

6 Simple Tips to Up the Vibe of Your Marriage Today!

Mindbody Marriage Magic For the Enlightened Woman



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Dear Awesome Woman,

So glad that you're here!

Yearning for a happier marriage? These 6 tips can up the positivity vibe in your marriage and make your home a place of emotional safety, love, joy and connection for you and your spouse.

When we say “I do” to our partner on that big wedding day, our hope is that our marriage will be a supportive and soft landing place—a solid foundation of safety and love.

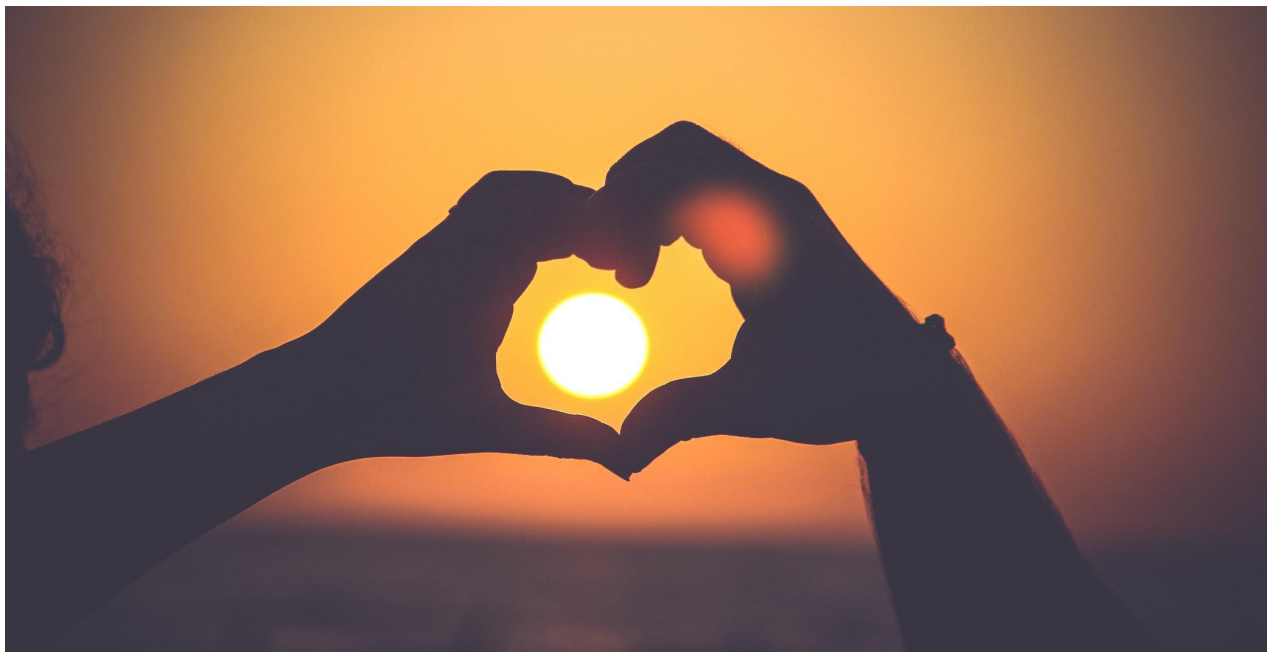
Unfortunately, what has happened for many couples in today's world is that marriage has become an emotional energy drain. Instead of it being that soft landing place where you can lean into the love and support of another, it becomes a toxic festering of ill feelings and resentment. Disconnection. Unmet needs. Sadness. Anger. Disappointment. Anxiety. Fear. Grief. A total loss of hope.

My marriage used to have a lot of stressful periods. I felt that I wasn't getting what I needed from my husband—whether that was enough help around the house or with the kids, emotional support, kindness, understanding, space or patience. I felt frustrated, alone, angry, scared, misunderstood and sometimes hopeless. Even though I knew there was love there, those stressful times were really draining on my mental, emotional,

physical and spiritual health. This not only hurt me, but negatively affected my children, as well.

It wasn't that I didn't try to communicate differently or work things out through counselling—I tried a lot of different things, but nothing seemed to change for the better.

Until it did. I finally landed on some things that worked. Instead of repeatedly barking up the wrong tree, I had new knowledge to make shifts and elevate the marriage to a more positive place. My home became more and more a supportive and loving space where my husband and I could safely land. Now the days are peaceful, I feel understood and loved beyond measure. My husband is my right hand partner, offering help before even being asked. His kindness and support help me rise to my highest potential.



