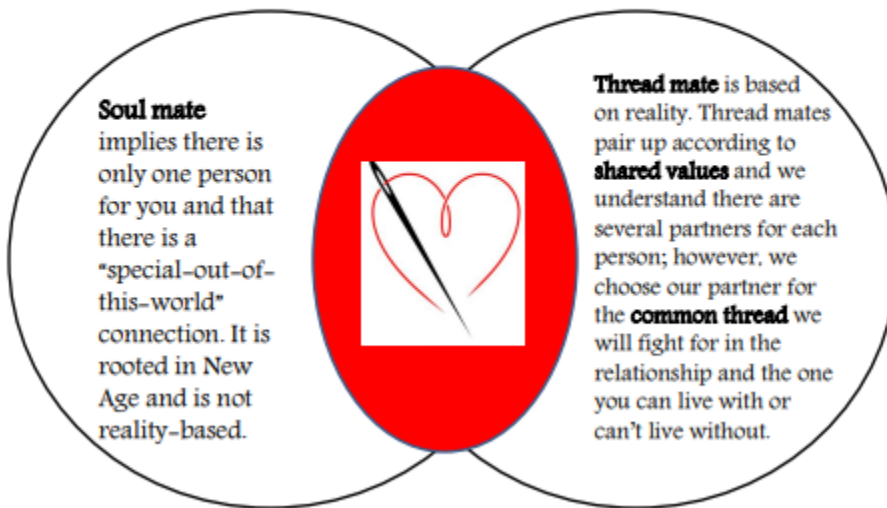
The Heiros Gamos is a marriage with yourself. Marrying your male and female energies, making you a whole person. Oftentimes it is through a relationship we access our mystical marriage.

To achieve a mystical marriage, draw a Vesica Piscis, two overlapping circles and title them the I-I-We. The I is one partner, the other I is the second partner and the We is the relationship. In your WE circle identify the threadmate. The threadmate is the thread that brings you together. Is it money, business, family, children, sex, image...? Be honest! The reason you are together is what you will build the relationship around and keeps you focused. Each individual I is where each partner writes their non-negotiables. If you bowl every Tuesday with your friends, this is your non-negotiable, don't give it away! This is your rule book, your boundaries. Every 5 to 7 years you will re-negotiate these as the system will crack. Promise!

