

**Slide 1: Soul2Soul Educare presents:**  
**How to Connect with Your Partner at a Soul Level**

**Slide 2: What is the definition of Love:** Audience asked for definition of love.

**Slide 3:** Webster definition of Love: a (1) : strong affection for another arising out of kinship or personal ties  
 <maternal love for a child>

(2) : attraction based on sexual desire : affection and tenderness felt by lovers

(3) : affection based on admiration, benevolence, or common interests <love for friends>

**Slide 4:** Nowhere in the dictionary is there a connotation of “love” being a spiritual bond.

Over the years we have come to understand that True Love in a relationship is the Union of two souls walking together in their journey to God. When two people in love come together, it is two halves coming together to make a whole.

$\frac{1}{2} + \frac{1}{2} = 1$  not 2.

From today’s workshop you will learn to connect with your partner on a soul level so that the two of you can walk together towards a higher purpose. This will make your relationship stronger and more radiant.

Before we embark on this magnificent journey, here are some important questions that you must ponder.

**Slide 5:** 3 Questions to ask yourselves:

1. **Click:** Do we share a common life purpose? If you're planning on being with this special someone for a long time to come – maybe 20 or 30 years. What do you plan to do with each other all that time? Eat, drink, travel, jog together? You need to share something deeper and more meaningful. As years go by you should grow together not apart.
2. **Click:** Do I feel safe expressing my feelings and thoughts with this person? Trust that I won't get "punished" or hurt for expressing my honest thoughts and feelings. There should be no fear to express your feelings.
3. **Click:** Is there anything I'm hoping to change about my partner? Too many people make the mistake of being with someone with the intention of trying to “improve” them.

**Slide 6: Part 1: Tools for a successful relationship:**

**Slide 7: 1. Develop the “Will to Understand Your Partner”**

Scenario No. 1: Let’s take an example of a married couple, The wife cannot go to bed without reading. The husband gets irritated when the wife keeps the light on, and so the husband turns the light off, and the wife turns the light on – they argue. Instead of acting so childish, they need to come to a solution. Maybe she could use a bedside spot instead.

Scenario No. 2: Wife goes into the bathroom very cheerful, and then comes out looking really angry. Husband asks her what is wrong, and she says “Nothing”, but the husband insists and so she spurts out

“How many times have I told you not to press the toothpaste tube in the middle!” The husband gets mad and says “So what if I press it in the middle – the toothpaste is bought with money that I learn – So I can press it in the middle if I want to!” And so a quarrel ensues. Solution: wife could have bought a separate tube of toothpaste. Our Egos gets in the way.

You may go out for dinner etc. You may dwell under the same roof, but if the spirit of understanding is not there, then you are not “really close” to each other. It is a feeling of closeness that makes a house a home.

Men understand when your Partner is PMSing and is hormonal, cut her a break once a month, when she feels tired and emotional. Maybe you can go out to eat or be extra patient with her.

Women understand when your husband has had a stressful day at work, and doesn't seem his usual self. Don't tell him “oh you're not listening to me” when he just nods if you're talking about your friend's party that you want him to attend.

**Slide 8:** When you are in love, each of the partner's troubles become the other's. You are One, so it is like as if one part of the body is paralyzed, the other part of the body feels the pain too. Each should feel the pain of the other and understand and help.

**Slide 9: 2. Always be humble** – (click slide).

Under-stand **Click:** means stand under. Nobody wants to stand under. We use the word “I” all the time. Instead of “I” we should use the pronoun “we” or “you”. St. Francis of Assisi was asked the question, you are not handsome, you are not educated, you don't wield power or authority, why then is the whole world running after you? He answered “It is not due to me but due to the Grace of God. Then they asked “Why is it that God chose you?”. St. Francis answered “God set out in the quest of the most wretched of men so that he could show to the world what His grace could achieve, and He did not find a man more wretched than I in the whole world”. It is a spirit of humility that will work like cement in building a Happy Home.

**Slide 10: 3. Don't Lose Your Temper at The Same Time.**

If one wants to argue, the other should be patient. Both shouldn't lose their temper at the same time. The other person's turn will come when the other calms down. If an argument does start, then make up before the sunsets. It doesn't hurt to apologize. If you wake up in the middle of the night and start arguing then don't let the sun rise on your quarrel.

