

SAVE THE MARRIAGE

8-WEEK COURSE & FREE BREATH OF GOD

MARC FERGUSON

Save The Marriage

Here's the 8-week coaching course for saving a marriage that is struggling. Keep in mind that this course is designed for the specific needs and circumstances of the individuals involved, and it's essential to approach these topics with empathy and sensitivity.

Introduction

When saving a marriage or long term partnership outside of a formal marriage arrangement. It is of paramount importance to go back to the memories of the early days of romantic times you both had in the very beginning. Here with any amount of seeking you'll both relearn the events that lead to your decisions to keep this relationship growing. Love is indeed a miraculous power that brings two people together. It also at times decides the former union is over because there is the chance of a better more able to learn things about yourself relationship just

around the corner. Please evaluate your present marriage to ascertain if you believe you are certain you both wish to, want to rekindle the romantic flame?

Week 1: Understanding the Current State of Your Marriage

- Introduction to the course and setting expectations.
- Assessing the current state of your marriage.
- Identifying the major issues and challenges.
- Understanding the emotional impact of marital problems.

Week 2: Effective Communication Skills

- The importance of open and honest communication.
- Active listening and empathy.
- Nonviolent communication techniques.
- Conflict resolution strategies.

Week 3: Reconnecting with Your Partner

- Rekindling emotional intimacy.
- Sharing your feelings and vulnerabilities.
- Rebuilding trust.
- Rediscovering common interests and shared goals.

Week 4: Managing Expectations

- The role of expectations in marriage.
- Setting realistic and healthy expectations.
- The impact of unmet expectations on a relationship.
- Effective ways to communicate and negotiate expectations.

Week 5: Healing from the Past

- Addressing past hurts and resentments.
- Forgiveness and letting go of grudges.
- Seeking therapy or counseling if necessary.
- Rebuilding trust and rebuilding a new foundation.

Week 6: Intimacy and Sexuality

- The importance of physical intimacy.
- Dealing with changes in physical attraction.
- Improving your sex life.
- Reconnecting emotionally and physically.

Week 7: Strengthening the Partnership

- Working as a team.
- Balancing responsibilities and roles.
- Supporting each other's personal growth.

- Reestablishing the partnership in marriage.

Week 8: Planning for the Future

- Setting goals and aspirations together.
- Developing a shared vision for your future.
- Reaffirming your commitment to each other.
- Creating a maintenance plan for your marriage.
- A magical prayer for the husband and a magical prayer for the wife.

Throughout the course, participants should have the opportunity to discuss their progress, ask questions, and share their experiences. It's crucial to create a safe and non-judgmental environment where individuals can openly express themselves.

Remember, every marriage is unique, and while this course provides a structured framework, flexibility and an open mind is key to addressing the specific needs and challenges of each couple.

SAVE THE MARRIAGE

WEEK ONE

MARC FERGUSON

Week 1: Understanding the Current State of Your Marriage

Introduction to the course and setting expectations

Welcome to the first week of our "Save The Marriage" coaching course. I commend you for taking the first step towards mending and revitalizing your marriage. This week is all about gaining a deep understanding of the current state of your marriage and establishing expectations for your journey ahead.

Course Overview: Before delving into the specific issues that may be affecting your marriage, it's essential to have a clear understanding of what this course aims to achieve. My primary goal is to provide you with the tools, knowledge, and guidance needed to navigate the challenges that your relationship is facing. By the end of this course, I hope that you'll not only strengthen your bond but also develop the skills to maintain a healthy and happy marriage.

Assessment: To address the issues in your marriage, you first need to identify them. Take some time this week to honestly assess the current state of your relationship. Consider the following questions:

1. What are the primary challenges you're facing in your marriage?
2. How have these challenges affected your emotional well-being and daily life?
3. What are your expectations and goals for this course?
4. What is the level of commitment from both you and your partner?

Open Communication: Effective communication is the cornerstone of any successful relationship. During this course, you'll learn various communication techniques that will help you express your thoughts and feelings openly and honestly. This is a safe space, and you are encouraged to share your concerns, as well as your hopes and dreams for your marriage.

Setting Expectations: Understanding the course's structure and what you can expect is vital for a successful journey. Here's what you can anticipate throughout the upcoming weeks:

- Each week, we will focus on a specific aspect of your marriage and provide guidance on how to address it.
- Weekly activities and exercises will be provided to help you implement what you've learned.

Self-Reflection: As we embark on this journey, self-reflection is crucial. Take some time to reflect on your role in your marriage and how your actions and reactions have contributed to its current state. Recognizing your strengths and areas for improvement is a significant step toward healing. Men please show your emotions.

Weekly Goals: For this week, your primary goal is to honestly assess your marriage and set your expectations for the course. It's essential to be open to

the process and be ready to learn, grow, and potentially make changes for the better.

Conclusion: By the end of this week, you'll have a clearer picture of your marriage's strengths and weaknesses and a more defined set of expectations for the course. Remember, healing a marriage takes time, effort, and patience. You've taken the first step; now, let's journey together towards a happier and healthier marriage.

In the coming weeks, we will dive deeper into specific aspects of marriage, starting with effective communication in Week 2. Stay committed and keep an open heart as we work together to mend and strengthen your relationship. Your marriage is worth the effort, and with this guidance, it can flourish once again.

"Relationships... Enter The Magic Of Love"

It is paramount to and for a good and wonderful relationship to use these following relationship disciplines upon your special partnership:

1. First Discipline: Unconditional Love and Compassion

- The discipline involves putting your partner first and showing unconditional love and compassion.
- It's essential to focus on your partner's feelings and needs rather than being self-centered in the relationship.

2. Second Discipline: Absolute Courage and Vulnerability

- This discipline emphasizes the importance of being courageous and vulnerable in expressing love.
- Telling the truth and being open with each other can lead to a stronger, more intimate relationship.

3. Third Discipline: Positive Intent

- Maintain a positive intent in the relationship, avoiding blame games and negative judgments.
- Focus on understanding each other's positive intent even when conflicts arise.

4. Fourth Discipline: Honorable Language and Moment-to-Moment Awareness

- Use honorable language filled with adoration and praise for your partner.
- Be aware of the impact your words and actions have on your partner and make adjustments accordingly.

5. Fifth Discipline: Forgiving, Forgetting, and Giving Thanks

- Practice forgiveness and learn to let go of perceived wrongs or

misunderstandings.

- Give thanks and express gratitude for each other's presence and special moments in the relationship.

6. Embrace Individualism and Differences in the Relationship

- Recognize and appreciate each other's individual freedom of will and differences.
- Understand that differences between partners can be a source of attraction and love.

7. Enduring Love and Divine Guidance

- Emphasize the importance of prayer and seeking divine guidance in the relationship.
- Trust in a divinely given higher plan and purpose for the relationship, seeking a blessed life of abundance and joy.

The Benefits of Both Marriage Partners Pursuing a Spiritual Approach in Their Relationship

Embracing a spiritual approach to marriage, where both partners trust in a divinely given higher plan and purpose, can have profound and transformative effects on the relationship. Central to this approach is the emphasis on prayer and seeking divine guidance, which can lead to a more fulfilling and harmonious partnership. Here are the key benefits:

1. **Strengthened Connection:** A shared spiritual journey, rooted in prayer and divine guidance, deepens the emotional and intellectual connection between partners. It fosters a sense of unity, where both individuals feel spiritually connected, enhancing their bond.
2. **Enhanced Communication:** A spiritual approach encourages open and honest communication. Partners can openly share their thoughts, feelings, and experiences as they seek divine guidance together, resulting in a stronger foundation for understanding each other.
3. **Trust and Faith:** Trusting in a higher plan and divine guidance promotes a sense of faith and trust within the relationship. Both partners have confidence that challenges are part of a larger purpose, allowing them to face difficulties with resilience and optimism.
4. **Conflict Resolution:** When both partners seek divine guidance, they often find it easier to navigate conflicts and challenges. A spiritual perspective can provide clarity on the best way to resolve disputes and find mutually satisfying solutions.
5. **Shared Values:** A spiritual approach often reinforces shared values and a common moral compass. This can help in making important decisions, raising children, and living in accordance with principles that align with their

beliefs.

6. **Gratitude and Abundance:** Trusting in a higher plan fosters a sense of gratitude for the blessings in the relationship. Partners often appreciate the abundance of love, joy, and happiness that comes from following a spiritual path together.
7. **Coping with Life's Ups and Downs:** Life can be unpredictable, and both partners can find solace in the belief that everything happens for a reason. They can draw strength and resilience from their shared spirituality when facing life's inevitable ups and downs.
8. **Alignment of Goals:** Pursuing a spiritual approach helps align both partners' goals and aspirations. They can work together to achieve a sense of purpose and fulfillment that resonates with their spiritual beliefs.
9. **Inner Peace:** Prayer and seeking divine guidance each day can lead to inner peace and a sense of tranquility for both individuals. This inner peace can permeate the relationship, creating a calmer, more harmonious atmosphere.
10. **Blessed Life:** Trusting in a higher plan often leads to a profound sense of a blessed life. Both partners feel that they are on a path guided by a divine force, leading to a life filled with abundance, joy, and gratitude.
11. **Fulfillment of Spiritual Needs:** In a spiritually centered marriage, both partners can fulfill their spiritual needs and find a sense of purpose together. This shared journey can be deeply rewarding and fulfilling on a soulful level.
12. **Long-Lasting Commitment:** Couples who embrace a spiritual approach often experience a deeper, more enduring commitment. They understand that their union is part of a larger plan, making it easier to weather challenges and celebrate their successes together.

In summary, pursuing a spiritual approach in a marriage, characterized by prayer and seeking divine guidance daily, can be a transformative and enriching journey. It strengthens the bond between partners, promotes trust and faith, and leads to a life filled with gratitude, abundance, and joy. Embracing a shared spiritual path can be a powerful force for a lasting and fulfilling partnership.

