

THE **7** SACRED **PATHWAYS** → TO INTIMACY

Workbook for Singles



Benji & Alanna Alexander

CHAPTERS

1 *A Royal Mess*

2 *What Do You Want?*

3 *We Do Hard Things!*

4 *Sacred Pathway Number 1 The Spiritual Pathway*

5 *Sacred Pathway Number 2 The Emotional Pathway*

6 *Sacred Pathway Number 3 The Intellectual Pathway*

7 *Sacred Pathway Number 4 The Sensual Pathway*

8 *Sacred Pathway Number 5 The Financial Pathway*

9 *Sacred Pathway Number 6 The Leadership Pathway*

10 *Sacred Pathway Number 7 The Sexual Pathway*

INTRODUCTION

Hi, and welcome to The 7 Sacred Pathways to Intimacy workbook, this goes hand in hand with The 7 Sacred Pathways to Intimacy book and also the training series, which you can access here if you haven't already: www.raisingroyalty.com/7-sacred-pathways .

It's an honour to have you joining us on this adventure and we trust that these questions and challenges will bless you on your journey, from being single, to creating a marriage where you and your spouse are both receiving an abundance of what you want, when you want it and how you like it.

The focus of this workbook is more on growth than comfort. There are some parts that will be fun and some parts will be gritty. Others are intended to be hilarious and some will be deeply personal, some will be exciting and some of it has the potential to be very confronting, as you work towards building the type of marriage where both you and your future spouse are getting everything that you need, want, dream and desire.

The aim of this workbook is to help you gather great information and insights to prepare you for the type of marriage where both you and your future spouse are each receiving abundant portions of everything that you need, want, dream for and desire.

At the end of each chapter there's an extra page for notes.

Enjoy the journey.

Chapter 1

A Royal Mess

QUESTIONS

What has your journey with romantic relationships been like to date? Have you been married before? Have you been in love? Have you always been single? Have you had a crush?

Have you had any highlights or lowlights in your journey with romantic relationships? Please share the details.

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are the strengths that you believe you would bring into a relationship?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

What have you tried before in relationships that did not work?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHALLENGE

Ask a trusted friend what areas you need to take extreme ownership in?

*** This can be an extremely difficult challenge, because if you have a blind spot, it is almost impossible to receive feedback on this issue. We give this challenge in the hope that it will help you avoid years of pain like we experienced because of our blind spots. Dealing with blind spots before you get married will be absolutely priceless!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

[illegible]

Chapter 2

What Do You Want?

For this exercise, describe in detail your definition of the most amazing marriage possible.

It's really important that you dream without limits for this exercise. Don't think about what is, what has been or even what you think is possible – this exercise is about you articulating your best case scenario, your deepest desires and your wildest imaginings.

Describe your wildest dreams in each of “The 7 Sacred Pathways to Intimacy”.

We will drop a few questions to help get you dreaming, but this space is about you expressing your heart felt dreams and desires, so prioritise expressing what you really want from marriage.

Remember in this dreaming phase, it's essential that you dream without limits. If there were no limits, no restrictions, no lack and no resistance – what would you want for your marriage? Focus exclusively on capturing your most personal and intimate desires. No limits. No obstacles. No lies. Nothing shallow.

Just dream!

THE SPIRITUAL PATHWAY

What do you want the spiritual culture in your marriage to look like?

THE EMOTIONAL PATHWAY

How honest and vulnerable do you want your marriage to be? What do you want the predominant emotions to be? How loved do you want to feel? What atmosphere do you want in your home?

THE INTELLECTUAL PATHWAY

How effectively do you want to be able to communicate love to your spouse? How well do you want your personal preferences to be known? How do you want your spouse to love you? What could your spouse do for you to fulfil your most intimate and personal desires? From teas or coffees, to the bedroom and everything else – what do you want, when do you want it and how do you like it? We realise these are big questions, the idea is to spark and awaken desire in you so that you can clearly articulate what you want.

THE SENSUAL PATHWAY

How much sensual touch do you want? What type of sensual touch do you want? How often do you want it?

