

A romantic couple embracing and kissing. The woman has her eyes closed and a gentle smile, resting her head on the man's arm. The man is leaning in to kiss her cheek. The background is softly blurred, suggesting an outdoor setting.

Love Reignited

*Your Relationship Rescue Handbook To
Stop Conflicts In 5 Simple Steps And Make
Love Last Forever*

Nancy Ho

Praise from Happy Clients

You Saved My Marriage, Nancy

I love your easy-to-follow solutions. It has not only saved my marriage but also personally helped me to shift my paradigm in my life, contributing to my overall growth. Excellent life lessons. This has given me great answers in search of meaning in my life.

Patricia T.

From Devastation to a New Dream

He wants out, no discussion whatsoever. After 21 years in the marriage, I was devastated! Your program came on time and first helped me to get out of what felt like a “bottomless pit”. A simple shift of my thinking changed the entire energy around; he came back and asked for a fresh start. Thank you, Nancy from the bottom of my heart! You saved my marriage and my life.

Beatrice R.

180° Shift towards a Close and Understanding Relationship

A dramatic turn of events! Our relationship took a 180 degree turn and I am so thrilled that we are finally moving in the right direction. Now, we are enjoying a very close and understanding relationship.

Peter G. Junior

An Easy-to-follow and Enlightening Program

A terrific program, I am so glad I bought it! Your easy-to-understand steps helped me to focus on what is truly important and brought me back to my values. It is very enlightening. Bravo, Nancy.

Christopher L.

Blissfully Connected, Appreciated and Understood

Absolutely different, Nancy you gave me hope to live out my dreams. I had been very unhappy in my relationship for 7 years. I followed your program, and it worked! I am now happy, joyful, and feeling bliss each and every day with my partner.

S.Y. Tan

I'm Gobsmacked. What a Paradigm Shift

I sat and read your book all night. Know I know what went wrong in my relationship. I'm amazed with the simple concepts and easily applicable techniques. Now, I am motivated to make the necessary shifts to have the marriage I've always wanted.

Leslie G

An Excellent Book, the Best

I read the first few sections and already had a mindset shift. The three principles is the ultimate psychology. I am very relieved it's really aligned with my philosophy and personal values. Thank you very much, Nancy.

Clarice Lee Smith

My Relationship Improved by Leaps and Bounds

Thank you, Nancy. This is the most practical, sensible and authentic book I have ever read. The three principles and concepts in it are authentic and simple to comprehend. My relationship with my wife has improved by leaps and bounds! Thank you Nancy, you have changed my life for the better.

Peter Young L

You Gave Me Hope

My marriage has been in trouble for the last five years. I've read many books and went for marriage counselling, but nothing worked. Your program made the difference and I see reason why in the past everything I have tried did not work. You are radically different from the others. Now, things are improving in my relationship. I now have hope! Thanks a million, Nancy.

S.H Ouyong

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Nancy Ho

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LOVE REIGNITED
YOUR RELATIONSHIP RESCUE HANDBOOK TO STOP CONFLICTS
IN 5 SIMPLE STEPS AND MAKE LOVE LAST FOREVER

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To my partner, KS.

Your devotion and encouragement made this book possible.

*Your unconditional love uplifted me and continues to warm my soul,
regardless of the challenges I face in life.*

*Our journey together has made me stand firm in my principles and beliefs
and has impacted the lives of thousands of people.*

For that, I am forever grateful.

Acknowledgement

My heartfelt thanks to all of my teachers, in the last 28 years—especially the late Mr Gil Boyne who walked his talk until the last days of his wonderful life, and hence influenced my professional career. These teachers have impacted me to enhance and empower the lives of others, thus making my dreams come true. This book has become a reality for me after an incubation period of nearly 6 years.

It is my blessing to have lived in the era of the founding father of Singapore, the late Mr Lee Kwan Yew. It is through his values that I learned how to live life properly.

My family has always been a driving force in my life. From my mum, who sacrificed so much to ensure I always pushed myself beyond 100%. To my late father, who believed in his little girl and that she would always shine as brightly as a star, forever influencing the lives of others.

To my eldest sister, Margaret, who always put me before herself, to make sure I would always get the best in life. To the rest of my siblings who accepted me with no criticism but only praise, thank you.

Finally, to all of my wonderful clients and participants that I have had the opportunity to meet over the years; those who trusted me to transform their lives, save their relationships, and live in bliss.

It is my privilege to share my blessed life with you all.

About the Book

It is a beautiful thing; marriage. The connection between two people who decided to make a promise to each other; one that involves spending the rest of their lives building, being, and working together one step at a time, every day and every moment with forever as the end goal.

