

## **Geoff Laughton** **11.19.14**

**Geoff Laughton, the Relationship Architect, Secrets to Healthy Relationships and a Healthy Business.**

The link to listen to today's call is:

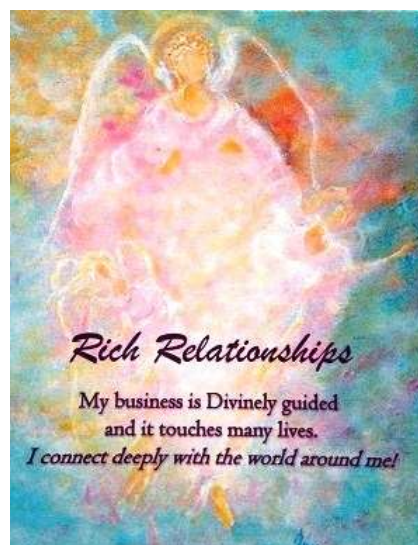
<http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/11/19/geoff-laughton-secrets-to-healthy-relationships-and-a-healthy-business>

**Rev Anne:** I have a wonderful guest with me today. Oh my goodness, he is so yummy, he really understands relationships

[Opening blessing]

You are Divine powerful beings. Follow your vision, the way is there in your heart.

Today's Angel Card is the Rich Relationships card: *My business is Divinely guided and it touches many lives. I connect deeply with the world around me!*



How perfect.

Let me introduce Geoff. I met him 3-4 years ago at an event.

As well as being a Relationship Architect, Geoff is an author, public speaker and workshop leader with 20 years' of experience coaching and mentoring individuals and couples to have the relationship of their dreams with themselves and their partners.

He has been with his wife for 33 years, is a proud parent, and the author of the soon-to-be released book, *“YOU Have to Make the First Move, Dad!”*

So Geoff, how did a nice guy get into a business like this? It's soooo not a guy thing!

**Geoff:** This is the good thing about my arena: I hear a lot of, *“Why aren't more men like you?”* I think men are as emotional and deep-feeling as women, but we have more barriers. I've always been someone who's more of an open book.

I got into this, as a lot of entrepreneurs, without an inch of forethought or planning. Like a lot of people, I used to work in the corporate arena, making nice money. I had everything that I was taught were the measures of success, but I was unhealthy and unconnected from my family and I was a workaholic.

I had none of the internal things I needed to be happy. I knew that all was not well, but I kept ploughing through and ignored the signs.

Then the celestial 2 by 4 #1 hit me over the head, and I was an invalid for about a month. So I lost 100lbs and still felt like crap.

Then I got celestial 2 by 4 #2 and had to start looking inwards, and that's when I did the inner work and realized what I wanted to do, and the passion I have for transformational work. And there was no looking back.

**Rev Anne:** It's such a big decision to leave corporate. Now you can look back, but at the moment on one side when you're looking at it, it's like, "OH, sh\*t." How was your wife with that?

**Geoff:** I was scared sh\*tless, terrified. I had years of knowing I was dying inside, but once upon a time I was completely clueless on what I could do. But when I got the ah-ha I was exhilarated and felt more alive than I'd felt in a long time, and then the thoughts came in, "How do I do this?" And not knowing how the money was going to come in.

My wife wanted me to be happy and she was supportive, and when I told her what I wanted to do, it was a transition of about 2 years of corporate by day and coaching at evening and weekends.

And then the time came where I hated my job so much but was having terror of letting go of the secure income that my wife said, "Just do it. I'd rather be poor and under a freeway with you than living with you in a nice house and have you dead or miserable."

That reassurance that she believed in me was what made the difference. That was the beginning of the end of living in 2 worlds.

**Rev Anne:** I've seen women who've had to choose between the partner and their job, but have been in an unsupportive relationship.

**Geoff:** I don't know many people who've been able to make a relationship and have a business. People mistake longevity for quality.

I had that support because we'd already had challenges and rough spots so we'd talked about our values. If your relationship is not first and foremost and you've not talked as radically open as possible. Often the relationship was already in trouble and the biz is the last straw.

You are one of the few I've seen who has made a relationship work along with being an entrepreneur.

**Rev Anne:** When I started with Francisco I was already an entrepreneur and within that first year I did have success. I was already showing that I could do it. We didn't have a 5-year struggle for money. That makes a big difference in someone supporting you.

**Geoff:** The level of security your partner has with their relationship with money is important in this. For a while I was fumbling around and not making a lot of money and for my wife, like a lot of other people, security is a big deal.

When I didn't make as much as I wanted at the start we knew that even when it got tough, there was no way anything was going to destroy our marriage. Our marriage was the number 1 thing and, if I had to go back to corporate, I would.

