



# *Your Guide to a Fulfilled Partnership*

*by Lucie Masson*

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## *Acknowledgment*

This e-book is the culmination of a deeply personal journey, and it would not have been possible without the support and wisdom I have encountered along the way. My deepest gratitude goes to the Vedic Masters and ancient traditions of India, who have preserved the profound truths that guide us all back to our true nature. Their teachings provided the clarity that allowed me to heal and find my path.

To my husband and children, thank you for being my greatest teachers. You embody the courage, love, and growth that I write about, and you are the living proof that transformation is possible.

Finally, to you, the reader, thank you for bringing your courage and willingness to evolve. Your quest for happiness and peace is the true inspiration for this guide. May you find the strength to reclaim the joy and power that is naturally yours.

*Lucie Masson*





# *Summary*

- Why Are We in a Relationship?
- What Problems Do Couples Encounter?
- The Steps to Harmony
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*Lucie Masson*



# *The Ancient Wisdom We've Forgotten*

## **Dear Friends and Readers,**

I am Lucie, and if you are reading these lines, it's because you are looking for deep answers to an inexplicable sense of disquiet or unhappiness. I am so glad we found each other. In 2022, I began a quest in the Himalayas to rediscover myself. This journey allowed me to identify and accept my fears and my darkest demons, heal my unconfessed wounds, regain the clarity of mind I lacked, and rebuild my self-confidence and my marriage. It led me to raise confident and happy children and propelled me to heights of bliss and joy. On top of all that, I finally recovered from a long-term autoimmune disease and found an activity that truly corresponds to my vocation.

*Lucie Masson*



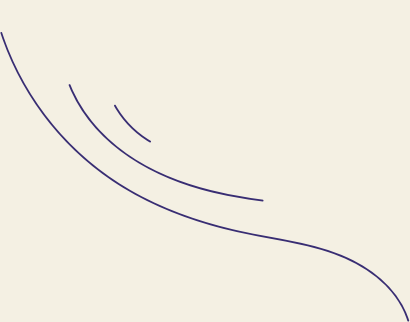


## *The Ancient Wisdom We've Forgotten*

What is different about the teachings from the Vedas (the sacred books of India), which we do not often find in the West?

In Indian philosophy, man is placed in the middle between his condition of animality below him and his divine condition above him. He thus has the continual choice of rising upwards or remaining pulled downwards, depending on his thoughts and actions. The problem is that "Maya," the great illusion embodied by space and time, hides the Truth of what he really is. Therefore, it is up to each person to make the effort to find out who they are, why they are alive, and how to access the nectar of existence.

In our lifestyles focused on comfort and pleasure, we have forgotten that this very quest is our *raison d'être*, our true purpose. We suffer because we are a god living a bestial and unconscious life, knowing deep down that we can aspire to happiness but having forgotten how to return to a state of tranquility and peace.





## *The Ancient Wisdom We've Forgotten*

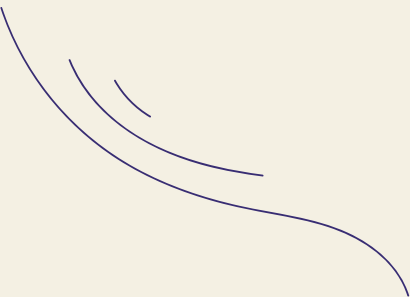
The philosophy behind what I teach leads us to remember our true nature, to begin again to live a happy, fulfilled, and prosperous life in the Garden of Eden that is already around us, surrounded by other divine humans and creatures.

In our lives, which often lack reference points, the couple remains the greatest tool for self-transformation and is within everyone's reach. In this e-book, I bring you a summary of the core notions I teach in my personal sessions to help you build a partnership that opens you to love, satisfaction, and the happiness of walking life's path together.

You can now book your personal transformation session with me [here](#).

I invite you to soak up the advice of a thousands-years-old culture wisdom that has been passed from master to master before me and is destined to spread for the good of humanity.

With all my heart, **Lucie**





## *Why Are We in a Relationship?*

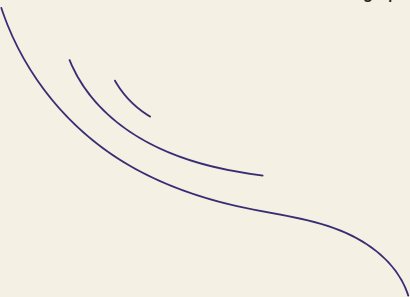
We get into relationships because we all have fears, insecurities, and doubts about our own worth. We believe we need to feel loved by a companion to attribute value to ourselves and merit our existence.