Let me tell you a story of man & woman who were known to both be very short tempered, they got together and got married. All their friends said that they were entering a life of hell. They stayed happily married, and celebrated their Golden Wedding Anniversary (50 years), and they were asked what the secret of their happy marriage was, they said that on the first night of their wedding they made a pledge that they would never lose their temper at the same time. This kept them happy and avoided conflict.

Story: A woman went to a holy man and said that her husband beats her, so the holy man blessed a bottle of water and gave it to her. The woman asked should I take make my husband drink this water will that cure him?

The holy man said “no this water is for you – whenever your husband gets mad at you, take a sip of this water and hold it in your mouth”. This would prevent her from speaking, and thus an argument would not ensue.

Story: Einstein and his wife celebrated their 50<sup>th</sup> anniversary and when asked what the secret of their long wedded life was. Einstein said “On the day we got married, I said to my wife, all minor decisions will be made by you and all major decisions will be made by me – to this day there has been no occasion for any major decisions”.

**Slide 11: 4. Grow in the spirit of forgiveness.**

It is a prerogative of a relationship based on love to give and give and give and not expect anything in return. Also to forgive and forgive and forgive and not count the number of times you have forgiven. You shouldn't say “last time when we had a fight, I forgave so now it's your turn”. The forgiveness should be complete, not half hearted, forgiving on the surface, but still bearing a grudge in your heart.

Story: Two old friends bumped into each other in the street after years, they had gone to school and college together and then each had gone their separate ways. So they both decided to go and have dinner and talk about old times. They were having such a nice time that they lost track of time, and it was 3 am. So one of the guys said “I've got to rush home! My wife will be really upset”. The next day the other friend called this friend who had rushed off to his wife and asked “Was everything okay with your wife”. The man said “No my wife became historical”. “Historical?” said his friend “Don't you mean hysterical” and he said ‘No historical’. She was so mad that she remembered and brought up all the wrongs that I had done to her in the last 10 years, and flung them at my face!”

That is not complete forgiveness.

When we don't forgive we surround ourselves with an unforgiving force field, a negative energy which does not allow us to attract to ourselves the spirit of love and forgiveness from the universe.. Take for example the following metaphor: the rain falls everywhere, but if you put up an umbrella you are shaded from the rain, likewise, the rain of the Universe's forgiveness and love is everywhere but when we shade ourselves with the umbrella of an unforgiving force field, we shade ourselves from the Universe's abundant love and joy.

**Slide 12: 5. Do not expect perfection from your partner.**

Love Relationships involve the bringing together of 2 imperfect individuals. You should take your partner for who they are, not for who you would like them to be.

**Slide 13: 6. Appreciate your partner.**

Actually we should appreciate everyone we meet, not just our partners because when you appreciate a person you draw out the best that is within them. Everyone wants to be appreciated, they may say on the surface “No No No, I didn't do anything”, but in their heart they feel happy when you appreciate them. Socrates' philosophy made popular by Mary Kay Ash – founder of Mary Kay cosmetics said the 2 things people need more than sex and money, are praise and recognition. Try to appreciate 1 person everyday, tell people in person or even in e-mail. If you can't do it every day do it at least once a week.

**Slide 14: 7. Be childlike with each other**

– this keeps your relationship alive and flourishing.

**Slide 15: 8. Do not find fault in your partner in front of others** and if you have children especially not in front of them. When you are alone with your partner, you can explain their shortcomings but not in front of other people.

**Slide 16: 9. Be a good listener and Listen with Your Heart.**

Let the other person finish. We have 2 ears and 1 mouth, man was meant to hear more and speak less, if we were meant to speak more than we would be given 2 mouths and 1 ear. The ears are always open, whereas when words leave the mouth, they have to filter through 2 fences, firstly 2 sets of teeth, 2 lips. Think twice before you speak – words spoken in a fit of temper, are like toothpaste that comes out of a tube. Once the words come out, they cannot go back in. Such words have broken marriages and shattered families. Of the spoken word you are the slave, and the unspoken word you are master. Better than speaking is listening; better than listening with the ears is listening with the heart.

**Slide 17:** Exercise on how well you listen: Remember if you truly listen with your heart you will accomplish this task with no problem. (See separate pdf document of handout entitled “How well do you listen” exercise.)