THE FINANCIAL PATHWAY

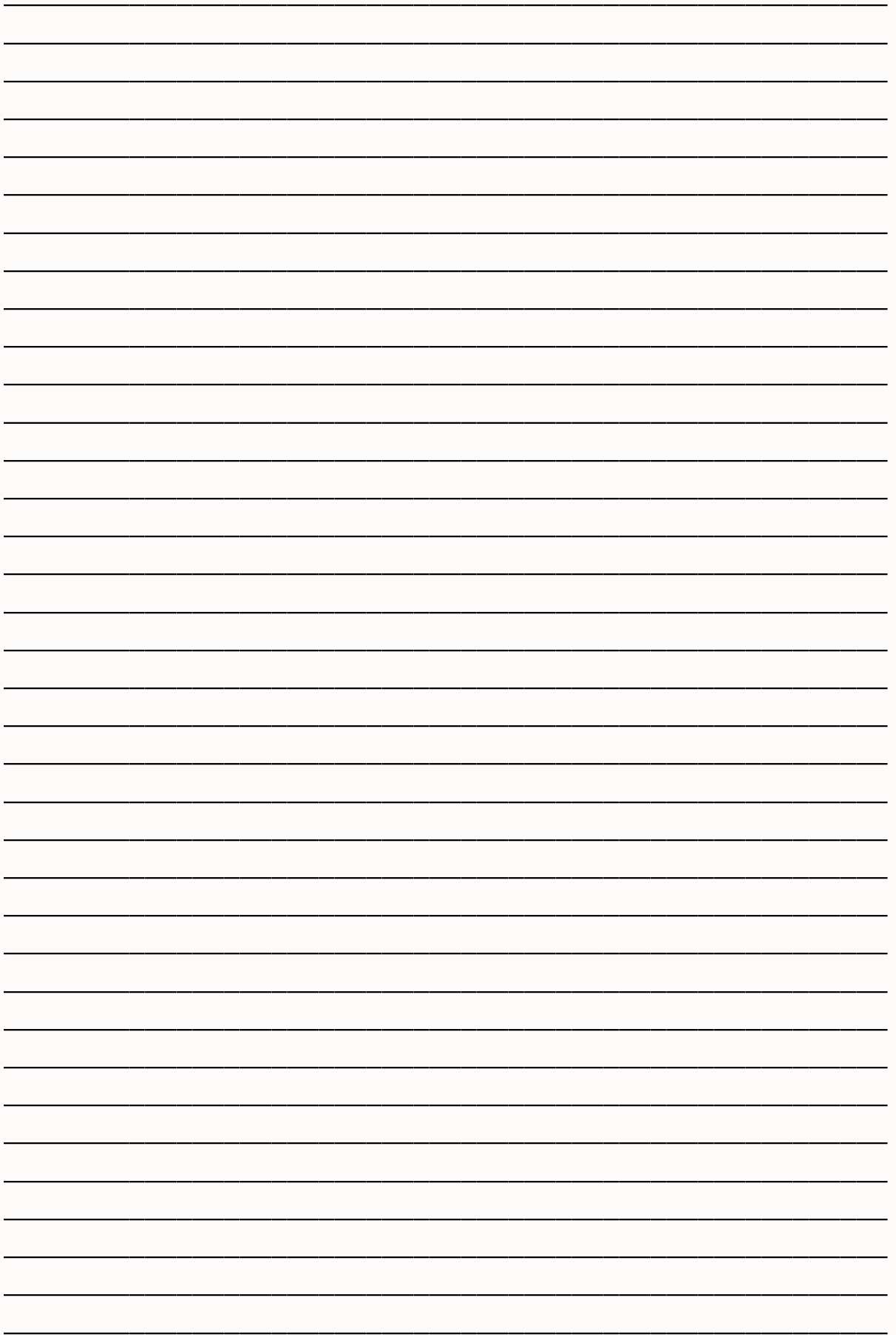
What do you want your culture around finances to look like? Do you want joint accounts? What do you want finances to look like for you, your kids and the generations to come? How do you want to make money? How do you want to spend, save, invest and give your money?

