

# HOW TO ACHIEVE SUCCESS IN RELATIONSHIPS

**INSTRUCTED BY SHEILA V. ~ Focus Romantic Relationships**



## WEEKLY BEGINNING:

Thursday, August 8, 2013, 7p – 8:30p

Repeated Following Saturday  
12:30p – 2p

\$30 per class / \$135 per series  
Suggested Reading Discussed During Class



Sheila V. is a Native Cherokee Spiritual Life Coach, Tantra Goddess/ Healer & Relationship Expert with 8 yrs of professional intuitive development and 14 yrs in practice.

A Karmic Reader with a formal education in Human Behavior, Sheila V. knows what your purpose is in life, why and with whom you're here to spend it, until the end of your days.

**Classes by Sheila V.** are highly interactive, group Life Coaching sessions where the participants, will at times, express their thoughts through role playing. Using Sheila V's intuitive insight as your guide, you will realize the most effective means of communication, action or inaction necessary to resolve issues and create positive, supportive energy in your relationships. Classes begin with the reciting of affirmations to ground you in the positive before discussing how to achieve balance and success with your partners.

### Series I: Knowing Yourself

- Class 1:** How do you perceive your worth in a relationship? **Exploring influences:** karmic, past & present.
- Class 2:** Knowing when it's best to be you or who you're expected to be with confidence, competence and security.
- Class 3:** Sexual compatibility and why it's so important. **Exploring alternative solutions and the term "open-minded".**
- Class 4:** Defining the type of relationships that better suit you. **Identifying your influences:** Cultural, Religious, Societal, etc.
- Class 5:** Determining the type of person(s) that are right for you and why. **How to manifest Mr./Mrs. Right or Right Now.**

### Series II: Knowing Your Partner

- Class 1:** Knowing the difference between a soul mate and life partner.
- Class 2:** How your partner perceives his/her worth in a relationship. What does he/she bring to the table? **Exploring influences.**
- Class 3:** Who chooses whom and whose choice matters most? Why your partner(s) in past and present relationships chose you.
- Class 4:** There's no such thing as "Commitment Phobic." Knowing the difference between **LUSTING, LOVING** and **BEING IN LOVE.**
- Class 5:** Getting what you deserve and deserving what you get in a relationship. Dealing with the good, the bad and the ugly.

### Series III: The Ultimate Relationship

- Class 1:** The mutual satisfaction that necessitates the fulfillment of each other's happiness, acceptable limits & unhealthy dependencies.
- Class 2:** Defining "Dating" – what it means to you and its varying stages; Relationships naturally evolve. What yours is doing.
- Class 3:** Essentials to making a relationship work: Communication, consideration, security, socializing and sex.
- Class 4:** Knowing when it's time to call it quits and why, and the best ways how. Get your relationship toxicology report.
- Class 5:** How to start and keep a relationship healthy. Relationship therapy: Exploring Fantasies, BDSM, Tantra and Hall Passes.

## Location:

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PRIVATE CONSULTATIONS & PHONE READINGS AVAILABLE MON – FRI ☎ 10A–10P