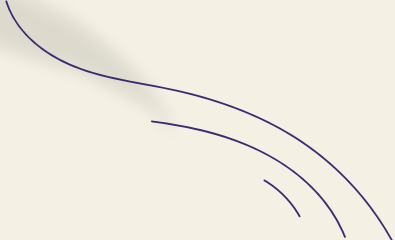
A relationship allows us to give and receive the validation we need to feel worthy. We each meet mutual needs for security and emotional comfort. Since human beings often view sex as a physiological need, the couple also fulfils these mutual physical needs. It also grants us a social status that seems to confirm our value.

Based on the belief in these needs, we develop a dependency on the relationship that feeds them.

Deep down, we aren't happy, but the relationship makes us feel supported and approved. The other person is often also unhappy but likewise depends on this physical, mental, and social validation to feel at home in society. Thus, both partners develop a dependence on the protective feeling the couple provides.

Later, our insecurities and the fear of losing what gives us this sense of security push us toward possessiveness.





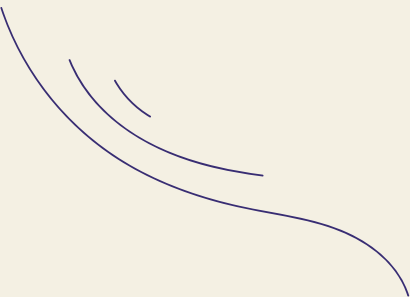
## *Why Are We in a Relationship?*

We want to own the other person to avoid losing the relationship on which we depend. We resort to legal means the contract to secure the guarantee of always being loved, this is marriage.

I'm not saying that relationships or marriage are bad. In fact, we usually have to go through them to understand the roots of our fears and our unconscious functioning. The couple can be a powerful tool for self-discovery, teaching us how to live happily without emotional and physical addictions.

It is with your current situation, whatever it may be, that you can bring yourself back to yourself. There is no relationship more powerful than the couple for self-analysis and growth. When one partner grows and breaks free from this spiral of insecurity and doubt, the other automatically finds the space and resources to mature as well, even without making an active choice.

The change initiated by a woman is especially powerful because she holds the key to love through her will. She can change the man and the energy of her family, down to future generations, simply by regaining her self-confidence and reclaiming the unconditional love that is natural to her.







## *What Problems Do Couples Encounter?*

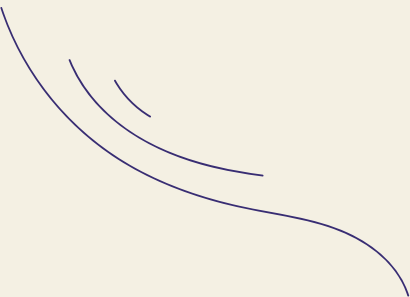
The problem with this dependency is that until we are real and authentic with ourselves, we don't have the space or generosity to genuinely love the other person.

We are in a relationship out of fear of being alone, not out of love.

We end up living with a person we begin to resent. Not because they are inherently hateful, but because we haven't learned what truly makes us happy and satisfied.

During the first months or years together, our need for validation and protection camouflages the dysfunctions that govern our relationship. We don't see the very specific expectations we have of the other, nor do we see that our addiction to validation is suffocating them. The other person also has expectations toward us that we naturally cannot meet.

When children arrive, our insecurities surface in an exacerbated and uninhibited way. We begin to suffer from how the other treats us and how we allow ourselves to be treated. We no longer feel love, and we distance ourselves physically, mentally, and emotionally.





## *What Problems Do Couples Encounter?*

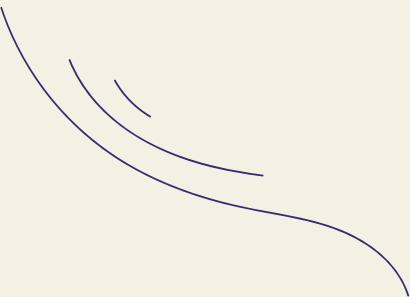
We live together out of necessity for the children's education and for physical comfort but the complicity and tenderness are gone. Everything about the other person annoys us, we can't express ourselves without getting angry, we don't feel understood, and we finally feel very alone in a relationship that is supposed to bring us closer.

This is the typical picture of a couple situation where neither partner learns to evolve, and both remain stuck in their fears and emotional dependencies. The tragedy of separation often follows, causing suffering for everyone, including the children.

However, it is possible to get back on track.

