

RELATIONSHIP MASTERY KEYS

THE 4 GOLDEN KEYS FOR SUCCESS

By Dr Robby Bilton

TrueLoveOnDemand.com

Click Here!

Still Single? Looking for Your Perfect Life Companion? Do you Know There Is Now a Simple, Step By Step Way to Get Your True Love ON DEMAND - By Following an *Almost Fool-Proof Method*? If YOU Want to Get the Man or Woman of Your Dreams Into Your Life, Get My Secret Formula TODAY!

Relationship Mastery Keys!

If we look at Relationships as a Process or Game, we find that there are certain mind sets and skills that create success. This is actually a very powerful perspective and those that can adjust and look at Relationship in this way achieve Success and Mastery very quickly, much faster than any other method or system.

In any Game or Sport it's important to know the basic premise as well as the keys, principles, rules and laws succeed and win. If you have ever learned a new way of doing things sometimes you have to override bad habits or old reactions that sabotage your success.

If you have ever played an endurance sport you know that sometimes you have to do additional strength or cardio training just to get in and stay in the game. Try going several rounds in the ring with out a core level of wind training and skill

I spent years in Sports and became a Regional Champion and competed at National and World Levels. As well, I was a coach at the National Level for my sports Olympic Team. What I learned from that experience is that those that succeed and obtain mastery including my self had to use these 4 Keys. These Keys as we outline in this handout apply to any endeavor.

I also have had experience in my first job/career in Emergency Services as a Paramedic where we were dealing with Life and Death situations. I strived to become the number #1 top gun in my Profession. I studied those who were the best in biz from all over North America by working along side of them and modeling their success in the streets of Chicago, New York, Los Angeles, Seattle and Vancouver. From these Real Life Situations and as well in classroom training situations I learned these 4 Keys that created success for other and as I mastered quickly create success for me.. All the top professionals and myself used these 4 Keys applicable to this reality on a daily basis.

I discovered back then so many years ago in many areas of life that there were definable differences between those who were very good at what they did and those that were not so good, and those who failed. Success left clues and you could model Success.

In my last career before becoming a counsellor I was in Real Estate as Broker and Developer and as well owned 3 thriving businesses as well as a ton of Real Estate Properties. I strived to be always in the top ten Realtors in the country and succeeded as well as being Successful Real Estate Developer, Investor and Businessman. I used most of these 4 Golden Keys as they apply to this area to help me become a Millionaire by the time I was 30. When I started in this business I made it a point to go out on calls and hang around the very best so I could model their mind set and learn their strategies, techniques and skills just like I did in Martial Art Sports and the Ambulance.

As well I read books listened to tapes and took seminars and workshops to find the keys and secrets to success in any given area of life that I wanted to improve. . Some of what I learned from these various sources I would never thought of or probably not figured out on my own so I was grateful for the knowledge and I benefited from experience of other both their failures and successes.

I became successful fast cause I had already learned to copy the success of other and be open to learning from those who succeeded already at where I want to be. I eventually became a trainer in many of these endeavors and later in life I became personal development expert and used these keys to help other become successful.

Most people just do things, play sports, get jobs and go into relationships unconsciously just doing what they naturally know and do. Some succeed most don't. Life is quite complicated when you don't have the answers, codes or insights. It's simple when you do however it doesn't occur to many to train, learn and grow in the Relationship game or in other areas of Life till they have a challenges

As you have seen in the intro I have been quite successful in many areas of life cause I had a spirit of Kiazen which in Japanese mean Constant and Never Ending Improvement always wanting to get better...

Actually, I had this focus of learning and improvement in all areas of my Life except one – RELATIONSHIPS

My lack of knowledge of the 4 Keys as they apply to the Relationship Game caused me tremendous pain, confusion and heartbreak so much so that in my 30's I became so stressed and depressed over Relationships I started a cycle of despair that cause me to go from Champion Athlete to very physically sick potentially terminal.