I also encourage a deeper connection with your partner by practicing love, compassion, vulnerability, and forgiveness, while being mindful of your language and actions. I emphasize the value of appreciating and understanding each other's individuality intimately to build a strong and extraordinary relationship.

Understanding the Current State of Your Marriage

Assessing the current state of your marriage, Identifying the major issues and challenges, Understanding the emotional impact of marital problems

Before embarking on the journey to save your marriage, it's crucial to gain a deep understanding of its current state. This process of self-reflection and evaluation will serve as the foundation for the work you'll undertake in the coming weeks. So, let's delve into the three key components of this critical first week.

1. Assessing the Current State of Your Marriage:

Begin by honestly and objectively evaluating your marriage. This involves taking a step back and looking at the bigger picture. Here's a step-by-step guide to help you with this assessment: If it is okay with both of you please begin with a prayer.

- **Communication:** Evaluate the quality of communication in your marriage. Are you and your partner able to express yourselves openly and honestly? Is there a sense of trust and respect in your conversations? Are there recurring misunderstandings or conflicts?
- **Emotional Connection:** Consider the emotional bond between you and your partner. Are you both feeling emotionally connected, or has the distance grown? Do you share your thoughts, dreams, and concerns with each other? Has the intimacy in your relationship waned?
- **Time and Priorities:** Reflect on how you spend your time together. Are you allocating quality time for each other, or have other commitments taken precedence? Are you making an effort to nurture your relationship?
- **Shared Goals and Values:** Examine whether you and your partner share common goals, values, and visions for the future. Are your individual aspirations aligned, or have you grown apart in your desires?
- **Satisfaction and Happiness:** Assess your overall satisfaction and happiness within the marriage. Are you content with the relationship, or do you often feel unsatisfied, frustrated, or even resentful?

Remember that assessing your marriage isn't about placing blame; it's about gaining a comprehensive understanding of where you currently stand as a couple. **Identifying areas that need improvement** will be the first step towards strengthening your bond.

2. Identifying the Major Issues and Challenges:

Once you've assessed the overall state of your marriage, it's time to pinpoint the major issues and challenges. These can vary widely from one marriage to another, but some common challenges include:

- **Communication problems:** Frequent arguments, misunderstandings, or a lack of meaningful communication.
- **Trust issues:** Trust breaches due to past actions or events.
- **Intimacy and affection:** A decline in physical and emotional intimacy.
- **Financial disagreements:** Conflicts related to budgeting, spending habits, or financial goals.
- **Differing priorities:** Clashing values or life goals that are pulling you in

different directions.

- **Infidelity or external stressors:** The impact of infidelity or external stressors like work-related pressures, health issues, or family problems.

Identifying these challenges is essential because it allows you to focus your efforts on addressing the specific areas that need improvement. Remember, recognizing these issues doesn't mean that your marriage is doomed; it's a step towards finding solutions and making positive changes.

3. Understanding the Emotional Impact of Marital Problems:

Marital problems have a profound emotional impact on both partners. Understanding these emotions is crucial for effectively working through the issues. Common emotional responses to marital problems include:

- **Sadness and grief:** Feelings of loss for the way the relationship used to be.
- **Anger and frustration:** Frustration over unresolved issues and unmet expectations.
- **Anxiety and fear:** Concerns about the future of the marriage.
- **Resentment:** Lingering feelings of anger and disappointment.
- **Isolation:** A sense of loneliness or emotional detachment.
- **Low self-esteem:** Reduced self-worth due to the problems in the marriage.

Dealing with these complex emotions and challenges in a marriage is essential for maintaining a healthy and strong relationship. Here's some advice for addressing each of these issues:

1. Sadness and Grief:

- **Communicate:** Talk openly with your partner about your feelings of loss. Share your memories of happier times and what has changed.
- **Seek Companionship:** **To do the very best for the two of you. Forget about showing physical love for a period of about 30 days or more if you can. After a week you can begin holding hands.**
- **Create New Memories:** Work on creating new positive memories and experiences together to help balance the sadness with happier moments.

2. Anger and Frustration:

- **Open Dialogue:** Have honest, respectful conversations about the unresolved issues and unmet expectations. Avoid blaming and focus on finding solutions.
- **Set Realistic Expectations:** Reevaluate your expectations and make sure they are reasonable. Sometimes, frustrations arise from unrealistic demands.
- **Conflict Resolution:** Learn effective conflict resolution techniques, which may include compromise and active listening. To begin this healing journey you have begun with only holding hands. Listen with

both your ears and your mind and do not interrupt the speaker. Take turns at intense listening.

3. Anxiety and Fear:

- **Plan Together:** Discuss your concerns about the future and make a plan together. This could include financial, family, or lifestyle planning.
- **Breath of God:** Grab a pair of quality headphones and listen to the silence of this soundtrack for half an hour upon rising and then take another look at your plan for the foreseeable future.
- **Self-Care:** Practice self-care. This includes exercise, meditation, and relaxation techniques such as massage. All while using Breath of God.

4. Resentment:

- **Forgiveness:** Work on forgiving each other for past mistakes. Holding onto resentment can poison a relationship over time.
- **Address the Issues:** Discuss the specific issues that have caused resentment and find ways to resolve them.
- **Positive Focus:** Concentrate on the positive aspects of your partner and your relationship to counterbalance the negative feelings. Say something kind whenever speaking to your partner.

5. Isolation:

- **Reconnect:** Make an effort to reconnect with your partner by spending quality time together. This might involve date nights, shared hobbies, or even just heartfelt conversations. Play the Expressability board game together.
- **Social Support:** Seek support from friends and family, but avoid isolating yourself from your support network.

6. Low Self-Esteem:

- **Self-Care:** Prioritize self-care to boost your self-esteem. This includes setting and achieving personal goals, exercise such as walks or running together, and maintaining a healthy lifestyle.
- **Communication:** Talk to your partner about how you feel and ask for their support in your efforts to improve self-esteem. A loving partner can be a valuable source of encouragement.

Remember that addressing these challenges in a marriage may take time, effort, and patience. It's important to work together as a team. A healthy marriage requires ongoing communication, empathy, and a commitment to growing and evolving together.

Recognizing and discussing these emotions with your partner can help foster empathy and build a stronger emotional connection. Additionally, understanding

how your partner is affected emotionally can lead to better communication and support during this challenging time.

In conclusion, Week 1 is the foundational step in your journey to save your marriage. Assessing the current state of your marriage, identifying major issues and challenges, and understanding the emotional impact of these problems sets the stage for the work you'll do in the weeks to come. Remember, you're not alone in this; there is hope and the potential for positive change in your relationship has begun. You have both made a great start. Keep up the good work.

SAVE THE MARRIAGE

WEEK TWO

MARC FERGUSON

Week 2: Effective Communication Skills

The importance of open and honest communication, Active listening and empathy, Nonviolent communication techniques, Conflict resolution strategies

Communication is the lifeblood of any healthy marriage. In Week 2, we dive deep into effective communication skills, recognizing its pivotal role in building and maintaining a strong and lasting partnership. Here's what you can expect to explore during this week:

1. The Importance of Open and Honest Communication:

Effective communication is the cornerstone of a thriving marriage. It's not just about talking; it's about the quality of your conversations. Here, we'll focus on why open and honest communication is crucial: Think about playing Expressability.

- **Creating a Safe Space:** Learn how to establish a safe and non-judgmental environment where both you and your partner feel comfortable sharing your thoughts and feelings. Trust is essential for candid conversations.
- **Transparency:** Understand the significance of being transparent with each other. Honesty is the foundation upon which trust is built.
- **Validation:** Discover the power of validating each other's feelings and experiences. Acknowledging your partner's emotions can promote a sense of understanding and connection.

2. Active Listening and Empathy:

The art of active listening and empathy is a vital component of effective communication. This involves not only hearing your partner's words but truly understanding their perspective and feelings:

- **Listening with Intent:** Explore techniques for active listening, which involves giving your full attention, asking clarifying questions, and showing genuine interest in what your partner is saying.
- **Empathy and Understanding:** Delve into the concept of empathy, where you strive to understand your partner's point of view, even if you may not agree. Empathy fosters emotional connection.
- **Validation:** Practice validating your partner's emotions and experiences. Validation reassures your partner that their feelings are legitimate and important.

3. Nonviolent Communication Techniques:

Nonviolent communication (NVC) is a communication process designed to promote empathy, compassion, and understanding in relationships. During this week, you'll explore NVC techniques, which include:

- **Observation:** Learning to objectively describe behaviors or situations

without judgment.

- **Feelings:** Identifying and expressing your emotions, as well as understanding your partner's feelings.
- **Needs:** Identifying the underlying needs that drive your feelings and behaviors. This is when you look at your partner and without any verbal clue your mind fills with thoughts that I am telling you now are more than likely not even true. There is an awful amount of judgmental thoughts that can and do pass through each partners mind. Say to self each of you – I acknowledge the little known fact that my thoughts may not be the truth, as to my partners present thoughts. And I know that if I merely simply allow this flow of thoughts to just pass on through my mind. I will create a way whereby my thinking will lock onto the truthful thought content of my partner and this release of good thinking will support the self-esteem and confidence of both of us and pave the way for the beginning of something truly wonderful to occur between us as a door closes on judgmental thinking and another door of truthful thinking will open.
- **Requests:** Making clear, actionable requests of your partner to meet your needs.

NVC empowers you to express yourself in a way that minimizes conflict and fosters empathy between you and your partner.

4. Conflict Resolution Strategies:

Conflict is a natural part of any relationship, but how you handle it is what matters most. In this part of the week, we will discuss effective conflict resolution strategies:

- **Calm Communication:** Techniques for maintaining a calm and respectful tone during disagreements.
- **Compromise and Collaboration:** Finding common ground and working together to reach solutions.
- **Taking Breaks:** Knowing when to step back from an argument to cool down and revisit the issue with a clearer perspective.