It is possible to rediscover a love and affection we may never have even experienced. It is possible to become happy again as a couple, regardless of your spouse, the children, and all the difficulties you bear.

It's a path we travel together. I explain exactly how in my personalized follow-up sessions.





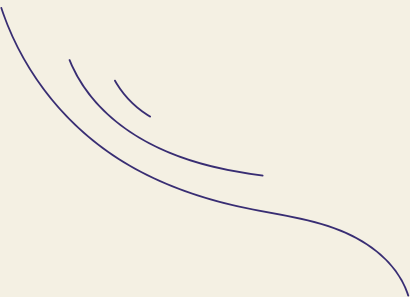
# *The Steps to Harmony*

## **1. Maintain a Relationship with Yourself**

The essential key in this journey is to shed the insecurities that follow us unconsciously.

When we doubt our worth and our merit to be loved, we automatically develop an emotional dependence on others. We seek relationships to feel validated, which leads to back-to-back disappointments. Others cannot bear such a responsibility, it is impossible for anyone to carry a person who doesn't know how to love themselves.

The work, therefore, is to regain confidence in ourselves and in the value we hold, to stop looking for it in relationships, and to stop being an emotional burden on others. It is about building a relationship with oneself based on vulnerability, acceptance, and self-love.



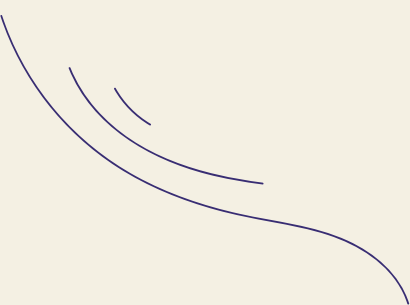


## *The Steps to Harmony*

### **2. Work on Your Emotional Body**

Since childhood, we have accumulated memories entangled with emotions, which have formed the beliefs about who we are. These beliefs dictate what we can or cannot do, what we have the right to aspire to, the place we have in society, and so on. Essentially, these emotions have formed our identity and have gradually narrowed the sphere of our possibilities and joy. Our emotions dictate our lives, who we meet, who we stay with, what choices we make, how we behave, and what makes us sad or happy.

These primal emotions of early childhood set the tone for everything else. If these emotions were not explained by adults, not expressed at all, or completely repressed, they remain in our bodies, in our cells, and continue to make us suffer in all the situations that revive them. The work therefore consists of cleansing one's energy body of the childhood and adolescent emotions that have not been understood and assimilated. We need to declutter our minds. It is only with a calm mind that we can see clearly in our lives and in our relationships. It is with a serene mind that we can access the knowledge of what truly makes us happy. It is therefore essential to understand and take care of your emotional body to have a free mind for your quest for meaning.



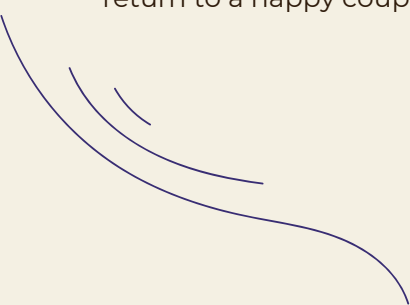


## *The Steps to Harmony*

### **3. Regain Self-Confidence**

Unfortunately, most of us grew up always doubting ourselves. As children, we systematically take negative situations that happen to us personally. Since our suffering was not properly explained, we wrongly believed that we were not good enough, not perfect enough simply not enough for our parents. Unable to make sense of what we felt, we grew up always questioning ourselves. This is what continues to make us suffer in our adult lives. Self-confidence is not innate, it must be learned. If our parents did not know how to explain it to us and inspire us, we must learn how to build it in our adult lives. This involves breaking down the fears and false negative beliefs we formed as children. Without self-confidence, we cannot move forward, we cannot evolve.

In a partnership, having self-confidence resolves half of all conflicts, since it is doubt that causes us to suffer. Thus, without having to change the other, regaining self-confidence allows you to regain your authenticity, to act according to your aspirations, to succeed in expressing yourself without fear, to re-establish non-violent communication, to let go of your expectations, and to accept the other as they are. This is the stage you must reach to return to a happy couple life.



# *The Steps to Harmony*

## **4. Know Your Limits**

We feel like we know what our limits are, but when confronted with situations and emotional pressures from others, we let ourselves be walked on without flinching. As we let ourselves be overtaken without expressing ourselves, anger rises deep down, and we develop resentment for the other. Yet, it's not the fault of the other person, as everyone needs to know the perimeter of acceptable behavior. It is up to us to learn to identify our limits, admit them, embrace them, and then express them clearly.