Are there times when my husband and I disagree and don't get along? For sure. Nothing is perfect in this world. But we know how to bounce back from those stressful times, reconnect and communicate in ways that bring us closer rather than further apart. We both feel respected, loved and secure knowing that we have each other's backs and are committed to keeping our home a place of peace and emotional safety for intimacy to bloom.

If you can relate to the way I used to feel, then I'd like to share with you some tips that make all the difference in the world, ones that can help you have a marriage you love.

These tips are solid and practical, producing magical results when you put them into practice. I wish I had known of them before I got married, but I also understand that there is a timing to things, and I'm grateful that I learned and used (and continue to use) them when I did. If I can make a difference in another woman's life, helping empower her to create a more peaceful environment for her, her husband and her family, then I know that the world will be a better place.

You may also be asking this question—is it only up to you as the woman to change? Absolutely not. But I work with women clientele exclusively, so it is only *you* who I can help to make changes. My husband, **Dovid Feldman**, on the other hand, as a licensed marriage and family therapist, works with both men and women to make similar changes in their lives. (When I started making my changes in our marriage, it sparked something in him

and he decided to get a degree in this field). Either way, when a marriage needs to change, you as the wife need to change, along with your husband. And YOU have tremendous power.

When you make shifts, “upping your vibe,” as I like to call it, then those around you do, too. Or not—there are some people who refuse to up their vibe and choose domination and conflict rather than kindness, respect and peace. That discussion is for a different eguide, one I already wrote called *Escape From the Borderline/Narcissist's Web*.

My Approach

My specialization is **Somatic/Mindbody healing**—an integration of the mind, body and soul. Mindbody refers to the intimate connection between our thoughts and our bodies—the effect they have on each other—while somatic refers to the body. I use the terms interchangeably.

I'll elaborate. Your body brings you messages in the way of “emotions” which can be defined as “energy in motion.” They are presented to you as physical sensations.

For example:

- **Excitement:** An uplifting of the chest that energizes you positively.
- **Nerves:** A mixture of excitement, vulnerability and fear of the unknown.

- **Fear (dread):** A message from your body asking you to pay attention to something that doesn't feel safe. It may be felt as a sinking in your stomach.
- **Anger:** A surge of energy trying to set a boundary. Asks for action to be taken—words to be said or physical distancing—a protection of sorts. It may be felt as a constriction in the chest, a tightening of the jaw, a furrowing of the brows or a tingling in the extremities.
- **Joy:** An expansion or sense of comfort and safety.
- **Sadness:** A sensation of loss, a desire to bow forward, often being expressed in the eyes and chest.
- **Shame:** A desire to shrink inward, get smaller.

Do these descriptions sound familiar? These are general explanations, but each of us is different and our bodies have unique expressions.

One of the important things to keep in mind is that because emotions are energetic, they have the ability to flow and shift, as well as give us golden information. They can reveal to us how our thoughts and belief patterns are creating our lives. They can reveal to us how people and situations are affecting our health, for better or for worse. Emotions can also let us know how to redirect our paths to get relief and get more effective results. My job as a Somatic Healer is to help empower my clients to tap into this flow and wisdom to energize positive change in their relationships, careers and health.

What Mindbody Wellness Tips Can Do

The following tips will:

- Release emotionally stuck energy and heal wounds,
- Free your cells from trauma,
- Up your joy,
- Tune you into your intuition,
- Bring more respect into your marriage, and
- Make your home a more emotionally safe place for your entire family.

These changes will allow you and your husband to become your best selves, and the higher vibe in your marriage will be tangible.

Let's dive in!



Tip #1: OWN YOUR SHADOW

Owning your shadow means owning the pieces of you that you don't like—greediness, inappropriateness, messiness, selfishness, laziness, grubbiness, foolishness, etc.

There's a saying in the enlightened world of self-help: "What is inside of us gets projected outside of us." In Kabbalistic wisdom the Baal Shem Tov, the holy sage, actually spoke to this philosophy in the 1700s:

“ *Your fellow is your mirror. If your own face is clean, the image you perceive will also be flawless. But should you look upon your fellow man and see a blemish, it is your own imperfection that you are encountering – you are being shown what it is that you must correct within yourself.* ”

Now this can be a hard pill to swallow. It definitely can upset the ego. And it doesn't mean that any and every imperfection you see in others is something you need to work on in yourself—it's important to be discerning. But if there's an emotional trigger over someone else's flaws, it's smart to look within. When I help my clients own their shadows and dissolve their ego patterns, there may be a wincing of pain, but there is definitely a sense of release and freedom as well.