As you progress through this week, remember that developing effective communication skills takes time and practice. The goal is not to eliminate all disagreements, but to navigate them with respect and understanding, ultimately strengthening your connection with your partner. Open and honest communication, active listening, empathy, and conflict resolution are essential tools in rebuilding and sustaining a thriving marriage. These skills will serve as the foundation for the work you'll continue to do in the upcoming weeks.

Successful conflict resolution is a crucial skill in both personal and professional

relationships. It helps maintain healthy relationships and fosters better communication. Here are the steps required to achieve successful conflict resolution:

1. Stay Calm:

- Take a deep breath and calm your emotions before addressing the conflict. Emotional reactions can escalate the situation and hinder effective resolution.

2. Define the Issue:

- Clearly identify and understand the specific issue causing the conflict. Be as objective as possible and avoid generalizations.

3. Listen Actively:

- Allow each party to express their perspective without interruption. Listen actively, trying to understand their point of view, feelings, and concerns.

4. Express Yourself:

- After the other person has had their say, express your viewpoint and feelings calmly and assertively. Use "I" statements to avoid sounding accusatory. For example, say "I feel hurt when..." instead of "You always make me feel..."

5. Find Common Ground:

- Look for areas of agreement or common ground. Often, conflicts involve some shared interests or values that can be a foundation for resolution.

6. Brainstorm Solutions:

- Encourage both parties to suggest potential solutions to the issue. Be open to different ideas, and avoid criticizing or rejecting suggestions prematurely.

7. Evaluate the Solutions:

- Assess the proposed solutions, considering their feasibility, fairness, and the impact they would have on both parties. Discuss the pros and cons of each solution.

8. Negotiate:

- Be willing to compromise. Sometimes, resolution requires both parties to give a little. Negotiation is about finding a mutually acceptable middle ground.

9. Agree on a Solution:

- Once a solution is reached, make sure both parties agree to it. It should be a clear, specific plan that addresses the issue and is

acceptable to all parties.

10. Implement the Solution:

- Put the agreed-upon solution into action. This might involve changes in behavior, actions, or commitments from both parties.

11. Follow Up:

- After a reasonable amount of time, revisit the issue to see how the solution is working. If adjustments are needed, be open to making them. Regular check-ins can help ensure the resolution is effective in the long term.

12. Forgive and Let Go:

- Once the resolution is in place and working, let go of any lingering resentment or hard feelings. Forgiveness is crucial for maintaining a healthy relationship. **Please note: you are what you think.**

13. Learn from the Conflict:

- Reflect on the conflict and the resolution process. Consider what you've learned about yourself, your partner, and how to handle similar conflicts in the future.

14. Seek Mediation if Needed:

- In some cases, conflicts may be too difficult to resolve without outside help. If you and the other party are unable to come to an agreement, consider involving myself as a mediator to facilitate the process. By sending a request by email to me to begin the solution.

15. Practice Active Listening and Empathy:

- Throughout the resolution process, practice active listening and empathy. Understand that the other person's feelings and perspective are as valid as your own.

Successful conflict resolution is about finding a balance between your needs and the needs of the other party while maintaining respect and open communication. It requires patience, a willingness to compromise, and a commitment to finding solutions that are fair and acceptable to all parties involved.

Habit #1. Grateful Visioning

The fastest way to condition your mind for success is to decide what you want, and visualize it as an accomplished fact.

This means letting yourself feel all the joy, gratitude, and wonder you would feel as if it were real right now.

This plays a trick on your mind – it feels that you have the thing you want, and

then it realizes it's not here yet, so it immediately works overtime to resolve this. Find somewhere quiet and be grateful for what you have. Then visualize a Scene of getting what you want. Then feel all the gratitude as if it's real now. Then when you're full let it go.

The idea is to pass through to a state called Divine Indifference – you already have it, so it's not that important to you anymore. You feel it, then you're “full”. It's supposed to feel good, it's supposed to feel wonderful. The key to making this work is consistency, and being faithful to the vision. That means doing what you would do if the vision were real now. And importantly do what you would do were the vision real. It takes people of real faith to take action as if that vision was real. Every time you have to make a big leap, it's always a good decision.

Don't think of your goals, think **FROM** your goals. If you were the person you want to be, doing the things you want to do, how would you show up today? How would you talk? How would you operate?

You must become that person in consciousness NOW, through the power of your disciplined imagination. So, visualize what you want, be grateful in advance, then live as if it's here now. An easy visualization technique is given in week 7.

Recommended reading: anything by Dr. Joseph Murphy

Habit #2. Radical Acceptance

Here's how this works in practice. . .

An unwanted emotion comes up – don't resist. Ask where am I feeling this in my body? Sit quietly and observe it. Eventually, it will pass through you. This is the way we are meant to process our emotions. Just observe it. Let it be, and it will pass right on by.

Fear is a good thing. It's a sign you are operating outside your comfort zone (i.e. where the results are!). So allow it to be there, and it will stop bothering you.

Recommended reading: Letting Go by David R. Hawkins

Habit #3. Do The Required Action

The difference between dreams and success is consistent, daily action. Successful people choose the outcome they want, jot down the next logical actions to get

there, and then do them, regardless of how they feel. Scared? Take action. Lazy? Take the next action. Don't feel like it? Take the next action. If you are not hitting your goals, it's simple: are you doing the next required action?

Are you doing *gratitude*? Are you doing *radical acceptance*? Are you doing the next *action* step towards your goal?

Here's how this works in practice: Decide the outcome you want. Jot down a simple plan. Take the next step now. Measure outcomes and repeat. The cure for fear, doubt, and hesitation is to do it. And listening to Breath of God will be a wonderful empowerment. Accept however you're feeling, and take the next action anyway.

Grateful visioning. Start and end every day with this. Make time for yourself. 10 minutes is enough. Then stay faithful to your new vision. Live as if.

Radical Acceptance. As you work, fears and doubts will come up. Welcome these, sit with them, and just watch until they pass through you.

Next Required Action. Figure out the next logical action step and just do it, regardless of how you feel.

These 3 habits are not optional. They are required for success. Successful people are hard-wired to constantly watch their dreams. And that's how they become real. Your mindset is everything. You can allow failure be your teacher or you can just do this work.

SAVE THE MARRIAGE

WEEK THREE

MARC FERGUSON

Week 3: Reconnecting with Your Partner

Rekindling emotional intimacy, Sharing your feelings and vulnerabilities, Rebuilding trust, Rediscovering common interests and shared goals

As we journey into Week 3 of our "Save The Marriage" coaching course, we shift our focus to the process of reconnecting with your partner. This week, we will explore various ways to rebuild the emotional bond that may have waned over time.

1. Rekindling Emotional Intimacy:

Emotional intimacy is the foundation of a thriving marriage. It's about feeling deeply connected with your partner on an emotional level. Here's what we'll cover:

- **Emotional Check-Ins:** Learn how to regularly check in with your partner emotionally. Discuss your feelings, thoughts, and experiences to maintain a strong connection.
- **Quality Time:** Explore the significance of setting aside quality time for one another. This doesn't have to be extravagant; it can be as simple as sharing a heartfelt conversation.
- **Affection:** Rekindling emotional intimacy often starts with small acts of physical affection, such as holding hands, hugging, or cuddling.

2. Sharing Your Feelings and Vulnerabilities:

Sharing your innermost thoughts and feelings is a fundamental aspect of rebuilding emotional intimacy. This week, we'll delve into:

- **The Art of Sharing:** Discover the importance of being open with your partner about your emotions, fears, and dreams. Vulnerability can bring you closer together.
- **Creating a Safe Space:** Foster an environment where both you and your partner feel comfortable expressing your feelings without fear of judgment.
- **Receiving and Supporting:** Learn how to support your partner when they share their vulnerabilities. This reciprocal openness builds trust.

3. Rebuilding Trust:

Trust is a cornerstone of any successful relationship, and this week, we'll explore the process of rebuilding trust, which may have been eroded over time:

- **Transparency and Honesty:** Understand that transparency and honesty are key components of rebuilding trust. Be consistent in your words and actions.
- **Forgiveness:** Explore the concept of forgiveness, both for yourself and your partner. Forgiveness allows for healing and moving forward.

- **Setting Boundaries:** Establish healthy boundaries that respect both partners' needs and expectations.

4. Rediscovering Common Interests and Shared Goals:

To reconnect with your partner, it's vital to rediscover the activities, interests, and goals that initially brought you together:

- **Shared Hobbies:** Revisit activities you both enjoyed when you first met. Rediscovering shared hobbies can reignite your connection.
- **Goal Setting:** Set new goals together. These could be related to your relationship, family, or personal growth. Working towards shared aspirations can create a stronger bond. Goal setting is given in full in week 8.
- **Adventures:** Consider trying new experiences together. This could be travel, exploring a new hobby, or even taking up a new challenge as a couple.

In Week 3, your focus will be on reigniting the emotional spark in your marriage. Reconnecting with your partner is a process that requires patience, effort, and a willingness to be vulnerable. Remember, you're not alone on this journey, and as you take steps to rebuild emotional intimacy, you'll be laying the groundwork for a stronger and more fulfilling partnership.

Rebuilding trust is an of paramount importance. And it is not to be neglected. This process can be sped up by setting an agenda of putting aside quality moments whereby you or your partner expresses something of the nature of their thoughts after not participating in physical love for 3 weeks now. Allowing just holding hands. Express to each other your thoughts and feelings that may of grown and presented themselves after participating in this withdrawing method of loving each other. As if two teenagers once again. Who are yet to be truly intimate. Keep up the good work. You are both doing great. The longer you can hold out the better things will develop.

