



Create Space For The New Relationship

Welcome back to Week #4 of the Relationship Reboot!

In today's lesson I'm going to be sharing with you about how to Create Space For The New Relationship.

Even if you're doing this and you are in a relationship, in order to reboot it, today's exercises and practices will help you to restart a stumbling or failing relationship.

The truth is, everything we've done so far in the relationship reboot has been in order to Create Space For The New or Renewed relationship.

We've been doing a LOT of the inner decluttering already so far, and today we're going to finalize that in our last lesson in which you'll:

1. Declutter your outer spaces
2. Declutter your inner relationship space
3. Meditation to invite in the new relationship

I'm going to run through all of today's exercises knowing that you're going to need to pause the recording at each stage and do the exercise before proceeding.

Let's start today with a quote:

"Get rid of clutter and you may just find that it was blocking the door to what you've been looking for" ~ Katrina Mayer

Declutter Your Outer Environment - Your Home, Your environment

I'm going to give you a list of suggested ways to declutter your physical space and environment, and I'll direct you to experts on the how to do this, as this is not the best way to spend our time today nor my personal expertise.

The resources for each of these are in the links below:

- **Declutter Your Home** - Bedroom, Office. <https://konmari.com/>
- **Declutter Your Clothes** <https://konmari.com/>
- **Clear Out Old Letters, Photos & Mementos** around this person. <https://konmari.com/>
- **Re-organize your bedroom**
- Do a **space clearing** with a qualified space clearer. Tracey Stanton. <http://www.red-alchemy.com/services-view/space-clearing-feng-shui>
- **Declutter Your Body** - Hair cut, do a fast/cleanse.
- **Take a break**, a holiday, a weekend away, a meditation retreat.

Declutter Your Heart To Create Space For Him

As a Queen we seek to become cup consciousness, that of the receptive power of the feminine; and in decluttering your heart you prepare the inner space for your man to come toward you, see you and enter your heart.

Which is what we want, right!

In fact, we've done a bunch of this already during the relationship reboot, and we're going to finish with a simple exercise in which you write a letter to each man and to do this you'll use all of the material that you've journaled already here in which to do this.

Write the final letter to your ex

In this letter you want to get it all out, as if you were talking to him and this was the only opportunity to say what wasn't said and what you now have greater clarity about.

You're going to sit down for 30 - 40 mins per major relationship and do this. It may take you longer or shorter than this, and that's fine.

When you feel finished, in that you've written down everything and anything that was left unsaid, you then read it back to yourself.

I'd suggest doing this as a discrete exercise, separate from the writing exercise.

Some of the things that you want to include in the letter to the ex are:

You'll make a heading and call it e.g. *"Final letter to Robert"*

In it you want to include a few things starting that you've seen both his and your part in the failure of the relationship:

For example:

1. I let go of the hopes/dreams that we/I had about...
2. I forgive you for...
3. I forgive you for not...
4. I'm sorry for what I did...
5. I'm sorry for what I didn't do...

Here's an example of a section for you:

I remember when we kept talking about building a house in Colorado, and raising our family there. This meant so much to me, this image of a family together. I forgive you for not following through with this.

I forgive you for not holding me when I felt afraid, especially around the situation with my family. I'm sorry that I didn't support you enough in your work and the troubles that you were having with your boss.

I'm sorry that I didn't speak my needs and desires clearly to you and then blamed you for not delivering what I needed and wanted.

Write down anything that you've already journaled about or anything that additionally comes to mind during this exercise.

Next, I'm going to suggest a ritual burning of the letter or letters.

You'll burn the letter and you'll offer the content into the smoke and let it go up into the air above.

Now, I need to be really really clear here. This letter is for you and you alone. It is not a good idea to use this material to initiate a conversation with this man or to share any of this. This is private. This is for your healing. This month was to help you to let go, to open to get prepared to receive the new.

I repeat, it's a bad idea to take this material and see it as clarity to share with your ex. Don't do it. It could backfire in ways that you can't foresee and it will set you back.

Now, after you've done this we'll do this meditation.

Meditation to invite in the new relationship

This is a great time to start lighting a candle on your altar to the beloved.

This is an altar that you create with much thought and deliberation in an area of your home in which you'll light two candles on for a whole moon cycle month.

I'm not going to go into details about this as I have a **20 minute video inside of my Arise In Your Queen - Attract Your King Salon program.**

When I did this, I met my partner 3 days later on a dating app.

But as this course has been about rebooting you to get ready to invite in the new, you will find that inside of that course.

For now, we're at the final stage of wrapping up the relationship reboot.

You've dug deep and worked hard to get here. I'm so proud of you. Most won't do the work that is required in themselves to prepare for a great man and a great relationship to happen.

So, Let's finish with this meditation together.

Light a candle, be in a quiet space on your own.
Close your eyes.

Meditation

In Review, what you've done today is:

1. Decluttered your outer spaces
2. Decluttered your inner relationship space
3. Meditation to invite in the new relationship

Now, head on over to the Facebook Group and post some Ah Ha's about the exercises today.

Great job! I'm so proud of what you've done here during the relationship reboot.

Candice