

A 5 STAR SPECIAL REPORT



Connect Me To *REAL* Love



Zellie Frazier,

Founder of Connecting, LLC

“Talk to me from your heart and I will engage in conversation with you as a caring individual. Talk to me from your head and I may walk away unimpressed.”

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A Personal Message from Kellie

What we say is important. What we do is important. When our actions and words are in alignment with one another sincere transformation can take place.

In my years of experience teaching people how to stay emotionally connected in business relationships and families, I have noticed several key elements that can change the way we connect; beyond the intellectual, transactional, conversations and get deep into the very heart of an individual. I want to share them with you in this report.

I have spoken with people from all around the globe and we agree on one thing: Connecting emotionally brings people together. It offers inner peace, wealth in business and allows us to enjoy the greatest pleasures in life.

I have gathered several key elements in this report for you. If you take action on what you learn, and practice these skills daily, your relationships will improve drastically and in a very short amount of time.

Connecting to your own life story and the 'why' behind your emotions, is something that takes time. I hope this report can help you learn to enjoy your life by being fabulously 'connected' in business and in personal relationships because that's what you are meant to have.

Inspiring and Connecting Hearts for Life,

Kellie Frazier

7 PRINCIPLES TO A HEALTHY

~ Mind and Body ~

1. **SPEND TIME WITH GOD** – nature, prayer, church, etc.
2. **HAVE SUPPORT OF FRIENDS AND FAMILY** – spend time with positive family and friends. Recognize when there are negative influences in your life and choose better relationships.
3. **BE OUTSIDE DAILY FOR AT LEAST 20 MIN.** – it is scientifically proven that we have greater health if we have a daily intake of fresh air instead of the stale air of indoors.
4. **EXERCISE DAILY FOR AT LEAST 20 MIN** – This is vital to your overall health and does not need to be strenuous. Sitting at your office desk, or watching television, lifting dumb bells is better than doing nothing.
5. **EAT PLENTY OF FRUITS AND VEGATABLES DAILY** – Give your body the support it deserves whether or not you think it 'tastes' good.
6. **GET ENOUGH REST** – ever noticed how grumpy you can become if you don't get enough sleep?
7. **DRINK AT LEAST 6 GLASSES OF WATER DAILY** – water helps you eliminate toxins that will sit in your body wreaking havoc.

"Discipline is the bridge between goals and accomplishment." ~ Jim Rohn

FOR OUTSTANDING CONNECTIONS

~ You Must Begin ~

- 1: **Understand** - Listen without distractions. Women do not always have to speak and men do not always have to stay silent, but both must try to be good listeners not interrupters, in doing so you will increase in understanding.
- 2: **Have Good Discretion** - You have the right to act in accordance with your own judgment, and with good discretion, you can choose wisely. If you heed discipline you show others life, if you ignore correction you lead others astray. Good discretion does not ignore wise counsel.
- 3: **Live Nobly** - Nobility comes from an inner connection of the mind to the heart. Living nobly is to give from the heart specifically for the purpose of increasing others.
- 4: **Increase Your Wisdom** - Intelligent people seek knowledge for degrees and higher education. Wise people seek their inner voice of counsel. Sound judgment, enduring wealth and prosperity comes without the slightest thought of competition. Competitiveness pulls at the very fabric of intelligence and is not supported by the wise.
- 5: **Be a Teacher** - Think of others daily and teach by example. Wise leaders ask, "Who can I serve today?"
- 6: **Live In Gratitude** - Not only for what you might obtain but also for what you've seen, done or have in your life right now. Create an attitude of gratitude that lifts your life to its highest potential.
- 7: **Give Love Consistently** - People of honor make it their job to love others no matter what the circumstances are. No greater love is there than when one man lays down his life for another. This kind of love would also include forgiveness to a deep level of the heart. To forgive in this way will bring the genuine relationship connections you've always dreamt about.

11 PRINCIPLES TO LIVE BY

~ Uplift Yourself First ~

1. I honor you by honoring myself with loving attitudes.
2. I continue to seek ways to grow emotionally and spiritually to better my relationships and my own health.
3. I choose to forgive myself and not keep a running score of wrong doings.
4. I exercise to aid in a healthy mind and body.
5. I plan at least one fun activity each month and smaller ones during the week to enjoy life.
6. I find ways to feel inspired and will express my gratitude for the large and small things in my life.
7. I find ways to communicate.
8. I choose to focus my mind on making life easier for others.
9. I choose to share parental responsibilities (if applicable)
10. I choose to value the opinions of others even when they oppose mine.
11. I choose to give others the freedom and support needed to grow in their personal or business opportunities.

Repeat these principles daily so you can become better equipped.