The Benefits of a Husband Opening Up Emotionally in a Relationship

In a romantic partnership, there are numerous advantages to a husband opening up and revealing his emotional side. This willingness to be emotionally vulnerable and expressive can have a transformative impact on the relationship, both for the husband himself and for the couple as a whole. Here are some key benefits:

1. **Improved Communication:** Sharing one's emotions and thoughts creates a more open and honest channel of communication between partners. This can lead to better understanding, conflict resolution, and a stronger connection.
2. **Deeper Emotional Connection:** Emotional openness allows for a more profound emotional connection. It helps partners to empathize with each

other's feelings, fostering a sense of intimacy and closeness that is essential for a thriving relationship.

3. **Increased Trust:** When a husband is open about his emotions, it builds trust within the relationship. Trust is the foundation of a healthy partnership, and emotional vulnerability is a powerful way to strengthen it.
4. **Reduced Stress:** Discussing feelings and concerns can reduce stress for both partners. Instead of bottling up emotions, they can find support in each other, which can be a great stress reliever.
5. **Problem Solving:** Sharing emotions allows for more effective problem-solving. When both partners are aware of each other's concerns, they can work together to find solutions, making the relationship more harmonious.
6. **Empowerment:** For a husband, opening up emotionally can be empowering. It frees him from societal expectations of emotional suppression and allows him to embrace his authentic self, which can boost self-esteem and self-worth.
7. **Emotional Well-Being:** Discussing emotions can be cathartic and beneficial for emotional well-being. It provides an outlet for processing feelings, reducing the risk of emotional bottling, and its associated negative effects.
8. **Positive Role Modeling:** For couples with children, a husband who is open about his emotions sets a positive example for the family. It teaches children about healthy emotional expression and communication skills.
9. **Enhanced Intimacy:** Emotional openness often leads to a more satisfying physical and emotional intimacy in the relationship. This deeper connection can reignite passion and strengthen the romantic bond.
10. **Relationship Longevity:** Relationships that embrace emotional openness tend to be more enduring. Partners who feel safe to express themselves are more likely to stay committed to each other over the long term.
11. **Better Conflict Resolution:** When a husband opens up emotionally, conflicts are less likely to escalate. The willingness to discuss feelings can lead to more productive and less destructive disagreements.
12. **Fulfillment and Happiness:** Ultimately, an emotionally open husband can contribute to a more fulfilling and happier relationship. Sharing emotions, dreams, and fears creates an environment where both partners feel loved, accepted, and supported.

In conclusion, a husband's willingness to open up emotionally can have profound and positive effects on a relationship. It paves the way for improved communication, deeper emotional connection, and enhanced overall well-being. It is a crucial component of building a strong, enduring, and fulfilling partnership based on trust, intimacy, and mutual support. It's win-win for both of you.

SAVE THE MARRIAGE

WEEK FOUR

MARC FERGUSON

Week 4: Managing Expectations

The role of expectations in marriage, Setting realistic and healthy expectations, The impact of unmet expectations on a relationship, Effective ways to communicate and negotiate expectations

Week 4 of my "Save The Marriage" coaching course explores the significant role that expectations play in a relationship and the strategies to manage them. Let's delve into the topics for this week:

1. The Role of Expectations in Marriage:

Expectations are beliefs or hopes about what will happen in the future. They are the underlying assumptions we have about how our partner should behave, how the relationship should progress, and what we should receive in return. During this week, we will:

- **Examine Expectations:** Explore the expectations you and your partner have in your marriage. Recognize that they are natural but can be a double-edged sword.
- **Positive vs. Negative Expectations:** Differentiate between positive, healthy expectations that promote growth and connection, and negative, unrealistic expectations that can lead to disappointment and conflict.
- **The Impact of Unspoken Expectations:** Understand that unspoken or unaddressed expectations can be particularly damaging. We will discuss the importance of open dialogue.

The statement that "expectations in marriage can be a double-edged sword" means that while having expectations in a marriage is a normal and often necessary part of any relationship, these expectations can have both positive and negative consequences. It's essential to understand the dual nature of expectations to have a healthy and successful marriage.

Here's a breakdown of why expectations can be seen as a double-edged sword in a marriage:

1. **Positive Aspect:** Expectations can set the standard for a healthy and thriving marriage. They often reflect the hopes, desires, and shared goals of both partners. For example, expecting love, support, and commitment from your partner is entirely reasonable and can contribute to a strong and fulfilling relationship. These expectations can guide your actions and behavior in ways that are conducive to a happy marriage.
2. **Negative Aspect:** Unrealistic or uncommunicated expectations can become a source of conflict and disappointment. If one partner expects the other to fulfill certain needs or behave in a specific way without clear communication or agreement, it can lead to misunderstandings, hurt feelings, and resentment. Additionally, if the expectations are set too high and are unattainable, it can create a sense of failure and frustration for both

partners.

3. **Communication is Key:** The key to navigating expectations in a marriage is open and honest communication. Partners need to express their needs, desires, and boundaries clearly and listen to one another. By discussing and aligning expectations, couples can avoid unnecessary conflicts and work together to meet each other's needs and goals.
4. **Flexibility and Compromise:** It's important for both partners to be willing to adapt and compromise on some expectations. No one can perfectly meet all of their partner's expectations at all times, and marriage often involves give-and-take. Being flexible and understanding that both individuals will have their own needs and wants can help mitigate potential conflicts.
5. **Realistic Expectations:** Setting realistic expectations is crucial. It's essential to understand that no one is perfect, and a marriage will have its ups and downs. It's also important to be aware that your partner is a separate individual with their own needs, dreams, and limitations.

In summary, expectations in marriage are a double-edged sword because they can be the driving force behind a happy and fulfilling relationship when they are communicated, realistic, and aligned. However, when expectations are unrealistic, unspoken, or inflexible, they can lead to frustration, disappointment, and conflicts. Therefore, a healthy and successful marriage requires a delicate balance of setting and managing expectations through open communication, flexibility, understanding and divine intervention through prayer.

2. Setting Realistic and Healthy Expectations:

Setting realistic and healthy expectations is essential to maintain a thriving relationship. We will discuss the following:

- **Self-Reflection:** Reflect on your own expectations and consider if they are fair and attainable. This introspection is vital for setting realistic standards.
- **Communication:** Learn how to effectively communicate your expectations with your partner. Clear and open communication can help prevent misunderstandings and unmet expectations.
- **Shared Expectations:** Identify shared expectations, which are the ones both you and your partner agree upon. These shared expectations create a common ground in your marriage.

Common expectations can be arrived at by each writing a separate list of expectations. Then you both compare your lists and select the expectations in common first of all. Then seek to discuss each expectation with a view to agreement to meet said expectation. Then whilst upon this subject brain storm other expectations not so far listed. And when you have nailed a few expectations in common you might write down some chosen expectation as a goal to reach

within a short or within a long time frame of realization for this common goal.

3. The Impact of Unmet Expectations on a Relationship:

Unmet expectations can lead to resentment, disappointment, and conflict in a marriage. This week, we will explore the consequences:

- **Recognizing Unmet Expectations:** Develop an awareness of the expectations that remain unfulfilled in your marriage. These can be related to various aspects, including emotional support, household responsibilities, or intimacy.
- **Emotional Consequences:** Understand how unmet expectations can lead to emotional distress, such as frustration, sadness, or anger, and how they can erode trust in a relationship.
- **Conflict Resolution:** Discover strategies to address and resolve conflicts stemming from unmet expectations.

To begin the most wonderful of journeys down the laneway of trust. You must both seek to deal with any imagined or real past episodes of emotional conflict arising because of un-dealt with issues that have been festering for want of a better description of times when something that was rather hurtful was done. And seek to say sorry for this outburst of an unwanted remark or physical action.

4. Effective Ways to Communicate and Negotiate Expectations:


Successful couples are often skilled at openly discussing and negotiating their expectations. In this section, we will focus on:

- **Active Listening:** The importance of active listening when your partner is expressing their expectations. This allows you to truly understand their desires and concerns.
- **Negotiation Skills:** Strategies for negotiation to find common ground on expectations that may initially seem conflicting.
- **Compromise:** The art of compromise in a marriage. It is essential for both partners to adjust their expectations as needed to support the relationship's growth.
- **Revisiting Expectations:** Acknowledge that expectations can change over time. It's crucial to revisit and adjust them periodically to keep your marriage healthy and adaptable.

Managing expectations is a key component of maintaining a happy and fulfilling marriage. By the end of this week, you'll have a deeper understanding of how expectations influence your relationship, the importance of setting realistic and healthy standards, and effective communication and negotiation techniques to

help manage and navigate your expectations together. These skills will be invaluable as you continue your journey to save your marriage.

If your expectation involves sexual intimacy. Think of it as role playing combined with fantasy. These two aspects will serve to free the mind of unwelcome shyness or baggage from any past experience. Feel free to explore each others fantasy regarding sexual intimacy.



SAVE THE MARRIAGE

WEEK FIVE

MARC FERGUSON

Week 5: Healing from the Past

Addressing past hurts and resentments, Forgiveness and letting go of grudges, Seeking openness. Rebuilding trust and rebuilding a new foundation

Week 5 of our "Save The Marriage" coaching course is dedicated to the process of healing from the past, a crucial step in building a stronger, more resilient marriage. Let's explore the key elements for this week:

1. Addressing Past Hurts and Resentments:

To move forward in your marriage, it's essential to address past hurts and resentments that may have accumulated over time. This week, we will:

- **Acknowledging Past Pain:** Identify specific incidents or issues from your history that have caused emotional wounds. Understand the impact of these experiences on your relationship.
- **The Role of Communication:** Learn how to discuss these past hurts openly and honestly with your partner. Effective communication is key to resolving lingering issues. This is not the time for the strong silent type to reign.
- **Empathy and Validation:** Practice empathy when listening to your partner's grievances. Validation of each other's experiences is an important aspect of healing.