THE LEADERSHIP PATHWAY

Who will make the decisions in your relationship? How will the decisions be made? What type of leadership style will you embrace? Will your marriage be a democracy, a monarchy, a dictatorship or something else? Where do you want to live? What do you want to be doing? What's the vision for your marriage, family & future? How are you going to get there?

THE SEXUAL PATHWAY

How much sexual activity do you want in your marriage? What type of sexual activities do you want in your marriage? How often do you want them? Do you want to schedule sexual activities? Do you want them to happen spontaneously? How many times a week would you like to be engaging in sexual activities?



CHALLENGE

Describe The Most Romantic 24 Hours That You Can Imagine:

If there were no limits at all on your resources – what would be the most romantic 24-hour period that you can imagine?

Give precise details on what you would love to spend the full 24 hours doing.

Remember, to do this activity effectively, you must be honest and vulnerable and you must dream without limits. It must not be based on what has happened, what is happening or what's likely to happen. Possible, probable and rational are not important in this exercise – what is important is your most extravagant desires!

So get vulnerable and get limitless – what does your most romantic day look like? Morning, afternoon, evening and late at night?

Where in the world would you want to be? What would you want to do? What would you want to see? What would you want to eat? What would you want done for you?

How would it feel to get swept off your feet? Loved to the point you're about to explode with wonder, ecstasy and delight?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Chapter 3

We Do Hard Things!

QUESTIONS

What is the hardest thing that you have ever done?

Do you value comfort or growth the most and why?

[illegible][illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Is there anywhere in your life that your choices are betraying your preferences?

Do you have a plan for how you are going to bring your dreams for marriage to life? If so, what is it? If not, why not?

Would you rather do hard things now and reap the benefit or, avoid hard things and suffer the consequences? What's your reason for this and where is it happening in your life right now?

CHALLENGE

Ask yourself what are the top 3 hard things that you are blind to or avoiding? How do you think doing these 3 hard things would benefit your future marriage?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Chapter 4

Sacred Pathway Number 1

The Spiritual Pathway

Let's begin the process of confronting our darkness.

You may wish to keep the information from these questions private as some of the content will be very personal.

This information is just between you and God for the purpose of stepping into brand new levels of freedom. Please prioritise your own personal safety. If at any point you don't feel safe with any of these questions, just take a break.

If you need to, leave them and move on and aim to come back to them later. But remember, facing our darkness, no matter how painful it is, is part of the non-negotiable price tag attached to the exceptional, satisfying, sizzling hot romance and intimacy that you are dreaming of.

Please answer these questions with the highest level of vulnerability, transparency and courage that you can summon.

QUESTIONS

How do you think global culture is impacting people's sense of identity?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

How do you think our beliefs impact our behaviour?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

What have been the most traumatic experiences of your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Ask God what are the biggest lies that you came to believe as a result of these traumas?

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ask God what is the truth, that He would like to reveal to you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Ask God what He has to say about your Identity?

Write down a personalised declaration about your true Identity – what really defines you?

CHALLENGE

Write down any behaviours in your life that you would like to see change and, also write down any beliefs that you think might be causing these behaviours?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the page.

Chapter 5

Sacred Pathway Number 2

The Emotional Pathway

QUESTIONS

What is the biggest amygdala hijack that you have ever witnessed in person?

What will you need most to feel safe in your future marriage?

Have you ever experienced an amygdala hijack? What happened?

In hindsight was this amygdala hijack (or any others you can think of) based on a real danger or a perceived danger?

What are your biggest triggers?

Do you have any symptoms from high stress in your life?

Do you need to create an “Emergency De-Stress Plan”? If so, what is it?

What will you need to be able to be completely vulnerable with your future spouse?

What are the easiest and the hardest things for you to be vulnerable about?

How vulnerable do you think you should be with your future spouse and why?



What do you appreciate most about being vulnerable conversations?

How do you communicate when you aren't feeling safe or when you are feeling upset for any reason? If you have a communication strategy, what is it? How is your current way of communicating working out for you?

In what ways do you feel most loved and honoured?

What are the best ways for people to build trust and respect with you?

