

# The Science of Knowing..

Pocket guide #4

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## THE SCIENCE OF KNOWING... Relationships

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Excerpt from *My First Three Husbands*

When we seek to understand why we think what we think, say what we say, and do what we do, the answers reveal the Truth about ourselves. They reveal who we are at our core; loving, kind, respectful, and courageous. It's a journey with great rewards, and one we are each called to make.

Socrates said, "Know thyself. The unexamined life is not worth living."

2. 

Life seeks life, and one of the most interesting places this truth can be seen is in the drama of relationships.



Two people meet. They fall in love. They move in together, and/or get married, and within months the honeymoon stage is over. What emerges are two personalities revealing to one another who they *really* are - the good, the bad, and the indifferent.

Every relationship is unique, and every relationship has a story to tell. It's a story of past hurts, beliefs, and experiences; a story filled with hopes and dreams for an ever growing bright and successful future together.

Along the way, a wide range of emotions rise to the surface, while some are pushed deep within.

Behind the innocent beginnings of every relationship is an attraction between two people who are asking to be healed. This is life seeking life throughout one of the most complicated unions of all, where every argument, upset, challenge, and fear is an opportunity to know oneself and each other in a whole new way.

The secret to finding joy in marriage and peace in the home can be found by looking within and taking full responsibility for every thought, word, and action that is felt, spoken, and expressed.

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3. 

1. Cut along dotted line 2. fold in half along solid line 3. fold again 4. keep and enjoy!