2. Forgiveness and Letting Go of Grudges:

Forgiveness is a powerful tool in mending a relationship. This week, we will explore:

- **The Concept of Forgiveness:** Understand what forgiveness truly means and how it can free you from the burden of holding grudges. Forgiveness is of paramount importance for your ongoing peace of mind. As it removes baggage. This frees up the subconscious mind from past hurts and small peevs. It also gives the forgiven the emotional release they need from any unspoken guilt trip.
- **Practicing Forgiveness:** Learn techniques for forgiving both yourself and your partner. Forgiveness is a process that often involves self-compassion and empathy. And strangely enough helps to build an inner trust in each other.
- **Release from Resentment:** Recognize the liberation that comes from letting go of resentment and holding onto the possibility of a better future together.

3. Removing intrusions from the past:

[Removing Past Hurts: A Transformational Approach.](#)

In the journey of personal growth and self-improvement, the challenge of breaking unwanted habits can often feel daunting. Whether it's procrastination, negative thinking, unwanted memory or any other behavior that hinders progress, finding an effective approach to change is crucial. This guide introduces a unique process that combines self-awareness, simple visualization, and positive reinforcement to help you transform your habits for good. By shifting your mindset and engaging in intentional wishful thinking, you can pave the way for lasting change without focusing solely on the act of quitting. This approach aims to replace unwanted habits with the anticipation of a brighter future, while acknowledging the significance of memories and the power of prayer. Here, we outline the steps to guide you through this transformative process and empower you to break free from undesirable habits and erase bad memories recurring from the past.

The Process:

Thought Reflection:

- List and describe the unwanted habit in detail.
- Avoid dwelling on past reflections; commit to forward-looking thoughts.

Candle Blowing Visualization:

- Imagine blowing out birthday candles, signifying a fresh start.
- Associate this moment with a wish for something simple yet achievable.

Wishful Thinking:

- Formulate a positive, achievable wish or goal.
- Keep your wish a secret, preserving its potency.

Quiet Contemplation:

- Find a serene environment, ideally dimly lit.
- Kneel and offer a prayer to Dear Father for assistance.

Mindset Transformation:

- Shift from labeling the unwanted habit as a "habit" to a "fading memory."
- Pair the memory with the wishful thinking associated with blowing out candles.

Written Affirmation:

- Document your wish in writing on paper.
- Express your goal in the present tense, as if it's already achieved.

Emotional Visualization:

- Revisit your wish-filled thoughts and emotions regularly.

- Engage in the visualization of your wish fulfilled, focusing on how it feels.

Consistent Application:

- Whenever engaging in the unwanted habit, rechannel thoughts to your wish.
- Avoid relabeling the old habit; consider it a diminishing memory.

Replication for Other Habits:

- Apply the same process to any other unwanted habits you wish to break.
- Follow the steps meticulously for each habit you're addressing.

Persistent Wishful Thinking:

- Regularly reinforce wishful thinking whenever the unwanted habit resurfaces.
- Create a pattern of redirecting your focus and emotions.

Conclusion:

By adopting this unconventional approach to breaking unwanted habits, you're embracing a transformational journey. Instead of fixating on quitting, you're focusing on the positive change you desire and utilizing the power of your mind to reinforce it. Through intentional wishful thinking, paired with visualization and prayer, you're creating a shift in your thought patterns and emotions. This process empowers you to overcome the grip of undesirable habits by gradually replacing them with the promise of a better future. Remember, consistent effort and dedication to this process will play a pivotal role in achieving the desired transformation.

“Breaking Habits”

To effectively break an older existing habit. It is very important that you write down as much, and as many thoughts about the unwanted habit, as you can muster to yourself. And do not contemplate ever again, the type of thinking that will certainly manifest regarding past reflections upon the old existing habit that you have written down. Rather instead and please do not attempt as yet to reform as such a new habit in an attempt to vanquish the old by supplanting the new.

Instead focus and concentrate your mind briefly once again on past thoughts of the unwanted habit and prior to doing this. You would of taken a carefully contemplated moment to as if blowing out your candles on your birthday cake.

Say to yourself, something amazing, something wonderful is happening, my

mind is being flooded with thoughts about the future life I have been contemplating. Take the imaginary blowing of the candles on your birthday cake. But before you do think that your wish is of something simple.

For example if you would please think of something that can most definitely come true for you into your life. Now the major work of removing any unwanted habit is done and completed. Now that you have made your wish just like on your birthday, keep the wish a secret. Now the very next day go into a quiet darkly lit if possible or not, place. And being on your knees. Say a prayer directed to Dear Father. And formally ask Him for assistance in removing a stubborn thought from your life. Never if you can refer to this event in your life as a habit any longer. Because the physical body has a memory and it does have a place inside the brain where it can think. So the object here is to supplant or rather conjure up and contemplate the imaginary wish of your birthday cake into your mind, if and every time the unwanted thinking about the old habit occurs inside your mind. And please remember not to relabel this old now unwanted habit as a habit.

But rather refer to its presence inside your mind as a temporary, yet an ever now fading memory. This new designation as a memory rather than as a habit. Will when coupled to your wish, your goal, your desire made blowing out the imaginary candles. Which you must action it by planning out the steps on paper. The same paper you have duly written down this imaginary wish as a goal that must be written as follows now. *I have received the wish into my life.*

And of course we are back tracking here to the moment of your creation of the wish in your visualization of having it in your life as a future moment. Include how you will feel now that this wish has been fulfilled. And revisit these wish filled thoughts whenever you find yourself engaging in the unwanted memory; be it physically or mentally.

And that is the process you must go through for any other bad habits or past events you no longer want to action in your life. So get busy making wishes and follow these directions to the letter to remove any or all unwanted habits from your personality. Now it is of paramount importance to exercise this new way of wishful thinking upon every time you find yourself doing the unwanted habit or even so much as thinking about it. Please note: It is okay to apply the same wishful thought idea to remove a different habit or recurring past memory.

4. Rebuilding Trust and Rebuilding a New Foundation:

Healing from the past is not just about addressing wounds; it's also about establishing a fresh start. In this section, we will:

- **Rebuilding Trust:** Explore strategies for restoring trust in your relationship. Trust is the foundation upon which a new, stronger bond can be built. To rebuild trust between the two of you take the most wonderful event the two of you can participate in together. Be it a Hollywood movie at a cinema. A moonlight walk along the beach. Lighting a camp fire in the great outdoors. And outings in the car and parking up. And as well as holding hands try kissing. I realize my ideas to bring trust back may seem odd. But trust me I promise you will restore a most wonderful sense of trust between the two of you.
- **Setting a New Foundation:** Consider what kind of relationship you want to create moving forward. Set shared goals and aspirations to rebuild a stronger, healthier marriage.
- **Moving Toward a Brighter Future:** Understand that healing from the past is a transformative process that can lead to a brighter, more positive future together.

By the end of Week 5, you will have gained insights into how to address past hurts and resentments, the healing power of forgiveness, and the process of rebuilding trust and creating a new foundation for your marriage. This week marks a significant step forward in your journey to save your marriage, and it brings you closer to a healthier, more resilient partnership.

“The Original Meditation”

I provide herein instructions for the original meditation practice using the repetition of the word "OOOMMM." The meditation is described as follows. It is a way to clear the mind of troublesome thinking, reduce stress, and achieve a peaceful state of mind. The meditation involves writing the word "OOOMMM" on a piece of paper and repeating it slowly in the mind with your eyes closed for about ten minutes. If the mind gets distracted by a thought that is not OOOMMM, open your eyes, read the written "OOOMMM," and then continue with the meditation. For an enlightenment producing depth of meditation use the silence of the Breath of God soundtrack. It may seem to simple but the meditation is all about clearing the mind of excess thoughts. When a thought other than OM happens simply go back to OM and this is all there is to this original meditation method.

“All About Breath of God”

If you truly want to, and wish to be healed, or inspired beginning today. Then you can look no further. Because this Breath of God silent soundtrack is the only medical treatment, you will hopefully ever need, for your present medical problem and beyond for life.

It works by infusing your brain with subliminal instructions, that will indeed reach your DNA. And it's now by virtue of these instructions so given, that the DNA messaging to every cell will be perfect once more.

As this magical silent soundtrack has within its space of endeavor. The 180 degree phase-shifted cancelling out form of the rogue noise, a sound so diabolical, it emanates from somewhere in outer space, as captured and proven to be there by a Nasa probe. And know that it causes all, and everything, that can go wrong with us. Because it interferes with the delicate messages being sent by your DNA, to every cell. And this is the sole reason, why cells get sick, and so do you, with cancers, chronic diseases, and all manner of illnesses, both physical and mental.

Breath of God's 180 degree phase-shifted form of this rogue sound, cancels out the unwanted noise wherever it is found within you. Be completely healed in as little as a 7 day spell of treatment, as it is delivered to your ears by your best headphones and a dedicated Wav capable audio player. Go ahead do it today. You will be extremely glad you did. As you will become healed.

There should now be no doubt in your mind. As to how Breath of God, which took 3 decades to research, works to heal you; when other medical treatments have failed you. As indeed it will work for you, even if you have been given a life sentence report, and have been told there is no hope. Truly experience this healing gift to humanity from Marc Ferguson. So go ahead and have the healing you've been praying, hoping for and full of faith, that such a healing exists for you.

Life on Breath of God entails the removal of every unwanted facet of your physical and mental life. It removes every single thing that stops you from being your true self. So you can be yourself with no negativity, no doubt, no fear, no uncertainty of any kind, way, shape or form.

This along with the healing of any kind of sickness of body or mind. Simply Breath of God's magic is it fills your mind not with your greatest fear or weakness, but rather with your greatest often unthought of desire, your innermost passion, your goal for life, that when realized by its revealed direct action, you will become, a completely transformed individual, with God within you.

