

Radical Relationship Relief

ULTIMATE FREEDOM
FORMULA



6 KEYS TO DEPENDABLE
PEACE & DELICIOUS
CONNECTION

By Shawn Neal Mahshie

Radical Relationship Relief:

6 Keys to Dependable Peace & Warm Connection

Whatever or whoever upsets, scares or saddens you absolutely holds the key to greater peace, freedom and happiness -- and a warm dependable connection to yourself and the very person or situation that triggered you.

With this MAJOR SHIFT in paradigm, 'problems' look and feel radically different and can shift to being hopeful, solvable, friendlier and MUCH more fun!

THIS CHANGES EVERYTHING!

Results you can expect from this groundbreaking work with Shawn:

- **Begin to Use FEAR, ANGER, SADNESS as your direct link to PEACE, CLARITY, and JOY**
- **Reliably Discover a Loving Connection to Your Self and to the VERY People and Situations that Trigger You**
- **Revolutionize your Relationship to All Your Relationships--Including Time, Money, Your Body....**

Do you believe that relationships are just something to be tolerated, in which you can only do what you can to minimize the pain, or find a way through without pissing people off?

What if it doesn't have to be that way?

What if you could find a way to clear up hell-on-earth and found yourself in heaven—in love with the one in front of you no matter how they are showing up, and most of all with yourself?

Reliably.

With no exceptions.

What if EVERY SINGLE TIME someone or something seems to bring you pain, **the painful parts can turn into far more than 'blissed out' meditative states or truly connected moments?**

The Radical Relationship Relief Transformation Series you're "holding in your hand" right now is the key to that place.

You'll find out how to **capitalize on these painful states as 'kind teachers' that reliably lead you to HUMOR, CURIOSITY, GRATITUDE, and LOVE for the people and situations that most upset, scare, or sadden you.**

Things can be so much better, easier, funnier, happier, closer, and more amazing than you realized.

Radical Relationship Relief Blueprint



The 6 Keys to Dependable Peace and Warm Connection, and the Paradigm Shifts that Create Relief in All Your Relationships



Key 1: Harvest **Hidden Riches** from Fear, Anger, Sadness, Anxiety, Depression

BEFORE (Pain/Problem)

You fear, avoid, or minimize the pain of your intense emotions and the reactions that steal your peace, drive unwanted behavior or addictions & sabotage your dreams.

RED FLAG: You feel helpless, hopeless, or overcome by your emotions, believing that something or someone is doing something 'to you' that causes your suffering.

AFTER (Transformation/Benefits)

You become the self-contained nurturer of the parts of you that hurt, staying accepting and present to painful or uncomfortable feelings as the key to your peace; you become the astute, curious observer rather than the blind believer of your stressful thoughts.

HAPPY SYMMETRY: You no longer feel helpless/clueless in the face of unwanted feelings; attend to what's going on inside before reacting. You begin to live in the safety of the Reliable Symmetry of Happiness.

Happiness Hacks (Reliable Shift Actions)

Create a **BEYOND MINDFULNESS MAP** around the anxiety, anger, or alienation you feel in your body; become 'teachable'

- Stop ignoring or hating your emotional pain; become curious about what's wrong, as if it's a child.
- Slow down, come home you, be with your body. Develop a warm, loving, 'Being-IN the Feelings'. Observe. Practice observing the thoughts, without 'affirming over' them.
- Even if the thoughts/feelings lighten, commit to use the map to go beyond mindfulness to freedom.

Personal Paradigm Shift #1

USE Whatever Upsets You
[as your Path to Peace]



Key 2: Capitalize on Anger, Defensiveness, Need, and Vulnerability as Your Personalized Teachers of Peace

BEFORE (Pain/Problem)

You feel like a victim of circumstances or another's behavior; Feel 'little' and clueless about how to get the love, approval and appreciation you feel you deserve in certain situations.

RED FLAG: Strong need to defend your position, control situation in order to be seen the way you see yourself; driven to 'get' others to change, or resentful about your stuck situation.