This connection does not exist only in marriage as an institution, but also in an exclusive relationship that has, at its centre, two people who have made a choice to choose each other and be together. The union of two people in a relationship is a beautiful thing indeed. Knowing that there is someone who always has your back, in all of the forms that life can take, and all the colours it can call upon.

Think about your favourite sweater; when you first purchased it, it was the best thing on the market as far as you were concerned. The design, the colour, the particular style – all these were the best things that had ever happened to sweaters and you just wanted to have it forever! Fast forward a few years, and that favourite sweater of yesterday has submitted to the whims of wear and tear. And, while it's the same sweater you couldn't get enough of in the past, it is also intricately different today.

A relationship follows this progression too. In the beginning, everything is so nice and rosy. The sun seems brighter and you are convinced that you have made the singular best decision of your life. Your emotional gauge is so full and you are simply convinced that nothing can be wrong with the world. How could it be, when your corner of it is so steeped in sunshine?

Fast forward a couple of years and the analogy of your favourite sweater comes into play. This union that used to be the next best thing (after chocolate, of course!), the same union that used to thrive and make waves, the union that made you believe in the possibility of forever, now suddenly becomes something entirely different. It loses its taste, zest, and fire. The light seems to be sucked out of it and, as a matter of fact, conflict becomes the new normal. Quarrels and bickering becomes the regular affair and destabilizes the once-blooming relationship.

In most cases when this happens, the couple is confused. After a fight where they might have verbally torn each other into a hundred little pieces, the feeling of helplessness descends upon them, not only because of the fight but because they have finally arrived at a crossroad of helplessness. At this crossroad, they are confused on what the next course of action is. They individually ask themselves questions like “What do I need to do?”, “What can I do?”, “How do I get back my connection with my partner?”, “How do we pick up the pieces of our lives and build something tangible out of it again?”, “How do I catch up with, and build that link with my partner again?”, and “What actions can be taken to enable us to return to a calmer and less volatile situation so we can begin afresh on a less confrontational basis?”

There are so many questions and so few answers! The constant turning of the wheels in the brain, trying to make sense of all the individual pieces, can be a causative agent for mental and emotional disturbances in the minds of both – as individuals *and* as partners. If these questions are allowed to fester, doubts about the union will begin to creep in.

At this stage, different people will react in distinct ways to the change in dynamics. Some may begin to view the challenges as a pointer to an absence of love, while others may begin to think that their needs are being neglected wilfully by the other partner. All of these thoughts create a fertile ground for negativity to prevail. The increase in the proportion of negative thoughts leads to the creation of even more mental struggle between the couple. This vicious cycle repeats itself until it becomes the norm.

In all of these situations, both individuals in the committed relationship or marriage are so focused on their individual thoughts that they “forget” to talk to each other. Communication with each other becomes a challenge and here, at this defining moment, a greater percentage of couples choose the route of remaining silent in the face of the challenges their relationship is facing. They choose silence, and pretend to themselves that maybe if they ignore the obvious problem, it will go away or ultimately work itself out.

It is a human failing when we try to hide away from pain or the possibility of confronting our fears because we are afraid of having to look that far into our own selves. The couple then goes ahead to thinking that *maybe* if they do not communicate the illness pervading

relationship, it will magically and eventually cease to exist. The fact though is that misunderstanding will not cease. Rather, as long as necessary steps are not taken to evaluate the existing reality of the relationship, they will continue.

When this is the case, both parties are on the edge of their seats and stressed out by all of that churning energy. The end product is that strain levels begin to rise to a completely unhealthy point and, as impossible as it might have seemed at the beginning, thoughts of separation start running amok in the minds of both parties.

It is like a bad habit you don't want to give any power to, but one that shows up occasionally. It rears its head, if only to assure you of its presence. All of these worries, even separately, can be very draining for a person, but together the stress and anxiety that occurs can have an influence on your relationship with your partner and the way you ultimately coexist with each other.

You're constantly at a loss; like a person without swimming skills stuck in the middle of a raging sea, unclear and unsure of what the next course of action should be. You are at a crossroad, with no how-to on rekindling the beautiful closeness you once shared with your partner. How do you get back the love and bliss you experienced in the earlier stages of your committed relationship?

It might seem like a daunting question – one that seems all muddled up and doesn't provide any clear-cut way on how to answer it. That is because it is. On the flip side, like any other question, there are ways to provide an answer to it; a series of steps deliberately taken that takes you to where you want to be.

Let's get to it, shall we?