The Wonders of Creation The most important thing you can ever do for your marriage to grow in the most wonderful of ways. Is to take on a witnessing of the divine nature of Mother Earth's bounty, creatures, insects, flowers, trees, fish, birds. And all to look upon them all as a miracle of creation. And asking each self where do I fit into this magical divinity. And is there a God who is responsible for all of the life, the oceans, the land, the sky, heaven and all the stars. And how best are we to make contact with our creator?

SAVE THE MARRIAGE

WEEK SIX

MARC FERGUSON

Week 6: Intimacy and Sexuality

The importance of physical intimacy, Dealing with changes in physical attraction, Improving your sex life, Reconnecting emotionally and physically

Intimacy and sexuality are integral components of a healthy and fulfilling marriage. In Week 6 of our "Save The Marriage" coaching course, we will explore these facets in-depth, focusing on their significance and the strategies to enhance them.

1. The Importance of Physical Intimacy:

Physical intimacy encompasses a range of affectionate behaviors, from holding hands and cuddling to sexual activity. This week, we'll discuss the critical role that physical intimacy plays in your marriage:

- **Connection and Bonding:** Understand how physical intimacy is a way to connect emotionally and strengthen your bond with your partner.
- **Enhanced Communication:** Physical touch and affection provide an additional form of nonverbal communication, enabling you to express your love and desire for your partner through physical touch.
- **Stress Reduction:** Physical intimacy can be a natural stress reliever, helping you both feel more relaxed and connected.

2. Dealing with Changes in Physical Attraction:

Physical attraction may change over time in any relationship. We will address this sensitive topic with care and understanding:

- **Normalcy of Change:** Recognize that it's normal for physical attraction to shift. This can be due to various factors, including aging, lifestyle changes, and stress.
- **Open Conversation:** Learn how to openly discuss these changes with your partner. Effective communication is key to understanding each other's feelings. Progress now from holding hands and kissing to gentle touching. And learn how to give each other a wonderful massage.
- **Reigniting Attraction:** Discover techniques for reigniting physical attraction and spicing up your relationship.

Reigniting Attraction: Techniques for Reviving Physical Spark in Your Relationship

Over time, it's not uncommon for physical attraction in a relationship to wane. While emotional bonds deepen, and love evolves, maintaining the sizzle in your romantic life is essential for a healthy, fulfilling partnership. Reigniting attraction

and spicing up your relationship can be a thrilling journey that leads to a more vibrant and passionate connection between you and your partner. Here are some techniques to help you rediscover that spark:

1. **Open Communication:** Start by talking to your partner openly about your feelings. Express your desires, concerns, and fantasies. Encourage your partner to do the same. Honest communication can lay the foundation for a deeper, more intimate connection.
2. **Quality Time:** Spend quality time together, not just in your daily routines but also by creating opportunities for meaningful dates and experiences. Exploring new activities together or revisiting cherished places from your past can bring novelty and excitement back into your relationship.
3. **Rediscover Your Shared Interests:** Rekindle the passion by reconnecting with shared hobbies and interests. Engaging in activities that both of you love can reignite the initial sparks that brought you together.
4. **Physical Touch:** Small gestures of physical affection, such as hugging, kissing, and holding hands, can help maintain the physical connection. Don't underestimate the power of these simple acts in nurturing intimacy.
5. **Surprise and Spontaneity:** Surprise your partner with unexpected gestures or spontaneous adventures. Planning a surprise date night, leaving love notes, or whisking your partner away for a spontaneous weekend getaway can add excitement and anticipation to your relationship.
6. **Prioritize Self-Care:** Taking care of your physical and emotional well-being is crucial. When you feel good about yourself, you're more likely to exude confidence and attract your partner. This also includes maintaining a healthy lifestyle and staying active.
7. **Try Something New:** Experimenting in the bedroom can reignite physical attraction. Discuss your fantasies and explore new experiences together. The novelty and excitement of trying something new can add a fresh spark to your intimate life.
8. **Build Emotional Intimacy:** Emotional intimacy often leads to a deeper physical connection. Share your thoughts, fears, and dreams with your partner. The stronger your emotional bond, the more profound your physical attraction is likely to be.
9. **Date Nights:** Regularly set aside time for date nights. These dedicated evenings create a romantic atmosphere and a break from daily routines, allowing you to focus on each other.
10. **Appreciation and Compliments:** Remind your partner why you're attracted to them by offering genuine compliments and showing appreciation. Compliments can boost self-esteem and reinforce your love for one another.
11. **Travel Together:** Exploring new places and experiencing new cultures can be

an incredible way to reignite attraction. Traveling together allows you to create lasting memories and shared adventures.

Remember that relationships go through natural ups and downs, and maintaining physical attraction is an ongoing process. By actively working on these techniques, you can rekindle the flames of passion in your relationship, creating a more fulfilling and enduring bond with your partner. Embrace the journey of rediscovering each other and nurturing the love that initially brought you together.

3. Improving Your Sex Life:

A satisfying sex life can significantly impact the quality of your marriage. During this week, we will explore ways to improve this aspect:

- **Communication About Desires:** Understand the importance of communicating your sexual desires and needs to your partner. Discussing these topics openly can lead to a more fulfilling sex life.
- **Exploration and Experimentation:** Be open to trying new things in the bedroom and exploring each other's fantasies. This can lead to greater satisfaction and enjoyment.
- **Making Time for Intimacy:** With busy lives, it's easy for intimacy to fall by the wayside. Discover strategies for making time for intimacy in your schedule. Try the concept of a quickie. Being sex at the most impulsive of moments for simply a few choice moments of intimacy together.

4. Reconnecting Emotionally and Physically:

Physical and emotional intimacy are interconnected. This week, we'll focus on harmonizing both aspects:

- **Shared Experiences:** Explore ways to share experiences, both in and out of the bedroom, that strengthen your emotional and physical connection.
- **Vulnerability:** Understand the importance of emotional vulnerability and how it can enhance physical intimacy.
- **Building Trust:** Trust is a critical component of both physical and emotional intimacy.

By the end of Week 6, you'll have a deeper understanding of the importance of physical and emotional intimacy in your marriage. You'll also have gained strategies to deal with changes in physical attraction, enhance your sex life, and reconnect with your partner on both physical and emotional levels. These insights and skills are crucial in rebuilding a satisfying and resilient marriage.

SAVE THE MARRIAGE

WEEK SEVEN

MARC FERGUSON

Week 7: Strengthening the Partnership

Working as a team, Balancing responsibilities and roles, Supporting each other's personal growth, Reestablishing the partnership in marriage

Week 7 of our "Save The Marriage" coaching course is dedicated to fortifying the partnership at the heart of your relationship. A strong partnership is the key to a lasting and harmonious marriage. Let's explore the elements for this week:

1. Working as a Team:

A successful marriage often depends on the ability of both partners to work together as a team. This week, we'll focus on the importance of teamwork:

- **Shared Goals:** Discover the significance of setting shared written goals and aspirations for your relationship. A common vision can unite you as a team working toward a brighter future.
- **Cooperation:** Understand the dynamics of cooperation and how it can help you navigate the challenges that may arise in your marriage.
- **Communication:** Effective communication is the cornerstone of working as a team. Learn how to communicate openly and honestly to resolve issues and build your partnership.

2. Balancing Responsibilities and Roles:

Balancing responsibilities and roles within a marriage is crucial for a healthy partnership. This week, we'll discuss:

- **Division of Labor:** Explore strategies for dividing household and family responsibilities in an equitable manner. Balancing these responsibilities can reduce stress and tension. Such as whoever does the cooking does not do the washing up.
- **Revisiting Roles:** Over time, roles and responsibilities may need adjustment. We will consider how to adapt to changes in life stages and personal development.
- **Respecting Individual Contributions:** Understand and appreciate the unique contributions each partner brings to the marriage. Respect for these contributions is vital for a strong partnership.

3. Supporting Each Other's Personal Growth:

In a thriving marriage, personal growth is not just encouraged, but supported. This week, we will examine:

- **Encouraging Development:** Understand the importance of encouraging each other's personal growth and development. A supportive spouse can be a powerful catalyst for self-development.
- **Shared Interests:** Identify areas of personal growth and shared interests that can help you grow and learn together.
- **Empathy and Understanding:** Learn to empathize with your partner's personal growth journey and offer understanding and support.

4. Reestablishing the Partnership in Marriage:

This week, we will discuss reestablishing and strengthening the partnership in your marriage:

- **Quality Time:** Dedicate quality time to strengthen your connection. This can be as simple as date nights or shared hobbies or a sport that rekindles your partnership.
- **Respect and Appreciation:** Recognize the importance of respect and appreciation for each other. Expressing your gratitude can fortify your partnership.
- **The Future Together:** Reflect on your shared vision for the future and how you plan to continue building your partnership.

By the end of Week 7, you will have a deeper understanding of how to work as a team, balance responsibilities and roles, support each other's personal growth, and reestablish the partnership in your marriage. These skills and insights will be invaluable in creating a strong foundation for a lasting and fulfilling partnership.

“Visualization Made Easy”

The method of visualizing is quite simple, and there are many, who get it wrong, because of its simplicity. Firstly you have the beginning thought, an idea wedged properly into your mind of the desired outcome. Your thoughts being what they are as concentrated on and kept in mind are enough to add to the proper process of visualization.

Which must then take its place in your thoughts, in your very thinking. As the simple addition of a suitable emotion, are mostly misconstrued by bad exercises in judgement by so-called experts who believe that there is a multitude of emotions that any given individual may possess and exhibit or have. This is entirely untrue. The emotions are best described as Joy, Sadness, Elation, Negation, Fear, Doubt and Positiveness.

For your best visualization exercise to make apparent your desired goal. It is best to conjure up the emotion of elation. Nothing more difficult than this. Elation is to be tuned into, as a fully fledged feeling, and when you have reached yourself to it,

to elation you can in this present moment begin to contemplate once more upon a focus of your desired in the future outcome.