THE I, THE I & THE WE



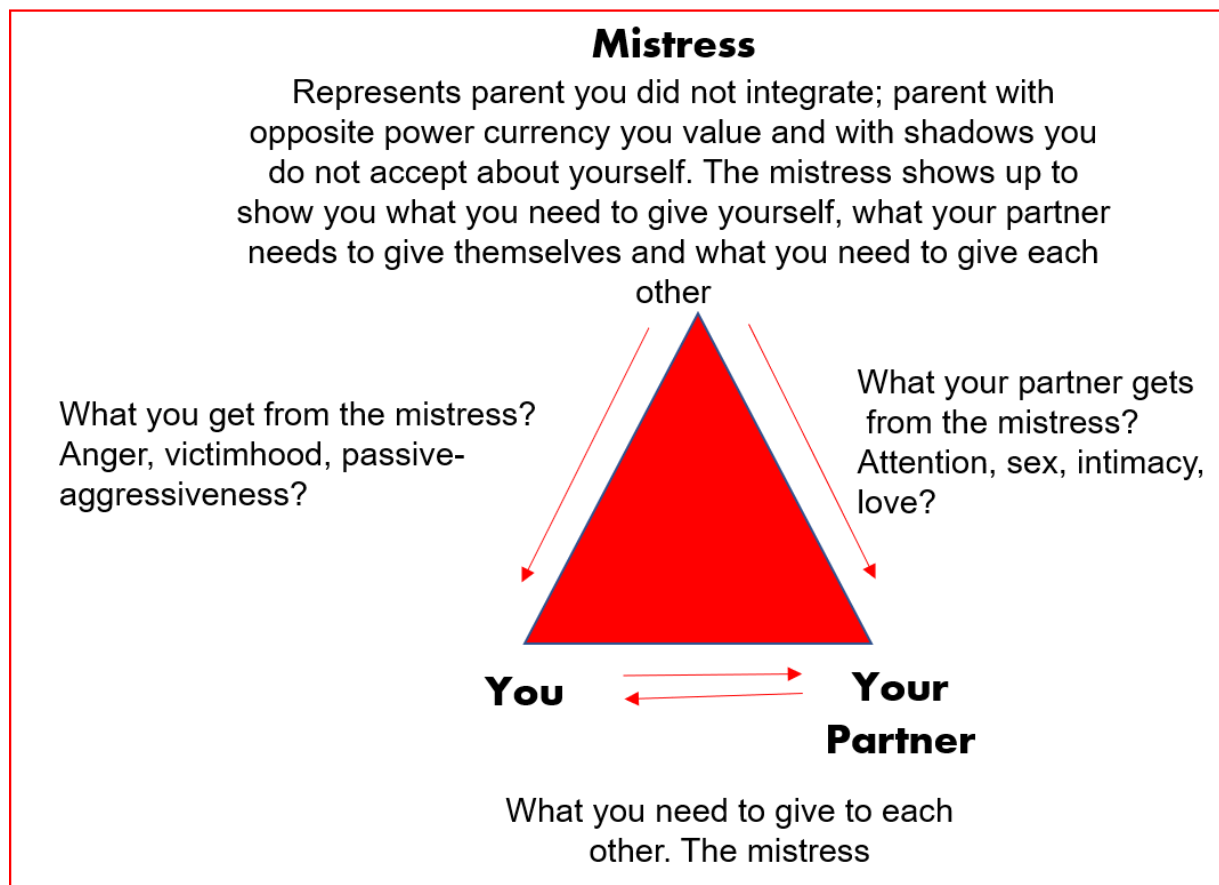
THREADMATE V SOULMATE



How to identify the mistress?

The mistress is symbolic of the parent you did not have the alliance with. It will show up as another woman, gambling, drinking, smoking, friends, a child, etc...to work the mistress into the relationship ask yourself what the mistress gives you? What the mistress gives your partner? Then this is what the two

partners need to give themselves and then each other. This leads you to integrate your bad buckets/shadow/un-integrated parent.

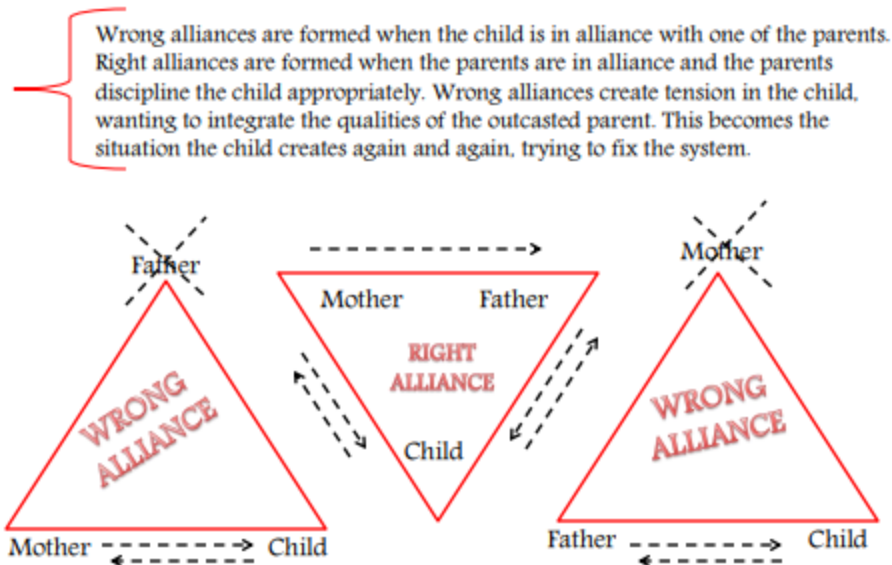


Wrong Alliance & Power Currencies

Every person chose one parent (mother or father) to have a wrong alliance with. You chose based on your power currency: 1) **covert power** (ie., manipulation, nice guy, victim) or 2) **overt power** (ie, money, sexual prowess, yelling etc...) they are in essence the same thing, so don't judge it! You have this power currency in your relationship, your partner has the other. If you have the overt power currency, you may prefer a direct, brutally honest style of communication. This is what I call the hard edges. You will need to learn some soft corners, like your partner. The soft corners are the more covert style of communication. If you have the covert style of communication, the soft corners, you will have to learn the hard edges or a more direct style of communication. We need both. You will not stray much from your original power currency; however, you'll need to incorporate some of your partners style to achieve the 48 to 52 and a healthy WE. Usually the power currency we adopted is similar to the wrong alliance we have with our parent. The opposite power currency is linked to the un-integrated parent and our bad buckets. This needs to be integrated.