About Nancy Ho aka “Happy Nancy”

Nancy Ho is a life coach, a state-of-mind specialist, and a clinical hypnotherapist with The Revolutionary Coaching, a results-based personal development company.

She knows that sometimes life can flip the script on any of us and leave us bumbling as to the next steps to take. That gap is where she has slotted herself into; her mission and goal is to help with the problems that can accompany this journey called life, especially the *big* turning points.



Some problems are solved with money. The right amount of money, and they are gone like a puff of smoke. But some problems take a different form, and no amount of money can make them go away. And this is where Nancy Ho steps in – in that place where simply throwing money at a problem no longer guarantees that it will slink away into the night.

One area Nancy specializes in is relationship rescue. This area for her was a chosen one; an answer to the questions of many people who feel pain in its raw form, and have no knowledge of how to resolve their relationship or marital problems.

In the last two decades, Nancy has helped thousands of people from all walks of life in providing answers to some of the questions that plague them. She’s primarily helped the baby boomers generation, a generation she happens to be a part of, and a unique positioning that enables her to relate to their problems more intimately.

Because it is a mission she has wholeheartedly dedicated herself to, Nancy has a knack for resolving relationship-related issues and helping couples with the insight that is required so they can rekindle the fires of their lost love.

There are a number of moments that have opened her eyes to the world, but her defining moment was when she realised that people suffer due to one or *some* of the following reasons: they are unable to let go of the past. In so doing, holding on tightly to yesterday and what could have been, they successfully let today, the reality they have the power to form, slip between their fingers. They lose control of the present and for the reason that their eyes remain fixated on the past, they have no vision for their future.

Life is a rollercoaster and, at least once, it will toss and turn us in a direction we might find less than favourable. This tossing of life hasn't left Nancy unscathed. She has had her fair share of suffering and pain but, in all of the unpleasantness, she resolved and found solutions to the problems that were determined to weigh her down. She resolved to get out, and she thus found ways to get out.

Today, Nancy is free – unburdened of those emotional traps! She has arrived at a place where she lives a joyful, purposeful, and meaningful life.

Nancy's motto in life is to "love deeply and live fully with no regrets." Life will show up in any of its different colours – some happy, some sad. What will colour our individual path and provide direction to our journey are the principles that guide us.

In *Love Reignited* by Nancy Ho, you will be confronted with, and provided with, solutions. Nancy goes ahead to share the 5 simple steps required to stop conflicts and breakup. This book shares how to rekindle the fire that once burned with endless intensity so that you and your partner can find your way back to each other, take the steps required to fall in love with each other over again, and remain in love *forever*.

This book is a resource that provides the fundamental questions that need to be asked so that self-searching can come into play and the cause of conflicts and struggles can be evaluated and analysed. They include:

- What was the origin of the conflicts in the relationship that eventually led to a dearth of the romance?
- How do you come to an understanding of the source of mental struggles in a fight or an argument?
- How do you overcome the bad blood from the past incidents?
- What leads to a breakdown in the way couples communicate?
- How do you put a stop to overthinking that creates stress and anxiety?

What led to a blockage in the loving feelings the couple once had towards each other?

In seeking solutions to questions, questioning is the first step. When there is honest questioning of oneself in a bid to seek answers, the first door to freedom is already opened. But that is just the beginning. Beyond self-searching, we further provide solutions which can be applied to save the relationship through 3 principles with practical and effective working steps.

The application of these 5 simple steps opens a door for the couple to easily resolve any differences they might have and also gain an understanding of how to keep the fire burning in their relationship and how to keep the romance and closeness they enjoyed freely at the inception of the relationship between them.

The singular, most important ingredient in a relationship between two people who are committed to each other is *understanding*. Understanding is the ultimate antidote that serves to bring ease to all couples' conflict and open the door so they are reminded of the authentic love they have for each other.

These 5 steps will also bring upon a sense of feeling secure, safe, and in control for the individuals that make up the couple unit – a sense of being that is *fundamental* to the human needs.

When the well-being of the individual is achieved, it becomes easier for authentic love in a relationship to flow freely once again. Their love has a fertile ground to flourish and therefore paying attention to each other is not such a chore; it becomes easier and that ultimately leads to togetherness and intimacy.

In the later part of this book, the practice of the “Love Model, Laughter, Optimism, Vibration and Expectation” is practiced with an end goal to make love last forever. It is a universal truth that love overcomes virtually everything. Challenges will come into play, but what determines if you thrive or if you're buried under all of it is how much love you have deep-seated in your hearts for each other.