I went from Millionaire to bankrupt and from someone who felt very successful and together to emotional distraught and mentally confused who destroyed his career and who limited any future prospects in business and real estate which took years to recover from.

Bad Relationships caused me to go from Hero to Zero so fast, it made my head spin. In addition to my own disastrous situation and that paralleled by my sister I have seen so many others lives devastated by relationship strife. Once I learned what to do and developed the 4 Keys for Relationship Mastery that allowed me to help myself in this area, I then committed myself to helping others thru my counselling/consulting practice, books and seminars. .

Regardless of the Sport, Game, Job or Process those who reached high levels of success had fundamental differences. The quickest way to become successful is to Model Success. If we know the objectives, rules and parameters of a game, sport or job we then need to model the *Mind Set* (Paradigms, Beliefs, Attitudes, Thoughts,) for Success and pick up the strategies, techniques, actions, responses and skills that will allow us to win. Knowing our strengths and weakness wants and don't wants as well as our opponent or in the case of relationships our partners will allow us to form new winning habits and behaviors (and override any bad or dysfunctional ones) that create Success and Mastery.

All these KEYS are important to win and achieve Relationship Success.

Some folks are uncomfortable about comparing Love and Relationships to a Game. They feel it dehumanizes the process and devalues the importance to one's life. This is a fundamental mistake

Relationship Mastery Keys!

as you gain greater objectivity about what's happening in your relationship you can take positive action to create the love you desire.

People shroud Love, Chemistry and Relationships in Mystery and Emotions. Its important to understand that Emotions especially the negative ones are generate cause one or both people aren't getting what they want in the way they want it. Emotions are messengers of you situation and the fact that things aren't going your way so they should be view as lights on the dashboard of your car warning that something is wrong, that it nothing more.

I have encountered and trained both the general public and professionals who have confused Love, Attraction, Emotions and Relationship and jumbled them all together. They are all separate and they can exist together or can be exclusive.

You can have great love and a lousy relationship. You can have a great relationship and no chemistry and of course you can have great chemistry and no love. All combinations of these three separate aspects of human connection exist.

Relationships, Love, Chemistry and Attraction are well documented and researched these days however the information seems to be ignored and or distorted by the general public, media and professionals alike.

Relationships are a "mutual filling of needs" they are independent of love and attraction for all the caring and chemistry in the world will not fix a relationship gone badly.

Relationships deteriorate by not having one of both partners not getting their needs and wants in the way they want it on any level. The relationship difficulties we see every day in our office exist even when partners still love each other and are still attracted to each other. So love and chemistry isn't enough to solve relationship problems.

By viewing Relationships as a Process, Job, Sport, Game or whatever metaphor you are comfortable with can give you a perspective and insight as to how to understand Relationship

Dynamics. When you understand the Reality of Relationships, their structure, form functions and dynamic these insights can repair, rebuild current difficulties and breakdown as well as to prevent other relationship challenges in the future.

It also gives you a unique knowledge and viewpoint that allows you to separate from the masses of confused people and professionals who mistakenly jumble love, chemistry, attraction and love all in the same concept. When you understand the game and the players and how they relate or don't you then can start to find out why there is difficulty, find the cause of it and fix the problems.

Relationships are not just love. Yes, Great Relationships are built on Love and Attraction but they are more. Relationships are a "mutual filling of needs" where love is just one aspect.. There is an independent dynamic and process to relationships that goes beyond love and attraction.

"Love is not enough" famed relationship expert Barbara DeAngelis says in many of her books and workshops. Love cannot overcome fundamental incompatibilities and lack of chemistry as she points that out clearly in her book "Are You the One for Me"

Let's take a moment out and look at things from my perspective. I have been a Relationship Counsellor for 15 years and have seen thousands of couples having Relationship Difficulty. I went on a 7 year quest previously, looking for the answers from top experts around the world so I could have great relationships personally and find the love of my life and soul mate.