You need to integrate the “mistress” (parent you exiled) into the relationship. This will show up as the mistress so you can integrate the shadow of the parent you “disliked” and heal your relationship. It creates a Heiros Gamos with self and a mystical marriage with your partner.

WRONG & RIGHT ALLIANCES



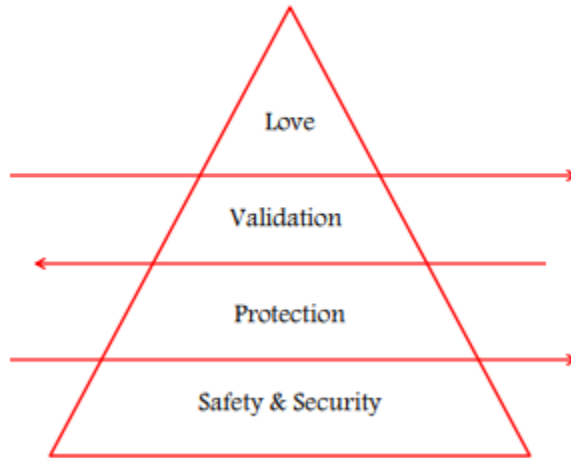
How you met? This is your origin story or creation myth and based on some sort of fantasy. The first fight tells the conflict you have inside you are trying to reconcile within yourself. The origin story or “snowglobe” speaks to the delusion or denial you are in with yourself. Your partner is a mirror so you can see it. Often times the snowglobe or fantasy shows up in the bedroom as fantasy. This is an appropriate place for it; however, don’t bring it into the relationship as addiction etc... The first fight speaks to the power currency or conflict you haven’t resolved in yourself. For more information do the bad buckets workbook from my first book *The Seven Gates: Seven Steps Beyond Self-Awareness* (free downloadable workbook available on www.dryahia.com)

Unmet Needs

Your parents did not love you unconditionally, nor was it their job to. You came to meet your parents needs. You perpetuate not meeting your needs by getting into relationship. Your partners job is NOT to meet your needs. That is your job. Your Heiros Gamos, mystical marriage with Self, leads you to meet your own needs. There are four unmet needs in childhood. They are safety, protection, validation and love. These needs will be a root of conflict in your relationship until you meet your own needs. You will have conflict, physical illness and attract a mistress to try and fulfill these unmet needs until you discover how to parent yourself and stop asking your partner to do it for you. The thread in the relationship (see

threadmate above) is the only area where the partner may meet your needs. This is the focal point of why you got together. Your friends, family, work etc...can help you meet other needs not linked to the thread. For more information on how to work the model visit Dr. Frances Yahia's website and YouTube channel for step-by-step videos on how to work the model.