The next time your husband—let's call him Charlie—triggers you by leaving his dishes in the sink, forgetting to pay a bill, or chewing too loudly, write down the judgement you have of him.

“Charlie is so_____.” (fill in the blank)

Feel and notice the physical sensations that rise in your body with this judgement. Maybe you're angry, frustrated, sad, disappointed. Let's release the energy of those emotions by temper-tantruming it out. That's right, have a fit—in private. Go to the bathroom or your room and do a silent scream, grumble quietly or do a dragon breath out (you're opening up the throat area where energy can sometimes get stuck). Hit your fists in the air, stomp your feet, sob—let that emotional energy flow and then imagine sending it to the universe or G-d to be recycled into light (for the full version of this somatic/trauma release exercise, you can get the **ROAR!** [Eguide here](#)).

After you've growled and roared, take a belly breath in and out. Then put your right hand out, palm up, so you get the somatic sensation of holding your shadow, and say, “Sometimes I am _____.” Or it could be, “Sometimes I do _____.”

Think of some specific situations where you've behaved a bit like Charlie, for example:

“I was irresponsible and forgetful when I lost that receipt for the dress and the store wouldn’t take it back.”

“I was impulsive and hurtful when I said that rude thing to my friend Cindy.”

Own the piece of you that is just like Charlie because whatever you’re judging him for, you probably have within you, too.

Then take another belly breath and give yourself a hug and high five for owning a piece of your shadow. You’re human and just as imperfect as your husband.

Now, doing this exercise does not mean we don’t take action or speak up when our husbands do something that hurts us or worse, are irresponsible when taking care of our households. We need to know what we like and don’t like and what we desire to change, and yet, we also need to recognize the ego pieces in us that are similar. Read on to learn about expressing your desires in a respectful way.



Tip #2: DROP THE “SHOULD” ENERGY & SAY IT DIFFERENTLY

The practicalities of marriage, with endless to-do lists of managing a home, can sometimes overrun the care that a husband and wife have for each other. You may feel that your husband doesn't care about your happiness because when you ask him to do certain things, they fall by the wayside. Maybe he'll grunt, ignore or argue back about the tasks or suggestions you bring up to him. And perhaps you think to yourself—Shouldn't he do these things without me telling him? Doesn't he care? Doesn't he know that it would make me happy if he just did....?

I believe that when you drop the “shoulding” energy in the home and make changes to the language you use with your husband,

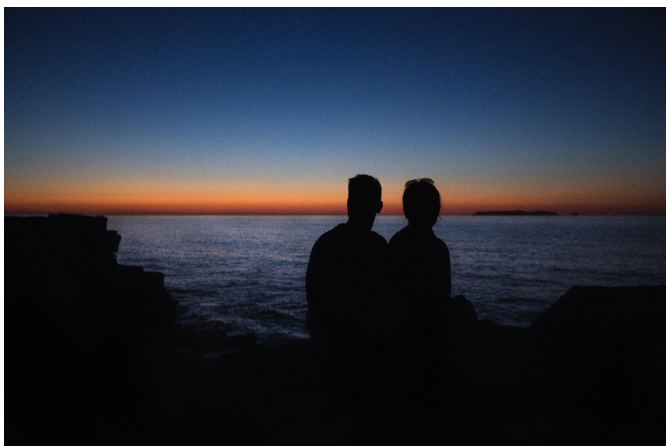
then you will see his desire to make you happy return as a reality in your marriage.

Tune into your body for a minute and feel what “should” energy does inside. Try completing this sentence with the things that come to mind: “My husband should” Do you notice the physical sensation of tightness or tension? A furrowing of the brows or a clenching of the jaw? “Should” can be a very aggressive energy, whether we direct it inwards towards ourselves or outwards towards others.

Now drop the “should” energy and tap into your desires. What is it that you want? Do you want to go out to dinner? Do you want more help around the house? Do you want the bills paid on time?

Try saying it this way:

- I'd love to go out to dinner.
- I love when the bills are paid on time. I feel so much safer that way.



- I'd love more help around the house. I'm so tired after work (or after taking care of the kids).

You may notice a softer energy replacing that tense energy of “shoulding.”

You're also telling him what your desires are without using the word "you" which can sometimes feel bossy, naggy and controlling to a man. Expressing yourself this way takes getting used to, but can make a world of difference. It definitely will feel more respectful to your husband.