**Slide 18: 10. Discuss but do not argue.**

In an argument you feel that you have won an argument but arguments are never won, the other person has just become tired of arguing that is why the argument ends, and in the bargain both parties are unhappy.

Disagreements will always be there, it is not that people who love each other should think alike at all times, but in spite of differences, we should find a way to discuss the problems, and live in a way that is amicable. Do not preach to your partner, what you do not practice. The easiest thing in the world is to give advice to another, but in most cases when you are in the same situation you fail to act on your own advice. Communication is very important – talk about things.

Story: A mother goes to Mahatma Gandhi saying that her child has a kidney disease and the doctor has asked him to refrain from eating salt. “My son doesn’t listen to me but if you talk with him he will listen to you” she pleads. Mahatma Gandhi says “Come back next week and I will talk to your son”. She brings the boy back after a week, and asks “Why did it take you a week to advise my son?” Gandhi replied “You see I was in the habit of taking salt and so it would be unfit of me to give your son the advice of stopping the consumption of salt. Gandhi gave up salt so he could feel justified in asking the son to give up salt.

**Slide 19: 11. Learn to laugh.**

Laughter is an all around tonic, a physical, mental and spiritual tonic. Laughter strengthens the lungs, aids digestion, helps circulation. A good belly laugh, not just a little giggle. Today people have forgotten to even smile. Don’t laugh at others but laugh with others. Laughter at the expense of your partner is not worth it. Laugh at yourself. Laugh with your partner. This keeps the relationship vibrant!

So let's practice a little laughter right now:

Joke 1: Adam asked God "Why did you make her so beautiful?" God answered, I made Eve beautiful so you could love her. Then Adam asked God, and why did you make Eve so foolish? God said I made her so foolish so she could love you"

Joke 2: There was a husband who was tall and hefty, and his wife was short, petite and thin. One day in the course of an argument the husband lost his temper said to his wife "If I like, I could swallow you up!" The wife had a sense of humor otherwise the argument would have gotten out of hand, so she said "My Dear if you swallowed me, you would then have more brains in your stomach than in your head"

Joke 3: It was the 20<sup>th</sup> wedding anniversary, and the wife found her husband crying at the edge of their bed, she said "why are you being so sentimental and crying". The husband said "I'm not crying because I'm being sentimental, but do you remember 20 years ago your father had caught us fooling around in the barn, and he caught hold of my neck and said "if you don't marry my daughter, I will have you imprisoned for 20 years! Today I remember that if I had chosen to go to jail, then I would have been free by now!

**Slide 20: 12. Bring spirituality into your relationship.**

The family that prays together stays together. Read spiritual books together, meditate together, pray together. Grow spiritually together.

**Slide 21: 13. Help each other** (this is for the couples living together)

The man help around the house, the woman help with the bills, etc. Be each other's best friend and partner.

**Slide 22: 14. Keep the romance alive**

Find time alone. (for the ones married with kids- Put the kids to bed early so that you and your partner can have "alone time"). Don't just watch TV together, read to each other, read poetry, feel like you did when you first met. Discover each other.

The reason why so many partners stray is because the sex is not satisfying. Many women let go of their appearances after marriage. and don't satisfy their men's needs in bed. Women don't crave sex as much as men because they operate on the higher chakras.

We will talk in detail about intimacy and the importance of it in our next part.

## **Slide 23: Part 2: Connecting with Your Partner spiritually on a Physical Level**

While all human beings are complete within themselves, romantic love is an aspect of Divine Love. Finding the eternal well of love within and sharing this well of love unconditionally with the one you love, and then connecting with the Divine One is one of the most fulfilling journeys humanity can undertake and enjoy.

2 beings consciously uniting the energies of sexual, with the spiritual and heart creates a vortex of Divine energy.

We will describe 3 methods of sacred sex: Tantric, Taoist & Egyptian.

**Slide 24:** Much of the knowledge came from Pranic Nourishment by Jasmuheen, Taoists Secrets of Love – Cultivating Male Sexual Energy by Mantak Chia and Healing Love through the Tao – Cultivating Female Sexual Energy by Mantak & Maneewan Chia and The Ancient Secrets of The Flower of Life by Drunvalo Melchizidek.