4 UNMET NEEDS



Completing the Workbook

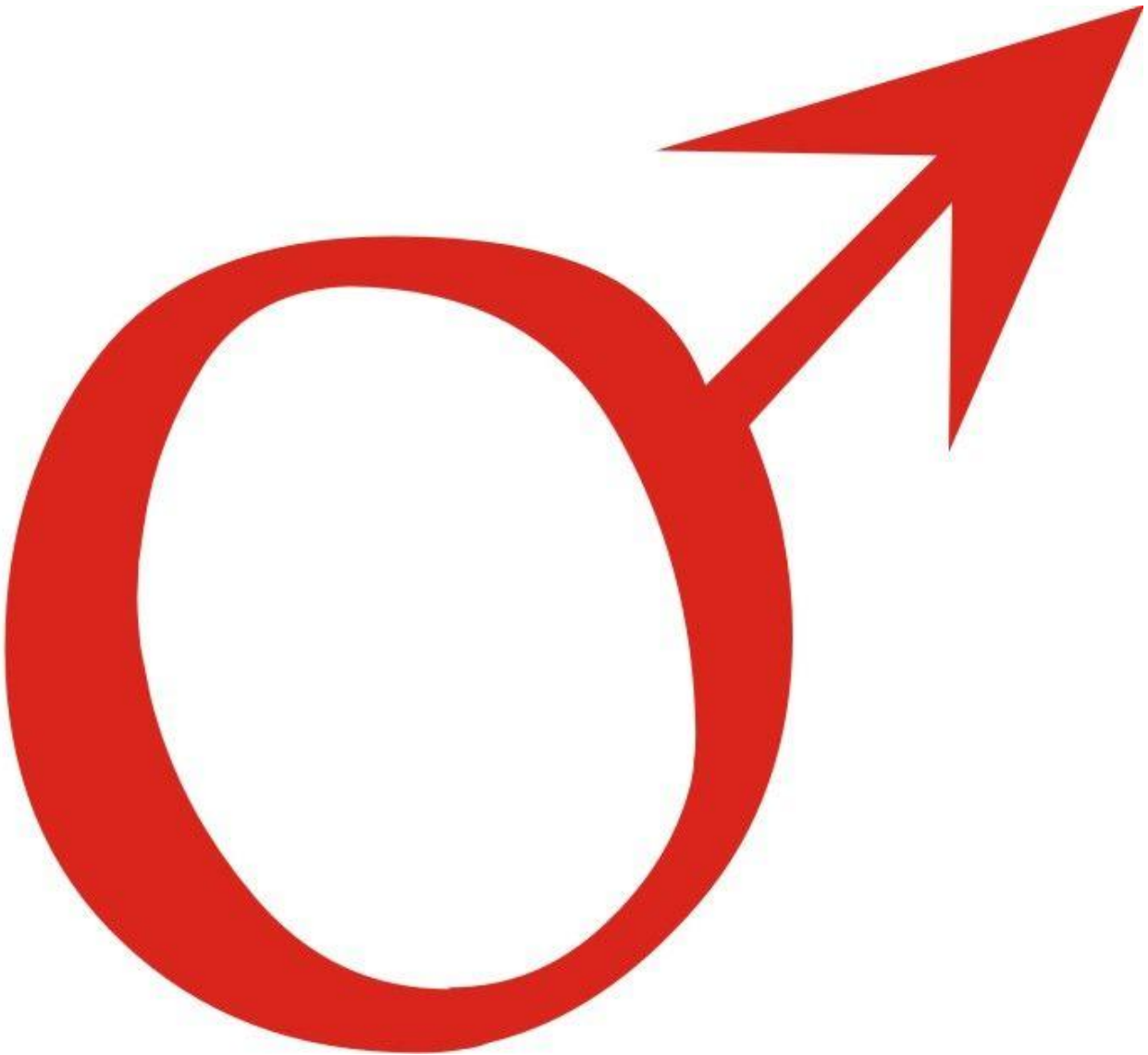
Identify the origin story. Identify the “snowglobe”.	How did you meet? What fantasy is trying to be fulfilled? What did discarded parts did your partner recognize?	
List the first fight.	What was the first fight? Identify the theme. Who has the overt power currency? Who has the covert power currency? What does the fight have to do with your unmet needs from childhood? What unmet need do you most identify with?	
Identify who has the overt power currency. Identify who has the covert power currency.	Whoever has the overt power currency needs to learn the <i>soft corners</i> . Speaking softer, lower, calmer, not yelling etc... Whoever has the covert power currency needs to learn <i>hard edges</i> . Speaking up more, saying No more, setting boundaries.	
Who are you in wrong alliance with? Mother or father? Your partner?	You have one parent you were in wrong alliance with. This parent is usually linked to the power currency you adopted. You need to integrate the other parent. Your partner usually shows up as that un-integrated parent. The mistress also shows up as that un-integrated parent.	
Identify the thread of the relationship.	Why are you together? What is the focus of the relationship? Marriage, kids, money, business, sex, image, pissing off your parents, travel etc...? Once you identify your thread, this becomes the focus of the relationship. The relationship is not built to meet your needs and one person cannot be everything for you.	
Build the I-I-We	In your I circle list the non-negotiables of the relationship. These should be just one or a few. These are the things you will absolutely not tolerate. These are your boundaries, your “hardedges”. These usually lead to splitting up if violated. This is also a place where you may set a rule. The rule book of the relationship. ie., I don’t cook on Tuesdays. Your partner should populate his/her I circle. If your partner doesn’t want to participate, that is okay. You can still do this work. In the We circle build the rules and non-negotiables of the relationship.	
Identify the “mistress”	This will eventually show up. It may be a child, an alarm clock, an addiction or another woman. You need to integrate the mistress. Ask yourself what is this mistress giving me (be honest)? Your answer is what you need to give yourself so you can meet your own needs. Ask your partner, what is this mistress giving you? The answer is what your partner needs to give him/herself to meet their own needs. Identify	

