


# Love Dojo

## Day 2


### Handouts

#### Love Languages:

[https://www.amazon.com/Love-Languages-Secret-that-Lasts-ebook/dp/B00OICLVBI?ref\\_=ast\\_author\\_mp\\_b](https://www.amazon.com/Love-Languages-Secret-that-Lasts-ebook/dp/B00OICLVBI?ref_=ast_author_mp_b)

 Love Dojo Soothing Mantra.pdf

[https://drive.google.com/file/d/1a2LW2qDNB5q1nNrEt4h-LVnD\\_7yLNxK/view](https://drive.google.com/file/d/1a2LW2qDNB5q1nNrEt4h-LVnD_7yLNxK/view)

 The Relationship Third I.pdf

[https://drive.google.com/file/d/1jgF09cT\\_N8CRzxqUVzBjLkHOHqM1ArW/view](https://drive.google.com/file/d/1jgF09cT_N8CRzxqUVzBjLkHOHqM1ArW/view)

### Quick recap

The meeting explored various aspects of relationships and personal growth, including love languages, conflict resolution, and the dynamics of human connections. Annie and Eben shared insights on topics such as trauma bonds, jealousy, and the transformative power of love, emphasizing the importance of understanding and respecting individual differences in relationships. The session concluded with discussions on forgiveness, collaboration, and the inner game of attracting a partner, encouraging participants to take concrete actions towards personal and relational growth.

### Summary

## Understanding Love Languages and Dynamics

The meeting focused on understanding love languages and the human mating dance. Eben shared his personal experience with his daughter to illustrate how different people have unique ways of expressing and receiving love. He emphasized the importance of learning and respecting each other's love languages to avoid misunderstandings in relationships. Annie added that women often lead the mating dance by sending subtle signals of availability. The discussion also touched on the concept of soothing mantras and love codes, which are specific sequences of behaviors that make individuals feel maximally loved. The session concluded with an emphasis on the need to study and understand these dynamics to improve relationships.

## Conflict Resolution and Soothing Mantras

Eben and Annie led a session on conflict resolution and soothing mantras in relationships. They demonstrated how different people have contrasting soothing mantras - some needing physical space and others seeking closeness - and emphasized the importance of understanding each partner's unique response to conflict. They showed how to elicit and share soothing mantras through a structured process, with Eben and Steve demonstrating the technique and Annie providing guidance on how to teach partners their mantras. The session concluded with an offer to practice in breakout rooms or participate in Q&A, with Annie announcing the next topic would be apologies and collaboration.

## Dissociation, Trauma, and Relationship Management

Annie discussed the concepts of dissociation and association, explaining how consciousness can be either fully present in the body or detached into narrative thought loops. She emphasized that dissociation is an adaptive response to trauma but becomes problematic when it becomes unconscious and persistent. Annie shared techniques for managing relationship conflicts, including regulating one's own emotional state rather than trying to control the other person, and using unenmeshing breathwork to separate from overwhelming emotional energy. She advised that when someone says they want to give up on a relationship during fights, it's important not to believe them, as these statements are often a 4-year-old part of the person acting out. Annie also discussed love languages,

noting that while acts of service can be fulfilling, it's important to set boundaries and not overextend oneself to the point of resentment.

### **Effective Apologies and Conflict Resolution**

Annie led a discussion on effective apologies and conflict resolution in relationships. She emphasized that apologies should be personalized and tailored to the other person's unique needs, rather than relying on generic phrases like "I'm sorry." Annie outlined tenets for comprehensive apologies, including inviting the other person to share their upset, asking clarifying questions, acknowledging and validating their feelings, expressing genuine remorse, and making a creative commitment to change. She also discussed the importance of not asking for forgiveness, as effective apologies should lead to forgiveness organically. Annie stressed that in conflicts, both parties are typically 50% responsible for the issue, and focusing on one's own role can lead to more productive outcomes. She advised against trying to convert the other person to one's own perspective during conflicts, but rather allowing them to have their frame while maintaining one's own.

### **Love Dojo Program Updates**

Annie discussed the Love Dojo program, which offers relationship coaching and personal development, and announced a new 6-month NLP (Neurolinguistic Programming) program called Transformers starting the next day. She also promoted a women's empowerment program called Mistress Mine starting in November and encouraged participants to email her for more information about other programs. The session concluded with a discussion about forgiveness and the inner game of attracting a partner, emphasizing the importance of positive language and mindset.

### **Understanding Trauma Bonds and Relationships**

Annie discussed the concept of trauma bonds and how individuals who have experienced abuse may unconsciously take on the abuser's unfelt feelings of shame and guilt. She emphasized the importance of consciously returning these feelings to the abuser and suggested techniques for releasing them. Annie also explored the idea of romantic relationships, explaining that individuals who desire



a partner but have been unable to find one for more than three months may be unconsciously resistant to the idea of commitment. She encouraged participants to identify and challenge any underlying fears or beliefs that might be hindering their ability to form a relationship.

### **Soulmate Finding Tools and Patterns**

Annie shared three key tools for finding a soulmate: expressing one's true self through art and activities that bring joy, making oneself "dockable" for relationships by being open and available, and visualizing future partnerships with positive emotions. She emphasized treating every potential partner as if they could be the one, regardless of age or situation, and suggested practicing respectful and dignified interactions with all individuals. Annie also discussed how childhood attachment patterns influence adult relationships, explaining that people often seek partners who replicate past heartbreaks as a way to heal and grow.

### **Collaborative Wisdom in Relationships**

Annie discussed the concept of the "3rd eye" in relationships, which represents clairvoyant wisdom and collaboration between partners. She explained that relationships can see in dimensions that individuals cannot, and emphasized the importance of collaboration over coercion or collapse. Annie shared personal experiences with her partner, Eben, to illustrate these concepts. She also discussed the challenges empaths face in expressing their needs and wants, and the importance of both partners being able to communicate their desires clearly in a collaborative process.

### **Collaborative Love and Soulmates**

Annie discussed a collaborative exercise involving writing letters to parents, explaining how partners can help each other express love and gratitude in ways that feel authentic to both parties. She shared personal examples of collaboration, including a story about finding a custom sofa that satisfied both her and her partner's values. Annie also addressed questions about finding a soulmate, emphasizing that while pursuing one's dharma and life purpose is important, being open and ready to meet a partner can happen more quickly than

expected. She encouraged taking concrete actions to signal readiness and maintaining focus on the desired outcome.

### **Relationships and Personal Growth**

Annie and Eben hosted a session on relationships and personal growth, where Annie shared her insights on jealousy, love, and transformation. She emphasized that jealousy often indicates a lack of devotion or clarity in a relationship, and suggested that addressing these issues could lead to deeper intimacy. Annie also discussed the transformative power of love and encouraged participants to take responsibility for their own growth. Eben supported Annie's ideas and highlighted the importance of using relationships as a spiritual gymnasium for personal development. The session concluded with Annie inviting participants to share their experiences and consider joining future programs for deeper transformation.