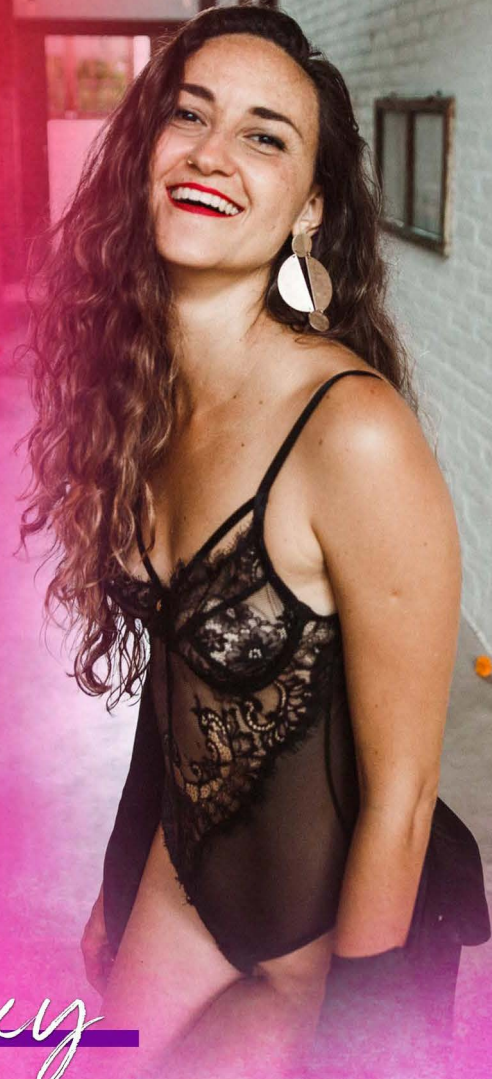




NORA
WENDEL

 @norawendel



LEARN TO FEEL

confident, sexy

& free

HOW TO HAVE MEANINGFUL RELATIONSHIPS
5 practices to learn right now!

WWW.NORAWENDEL.COM



HOW TO HAVE MEANINGFUL RELATIONSHIPS

I want you to have real, heartfelt, authentic, vulnerable, strong bonds with friends and all relationships in your life

Those kind of relationships where you can cry and laugh in the same moment and don't have to explain why.

The kind of relationships where you don't hide how your feeling and know that you can share anything you choose and won't be judged.

The kind of relationships where all it takes is one word and you are being supported in exactly the way you need right at that moment...

Are those the kind of relationships you want in your life? I know I freaken do!

I AM GOING TO TEACH YOU THE 5 BASIC PRINCIPLES OF HOW TO HAVE DEEPER AND MORE MEANINGFUL RELATIONSHIPS WITH ALL THOSE PEOPLE YOU CARE ABOUT AND EVEN WITH COMPLETE STRANGERS!

Practice 1: Welcome everything

We are complex beings, we aren't always in a stagnant state of one emotion, we have the ability to feel! And we can be aware and change how we feel.

Start to welcome everything inside yourself and externally - the tension, the resistance, the grief, the anger.

It's a practice of starting to notice and be open to all the richness of our lives, in yourself and in others.

Especially in others this means welcoming people into our lives without wanting to change them.

Ask yourself: What can I welcome more in my life?



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HOW TO HAVE MEANINGFUL RELATIONSHIPS

Practice 2: Assume Nothing

We love to judge, we love to think we are right, we love to think we know what's happening for others because we feel like we may know what's happening with us.

In this practice I want you to assume nothing, assume you don't know yourself, assume you have no idea what is going on for the other person (in reality you don't but we like to think we do!)

Start dropping your assumptions, start questioning your assumptions.....Assume Nothing!

Ask yourself: What are the biggest assumptions I have about myself?

Ask yourself: What are the biggest assumptions I have about Others?

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HOW TO HAVE MEANINGFUL RELATIONSHIPS

Practice 3: Reveal Your Experience

Start getting curious about your own experience in every situation, start noticing your feelings, emotions, physical body and how other people impact you.

When you start to reveal your experience to others, it allows for connection as you start making the implicit, explicit - so they really understand what is going on for you.

By sharing you can interweave your realities together....and feel connected because you understand how each of you are feeling in this moment.

Ask yourself: What is happening to me on the inside this very moment? What are my feelings, emotions and physical sensations?

Practice with a friend: Sit with a friend and practice revealing your inner world with them. Sit and listen as they reveal.

Write how it made you feel.

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HOW TO HAVE MEANINGFUL RELATIONSHIPS

Practice 4: Own Your Experience

How many times have you gotten angry because your partner or mother did something that wasn't in agreement with what you thought should happen?

“Did you start the conversation with YOU did this and then this happened....”

We love to assign the blame to the outside when in reality it's really about how we feel inside (and yes someone else's actions may have impacted you - but it's still how YOU feel)

Start using the words - When this happened, I felt, or I feel impacted in this way...own your experience!

Ask yourself: Who do I blame the most in my life?

Practice with a friend: Sit with a friend and practice sharing impact. Use the words - “when I heard this - I felt this way” Or “I feel impacted by this action in this way....” Write how it made you feel.

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HOW TO HAVE MEANINGFUL RELATIONSHIPS

Practice 5: Honor self + Other

Make sure you can meet your own needs, take care of yourself and then treat others like how THEY want to be treated, not treat others how YOU want to be treated -

Make sure you ask if you do want to do something for another person, is that what they want/need right now?

It goes back to not assuming that you know how the other person wants to be treated.

Ask yourself: What can I do to honor myself in each moment?

Practice with a friend: Sit with a friend and practice honoring yourself and each other. Ask what your friend might want or need from you, honor if you can offer it or not...

Write how it made you feel.

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HEY, I'M *Nora*

I am a Feminine Embodiment Coach and Relationship Expert. I help transform your relationships from failing to flourishing and it starts with the relationship you have to yourself.

*If you long to feel **alive**.*

*If you crave **deep intimate relationships**.*

If you are ashamed of your body.

*I help transform self loathing to **full time loving**.*

I create experiences that allow for deep connections, pure love and heart bursting joy

*Because when you know how **to feel**, know how to **connect back to yourself** and are the most **confident, sexy and free woman** you can be...*

anything is possible!

COME SAY HI!



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