The answers I found amazed me but also annoyed me because I found out all that I did wrong. I had to rethink and change how I looked at things, the world and people. My beliefs, paradigms, skill level and behavior changed in a few areas. I was like a computer with existing hardware and software going through an upgrade and addition of several advanced programs.

From my personal experiences, trainings with the best in the world and my year of professional experience I have developed a powerful

Relationship Mastery Keys!

Relationship Success System based on Relationship Mastery Keys, Principles, Strategies and Techniques.

What I am about to share with you is not understood by the general public and helping professionals. Some of it is not popular because the Relationship Reality cuts through many of our beliefs and assumptions and goes against what many would consider political and social correctness. However the more you understand yourself and reality the better you will do in the Relationship Process.

In each area or key you need to reach a threshold level of awareness and skill other wise you will not succeed. As well you need to have all 4 Keys for the door to the Treasure of a Life filled with wonderful Relationships will elude you.

Relationship Mastery has 4 Golden Keys.

One key is to understanding Principles, Laws and the Prime Directive that govern Relationships; there are 7 Laws for Relationship Success. I have a separate handout and a whole book with the similar name (The 7 Principles for Relationship Success) available for a more in depth understanding of this Key.

When you understand these 7 Principles and the Prime Directive of Relationships you will have a great start towards having the right mind set which is the second key.

This second key involves your understanding of the Game its principles and laws. As well in order to reach threshold in this area I had to challenge almost a hundred or so of my beliefs, attitudes and assumptions about people, personalities, communication, relationships, and life.

One of the things people learn in their first session is to actually define Relationships. Once people understand how Relationships are not related to love and attraction already that distinction will put them ahead of the game and down the right track. Simple distinctions will create some profound effects. As your Relationship Mastery Consciousness increases these keys life and relationships will get easier and easier.

The third key is having basic relationship skills and core competencies for success. There are several basic requirements or as I call them “Core Competencies “ for anyone in any relationship to even think of winning. It’s like a job. No sense hiring someone who doesn’t have the basic qualifications.

Relationships require basics.

Each personality has a thing or two to learn and acquire before getting into any relationship, plus many of us have grown up in a family or society that has not given us some basic skills to succeed in a relationship. In fact in many families we learn not so great things that hurt us and sabotage our success in relationships.

The last key is that we need to be aware of habits and baggage from previous life, family and relationship situations that may be interfering with our present day success, change and override them to habits, patterns and energies that support relationship success.

This last key also revolves around eliminating any limiting patterns, energies or habits and replacing them with better ones. People can be skilled and have the right mind set and abide by Relationship Laws however certain scenarios will pop up time and time again until we get our Subconscious Mind on track with where we want to go and what we want to create consciously.

Having these four Keys will create success in any relationship and they are essential for any level of success in any relationship. My objective with this handout is to identify the 4 Keys and if there are any areas you or your partner need to improve in to then, make a commitment to grow in that area or area(s)

The following is an explanation of these keys in a little more depth.

The 4 keys are as follows.

- 1 Understanding of the Game and its Principles
- 2 Core Competency Skills
- 3 Mind Set – Understandings, Beliefs, Attitudes, and Paradigms.

4 Releasing Subconscious Patterns and Repressed Energy

I have seen so many couples try to create relationship success however they are missing one or more of these keys.

Our goal is to raise the consciousness level of the players. In my own life I have been bamboozled by the best of relationship game players and frankly its cause I didn't understand the Relationship Game its rules, and or understanding my self (my essential mind set understandings) and lacking basic relationship skills as well as knowing other important mind set beliefs and attitudes required for success.

As well I was running unconscious patterns and rhythms, and because I had unresolved emotions and disowned identities and energies I would create the same challenges over and over again not knowing why or how. There is more to life and relationships that we can consciously see or hear. We run subconscious patterns from our family; we have traumas from the past that affect our present behavior and reactions

In order to gain Relationship Mastery one has to recognize the prime goal or directive of Relationships. That is in fact the creation of a "mutual filling of needs" Many confuse relationship with Romantic and or Unconditional Love which are important components of successful relationships but Relationship is about getting what you want in the way you want it. It's a "Conditional" Game.