Tip #3: APPRECIATE YOUR MAN

Women are discerning creatures. We can easily see what needs to be fixed, corrected and changed, including our men. But your husband wants to feel like a winner in your eyes, not someone who always needs fixing.

Though we never want to ignore or suppress our negative emotions, the energy of gratitude also needs to be experienced and sprinkled abundantly into a marriage. It's important to acknowledge the good that your husband does on a daily basis and how it makes you feel. And when you communicate that to him, it can cause tremendous positive shifts in a marriage.

What do you see right in your husband? If you had the mantra, "Never take anything for granted" what would you notice?

Does he work? Do you have a roof over your head because he has a job, pays the bills on time? Does he clean up sometimes, cook a meal? Does he drive for your carpool, bathe the kids, play with them? Then tell him you appreciate these things.

For example:

“Thank you for working so hard. I appreciate your desire to support the family. It makes me feel loved and protected.”

“I see how important it is to you to bring laughter into the house. I love how you horseplay with the kids. Thank you.”

“I really admire your tenacity. Dealing with that contractor was difficult, but you didn’t give up. Thanks for taking care of that.”

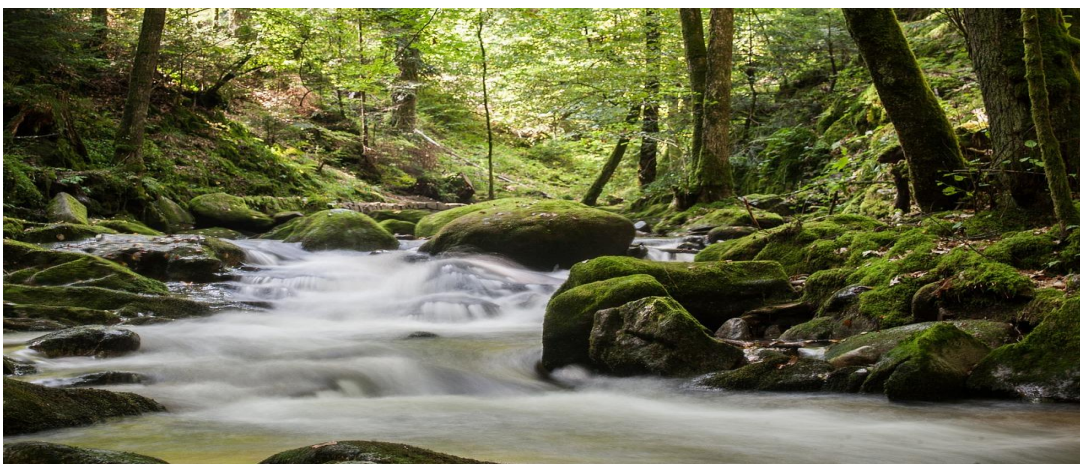


I love what Gal Gadot, known for her role as Wonder Woman, shares in a Vanity Fair article:

“In the Jewish culture there’s a prayer that you’re supposed to say every time you wake up in the morning to thank God for, you know, keeping you alive,” Gadot explains, referring to the Jewish prayer, Modeh Ani. “You say ‘modeh ani’, which means ‘I give thanks’... So every morning I wake up and step out of bed and I say ‘Thank you for everything, thank you, thank, you, thank you...Nothing is to be taken for granted.’”

Obviously, your husband is not G-d, but how important it is to take nothing for granted from anyone. So, for Tip #3—bring your awareness to the things that your husband does or the qualities he has that make you feel safe, loved, protected, happy, etc.

“ *What you focus your attention on causes more energy to flow in that direction, and he will want to show up more and more as the winner he truly can be in your eyes.* ”



TIP #4: OWN YOUR HAPPINESS

Only *you* can make you happy. It's a choice.

Do things in your life to fill your cup, and don't just expect your husband to make it all happen for you.

What do you enjoy? Listen to your body. What brings an expansiveness to your soul? Make time to do it.

Sit in nature, listen to music, talk with friends, exercise, paint, write, walk, garden, dance, doodle, collage. The list can go on and on and I speak of this often in my Mindbody Wellness newsletters. Only you know what brings you joy, lifts your spirit, lights you up. Sprinkle these things throughout your day and week. Purposely. Get conscious about taking care of you and being kind to yourself. Make yourself happy.



TIP #5: HAVE BOUNDARIES FOR YOURSELF

Internal and external boundaries are crucial for your health. Using boundaries is not just self-care, but self-wholeness.

In Kabbalah, there is the concept of Chesed and Gevora. Chesed is kindness and outward expansion while Gevora is limitations and strictness. When you use both you get the energetic balance of Tiferes, which is harmony.