And these thoughts can be the simple exercise in now I am feeling the elation I will experience when I drive our new Rolls Royce car on the freeway heading towards our newly purchased holiday home by the seaside or in amongst the trees of nature. The reason I have given you this as the example given. Is because whenever you pour in elation upon your as given to your mind desire for a certain outcome. More ways of contemplation will usually enter into the empty free space we call the mind. Now I hope this explanation suffices to assist everyone to be able now to know exactly what to do when they must participate in a visualization towards their desired change in circumstance. And by utilizing the emotion, the feeling of pure elation.

You are matching well to the simple thinking done to achieve the law of attraction to come to your side and assist you to speed up and dutifully engage the Holy Ghost, also known as the Comforter, and as the Counsellor. As He will partner with you, with your contemplation filled with elation and give you truly the flow of thoughts that will serve as the steppingstones path or blueprint to build upon, as it, and He take you by way of your goals empowerment, due to His work on your behalf. Whilst this preceding is complete within itself as an explanation. It does not mention the fact that your very own presence within you of the Holy Ghost may not be active due to you simply never having considered such as the concept of His presence within you, as you yourself being as someone who perhaps has never given it a thought. So your contemplation of His presence will be enough to activate His truthful role in your life from here on out. It is a belief just the same as the belief I give to you both that “everything you touch turns to gold.”

Desire is a Burning Fire: With visualization it is a great beginning for it by simply describing the goal or aspiration for a future event by simple words. For instance if your dream or written down goal is to own a sheep farm. You could describe to yourself as follows. There is a shearing shed made with a wooden set of sheep pens for holding the sheep. And there is a set of shearer's stands and a table for the wool to be placed upon. And a press to put the wool in bales. Then end your visualization with the words I would like to own a shearing shed like this one I have visualized. This works because the word was there in the beginning and the word was one with God and the word was God, being your word content focused by a description of the desired reality. This is visualization simplified and this is also the gift of imagination at work upon your desire. Nothing more complicated than this.

When it comes to desire, it is like a burning coal or wood fire. It consumes everything that it is directed against. To use desire as the all-consuming fire of the spirit, of the mind, of thought. You must learn to completely disregard all supplemental thinking. As you truly concentrate your mind, your thoughts and your emotion towards a complete focus upon that which is your desire. With your desire being your definite chief aim in life. You must write about your desire in a

special notebook. You must tell others enthusiastically all about your desire so that your family and friends talk with you about your desire. You can see now from my description of desire that it is like a fire. And please consider the little known fact that like thoughts attract like thoughts. And in regards to the role of the Holy Ghost in consideration of helping to attain your desire. It is imperative that you pray to Dear Father to intercede in the matter of depending upon the Holy Ghost to come to your aid. The Holy Ghost will acknowledge your every need and provide for your abundance and for your guidance.

SAVE THE MARRIAGE

WEEK EIGHT

MARC FERGUSON

Week 8: Planning for the Future

Setting goals and aspirations together, Developing a shared vision for your future, Reaffirming your commitment to each other, Creating a maintenance plan for your marriage

Week 8 of our "Save The Marriage" coaching course is all about looking ahead and planning for a future filled with hope and love. This week will empower you to set the stage for a lasting and fulfilling marriage. Let's explore the elements for this week:

1. Setting Goals and Aspirations Together:

Setting shared goals and aspirations is a powerful way to unite as a couple. In this section, we'll delve into the significance of working towards a common future:

- **The Power of Shared Goals:** Learn how setting shared written down goals can strengthen your connection and give you a sense of purpose as a couple.
- **Identifying Your Aspirations:** Discuss your individual aspirations and identify where they intersect. This is the foundation for establishing shared goals.
- **The Role of Communication:** Effective communication is key to understanding each other's dreams and aligning your aspirations.

2. Developing a Shared Vision for Your Future:

A shared vision is the roadmap for your future together. This week, we will focus on:

- **Creating a Vision Statement:** Learn how to craft a vision statement that encapsulates your shared aspirations and goals.
- **Visualizing Your Future:** Imagine your life together in the future, considering aspects like family, career, travel, and personal growth. Whilst you can use visualization upon your future; please do not underestimate the power of a prayer said together and the exercise of reading scripture.
- **Adapting to Change:** Understand that your vision can evolve over time. It's crucial to revisit and adjust it as you both grow and change.

3. Reaffirming Your Commitment to Each Other:

Reaffirming your commitment is a crucial step in securing a lasting marriage. In this section, we will explore:

- **Expressing Your Love:** Discuss the importance of regularly expressing your love and commitment to each other.
- **Recommitting:** Consider renewing your vows or reaffirming your commitment in a way that is meaningful for both of you.
- **Building Trust:** Recognize how reaffirming your commitment can help rebuild

trust and strengthen your bond.

4. Creating a Maintenance Plan for Your Marriage:

To sustain a healthy marriage, you'll need a plan for ongoing maintenance. This week, we'll discuss:

- **Regular Check-Ins:** Understand the importance of regular check-ins to assess the health of your marriage and address any emerging issues.
- **Resolving Conflicts:** Review the conflict resolution technique to maintain a harmonious relationship.
- **Seeking Support When Needed:** If you encounter challenges, be open to seeking divine intervention. Pray to Dear Father and ask for His guidance.

By the end of Week 8, you will have set goals and aspirations for your shared future, developed a clear vision for the life you want together, reaffirmed your commitment, and created a maintenance plan for your marriage. These elements provide the framework for a thriving and enduring partnership. You'll leave this course with the tools and knowledge needed to continue building a loving and lasting marriage. Remember, a strong and lasting marriage is an ongoing journey, and with the right tools and commitment, you can face the future together with confidence and optimism.

“Belief is Everything”

Your belief is your actual passport to the many destinations of one's lifetime. Your beliefs or sole belief mandates. Or put another way – belief is responsible for the actual content of your mind, of your own thoughts. This goes a little against the prevailing belief that circumstances, events and experiences are what actually shape one's life. Rather a person's beliefs shape their program of life, that resides and is manifested by the thought activity within the brain's R.A.S, your Reticular Activating System.

This R.A.S captures the essence of what your belief is about yourself. Or about another or about others, or indeed about things and attitudes of mind, that only serve to judge the many ways in which a person forms their habitual mind activity. The R.A.S reinforces your belief by keeping you in its grip. Or best seen as its and your perception. And it controls from this what you are mindful of witnessing or indeed the R.A.S will see to it that your belief is validated and from this reinforced. So, that you will say to self, I believe.

However if you knowing this knowledge beyond college wish to alter or expand your horizons and change your perceptions. You must instill upon your life a new belief, that will override the old belief and give you a new outlook on life. This new belief can be immediately generated if and when you locate someone you most likely know yet most times perhaps have not physically met them.

Like a good actor one can decide what they must believe based upon the things in life they think about. And mostly all the things they do. If you study an actors method you will see and work out that it is the content. Being the words, being the thoughts they hold within their life activities. And subsequent events that serve to show their personality. But this personality is and can be altered by changing the story of their life's attitude, beliefs and habits of self.

The best way to come to a fullness of a realization of the power of belief upon one's existence can be witnessed by studying the effects of hypnotism. And with this knowledge you will expand your point-of-view as to what is if any, the type of hypnotic trance-like thought activity that your consciousness is under by command of your beliefs. . . in command of your personal to you thought activity.

I leave you with these ideas in the hope that they have been of some action to open your mind and your heart towards the hunt to work out what your main major belief is. And that it will occur to you by virtue of seeking to find such knowledge. To know and realize that this short discourse on belief and on believing, has been given, because of its massive empowerment towards any mindfulness you may have towards changing your belief system, to change yourself as it is. It is by changing one's self that one can indeed reach to and follow the new path to the new belief, that will indeed serve to change self and thereby change your outer circumstances. And please when thinking to change to a different belief know that you will become not a different person but a person in whom knowledge of the power of belief is magnified and therefore you have the ability to transform your very state of being.

The core message here about belief is that your beliefs can alter your life and change it and yourself in such a way, that you can for example given become obese. Due to the wrong belief about diet. Also you could be of the mind, of the belief that you are always going to be in poverty. An incorrect belief that ensures your R.A.S will feed your mind with notions, ideas and general thought, that will only serve to keep you in poverty.

To counteract this scenario you really need this course and its dictum to adopt the belief for yourself. Being everything you touch, think about turns to gold. Being in other words the idea turning into the belief that will change the content of your R.A.S. Changing it to one power that sees your adoption of everything I touch turns to gold. Propelling you to a life of abundance and prosperity not poverty.

The Goals You Set on Paper Affect Your Personality And Your Attitude To Life and Place You In The Top 5%

Setting goals is a vital component of personal growth and success, yet surprisingly few individuals maintain a consistent plan for defining, revising, evaluating, and reinforcing their goals. This lack of a structured approach often results in missed

opportunities for personal development and achievement. By embracing a proactive strategy for goal setting, one can position themselves within the exclusive circle of the top 5% achievers, experiencing transformative life changes. This process revolves around consistent goal setting, evaluation, and refinement to design a well-crafted future, offering a promise of success and growth.

Main Points:

1. Designing the Future: The Promise of Success

- The future holds great potential, acting as a driving force for personal growth and success.
- Approach the future with either apprehension or anticipation; apprehension arises from an ill-designed future, while anticipation stems from a well-structured one.
- Anticipating the future becomes possible through clear planning and designing.

2. Fundamentals of Goal Setting:

- A fundamental procedure involves setting, rearranging, evaluating, and reinforcing goals.
- **Step 1: Decide What You Want**
 - Dedicate time to identifying desired skills, income, experiences, habits, relationships, and more.
 - Create a comprehensive list of aspirations, involving family, colleagues, and loved ones in the process.
- **Step 2: Utilize Present Resources**
 - Understand the importance of managing resources like time, money, and skills.
 - Develop effective strategies for investing resources wisely to achieve desired outcomes.