Many times people can love each other, be attracted to each other and have a history of friendship and family but not fulfill each other needs and wants. There are 30 levels of compatibilities and we can have potential differences and or conflicts that stop us from getting what we want.

So to be successful in a Relationship we have to be aware of the Game, its objectives and rules other wise we are playing blind.

Once you understand the Game and that Relationship is up and above Love and Attraction and you realize that in order to succeed

and win you need to be aware of who you are and what you needs are as well as who you are playing with and what their needs are.

This is tricky in our society because we are taught that most people are the same and that one size fits all and everyone wants what we basically want, hence the fallacy of the Golden Rule. However this is not true and a “Fatal Mistake” It’s really about the Platinum Rule which is to give people what they want in the way they want it versus giving people what you want to give them.

So most of us are unconscious of what other people want and some of us are unconscious and can’t really identity or verbally communicate what we want in the way we want it. So this requires some thinking and personal development.

People have no idea how different their partners are or can be. Its shocking sometimes to learn that you partner is totally not on your wavelength or have many of the values you cherish.

In our sessions we spend a good amount of time discovering who we are and who our partner is, what they want and what they don’t want. As we learn this we get better in the game, which at a basic level is finding out what your partner wants and giving it to them if you can.

Another Key of Relationship Success is to have Core Skills., Anyone in any relationship with anyone requires basics just to be in a relationship. It’s a basic job or game requirement. When we apply for a job we need to have basics and the same is true of relationship success.

There are 7-10 Core Competency skills required to succeed in a relationship. If you lack one or more it will be easy to spot because you are having trouble in your present relationship and down the road whether to stay in this relationship or get into new ones you will continue to have difficulties.

The 4 keys are really about coming into awareness and consciousness. They are about many factors and a general evolution out of a place where the general public and many professionals are stuck and confused.

So let's go even a little more in-depth in each of these 4 Keys.

Lets start with point #3 for "the father of all action is thought" and for behaviors and responses to change with have to start with understanding the best mind set for success and challenging any beliefs or concepts that are causing us to fail in relationships and not being able to meet our partners needs.

So as Point #3 suggests we need to shift our awareness by changing our mind set about this game. Many of us have limiting and or delusional beliefs about the Reality of Relationships. Many are uncomfortable even calling Relationships a Game or a Process. However the fact is that there is a Science and Art to Successful Relationships and unless we tune into a mind set that allows to create mastery and success we will end up frustrated.

For Life or Relationships to get better we need to evolve to a better place.

I had to change about a hundred or so beliefs about relationships. I came from a dysfunctional family and learned beliefs from them and from society that just didn't work for me. I had to become aware of different personality styles, values, love strategies, communication styles and modes as well as things like meta-program, and differing philosophies, beliefs, agenda , contexts etc that were affecting what myself and people wanted in a relationship.

I was a real romantic. I believe Love conquered all and there ain't no river wide enough or mountain high enough to keep me from you and love. It's humorous now but this inaccurate belief caused me and some of my partners a lot of grief.

When I learned the various principles and laws that govern relationships in general and understood who I was and what my partner was and wanted I had some definite shifts in my Mind Set which affected how I reacted and responded to my partner as well as changing how I related.

Another reality I learned about Relationship is that no matter who you or I are involved with we need to have or develop a basic core level of competency to succeed.

The fact is that anyone can get into a relationship whether they have any skill in communication, conflict resolution, emotional control, character, negotiation, counselling or any other areas required to relate effectively with another human being. To get a drivers license you have to practice and study and take a test but anyone can get into a relationship or get a marriage license or become a parent.