	what you need to give to each other based on what the mistress is giving each individual. Once the mistress is integrated it has served its purpose. <i>*The mistress may help you see that your non-negotiables need to be re-negotiated. The mistress may appear every 5-7 years to help shatter the original snowglobe.</i>	
Renegotiate the origin story, first fight, thread & I-I-We.	Every 5 to 7 years (you can choose to do it sooner; however, this timeline is based on Universal law and will happen) you can renegotiate the relationship. The snowglobe will shatter and it is your opportunity to build a new snowglobe and first fight. Did the power currency change? Re-visit the thread. It may have stayed the same, or it may have changed. Update it. Did the non-negotiables change? Did the rules or the relationship change? Did your hard edges change? Did you add in soft corners? This may also be the end of the relationship.	

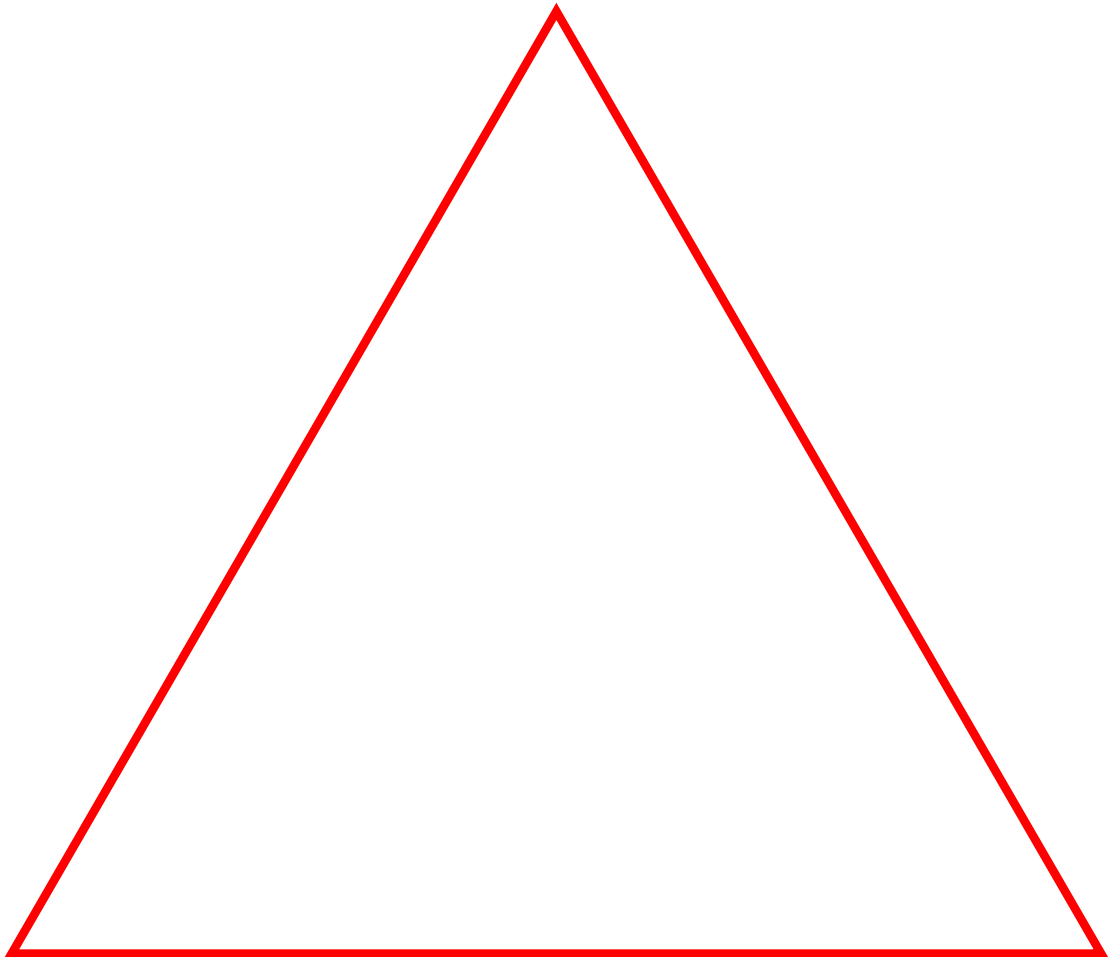
How did you meet? What's the fantasy?