You can find this balance of energies in your relationship with yourself as well as in your relationships and in situations outside of yourself. Finding that balance is key to avoiding overload and resentment. You are also taking accountability for your life and your creative endeavors— saying no to baking more desert (unless you love baking), no to overworking or no to another volunteer project may just be that limit that allows you to say yes to more beautiful things on your soul's path.

When people know what to expect from you because you are clear with your yeses and nos, they feel safe. Healthy relationships exist because people can trust that you know your mind, you are selective with your energy, and that follow-through and accountability mean something to you.

If you're a people pleaser who struggles with setting boundaries in your life, try saying these two affirmations daily:

“I don’t always have to do what others want or expect from me.”

“I can be kind and hope other’s feelings won’t be hurt. Sometimes their feelings will get hurt. I’m willing to release the need to try to protect others from getting hurt by hurting myself.”

Boundaries truly help you and others have self-wholeness. We are not just givers, but also receivers. We are not just doers, but also resters. We are not just workaholics, but also have inner children who need time to play. We need time to create, to play, to care for ourselves, to breathe, and to walk in nature. We become whole when we allow ourselves the use of our ability to give (Chesed) and the use of our ability to limit (Gevurah). Then we can achieve harmony.

Still feeling guilty saying no? Let me help you by replacing your internal critical voice with a voice of loving compassion that gives you permission to say no. This, I whisper to you:

“ *It’s ok, honey. You can say no. You may feel some discomfort in your mind when you do, but your body and soul will thank you. There are times when your body and soul need you to say yes to preserving your energy, your strength, your health, your dignity, and your well being.* **”**

TIP #6: BE WILLING TO RECEIVE FROM YOUR HUSBAND

With healthy boundaries comes the ability to receive. So, let me ask you this question: How well do you receive from your husband? How often do you allow him to do for you and give to you? How often do you open your arms, surrender control, and welcome the vulnerability of receiving?

When you receive with grace from your husband, you are being a true Superwoman. You are tapping into your femininity and allowing the joy of true connection with him. Feel into that vulnerability by putting one hand on your stomach and the other on your heart. Notice for a moment that space inside you that allows for receptivity.



In Conclusion

By practicing these Mindbody Wellness tips your marriage will become more emotionally safe and have more love, joy and intimacy.



Need a helping hand in having a marriage you love? I invite you to schedule your free 20-minute Marriage Magic Clarity Call today!

The tips here will definitely help create a more emotionally safe marriage for you and your husband. That being said, if resentment or bad feelings have festered for too long

and you're having a difficult time, please reach out. Don't let your marriage go downhill by ignoring the need to get help when there are negative patterns of communication, anger overload, and bitter memories. As a Somatic Healer, Clarity Coach and Relationship Expert, I help empower women to trust themselves through the wisdom of their bodies and intuition. I also help women process trauma on a cellular level. You can have a kinder, more joyful life with less stress and more love.

*Check out what others are saying @ **Client Love** and here are a few:*

What happy clients are saying....

"I reached out to Miriam Racquel shortly after I had just gotten married as my marriage was not turning out to be the fairytale I had always dreamed it to be. Within just a few sessions I began feeling so empowered to make positive, lasting changes in my marriage that I had control over, and the wisdom I have accessed through Miriam Racquel's help has truly transformed my marriage into the playful, passionate one that I have always desired. I love the mind-body healing work that Miriam Racquel infuses into her sessions. These practices have allowed me to release my emotions in a powerful way and give me a great sense of relief, validation, and confidence to help me move forward with love."

- N.C.G., Atlanta, Georgia

"I came to Miriam Racquel because I wanted peace and for my husband to be aware of his irrational, angry and defensive behavior. I knew I had to grow/shift for this to transpire. Through our work I regained my center and sense of self and self esteem that I didn't even realize I had lost! I gained Realization that I had to have healthy boundaries and self respect so I didn't "allow him" to behave this way to me. It's the happiest I've ever been in my marriage. He is a completely different person. Actually he's his "true" self—kind, loving, warm! When I became non-reactive to his irrational, highly defensive and uncalled for behavior, stood my ground with dignity,

relative calm and self respect, I became like a mirror for him and he was able to SEE himself and begin his process of growth."

- E.N., New York

Schedule your free Marriage Magic Clarity Call today and join the journey so many women are taking!



Love & Blessings,

Miriam Racquel

Somatic Healer, Relationship Expert & Clarity Coach

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