Before we begin explaining the methods:

### **Slide 25: Let us first talk about what sexual energy is.**

Between 25-40% of the energy (prana or chi) we accumulate from breathing, drinking, eating, sunlight, moonlight is used to manufacture sexual energy, which is stored physically in males in sperm.

**Click:** A single ejaculation has 200 million to 500 million sperm cells, each cell being a potential human being.

**Click:** Discharge of semen means that the body has to produce more, and the raw material is then drawn from the blood, which in turn draws the precious elements from every organ of the body including the brain.

**Click:** In an average male's lifetime 5000 ejaculations involve 15 liters of semen. This is an enormous reservoir of energy.

**Slide 26:** It is possible for a man to have an orgasm with little or no ejaculation as demonstrated by Taoist and Tantric Masters

**Click:** thus denying none of the pleasures of a physical relationship, but still retaining the sexual energy involved.

**Slide 27:** The practice of male sexual energy conservation and transformation assists in the internal balance of the human body functions. The testes are connected to the pituitary gland in the male hormone system, and they work together in transforming sexual energy. The pituitary gland regulates the activities of other glands. The testes produce both sperm and male hormones, and when the sperm is not ejaculated from the testes, these male hormones go into the blood stream and are carried to every part of the body.

**Slide 28: Click:** At the point of male orgasm, a stream of etheric energy travels from the root chakra, at the base of the spine, up the central nervous system, along the spine to the pituitary gland in the head, however the majority of the energy is lost during ejaculation

**Click:** The Taoist technique for redirection of the sexual energy is traditionally called the “big draw”. As the name infers, it involves drawing back the discharge of sexual energy and redirecting it up the spine to the head. This is also the primary tantric procedure.

**Click:** The increase in sexual potency that follows will be quite remarkable. Meaning men can have multiple orgasms as well.

**Click:** Physical energy is not lost

### **Slide 29: The Sacred Sex Methods: Tantric Method:**

#### **Slide 30:**

1. Stay in the moment – really connect with your partner – just like in meditation – no other thoughts, just sharing every single movement with your lover.
2. Maintain a mindset that you are at the center of your reality. Drawing yourself into your heart.
3. Look into each other’s eyes
4. Breathing is important – take deep breaths in, and exhale slowly
5. Send energy to your partner through your sexual organs. Taking in energy from the crown chakra, along the sushumna nadi, and directing it out through your sexual organs to your partner.
6. Send energy from your heart chakra to your partner’s heart chakra.
7. Send energy from your 3<sup>rd</sup> eye chakra to your partner’s 3<sup>rd</sup> eye charka – holding your partner’s head in your hands helps with making this connection.
8. Then you have 2 choices:  
Put yourself in the moment and complete focus:
  - a. You can stave off ejaculation by clamping the same muscles to stop the flow of urine. (Note: don’t do too often at first – it is like over exerting any other muscle in the body)
  - b. Have an orgasm – but you can control when to have an orgasm so that you can climax at the same time – which brings extreme closeness and spiritual union with your partner.  
- You can see when your partner is close to climaxing, then relax and have the orgasm at the same time.
- 9 During the orgasm, offer the energy to the Universe with love and gratitude.

### **Slide 31: The Sacred Sex Methods: Taoist Method**

From Taoists Secrets of Love – Cultivating Male Sexual Energy and Healing Love through the Tao – Cultivating Female Sexual Energy by Mantak and Maneewan Chia.

#### **Slide 32: Step 1 for Men:**

At the time of orgasm, the man practices the big draw (that we mentioned earlier on) where a man draws back the discharge of sexual energy by clenching the same muscle used to stop the flow of urination, and redirects it up the spine to the head, then completes the circuit by touching the tip of the tongue to the roof of his mouth, the energy then passes down the front of the body back to his root chakra, and then up his back again, in a circular manner.

**Slide 33: Step 2 for Women:** Similarly for a woman, she redirects her sexual energy up the spine to the head, then completes the circuit by touching the tip of the tongue to the roof of her mouth, then passes it down the front of her body, back to her root chakra, and then up her back again, also in a circular manner.

**Slide 34: Step 3 for both:** It can then be redirected in a circle up the back and then down the front of your partner's body, then up your back and around your body, forming a figure 8 pattern. This symbol of infinity in the energy path – blending the sexual, spiritual and love energy creates enormous potency. The couple do not need to be a sitting up position for this energy exchange to work.