This book has a goal, and that goal is to rekindle the fire lost in relationships and the inability of partners to keep sailing in their “relationship boats.” So, your relationship boat is stuck somewhere – we want to free it and fix it!

In conclusion, I leave you with this saying I find simple, yet so profound:

*Relationships of all kinds are like sand held in your hand.
Held loosely, with an open hand, the sand remains where it is.*

*The minute you close your hand and squeeze tightly in order to hold on,
the sand trickles through your fingers. You may hold onto some of it,
but most will be spilled.*

*A relationship is like that. Held loosely, with respect and freedom
for the other person, it is likely to remain intact. But hold too tightly,
too possessively, and the relationship slips away and is lost.*

Kaleel Jamison

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Introduction

The *Three Principles of Mind, Consciousness, and Thought* were first expressed by Sydney Banks.

Have you ever paid any thought as to why you felt a certain way about yourself and consequently about others around you? Our thoughts and minds are such powerful, intangible things that have enormous capacity to impact our consciousness and subsequently how we relate with ourselves as individuals and with others around us.

Have you ever found that your experience with someone who is unsure, jittery, and unconfident about their purpose in the general scheme of things is not the same as with someone who is quite confident of who they are in the big picture?

In a committed relationship, two people come with their individual prejudices and try to make something beautiful together, and what they think about themselves as individuals will somehow rub off on the other person and on the relationship in general.

Imagine that you feel insecure about a certain aspect of your life. That insecurity is *so* powerful in your head to the degree that you have made it. While, indeed, you might have valid reasons why you feel the way you did, true freedom comes when an individual or a couple realise that such a feeling is only *thought*.

Your insecurity about yourself or your partner is a story you have created by yourself and when you come to this understanding, you gain power and precious control over your thoughts and they cease to have a control over you.

The principles of mind, consciousness, and thought are the backbone behind the entire array of human behaviour, and are in control of all human experience.

The “Mind” is not a static entity. Rather, it is a dynamic body that is constantly evolving. Our minds are the source of all intelligence, both the physical, that can be felt and seen, and the unphysical that is intangible, but just as important.

Imagine that someone suddenly jumped before you on a quiet street. Your first instinct would probably be to jump, and a close second would be a desire to run from a perceived danger. That is only possible because you possess a “Consciousness” – something that makes you aware. It is that consciousness that allows you to think about something, “Thought”, which in this case is thinking of being in danger. “Consciousness” is the expression of that thought because your brain recognised the thought processed and tries to protect you.

The authority of “Thought” is one we all possess from the very beginning of our lives, even though we have no clear understanding of how to use it.

Our experience as human beings is formed based on the interaction between these three entities, and the process of identifying and knowing oneself.

Our mental states are self-created. Our feelings are created through our thoughts. Have you ever noticed that at a particular time, you might feel a deep happiness and connection with your partner, maybe even for no particular reason? Then you start to think about all the things that are wrong with your life, all the ways your spouse or partner has wronged you, all the mean things they have said to you and all of your needs they have “refused” to meet.

What then happens? That bubble of happiness deflates like a balloon and that connection you felt with your partner is nowhere to be found. What happened was you allowed your thoughts to create a whole picture for you, and you gave that picture the power to dictate how you felt about yourself and your partner.

We are, *every one of us*, stronger beyond our wildest imaginations. We wield such powers that if only we knew how to use them, we would be that much better for it. Beyond our obvious and limited thought system, there is a reservoir of wisdom and intuition in each of us that remains unexplored.

The default setting of humans is one that brings with it feelings of love for self and others, compassion with self and the universe. But, too often, we forget to tap into that well of strength that we possess and let our thoughts get the best of us, taking us to places we would rather not go.

In the hustle and bustle that characterizes the 21st century, we are constantly overwhelmed by thoughts of finances, work, school, and how

to bring the different entities in our lives into one whole – something that leads to accumulated stress. We worry about the evolving dynamics in our relationships all the time.

Of course concerns will arise; after all, we are only human. The problem arises when we give those concerns free rein of our power, the will that we possess inside of us to shape our realities into what we want.

When a relationship turns sour, the first instinct of the two individuals in such relationship is to believe that the other partner and the prevailing circumstances are to blame for whatever the issues appear to be. Each partner begins to think that the other is to be held accountable for the life experiences they have to go through.

They pass off the blame back and forth, having bulky records of places where the other person erred. At this stage, a lot of couples aren't even entirely sure of what their wants are. "What do I want from my partner?", "What do I want from this relationship?", and "What do I want from myself?" are all questions you may find yourself asking.