However, it is not easy to express yourself when you are afraid of losing the affection of others.

The fear of no longer being appreciated is the biggest blockage to our communication. In a partnership, you cannot function without clear and defined boundaries. In addition to being clear, we must be at peace with our limits to express them serenely, not by bursting out in anger at the other. If they are not expressed, they remain repressed within, developing into illness or depression.

All this requires knowing and respecting yourself in order to be better respected. For a healthy couple, you have to know how to identify your limits and dare to assert them with simplicity and from the heart.

# *The Steps to Harmony*

## **5. Cultivating Vulnerability**

We believe that we need to be strong for each other to be useful and appreciated. We mistakenly think that being strong means carrying the worries and burdens of others without showing our own incapacities. In a partnership, we end up carrying the other's responsibilities so much (allowing them to take advantage of it) that we ignore our own needs and our own sanity. The problem is not the other person, but our mistaken belief about what it means to be strong.

True strength is knowing yourself well enough to be able to express your limits and admit your powerlessness when appropriate. True strength is having the simplicity to say that a remark hurt you, that a situation shocked you, or that a behavior is not acceptable. True strength is stopping yourself from taking on responsibility when it is, in fact, the other person who is not taking responsibility for their own life.

It takes even more strength to accept that if we stop carrying, we risk the other person stopping loving us and thus weakening the relationship on which we are dependent. However, if we continue to carry what is too heavy for us, it is we who are in danger of breaking up. So, the greatest strength is to accept our vulnerability and to display it with all simplicity.



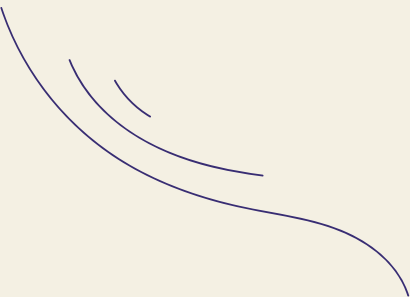
# *The Steps to Harmony*

## **6. Acceptance**

Now that we know ourselves and our emotional state is no longer an obstacle to understanding how we work, we can see situations with much more clarity. We value ourselves enough not to fall into guilt and stop trying to solve other people's problems instead of our own. We admit our mistakes and inabilities, which makes us human and authentic.

We develop acceptance of who we are, with our flaws and limitations.

This is the step that sets us free. When we accept ourselves as we are, we are free to think and feel how we feel, without fearing being an embarrassment to others. We free ourselves from the fear of not being seen and loved. We can stop acting to please others and telling them what they want to hear. We can express what we have to say instead of swallowing our opinions and reactions. We no longer let go of what we feel for fear of emotional pressure. We dare to affirm our beliefs to our spouse without fear of their reactions or threats.





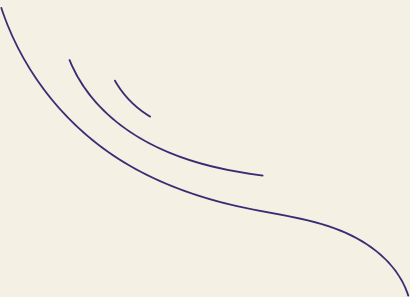


## *The Steps to Harmony*

We are all simply free to exist as we are.

It is a liberating stage as we begin to embrace who we are and live the life we should be living. We also begin to develop acceptance of the other as they are, with their gray areas and dysfunctions. We develop compassion for them, which allows love to resurface.

We see opportunities in situations to grow, instead of pushing them away with bursts of energy that exhaust us. You find the love and energy that you lacked, you are reborn to yourself, and you have the space in your heart to love.





## *Conclusion*

The couple is the foundation of the family and, by extension, a fundamental element of society. Being happy in a relationship is one of the major challenges for any person today because it requires visiting one's personal functioning and facing one's own anomalies and defects. As long as our ego hides the truth from us, it is difficult to get along with someone so close. It is therefore our ego that needs to be dismantled belief by belief, with a lot of effort and will.

There are several steps to a couple's recovery, and it can take several months or even years, but it is well worth the effort. It is enough for only one person in the couple to make the personal transformation to initiate the transformation of the couple. After all, the couple is meant to form a single entity, so what happens in one inevitably has repercussions in the other.

If you have this aspiration and are willing to take the path, you will be rewarded with a life worth living. Wishing you the best on this beautiful path.

**Lucie Masson**