AFTER (Transformation/Benefits)

No longer feel like a victim... Be self-sufficient; enjoy keeping your own counsel. Shift your emotional state; see how everything happens FOR you (not 'to' you).

HAPPY SYMMETRY: You willingly use fears/judgments to see what you are doing to yourself and others, you compassionately notice your unique areas of cluelessness, control, and need to be right.

Happiness Hacks (Reliable Shift Actions)

Use the **DEFENSIVENESS DIALOGUE** or **LEAPFROG INTO LOVE**.

- Become intimate with the story, the wants, the consequences (in your body and in your life) of believing your own limited thoughts/beliefs.
- Envision situation sans thought (Question 4 of The Work) to help yourself discover it's the **THOUGHT** creating the pain, not the other person or situation.

Personal Paradigm Shift #2

SEE the Symmetry

[In your Reactions to People and Events]



Key 3: Let Regret, Indecision, Guilt, and “Shoulds” Reveal the **Innocence** Behind Your Own (And Others’) Actions

BEFORE (Pain/Problem)

Trapped in the hell of regret or resentment around a ‘bad’ outcome; regularly fearing the future, looking back on painful events and making yourself or the other ‘wrong’.

RED FLAG: Find yourself stuck in endless inner dialogues of blame and shame of self or others, wishing the past had been different or hopelessly reliving it as if you could undo it.

AFTER (Transformation/Benefits)

Life feels like a friendly place, as you find for yourself that you are ALWAYS doing the best you can, given what you are believing. You quickly restore warm connection to and support to your innocent self, and watch regret/resentment melt.

HAPPY SYMMETRY: You possess a reliable way to end regret and self-sabotage using your reactions to others' to reveal and heal inner abuse and abandonment.

Happiness Hacks (Reliable Shift Actions)

Get off the Hamster Wheel and onto your
WHEEL OF SELF-LOVE

- Find the innocence in what you were believing .
- See the ‘**Spark of Love**’ for yourself or the other behind each action.
- See where your monkey mind is playing God and has defined outcomes as ‘bad.’
- Become the advocate, protector, cheerleader for YOU by giving yourself what you want from others.

Personal Paradigm Shift #3

Find the Spark of Love

[behind Own and Other’s Actions]



Key 4: Eradicate Fear, Hurt, Shame, and Blame Letting them Point to a Polar Opposite Map for your **True Path to Happiness**

BEFORE (Pain/Problem)

You trust your minds' limited story of what is, was, or will be. Flip between overly reactive and controlling vs. feeling small and 'helpless.' You tell your most trusting little self that life or others need to change before you will be ok.

RED FLAG: Feeling clueless about how to get your needs met or change unwanted patterns, other than trying to get others to change.

AFTER (Transformation/Benefits)

You see people and events clearly without the emotional charge driven by old programming. The ball is in your court; no more waiting for others to change or mentally criticizing what is unfolding.

HAPPY SYMMETRY: You've found that you and others are ALWAYS doing the best they can given what they are believing. You are no longer a helpless victim but act with clarity and grace on behalf of BOTH self and others.

Happiness Hacks (Reliable Shift Actions)

Engage the **RELIABLE SYMMETRY** of **HAPPINESS** and TW to re-wire the thinking causing your pain

- Lovingly take your welfare out of another's hands.
- Drop deeply into turn-arounds and see FOR YOURSELF what you are doing to yourself and others (that you thought was being done to you).
- **LIVE THESE TURN-AROUNDS** by becoming the one who gives these to yourself and the other.

Personal Paradigm Shift #4

**Experience Curiosity and
Openness to the Past, Present,
and Future**

[‘See through’ the internal story that created the pain]



Key 5: Access Your Own Freedom by Re-defining Forgiveness and Living your Amends; See and Support the 'Best-We-Can-Do' Unfolding of Yourself and Others

BEFORE (Pain/Problem)

Believe there is a good/bad way for you or others to show up that is responsible for your pain; put up walls and boundaries to protect yourself; close your heart to yourself and others.