**Slide 35:**

**Click:** This produces an extraordinary experience created by the shared energy pattern.

**Click:** This technique takes the sexual energy, moves it into the higher spiritual centers of the crown and 3<sup>rd</sup> eye chakras,

**Click:** then adds the vibration of unconditional love (which is from the symbol of infinity) to complete the triad.

**Slide 36: The Sacred Sex Methods: Egyptian Method: Ankhing**

From Drunvalo Melchizidek's Book The Flower of Life Book 2

**Slide 37: Diagram**

1. The moment you feel the sexual energy about to rise up your spine, take a very deep breath, filling your lungs about 9/10 full, then hold your breath.
2. Allow the sexual energy of the orgasm to flow up your spine, but at the moment it reaches the heart chakra, with your willpower, turn the flow of sexual energy 90 degrees out the back of your body. It will then automatically continue inside the ankh tube. It will slowly turn until it passes exactly through the crown chakra one hand-length above the head at 90 degrees to the vertical. It will then continue to curve around until it returns to the heart chakra. All this occurs while you are holding your breath. When the energy reconnects with the heart chakra, you may feel a jolt.
3. The instant the sexual energy reconnects with the heart chakra, take in a full breath. You had filled your lungs 9/10 full, so now you fill them as completely as you can.
4. Next, exhale very very slowly. The sexual energy will continue around the ankh channel as long as you are exhaling. When you reach the bottom of this breath, continue to breathe very deeply.

**Slide 38:**

5. At this point, see the sexual energy as prana coming from the 2 poles along the sushumna nadi and meeting at your heart chakra. Feel the energy radiate into and throughout your light body. Let this energy reach down into your deepest physical levels of your body structure, even past the cellular level. Feel every cell becoming rejuvenated by the life-force energy. Feel how this beautiful energy surrounds you and brings health to body, mind and heart.
6. Continue to breathe deeply, until you feel relaxation spread throughout your body, and then relax your breath to a normal rate.
7. Allow yourself to completely relax or even sleep afterward.

Drunvalo says that if this is practiced for even 1 week, it will begin to give health, and strength to your mental, emotional and physical bodies. It will give great strength to your lightbody as well.



**Slide 40: Asking Aphrodite for help:**

Aphrodite is the goddess of love, beauty and passion, associated with the planet Venus.

She represents soulmate love with commitment and spirituality and also physical lust. She helps strengthen long-term relationships built on a dual foundation of passion and understanding.

**Slide 41:**

**Click:** She helps in commitment and marriage

**Click:** Femininity, gracefulness, beauty and attraction and attractiveness

**Click:** Sexuality including increasing desire and romantic passion.

**Click:** You can use her help in enhancing a love-making session by calling upon her – holding her image in your mind, and asking her to make your love-making session romantic, erotic, passionate – whatever you like. Then even if you aren't in the mood for love, you will automatically fall into the rhythm of the love session. Very powerful!

**Slide 42: The Advantages of Sacred Sex:**

**Click:** You will have a deep sense of connectedness with your partner – you will feel as you are one – resulting from the shared energy flows and consciously directing energies to each other with will and intention

**Click:** Improved health and vitality – according to Tibetan Lamas – they say that “spilling seed” – meaning ejaculation, drains the life from the body and creates premature aging, balding of men, and the inability to have multiple full body and brain orgasms.

**Click:** Increased capacity and longevity of performance and joy in sharing

**Click:** Physical immortality and organ regeneration

**Click:** Telepathic connection with your partner

**Click:** Women can control their menstrual cycle

**Slide 43: Meditation Technique: (see separate mp3 file)**

We will now teach a meditation technique to keep the beautiful flame of love burning bright in your lives.

First write on the sheet of paper – 3 things you don't like about your partner

Then write 3 things you love about your partner.

If you are here with a partner, you should sit facing your partner.

If you are here on your own – Close your eyes and picture yourself sitting facing your partner.

They say that our minds are very powerful and even though you are visualizing this, the subconscious minds builds this picture in the astral plane.

Hold your partner's hands, gaze lovingly into each other's eyes.

## **The Meditation (see separate mp3 file “Meditation”):**

Today in the Presence of God, and all those present, you and your partner are going to strengthen your bond, and renew your love for each other.

