



Hello, everyone. This is Lisa Wilson with the Aspen Center for Empowerment and Healing. **Thank you** so much for being here today.

In today's video, I want to talk about **relationships** and how to **fine-tune** what you say “yes” to when it comes to your relationships.

On this video series that I've been doing, I've been taking you through what I've considered to be the **7 stages** that I went through in releasing toxic relationships from my life and fully stepping into my **empowerment** and what I say “yes” to.

Ultimately, this aligns us to bringing in our **quest mates**. And if you choose to bring in that **soul partner**, you align to that as well. So, it really becomes a **choice** for you.



Let me just discuss for a while the first videos, the first few stages that I talked about. If you haven't seen those videos, I **recommend** you go back and watch them.

The 1st stage is **awareness**, and the 2nd stage is **forgiveness**. The 3rd stage is **getting comfortable with being alone**, which is such an important stage. They're all very important stages. Each one plays off the other, and they're all in **synergy** with one another.

The 4th stage is **connecting to the Divine**. The 5th stage is **what sparks your heart**—what ignites your soul and getting clear about that.

Now in the 6th stage, we're going to talk about **relationships**.

Let me just say that those first 5 stages prior to this one are **absolutely necessary** before you dive into this stage, especially along **the path of ascension**.



To me, this is the path of **ascension**—when you really ascend into a **higher state of consciousness**, changing your **vibrational frequency**.

In this stage on relationships, we're now able to **recognize patterns** and what we say “yes” to in relationships that might have been a “maybe” or a “no.”

First, you become **aware** of what you've said “yes” to and what's no longer a fit.

Then you spend time **forgiving yourself and those in your life** because anger and resentment are blocks, and we can't **move forward** until we **heal** those blocks. So forgiveness is huge.

Then, of course, it's **getting comfortable with being alone**—I can't say enough about that. **You become your own best friend**. And the journey to that is not something that you just intellectualize. In order to really receive that at a cellular level, it is a **journey**.



Through that journey, you **awaken to a Divine connection**. That becomes so significant in **the life that you are here to live**.

Then you start to pay attention to what **sparks** your heart. What's **congruent** in your life? Are you living the life you were born to **live**? If not, let's figure out who you really

are and **what makes you, you**.



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I think Ford was the one who said, **“If you think you can, you can. And if you think you can't, you can't. Either way, you're right.”**

**The universe always says “yes.”** There is no judgement. Only the ego mind judges. The **divine mind** says “yes” because it's all perfect and it's all there and available to you. And you get to **discern** what that is for yourself.

So, let's **fine-tune** with relationships because we could say “yes” to some pretty unacceptable behavior in **relationships**. This is because we're really good as humans—our ego-self—at validating certain behavior, saying “yes,” and compromising **who we are**.

For somebody like me who is an **empath**—a pretty significant empath at that—I could see **the joy and the love in everybody's heart**. I could thus say “yes” and compromise my own experience or my own **value system** because I could see **the truth of who that person is**—a loving and joyful person.

**The universe always says “yes.”** There is no judgement. Only the ego mind judges. The **divine mind** says “yes” because it's all perfect and it's all there and available to you. And you get to **discern** what that is for yourself.

Yet, having a **life experience** with them, when they are bringing in their personality and the way they are, doesn't feel so good.

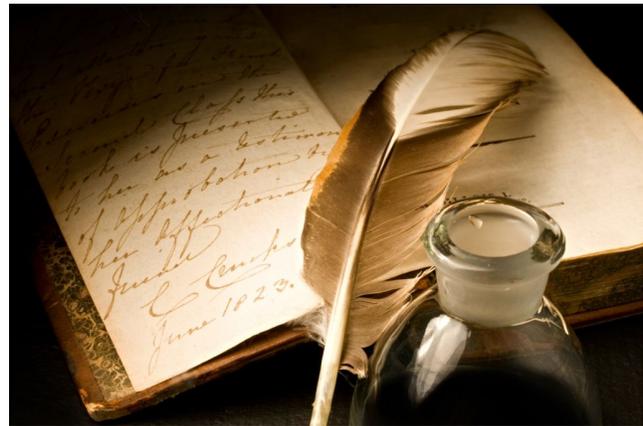
This is why we really have to **get clear**, and **discernment is the key**. But how do we do that?



What I love to do is, I take my clients through **a journey, a process**. We're going to go through that process now.

When you're ready, you could grab a piece of paper. Stop this video and start to write down your **top 20 values—what you value the most and what's important to you**.

Sometimes, we just have to write a bunch of things. I know some people do this process by writing down their top 100 because there's **so much that they want to get out**. You can do this as well. Then, pull out your 20, and out of the 20, pull out the 10 that are the **most important** to you. Out of those top 10, what are your top 5?



Just to give you an example, included in my top 5 is **communication**. It is something that is not negotiable for me.

I have to be with somebody who is able to communicate and talk to me about **what's going on with them**. That is just not negotiable, whether that is a **friendship**, a **significant partner**, or people related to my business. And I have to make sure that I am that person too—I **have to communicate what's going on with me**.

That leads to the next one for me, which is **vulnerability**. If we can't get vulnerable with one another, then we're not going to have that communication. We're not going to go **deep**.

**Going deep** is so important for me. So those are the three included in my top 5—**communication, vulnerability, and going deep with one another**.



I've been on earth for a long time now, and I can say that I've had a lot of **friends, acquaintances, and relationships**. At this stage of my life when I **cleared my path and got really comfortable with being alone**, I'm not willing to spend time with people in my life that I just can't go deep with because **it's just who I am**.

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I love to go deep. **I can laugh**, but I love to go deep, and **I'm going to go deep**. And if those people in my life aren't willing to go deep with me, then there's not a whole lot we have in common. So that's important to me. It's **significantly important** to me.