3. Consistent Knowledge Acquisition:

- Regularly gather knowledge from various sources to enhance personal growth and expertise.
- Develop a consistent plan for learning, including visits to libraries, dedicated study time, and targeted reading.
- Pursue valuable ideas and information intentionally to fuel personal and professional development.

4. Effective Time Management:

- Craft detailed plans for managing work, personal, and family time to optimize productivity and satisfaction.
- Design a game plan for financial independence, work responsibilities, personal relaxation, and family bonding.

- Detailed planning sets individuals apart, placing them in the top 5% of effective time managers.

5. **Surrounding Yourself with Positivity:**

- Align with people who promote positive thinking and growth-oriented philosophies.
- Choose companions who can positively impact life and career, helping achieve higher levels of success.

6. **Price and Promise: Balancing Effort and Reward:**

- Every promise comes with a price; achieving goals requires effort, planning, and persistence.
- Many focus on working hard at their jobs but neglect planning for their future success.
- Successful individuals are not just good workers but also skilled planners.

7. **Writing Down Goals:**

- Document goals in a journal to track progress and hold oneself accountable.
- Personal accomplishments, desires, and aspirations become clearer through goal journaling.
- Commitment to writing goals demonstrates seriousness and fuels proactive efforts.

8. **Embracing Change and Action:**

- Neglecting proactive goal setting leads to drifting through life with unfulfilled aspirations.
- Failing to take action leads to being trapped in undesired situations over time.
- Immediate action is essential to bring about desired change and transformation.

9. **Impact of Goals on Identity:**

- Goals influence attitudes, personalities, communication styles, and self-presentation.
- Achievement of goals creates a positive self-image and enhances overall identity.

Conclusion: Setting in motion and actively working towards well-defined goals is a foundational principle for achieving personal and professional success. By consistently setting, evaluating, and refining goals, one can design a promising future, manage resources effectively, surround oneself with positivity, and enact meaningful change. This proactive approach differentiates successful individuals from the majority and leads to a life characterized by growth, achievement, satisfaction and contemplation.

My Expressability family board game has been created for everyone who loves a good chat about something deeper than the weather, but its special way of play gives couples, an opportunity to witness the ability mindfully of each other. I promise you will learn things that you did not know about each other. The game is designed to begin conversations often by using deep topics to comment upon to begin amazing heartfelt discussions for every player. Learn more about this brilliant new game at www.marcferguson.com. To continue as you have begun to wield for yourselves a completely renewed and magnified understanding of where each other is coming from in regards to saving your marriage. I give you my board game Expressability. Which contains many topics and subjects of interest. Towards the aim of becoming the world's best premier board game for personal self development. And learning tool for everyone especially the children in the family. But don't take my word for it. Stop by www.marcferguson.com and check out the video of us playing the game.

To Reaching Your Desire

In the journey of life and love, maintaining the momentum and shared aspirations in a relationship is paramount. It's easy for the hustle and bustle of daily existence to divert our attention from our most cherished dreams and goals, especially when it comes to a partnership. After all, relationships require constant care and nurturing. The excerpt below underscores the importance of visualization, communication, and persistence in fostering the harmony and success of a partnership.

You can achieve and do the very best thing by you both of visualizing yourselves coming together often, to discuss the weeks activities, to make changes where necessary. This exercise will ensure that the work you have undertaken over the past 8 weeks is not falling behind your very best aspirations and desires written down as your common goals you both wish to achieve. Be very careful here to setup some kind of a reminder that nudges your waking awareness to keep you ever mindful both of you upon your together created desire. As other thoughts will seek to obscure and push awareness of your desired one major purpose goal out of mind. You must paste post-it-notes on the bathroom mirror if needed to serve as a reminder of your one desire. And the secret is to apply persistence to this desire. To strive to action a plan made up of certain steps to be taken by each of you towards bringing this desire into your life. And try hard to adopt the new belief that everything you both touch turns to gold (figuratively speaking). You will prosper and begat the abundant life for yourselves and you will achieve if desired financial independence.

Conclusion:

As we wrap up this reflection on nurturing a harmonious and prosperous relationship, we're reminded that the path to achieving our shared dreams is

paved with intentions, actions, and, above all, love. The shared commitment to setting aside time for meaningful discussions, reevaluating our common goals, and visualizing the life we aspire to create together can be the driving force that keeps us moving forward. In the face of life's distractions, we must be diligent, placing reminders where necessary to keep our cherished desires in sight. And remember, persistence is the key, as we strive to transform our dreams into reality, step by step. By adopting the belief that everything we touch can turn into gold, we open the door to prosperity and the abundant life we both desire. Financial independence, fulfillment, and happiness await those who invest their time, energy, and love into a partnership built on shared dreams and unwavering commitment.

Building a Sustainable Passive Income Empire: A Strategic Financial Guide

In the pursuit of financial independence, a nuanced approach to managing one's finances can make all the difference. This content takes a fresh look at the journey to financial freedom, highlighting a simple yet often challenging secret: achieving a balance between income and expenses. By adhering to disciplined financial practices and strategically allocating resources, individuals can pave the way towards a sustainable passive income empire.

The 70/30 Rule: The Foundation of Financial Independence

- Live on 70% of your income and allocate the remaining 30% wisely.
- Allocate 10% to charitable giving and social impact.
- Dedicate another 10% to paying off personal debts, prioritizing a debt-free life.
- Invest the final 10% into income-generating assets, with an emphasis on passive income streams.

Distinguishing Assets from Liabilities: The Core Principle

- Learn to differentiate between assets, which generate income, and liabilities, which drain resources.
- Cultivate a mindset that favors investments with income potential over frivolous spending.

Step 2: Building a Passive Income Portfolio of Five Infinity Income Types: A Diverse Income Strategy

- Focus on five consistent income sources: rents, royalties, dividends, interest, and short-term capital gains (STCG).
- Prioritize investments that provide reliable, ongoing revenue streams.

Dividend Stocks: Nurturing a Reliable Income Source

- Invest in dividend kings and aristocrats—companies with a history of sustained dividend increases.
- Capitalize on the compounding effects of reinvested dividends over time.

REITs (Real Estate Investment Trusts): Realizing Property-Backed Income

- Invest in REITs to benefit from regular income generated through property holdings.
- Leverage the stability of real estate without direct ownership responsibilities.

Managed Investments: Strategic Portfolio Management

- Allocate a portion of your portfolio to managed investments, mirroring successful strategies or exploring private placements.
- Tap into professional expertise to optimize your investment outcomes.

Cash Reserves: Balancing Safety and Opportunity

- Maintain a 10% cash or equivalent reserve for both emergencies and advantageous investment opportunities.
- Strike a balance between liquidity and potential growth.

Consistent Investing: The Key to Long-Term Success

- Dedicate 30% of your income consistently across these categories.
- Cultivate a habit of regular investing to foster sustainable wealth accumulation.

Step 3: Leveraging Your Assets Strategic Asset Leveraging: Maximizing Financial Potential

- Utilize your asset values (e.g., stocks, real estate) to secure low-interest loans for strategic investments or purchases.
- Capitalize on favorable borrowing terms to amplify your wealth-building capacity.

Buy, Borrow, Die Strategy: A Holistic Approach

- Borrow against your assets to make purchases, leveraging income streams for loan repayment.
- Create a comprehensive strategy that encompasses both the present and future financial needs.

Legacy Planning: Ensuring Multigenerational Prosperity

- Pass down assets and their associated income streams to secure the financial well-being of future generations.
- Forge a path towards long-term financial security by creating a legacy of wealth.

Preserving Consistent Income: A Mindful Approach

- Retain ownership of your assets to maintain stable income streams over time.
- Consider selling assets only under specific, well-considered circumstances.

Additional Tips for Financial Success

- **Embrace frugality:** Live below your means, declutter possessions, and avoid unaffordable purchases.
- **F.I.R.E Philosophy:** Strive for financial independence and early retirement by increasing savings and reducing expenses.
- **Resist market speculation:** Focus on steady, long-term investments and disregard short-term market hype.
- **Optimal diversification:** Spread risk by diversifying income sources and investments.
- **The ultimate goal:** Aim for passive income that covers your expenses, granting you true financial freedom.

Conclusion: Building a Lasting Passive Income Empire This comprehensive guide underscores the significance of disciplined financial habits, strategic investments, and leveraging assets to construct a sustainable passive income empire. By adhering to these principles, individuals can embark on a journey towards financial freedom and build a resilient future.

Prayer is The Answer

The Divine Sacraments

Both partners must realize and say: “Whatever I imagine and feel to be true comes to pass”.

Both partners must agree to start the prayer process night and morning. Realizing that as they prayed for each other. There could not possibly be any bitterness, hostility or resentment. As divine love casts out everything unlike itself and it does.

She prayed for her husband night and morning as follows. “My husband is God's man. God is guiding him to his true place. What he is seeking is seeking him. Divine love fills his soul. Divine peace fills his mind and heart. He is prospered in all his ways, spiritually, mentally, financially, socially every way. By day and by night he is advancing, moving forward and growing spiritually, mentally, financially, socially and intellectually in all ways for life itself is growth. There are harmony, peace, love and understanding between us. It is divine right action and divine peace operating in our lives.”

And he prayed for his wife night and morning as follows: “My wife is God's child. She is a daughter of the infinite. A child of eternity. Divine love fills her soul and it

is written – He careth for her. Divine love, peace, harmony and joy flow through her at all times. She is divinely guided and prospered in all her ways. For to prosper is to grow along all lines. There are harmony, peace, love and understanding between us. I salute the divinity in her and she salutes the divinity in me.”

Well done! You have come to the end of the course. Bye for now, love you heaps
- Marc Ferguson