*We call upon the presence of Ascended Masters, Angels, Archangels and Other Divine Light Beings to surround us with your Love and Light and Divine Presence as we embark on this beautiful experience.*

*Now close your eyes, continue to hold hands....Relax and breathe deeply.*

*Radiate a warm feeling of love in your heart for your partner. Visualize your Higher Self as a golden light of pure and positive energy above you descending through the crown chakra of your head and completely merging with you and passing down to your heart. Now imagine this ray of light coming out from your heart center and touching your partner's heart center.*

*Now repeat these words: I ask my Higher Self  
To help me to be  
always loving  
Empower us to evolve spiritually*

*Next see a Bright Pink Light coming from your Higher Self above you. This light descends through your crown chakra into your heart chakra*

*Now see the light move from your heart chakra to your partner's heart chakra.*

*Now See The Light descending again from your partner's higher self through your partner's crown chakra to their heart center, and then out to your heart chakra.*

*Thus completing the heart to heart connection.*

*You have now formed a triangle of light between you and your partner.*

*God's Light is at the top of the triangle. The base of the triangle is the line of light between your heart centers. God's divine love and Light is circulating through this triangle.*

*Now say these words to your partner:  
I accept you completely for who you are  
With your faults and your strengths*

*Now open your eyes and look at your piece of paper and go through the 3 things that you don't really like about your partner and whisper in each other's ear taking turns...first one then the other and say:*

*I accept and forgive you for....(pause)*

*Now close your eyes. See each of the negative points as physical blocks being removed from your energy field, as you affirm to yourself the following.*

*We will now do a release as we say these statements:*

*I now release all forms of impatience within me.  
I am becoming more and more patient.*

*I now release all forms of anger and resentment.  
I am becoming more and more forgiving and loving.*

*I now release all forms of jealousy and insecurity in my relationship.  
I am becoming more and more secure and confident.*

*Now open your eyes and look at the other list, and in the same way as before, whisper in each other's ears all the points under the column: "Things I love about my partner", and say...*

*I love you for....(pause)*

*Now close your eyes again and radiate out from your heart a golden bright light and surround your partner with this light.*

*Everyone say these statements:*

*May we Stand United as One,  
in Sacred Dedication to God,  
in Love Everlasting,  
This Day, and Forevermore.*

*May you be blessed.  
May the light of God fill you.*

*You may now open your eyes.*

#### **Slide 44: Conclusion: Give it your 100%**

A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets. The girl agreed. The boy kept the biggest and the most beautiful marble aside and gave the rest to the girl. The girl gave him all her sweets as she had promised.

That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble.

Moral of the story: If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent. This is applicable for any relationship Give your hundred percent to everything you do and sleep peacefully

**Slide 45: A Poem: Don't take your Partner for Granted – Love them today don't wait for tomorrow**

*If I knew it would be the last time that I'd see you fall asleep,  
 I would tuck you in more tightly and pray the Lord, your soul to keep.  
 If I knew it would be the last time that I'd see you walk out the door.  
 I would give you a hug and kiss and call you back for one more.  
 If I knew it would be the last time that I'd hear your voice lifted up in praise.  
 I would video tape each action and word, so I could play them back day after day.  
 If I knew it would be the last time,  
 I would spare an extra minute or two to stop and say "I love you" instead of assuming,  
 you would know I do.  
 If I knew it would be the last time I would be there to share your day,  
 would I think "Well I'm sure you'll have so many more, so I can let just this one slip anyway.*

*Tomorrow is not promised to anyone, young or old  
 alike' and today may be the last chance you get to hold your loved one tight.*

*So if you're waiting for tomorrow, why not do it today?*

*For if tomorrow never comes. you'll surely regret the day,  
 that you didn't take that extra time for a smile, a hug, or a kiss*

*So hold your loved ones close today, whisper in their ear, tell them how much you love them and that you'll  
 always hold them dear.*

*Take the time to say "I'm sorry", "please forgive me", "thank you" or "it's  
 okay".*

*And if tomorrow never comes, you'll have no regrets about today.*

**Let's not take our partners for granted anymore and let's love them more and more.  
 Thank you for tuning into the Soul2Soul Educare's presentation.**