RED FLAG: Others appear as the persecutor or enemy; the cause of your pain.

AFTER (Transformation/Benefits)

Resentment and "stuckness" are replaced with fluidity and openness. More fun, humor, warmth, physical closeness, curiosity, and acceptance. Happy relaxed nurturing of self and others.

HAPPY SYMMETRY: You possess a completely reliable path to whatever is craving to be healed in YOU. You begin to know selfless love, gratitude, humbleness.

Happiness Hacks (Reliable Shift Actions)

Apply **FORGIVENESS FLIP** for you and others. Truly see that the worst you or the other is doing is believing their thinking; nothing to forgive.

- Once you find forgiveness, make living amends to self and others for harm you may have done.

Personal Paradigm Shift #5

**Nurture Unshakable
No-Matter-What Connection**

[with Life, Others, and
Your Dear "As-IS" Self]



Key 6: Allow the Bliss of Living and Loving without Conditions (Realizing that a NO to What You Thought You Needed is Equal to and Often Better than a YES)

BEFORE (Pain/Problem)

RED FLAG: You believe you know how events should unfold. Feel betrayed by self/others when it doesn't; replay programmed reactions over a lifetime. Mistrust peace & ignore your familiar pain and dramas. You fail to notice how you have let your happiness hinge on a mind-made survival-driven definition of what life should do for you, your loved ones, and your passions.

AFTER (Transformation/Benefits)

You live in joyful openness, and 'true faith' in the great "What Shows Up," and you possess a willingness to serve. You are committed to listening to the body's reactions and to questioning the ego stories that return us to old ways. Life and people appear supportive.

HAPPY SYMMETRY: Even difficult events are seen as your kind teacher. You simply don't stay stuck for long. You act effectively, then let go.

Happiness Hacks (Reliable Shift Actions)

Use your "LOVE-THE-NO" LIST

- When anger or anxiety arises, patiently help the mind question whatever is left. Use whatever hurts go deeply into self-love.
- Become willing for whatever is next. Find that you & loved ones could live through and even benefit from worst-case fears.
- 'Let go and Let LOVE' shift you into the fun of being teachable & trusting

Personal Paradigm Shift #6

Free-Fall into Love & Inherent Safety

[Let what hurts wake you up to the impossible mind-made conditions you place on yourself, others, and reality.]