In all of these, they forget the most important person: self. Our thought is a principal actor in the process of generating our feelings and perceptions of events around us as they appear to be. When this understanding is gained, you're primed to take your power back.

As a partner in a committed relationship, you begin to realise that your experiences and feelings are not limited to your circumstances. You actually do hold the power in your hands to create the reality that you want.

This realisation opens you up to new possibilities. You eventually get to a place where it becomes unnatural for you to put the blame for everything on your partner. You experience freedom and are able to make use of the greatest weapon in your arsenal: *your mind*.

SECTION I

Can My Relationship be Saved?

1

Feeling Trapped in This Relationship

You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity.

Epicurus

Have you arrived at that crossroad where your relationship feels like a cross that is being foisted upon on you? You feel trapped in the relationship, even though it is only your mind driving the conversation and shaping the story.

All over the world, people feel suffocated for varying reasons, a situation that has stubbornly remained the same or a love they had higher hopes for. But this feeling of being trapped, of fear, and of being unable to do anything to change the outcome of the existing situation, has its origin in a fear and unbelief in the ability that you have as a person to effect change – a phenomenon that stems from the unconscious nature of human consciousness.

People feel trapped in committed relationships for different reasons. For some, the love is just “not there anymore” while for others, it is a case of changing interests over time.

When these feelings of ambivalence begin to creep in, rather than going to the root of the matter and trying to understand what happened and where the road curved, partners in a relationship might decide to ignore all the flashing red lights and convince themselves using different reasons. We have children together. We have been through so much together. I have gotten used to the life

that we have together. I don't want to have to support myself. I don't want to have to see my assets divided in one support or the other. What will people say? What if he harms himself? What if she harms herself?

“What ifs” running amok all over the place. The problem is that in all of the concerns outlined above, almost every single one had other people at the centre of the individual's concerns. The promise two people made to each other are worth keeping, but the most important reason should be because of *self*. It is a journey back to each other. You'll get tired sometimes and, at others, you might even get discouraged. In those moments, when you just want to give up, what will keep your chin up is the conviction you have in yourself, and the decision that your relationship is worth holding onto.

There are a lot of realistic reasons why people feel trapped in their relationships and remain stuck in them for the wrong reasons, without trying to get to the root of the matter. Without asking that one important question: *where did we get it wrong?*

Most of these reasons stem from the conscious self and this keeps individuals successfully trapped. In a committed relationship, especially one that has spanned a longer period of time, spouses or partners often have their lives melded together such that, more often than not, they do not develop individual and personal interests away from each other as a couple.

It happens that sometimes, people don't take the time out to discover who they are, to answer the question of self, before they become attached to another. Due to this, they define their lives based on their partner, their children, and every other thing apart from themselves.

Every human being is an individual in and of self. That means being able to exist as a separate and emotionally confident person.

If a person does not own their individuality, the consequence is that they will very likely feel trapped or unsettled in their relationship. This is because their mind is constantly wondering what else is out there even though the physical is scared of taking the plunge and seeing for self.

It is ironical, because when a person is unsure of their individuality, they gravitate towards someone who they think will hold them up. All their uncertainties of experiencing life, of their innate ability to be without that person, means they will hold on to such relationships even when they don't know why they are doing so, out of fear.

Eventually, they start feeling suffocated and trapped in that relationship. They have a desire to explore the world, and they hate the fact that their partner is holding them back, even though that is not the truth and they are the ones holding themselves from breathing in without a crutch.

In some cases, the issue we are battling so fiercely does not have to do with a partner. It has to do with *self*.

The journey to freedom is an individual journey, one that every person has to take for themselves. The blueprint to this journey of discovery is tailored to each individual and their realities. Freedom is your gift to yourself, and it's your job to embrace it. It is a journey that none can undertake for you, even if they were willing to.

Feeling trapped in a relationship is a conscious manifestation of your thought to create that reality. The first roadblock to your happiness or freedom is you - *not your partner*. So, take charge of your power and take responsibility for your happiness and freedom.

While focusing on the other individual in a relationship with you, don't forget to focus on yourself. Develop your passions, take

charge of your interests, and liberate your mind from the cage you have comfortably boxed it into. Your mind is limitless – let it be.

You are not helpless in your relationship. You are in a driver's seat while your partner is in the other. How can you then be helpless? When you feel trapped in your relationship, your self-confidence begins to get sucked out of you. You become afraid of your own shadow and unable to take responsibility for anything.

When you take an assertive and definite position about your relationship, you become able to see things which you might otherwise have ignored and you can start to chart a path to solving the problems that exist.

Instead of being a victim, you become a victor.