Are there any relationships in your life that require reconciliation? Do you need to apologise? Are you offended? Do you need to forgive? Do you have any relationships that need mediation?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What healthy boundaries do you have that are working well for you?
Where do you need to put healthy boundaries in place to restore the
standard in your relationships and to restore trust and respect?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHALLENGE

Ask a trusted friend what are some consistent actions that you can be taking to help create a safe atmosphere in your relationship?

Are there any relationships in your life that would benefit if you followed the following communication example?

This example is obviously between a husband and a wife but it can be used in any relationship between two people.

HERE ARE THE 4 “I FEEL, I NEED” STATEMENTS

STATEMENT 1

When you did _'this'_ I felt_____

The aim of Statement 1 is to ensure that there are no accusing statements, no inflammatory statements, and no attacking statements. You want to identify the specific behaviour or action that made you feel unsafe.

Remember you are trying to give them good information. If you do this with a lot of emotion, if you are getting intense, if they feel threatened or challenged, then your communication is not going to be as effective as it could be.

Be aware, vulnerability is scary for most people, even receiving good information could put someone on the edge of their own amygdala hijack.

If we use attacking words or we are carrying intense emotions, we could start the whole amygdala hijack cycle all over again.

Present your information clearly, calmly and without any attack in it. Highlight the behaviour or action that caused the issue.

STATEMENT 1 EXAMPLES

Wife: I felt unsafe when you drove the car at twice the speed limit on the way home today.

Husband: When you spent \$5,000 on jewellery without talking to me, I felt unsafe.

STATEMENT 2

I felt unsafe because_____.

Statement 2 is a great opportunity to get vulnerable and give your partner good information about exactly how their action or behaviour made you feel.

STATEMENT 2 EXAMPLES

Wife: I felt unsafe because I felt ignored, I felt out of control, I felt in danger of death, I felt in danger of writing off the car, I felt in danger of hurting someone else and of getting fined.

Husband: I felt unsafe because I felt unimportant, I felt irrelevant, I felt afraid, I felt frustrated, I felt left out of the conversation, I felt like our dreams were being compromised.

STATEMENT 3

I need to feel_____.

Statement 3 is another wonderful opportunity to let your partner know exactly how you want to feel. This is a powerful opportunity to build culture in your relationship. What are the feelings that you want to be experiencing?

The real focus of this statement is to let your partner know all the feelings that make you feel safe. A lot of people simply say: "I need to feel safe." You can elaborate, for example: "To feel safe I need to feel appreciated, and I need to feel celebrated."

STATEMENT 3 EXAMPLES

Wife: I need to feel safe; I need to feel like I am not in danger of death, car accidents, hurting other people or being fined.

Husband: I need to feel safe; I need to feel important; I need to feel included in the conversation, I need to feel like we agree with how we spend our money, I need to feel like we are working on our dreams together.

STATEMENT 4

I feel like this when _____.

In Statement 4 you let your partner know exactly how they can make you feel like that.

These 4 Statements give your partner the perfect information that they need to create an atmosphere that makes you feel safe - an atmosphere where the sweetest intimacy possible can bloom.

Wife: I feel safe when you drive at the speed limit.

Husband: I feel safe when we make our money decisions together.

Trying to convince someone to care about your needs without being vulnerable enough to communicate them is a fear driven exercise in futility.

Danny Silk

ALANNA

It's also important to be able to mirror the above statements back to your spouse. This shows you are listening and that you have heard them correctly. Sometimes the things we say get warped in the space between our lips and their ears. It can take some patience and keeping control of our own emotions to get on the same page.

So in regards to the above conversation, the husband might say back to the wife something along the lines of;

Husband: *So, you're saying when I speed, you don't like it.*

The wife may reclarify along the lines of;

Wife: *I felt unsafe when you sped, I was worried for our safety, we could have lost control and got injured.*

Husband: *OK, you were worried that we may have an accident and get hurt.*

Wife: *Yes.*

Husband: *I'm sorry I didn't take your feelings into account when I was speeding. I didn't realise that it made you feel unsafe and I want you to feel safe when I drive. I will be much more aware of my speed next time.*

Wife: *Thank you for saying sorry, I'll help keep you accountable for keeping to the speed limit.*

In this way both husband and wife know they have heard each other correctly and they are on the same page.