I personally had to learn how to listen to others wants and issues and communicate in a harmonious positive way my needs and wants. I had to learn mini counselling skills so I could allow my partner to feel validated, accepted, loved and appreciated even though I may not agree; I had to learn how to understand the other person and their situation, needs and motivators. The mini counselling skills are important if you are in a relationship with a partner who is expressive, emotional and digital cause these folks need an understanding and supportive environment to thrive. However regardless of the personality style and communication mode you are involved with one needs to have basic listening, communicating and counselling skills. It all makes for better relationships.

I didn't know how to listen well cause I was into debating and influencing others to my point of view so that was a new skill for me to actually hear what people were saying their words as well as the subtext of meaning, emotions, attitudes and beliefs. So there was a whole new awareness for me there.

And as far as conflict resolution most folks are taught to fight (aggressive) or flight (passive) but not to assertively and harmoniously resolve issues. So that was another skill for me to pick up to be better at relationships. This is because I was basically a dinosaur brain just looking for a fight occasionally freezing and once in a while taking off not able to deal with a situation or person. I had to learn anger management for I learned the strategy of throwing tantrums for trying to get what I wanted from my father and others in my family.

The other skill I had to learn was to control several of my other emotions in addition to my anger, like anxiety, guilt and depression. Some people have learned bad habits from their families and friends or have a philosophy they can let it all hang out all the time and the relationship will not be affected. This is not true

If you have studied the 7 Principles for Relationship Success the third principle describes the negative conditioning process that happens when one partner moves away from the other cause they are representing pain to them because they are angry, or negative or depressed or even sick. Even though the partner may have some good reasons for their mood or behavior life doesn't care and this conditioning; process will cause a moving away and an eventual breakdown of the relationship.

People use Control Dramas to influence their partner to give them what they want however many times these strategies backfire and cause a negative condition because they violated Law/Principle #3 We have a handout on Control Drama's as well as a handout and an e-book on the 7 Principles for Relationship Success. There are several Control Dramas which cause additional difficulties for Relationship even though they are intended to make things better

I was big on negotiation from a adversarial frame instead of a creative frame which is more useful in conditional relationships that have an unconditional love foundation. When you are in the competitive adversarial frame or paradigms you want to win at the expense of others.

When you come from a mutual support and unconditional love paradigm you want a win-win were both partners get their needs met. In this type of negotiation you actually walk a mile in your partners shoes and see what they are up against and what they want and need to be fulfilled as well as understanding and vying just for your needs and wants.

This is sort of a paradox but if you can wrap your head around this concept it will help you in all relationships. The key here is to love your partner unconditionally which means love accept understand where they are coming from and what they want and work with them in

a positive harmonious way to give them what they want and get what you want which is the conditional part of relationships.

We have developed a handout on Creative Relationship Negotiation. This will help couples and individuals create harmonious negotiations with partners and increase ones odds of getting their needs met easily.

Each personality has some challenges in relationships. Some of us have issues with Anger, Emotional Control and Acting out. Some of us are so task orientated we have not concept of how to deal with people and emotions. Some of us are so passive or scared or traumatized that we won't speak up for our needs and wants so our partners will not know what or how to meet our needs. And some of us are so ridged and inflexible and have strong rules, beliefs and should(s) that we miss the point of relationships and have little or no understanding of who we are with and their differences.

Some of us have picked up certain personal challenges ranging from Cognitive Distortions Stress Anxiety, Addictions, and Depression to Character Challenges which all impact a relationship.

All these must be addressed in addition to understanding the other keys for they prevent us from being at a core level of skill and put us at and our partner at creating relationship success.

See how this is quite a different mind set than we are normally taught in our society,.

It's hard for people to look at the big picture in times of stress and potential Relationship Loss. My goal is to try and keep you relationship and do everything possible. Realistically though some relationships do fail and don't make and some don't get a second chance with their partner cause they are too far gone. Some times it's in your best interest to find your ideal relationship and attract and keep a Mate that is better suited for you.