8 ACTION STEPS YOU CAN TAKE RIGHT NOW TO DEVELOP EMOTIONAL INTIMACY WITH OTHERS

1. **In close physical proximity;** without invading their space, talk to the one you care about at the heart level without worrying about how uncomfortable you may feel. Remember this moment is not about you, it is about them and how they feel.
2. **Make statements such as;**
 - I want you to feel how much I appreciate you
 - I'm so privileged to have you in my life, business, family, etc.
 - I am so pleased with your level of understanding
 - I love your unselfish ways
 - You are valuable to me and to others
 - I want you to feel loved by me
 - I'm so glad God made you the way He did
 - I can learn so much from you
3. **If you make the effort to sit down with them knee to knee, eye-to-eye, you can bring a sense of calm to the other person. When the time is right you can ask them the following types of questions and accept their answers.**
 - Do you feel loved by me? If not, what can I do to help you feel more loved?
 - Do you feel as though I understand what goes on inside of you? If not, what can I do to help you feel more understood?
 - Do you feel as though I cherish and validate you as a person?
 - Do you feel like I put my job or other people before you?
4. **Honor them.** Take some time to just relax and enjoy that person on an individual basis. Avoid talk about rules, expectations or controversial subjects - just be in the same room together.

Making statements such as:

- I believe you are something special.
- God used you in my life when you did _____ or when you said_____.

- I've been noticing these positive character traits in you. Keep up the good work.
- I saw that you did _____ without my saying anything, I really appreciated that.

5. Ask the person about one thing they want you to change.

- Anger
- Inattentiveness
- Not saying "please forgive me"
- being too harsh

These moments gives them hope and builds their trust in you.

6. Meaningful touch.

- Everyone feels nurtured when they are touched in a gentle appropriate way - without expectation.

7. Give them a blessing in the morning and at night.

- Start and end their day by speaking words that affirm their lives.
- Bless your children with prayer before bedtime and again in the morning before they start their day. (if applicable)

8. Help them to resolve issues with other people.

- Encourage them not to let the sun go down on their wrath, hurts, or misunderstandings.
- Show them how to look at others eye to eye so they can do it in their own lives.

NOTE: Try to do this at least a few minutes every day, for each person you care about. If you can make it 30 minutes a week minimum, you will see your relationships change in the way you have always wanted. This does not happen without effort or a bit of awkwardness.

For another free e-book on how to keep connecting go to:

<http://www.kelliefrazier.com>

PRACTICAL TIPS FOR PARENTS

First, identify your own top two behavior problems that need work; only two because if you focus on too much at one time you will quit before you get going.

Evaluate your present parenting style by asking:

“What type of parent am I?”

- **A Screaming Parent** – If I’ve asked you once I’ve asked you a million times...!!!”
- **The Talked Out Parent** – Do you over talk the situation causing your child to feel lectured and bored?
- **The abusive parent** – Emotional, Spiritual, or Physical
- **The Closed lipped parent** – would rather remain passive so as not to stir up an argument.
- **Light bulb parent** – there are days when it feels right to turn on the light but other days you feel off so the child isn’t sure when to approach you

These reactive methods were likely taught to you when you were young but it’s never too late to stop. Choose to stop today by asking yourself:

“What part of the problem is me?”

Build a Game Plan!

- Hold a family conference to reveal what you’ve discovered.
- Ask for forgiveness
- Ask for support from your family
- Commit to faithful boundaries
- Pray together

LOVE IS CAUGHT.....NOT TAUGHT

It is my greatest pleasure to bring you this special report to help you discern what you need to do for yourself. These do not have to be trying times for you. It all depends on your focus and your level of faith to believe. What you believe yourself to be YOU CAN BE. If you believe you are a great mom or dad, you will become a great mom or dad simply by the faith of believing it to be so.

Enlarge your mustard seed level of faith! Even if you aren't 'feeling' it at the moment, you must believe yourself to be so and your actions will follow in line with what you believe about yourself! Can it really be that simple? YES IT CAN!

If you see your son or daughter as a gem, he/she will become a gem. If you see them as a monster, he/she will become a monster. It is up to you to see them not as they are right now, but as they can be and treat them according to that desire or vision. It is up to you to decide that you can change how you look at them. You must not try to change them, only guide them in a loving way toward that goal.

We each need space to grow, to learn about the possibilities of change and making our own mistakes without feeling criticized or degraded, particularly from our parents who are there to help us feel loved. Believe in yourself so you can believe in them. You can do this!

Create **space**, so they too will know the **possibilities** and become **changed**.

Lovingly,

Kellie

FOR MORE INFORMATION

Sign up for our free tele-seminars where you will get a replay of the call just by registering here>>> <http://www.askfromtheheart.com> or sign up for your free E-book or Audio of "Why Keep An Elephant On Your Bed" at <http://www.kelliefrazier.com>