Over time we have created our own version of the above statements, and they are often all combined into one or two sentences. But initially having them broken down helps to understand the rules of engagement.

In our relationship I am
responsible to bring:

In our relationship you are
responsible to earn and steward:

Love

Trust

Honour

Respect

Trying to convince someone to care about your needs without being
vulnerable enough to communicate them is a fear driven exercise in
futility.

Danny Silk

Notes

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Chapter 6

Sacred Pathway Number 3

The Intellectual Pathway

QUESTIONS

What are your main love languages?

How full are your love tanks right now? What do you need to fill your love tanks right now?

Do you feel like you have leaky love tanks and why?

What do you want your future spouse to understand about you on a deeper level?

How does your personality type impact the quality of your relationships?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

In what ways do think that couples can be dream makers for each other?

[illegible]

CHALLENGE

What is the most important goal in your life right now and what support do you need to achieve it?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Chapter 7

Sacred Pathway Number 4

The Sensual Pathway

QUESTIONS

Is touch safe and welcomed in your life? If no, what do you need for touch to become safe?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHALLENGE

Describe in detail how you would answer your future spouse when they ask you what sensual touch would you like, when would you like it, and how would you like it?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Chapter 8

Sacred Pathway Number 5

The Financial Pathway

QUESTIONS

What are the best, the worst and the weirdest experiences you've had with money?

Do you feel like money is the servant of your life or the master? Describe how money influences your life.

Where does money sit in your value system? List your top 7 priorities in life.

Do you ever prioritise money over obedience to God? If so describe how? If not, describe how you prioritise God over money?

On a 1-10 scale rate yourself and how well you steward money. Explain why you gave the ratings you gave. 1 being the lowest rating and 10 being the highest.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Are your systems around money working well for you? If so, describe what is working. If not, describe what is not working.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

The 5 Jar Principle revolves around tithing 10%, offering 10%, saving 10%, investing 20% and spending 50%. What percentage of your income do you currently allocate to each of these areas?

How do you use your finances to bless and impact the lives of other people?

Blank lined area for writing.

CHALLENGE

Is there room for a 1-degree shift in how you spend, give, save or invest your money?

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Chapter 9

Sacred Pathway Number 6

The Leadership Pathway

QUESTIONS

If you had to compare yourself to any leader from world history past or present, who would you say you are like and why?

Would you describe your parents' relationship as a powerful people relationship, a co-dependant relationship, power struggle relationship or something in between? Explain why.

On a scale from 1-10, 1 being completely untrue and 10 being a perfect description of yourself, how would you rate yourself against the following statements?

I manipulate and control my spouse:

I am secure in my identity:

I create a safe atmosphere in my relationships:

I say yes to other people's ideas even if I hate them:

I don't mind if I hurt people in the process of winning an argument:

People have realistic expectations of me:

I have realistic expectations of others:

Because I'm smarter I should make the decisions:

I take ownership for the mistakes I have made:

I withhold my thoughts, opinions and feelings:

I make fake agreements just to pacify people in the moment:

What I say is not important:

People trust me completely:

I'm completely vulnerable with people about every area of my life:

I have healthy boundaries:

I am a generous negotiator:

People and life experiences keep telling me that I have no value:

I have amygdala hijacks on a regular basis:

I live in fear of others emotions and behaviours:

I feel safe right now:

Shouting at people is acceptable behaviour:

I need help with relationships:

I love discussing the best options with people and coming to a beautiful win-win solution:

I know there are unsafe behaviours that I need to stop immediately:

I am in a lot of pain in my relationships and it is not my fault:

My relationships keep going from strength to strength:

People trust me completely:

CHALLENGE

Look at your answers above and use them to diagnose what kind of marriage you are setting yourself up for; a co-dependent relationship, a power struggle relationship, a powerful people relationship or somewhere in between. Explain why you came to that conclusion.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Chapter 10

Sacred Pathway Number 7

The Sexual Pathway

We understand that for some people talking about sex may be a painful topic, so just be as vulnerable as you feel safe to be.

QUESTIONS

What are the best, the worst and the most awkward sexual experiences that you have ever had?