What was your first fight? Who has overt power currency? Who has covert power currency?



Who is your wrong alliance with?
Which parent needs to be integrated?

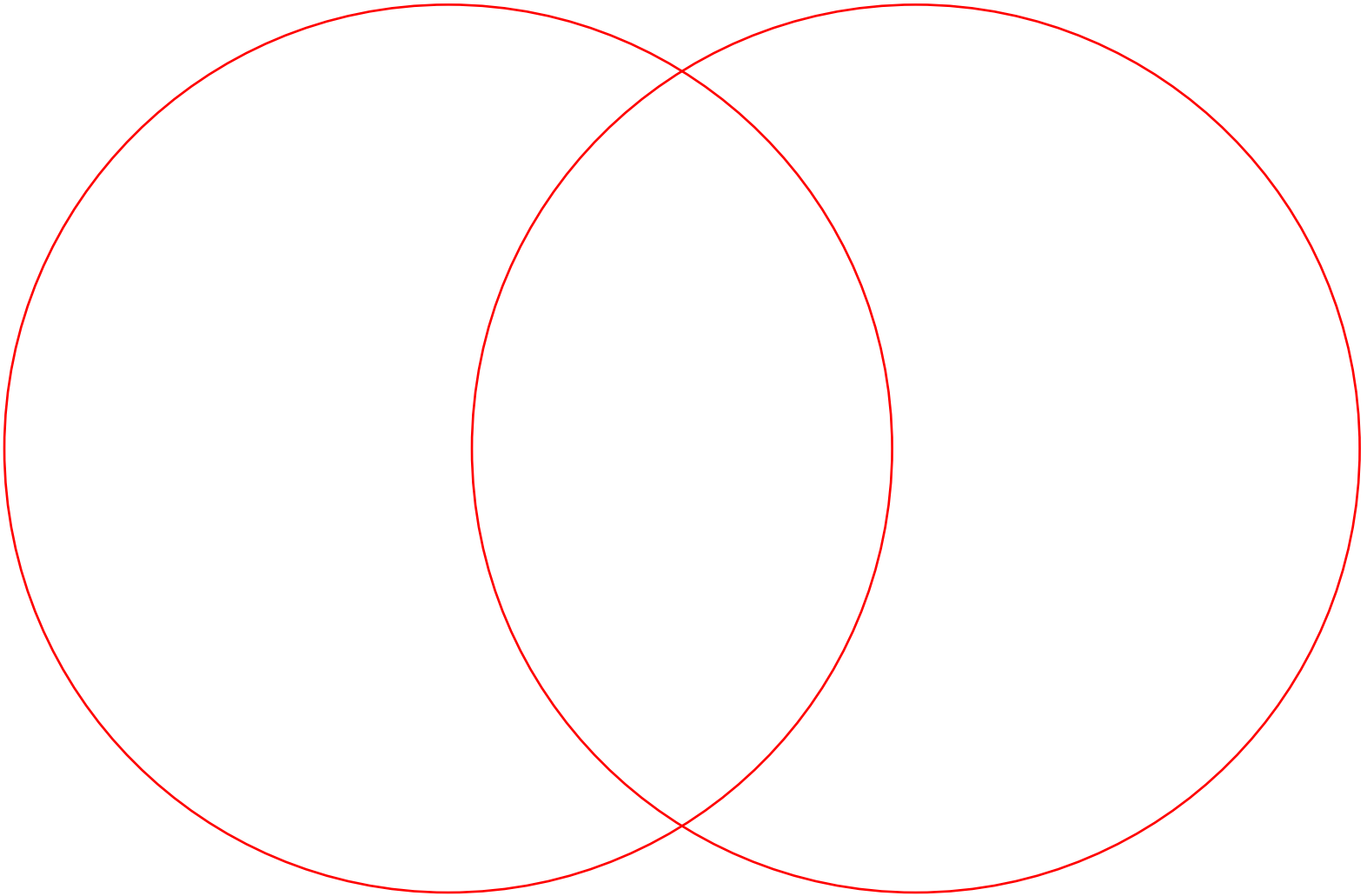


What is your thread?



Build the I-I-We.

What are the non-negotiables of each I and of the We?



Identify the mistress. What does she give you? Your partner? What do you need to give each other?