Radical Relationship Relief

Ultimate Freedom Formula Blueprint

6 Keys to Dependable Peace/Connection	BEFORE (Pain/Problem)	Happiness Hacks (Reliable Tools/ Action Steps)	AFTER Transformation/ Benefits	Your Personal Paradigm Shift
1. Harvest Hidden Riches from Fear, Anger, Sadness, Anxiety, Depression	You fear, avoid, obsess about, ignore or distract yourself from the pain of your own emotions. Even after much work on yourself, you hate the reactions that steal your peace, drive unwanted behavior or addictions, or sabotage your connection.	-BE WITH and observe the feelings in your body and your reactions to them. -Actively notice thoughts, patterns, triggers; neither ignore, affirm over' or try to change them -Create a BEYOND MINDFULNESS MAP to guide sustained relief	You become the self-contained nurturer of what hurts inside, staying accepting and present to physical feelings & emotions as the breadcrumb trail to peace; you become the astute, curious observer-- rather than the blind follower—of your habitual fear-driven thinking.	You USE Whatever Hurts or Upsets You [as your Path to Peace].
2. Capitalize on Anger, Defensiveness, Need, and Vulnerability as Your Personalized Teachers of Peace	You feel like a victim of circumstances or another's behavior; Feel 'little' and focused on-- but clueless about--how to get the love, approval and appreciation you feel you deserve in certain situations.	Transform rage into love and learning via the DEFENSIVENESS DIALOGUE --Honor real source of pain via active listening on JYN --SEE FOR YOURSELF that it's the THOUGHT creating the pain via The Work .	You no longer feel like a victim of life and others' reactions to you. Using reactions as a way IN, you enjoy keeping your own counsel. Trust that you can shift your emotional state; see how everything happens FOR you (not 'to' you).	You SEE the Symmetry [In your Reactions to People and Events]
3. Let regret, indecision, guilt, and "shoulds" reveal the innocence behind your own (and others') actions	You are often trapped in the hell of regret, self-doubt, indecision, and images of a 'bad' outcome; regularly fearing the future, looking back on painful events and making yourself or the other 'wrong.'	Shift Regret Hell and self-doubt via WHEEL OF SELF-LOVE; use 3 simple steps to see through fears/reactions give yourself what you need -Find the 'Spark of Love' in yourself or the other behind each action (e-book)	Life feels like a friendly place, as you find for yourself that we are ALWAYS doing the best you can, given what we are believing. You quickly restore warm connection to and support to your innocent self; regret/self-hatred melts	You Find the Spark of Love [behind Own and Other's Actions]
4. Eradicate fear, hurt, shame, and blame letting them point to a polar opposite map for your true path to happiness	You trust your minds' limited story of what is, was, or will be. Flip between overly reactive and controlling vs. feeling small and 'helpless.' You tell your most trusting self that life or others need to change before you will be ok.	Re-Wire old programming as you LIVE IN the RSH Paradigm, engage Happiness Hacks and TW - REAL-IZE sustainable life shifts by deeply turning around the stories that close your heart to the best in you/others.	You see people and events clearly without the emotional charge driven by old programming. The 'happiness' ball is in your court; even when life hurts. No more waiting for others to change or mentally criticizing what is unfolding.	You Experience Curiosity and Openness to the Past, Present, and Future [by 'seeing through' the internal story that created the disconnect]
5. Access Your Own Freedom by Re-defining Forgiveness and Living your Amends; see and support the 'Best-We-Can-Do' Unfolding Of Yourself and Others.	Believe there is a good/bad way for you or others to show up that is responsible for your pain; put up walls and boundaries to protect yourself; close your heart to yourself and others.	Apply the FORGIVENESS FLIP for you and others; make stated or living amends to self and others for harm you may have done. -Monitor your own side of the street	Resentment and stuckness are replaced with fluidity and openness. More fun, humor, warmth, physical closeness, curiosity, freedom and acceptance; warm connection to self and others.	You Nurture Unshakeable No-Matter-What Connection [to Life, Others, and Your Dear "As-IS" Self]
6. Allow the Bliss of Living and Loving without Conditions (Realizing that a NO to what you think you need is equal to and often better than a YES).	You believe you know how each event should unfold. Feel betrayed by self/others when it doesn't; replay programmed reactions over a lifetime.	Use your Say YES-to the-NO List - 'Let go and Let LOVE' shift you into the fun and win-win -Become teachable & trusting	You live in joyful openness, and 'true faith' in the great "What-Shows-Up," with willingness to serve. Committed to listening to body's reactions. Life and people appear supportive.	Enjoy Your Free-Fall into Love and Inherent Safety [and let what hurts wake you up to the mind-made conditions you are placing on reality].



"You are beyond an inspiration, Shawn...You are a great wise compassionate guide."
- Sara, Documentary Filmmaker, UK



If you're serious about getting some radical relationship relief for yourself, [click here to book an "RRR Needs & Results Session" now](#). Together we'll work on a strategy that will quickly create the tangible, sustainable change you crave in your relationship with yourself, others and your life.

If you'd like to consider giving yourself the amazing gift of coming to one of my beautiful waterfront retreats (they occur periodically), just click [LOVELY WATERFRONT RETREAT INFO](#) to go to the home page of this site.

Feel free to email support@happysymmetry.com or call us at +1 (443) 697-2466 (really!). You can visit me at my website at www.shawnmahshie.com.

Shawn's commitment, love and skill, her patience and guidance, and especially her courage are all for YOU and in service to YOUR HEALING.
- Dale Korangy, Acupuncturist



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