[illegible]This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Do you ever view porn? If yes, how often and, are you willing to take action and get help to get free? If not, how do you keep safe from the porn saturated culture that we live in?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What do you think is normal behaviour in the area of masturbation?
How would you describe your personal experience with masturbation?
Do you think this is healthy or unhealthy and why? Do you need any
support in this area?

[illegible]

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Have you experienced any of the following health issues in your life? If so how are they or how have they impacted you? Do you need professional help in these areas?

- Painful sex
- Health issues that reduce or eliminate sex
- Problems with orgasm
- Erectile dysfunction
- Premature ejaculation

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are your sex expectations for your marriage?



A series of horizontal lines spanning the width of the page, providing a template for writing. The lines are evenly spaced and extend across the entire width of the page, leaving a small margin on the left and right sides.

Which of the following would you like included in your sex life and which wouldn't you like? Circle what you would like to include and cross out what you don't want in your future sex life.

Vaginal Sex	Anal Sex	Oral Sex
Hand jobs	Massage with a happy ending	The Neighbours
Spontaneity	Scheduled sex nights	More sex
Less sex	Sex on the beach	Quickies
Before work sex	Sex while we are sleeping	At your parents
Sex toys	More foreplay	Porn
Fake orgasms	Orgasms	Condoms
Role play	Contraception	Sex games
Loneliness	Costumes	Manipulation
Music	Romance	Candles
Sexy new lingerie	Interruptions	Emotional connection
Chocolate sauce	A vasectomy	Tubal ligation
A better bed	A sound proof room	New locations
Romantic holidays	Arguments	Dutch ovens
Garlic breath	Good personal hygiene	Masturbating yourself
Healthy boundaries	My spouse initiating more	My spouse initiating less
Generous negotiation	Understanding	Extravagance
A focus on the things that pleasure me the most	A focus on the things that pleasure my spouse the most	Taking photos and videos of each other
Awkwardly trying new positions	Great new positions	Viagra
Professional help	Purity	Longer sex
Lights on	My spouse to jump me	Blindfolds

CHALLENGE

What does your ideal sex life look like, what does it include, how often do you want it and how would you like it? If you don't know, how will you explore and discover what you want, when you want it and how you like it with your future spouse?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

CONCLUSION

BEING DREAM MAKERS

It's supremely important to hold your dream for your ultimate marriage in the forefront of your mind, as you tackle all the challenges that you will face daily along the journey towards creating the marriage of your dreams.

Now it's time to get vulnerable again. Please remember, that the success of everything that we are doing here depends on you being extremely real, transparent and honest.

Keep your answers secret if you need to but, keep it real and honest at the deepest level!

What have been, what are and what do you think will be the biggest obstacles and challenges to seeing your most extravagant relationship dreams come to life?

Please list all the things that have been the biggest challenges to extreme intimacy in the past. What are your biggest challenges right now and what do you think will be big challenges in the future?

Think about internal obstacles in yourself.

Think about challenges in your circumstances.

Part of the aim of this exercise is to have you capture and write down what your greatest fears are as you embark on this journey of bringing your wildest dreams to life. So, open up, don't harden up.



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and cover most of the page area, leaving a small margin at the top and bottom.

Describe the type of relationship you would like to be in a year from now.

[illegible]

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Are you willing to do whatever it takes to bring this dream to life? If yes, describe why? If not, describe why?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

CONGRATULATIONS

If you made it this far, you have done more to invest in the health and future of your dream marriage than most single people ever will. We know that the information that you have gained during this process will be invaluable to you as you build daily towards the intimate and romantic marriage that you desire.

Our prayer is that God's grace will be on you abundantly as you wake up tomorrow and start building your dream. Our advice as always is - do hard things.

If you haven't picked up on it yet, Alanna and I are very fun, silly people and we have laughed a lot as we put this together. We also deleted a lot of potentially inappropriate comments – that had us in stitches!

If you have further questions or want to go deeper with us on this journey then join us and the amazing 7 Sacred Pathways to Intimacy family for our live trainings then click here: www.raisingroyalty.com/7-sacred-pathways .

Once again, all our love to you and may your future marriage be a marriage where both of your needs, wants, dreams and desires are abundantly fulfilled.

To your success,

Benji and Alanna