After losing a few soulmates I had to "wake up and smell the coffee" and realize that a lot of my relationship challenges had to do with me and lack of knowledge of these 4 Keys. I also had challenges cause frankly I chose the wrong partners based solely on love and attraction but not aware of these keys and the reality of compatibility.

I had to do a lot of Personal Development as well as Relationship Mastery. It won't take as long for you as it did me because I was going blind most of the time with little or no help and the help I was getting was sometimes taking me down the wrong path.

So the good news is what took me 7 years will take you 7 weeks , some less , some more depending on your situation but it will be fast and effective so you can get on with having a great life and relationship.

So if in the worst case scenario, you do lose this relationship your in now, realize that it is imperative that you do what you need to do to win the next time around and even though you may be thinking there won't be a next trust me there will.

So hopefully for those reading this handout you are not in that situation and if you are we have other handouts to help you through your transition. If you do have a chance to win back your mate and rebuild your relationship to success make sure you understand these 4 keys and if you need a private session to clarify where you need to develop book that as soon as you can.

So far we have discussed having the right mind set and knowing principles and rules that govern the game and process of relationship. As we acquire core skills that are required in relationship guided by a mastery level mind set which includes a high level understanding of the game and the right attitudes and beliefs we need to win we are well on our way to success.

The only thing that would stop us now would be any unconscious patterns rhythms and or repressed energy. This may seem a little far fetched or unreal but let me assure you this is scientifically documented.

Our Subconscious Mind is like a sponge, It absorbs rhythms and patterns very easily. Our society and especially our family will mould our emotional patterns, habits and responses and frankly most learning's are dysfunctional, meaning not healthy or functional for success in a relationship.

There is also another powerful aspect of the subconscious mind I don't really expect you at this stage to the game to understand or believe but these repressed patterns, rhythms and energies will keep attracting in scenarios, as well as the people you require to keep repeating many of these difficult situations, trauma, unavailable partners, abuse, disappointment, whatever over and over again.

You can have the right understandings, mind set and core skills but you can keep attracting no win people situations that sabotage your success because they have been patterned in your subconscious mind.

The good news is once we identify these patterns, rhythms and energies we can quickly adjust them so you are free to create new healthy patterns, rhythms and vibration that will attract wonderful situations in to your life.

Well there you have it a brief overview and description of the 4 Golden Keys for Relationship Mastery.

After watching over the years thousands of people having difficulty in Relationship and Life situations it's easy to see which one key or what combination of missing keys they have.

Life may not seem fair at times because we are not taught in our families and in many of our institutions and in school how to be successful in relationships. Some of us are at a disadvantage until we discover these keys.

Most people have challenges with relationships, parenting, finances, health etc. When you trace back the reasons its cause they don't know basic principles, that govern a specific area of life, or they lack one or more of the other keys.

When we look deeper we sometimes find more reasons for difficulty such as lacking basic skills or running bad habits all rooted in the keys we have discussed above.

Relationship Mastery Keys!

If you find yourself missing a few keys it just a simple matter of picking up what you need to know to get back on track.

It doesn't take long to integrate these 4 Golden Keys into your consciousness and start achieving success right away. With a couple of sessions we can bring you up to speed in any area that you need to reach threshold and mastery in.

So take the next step and start on your personal journey that will take you to the next level and transform your life and relationship to a place where your dreams turn into reality.

If you have any further questions contact me at the below address.

Dr. Rob Bilton
Director
LMC Relationship Centre
r.bilton@shaw.ca

Still Single? Looking for Your Perfect Life Companion? Do you Know There Is Now a Simple, Step By Step Way to Get Your True Love ON DEMAND - By Following an *Almost Fool-Proof Method*? If YOU Want to Get the Man or Woman of Your Dreams Into Your Life, Get My Secret Formula TODAY!

TrueLoveOnDemand.com
Click Here!