The other thing that helped us get through it was that I had other people around me that I could go to when I was scared to death. I didn't want to give my fear to my wife.

**Rev. Anne:** Yes, I have the same with Francisco. He's walking a different world. He doesn't share his concerns about scientific grants. We do talk about it, but I don't lay it at his feet. He's not on the same journey; I share with people who are on the same journey. I like how you don't make the other person the repository for your fears.

**Geoff:** I was so much like that, that I wasn't connecting with her. I had to find the right balance of feeling vulnerable with her, and I found I went to the other extreme to where she felt cut off. But, when I kept stuff from her, she felt and knew if all. She had to remind me that she was my best friend, and that she would let me know if it was too much.

**Rev Anne:** That is so healthy.

**Geoff:** It's the difference between inter-dependant and co-dependant relationships. You want to shoot for the latter, but you need to do the inner work and take responsibility for everything.

**Rev Anne:** Give us some examples of what a co-dependent relationship looks like.

**Geoff:** Imagine a couple sitting down to eat and the other says, “*How do you like the eggs?*” The other says, “*They’re good,*” without making eye contact, and the first person starts to interrogate the second person to find out what the issue is. They feel inadequate as a cook and as a person.

It’s early in the morning; they’re not fully awake or grounded, but all these doubts come out with the energy of, “*OMG, I screwed up, s/he is not happy.*”

This happens because that person has given away all their power to that person and to the relationship for a state of wellbeing, balance, presence and groundedness.

**Rev Anne:** I’m only okay if you say I’m okay.

**Geoff:** Or I’m only okay when you’re not upset with me. That’s a subtle difference. I need these words of validation and affirmation or I need no words because no news is good news.

**Rev Anne:** How do you help someone? This is not a quick fix; it’s about re-learning who you are and how you relate to a person.

**Geoff:** The good news is that there’s always stuff to learn. The thing you eluded to and is that so important is that a lot of what creates those relationships is trauma from family systems as we grew up and what we forget – who we were when we were young, who we are now.

The good news is that it’s all in there; it’s just the degree of garbage, on top of that true core of who we are. Then once people connect, they have all this wisdom that they didn’t have as a child to really radiate themselves.

When people are giving away their power to external forces, they have to realize that they are creating their reality.

You bring your authentic self together and you have a whole new power source from which you can start designing rather than settling for in a huge distorted illusion.

I help people reconnect to their clarity. Then people start dreaming again, and I help them shift the rest of the debris.

**Rev Anne:** Years ago, when I started to delve into my feelings and thoughts I had to learn the difference between the two. Then there was a long process of understanding healthy communication. It was my daughter who inspired me because I didn't want her to be raised in an unhealthy environment with unclear communication or passive-aggressive communication.

I was introduced to Landmark Communication 20 years ago. They talked about how you had to be your word. I'd been raised in an environment where that wasn't an issue. My dad was the original guy who said, *"I'll call you,"* but didn't. It wasn't basic for me to honor my word at that point. It's so big yet so basic, *"How do I want to be showing up in the world?"*

**Geoff:** *"Who am I?"* has been around for millennia, but, *"How do I want to experience my friends/family/business..."* is different. Our heads tend to orientate to metrics that are quantitative, not qualitative. You can be financially well-off but miserable.

It takes a lot of energy to build a business; it takes a lot of energy to have a great relationship.

**Rev Anne:** In my last marriage, my husband's compulsion to lie led me to require integrity in my next relationship. So, when I was dating Francisco and he said, *"I'll call you,"* he always did what he said he would do. He was congruent.

Life flows for him. I joke that he walks on water and I'm still learning. I watch him and I'm like "Wow, that's so incredible!" He raises me up.

**Geoff:** A healthy inter-dependent relationship is one not built from need, but true, "Wow, I get what you're about, and what you're gunning for in life, and I'm going to be your cheerleader".

**Anne:** So Geoff, tell us about your gift.

**Geoff:** The gift I'd love to make available to your listeners is an audio that goes into more detail about what we've been talking about today "Moving from Happily Ever After to True Bliss in Your Relationship."

The notion of happily ever after is one of the biggest shams of the human race. If you want tips of how to move your relationship into yummy real life stuff go to [www.GeoffLaughton.com](http://www.GeoffLaughton.com).

If you listen to it and like it, email me letting me know that you're a follower of Rev. Anne and I will give the first 7 people a complimentary Relationship Design Review.

**Rev Anne:** Do you have any last words of wisdom?

**Geoff:** The three top tips I would give are, firstly, everyday try to spend as much time in your heart as possible. Your heart has the purest information. Make your mind the one that make's the heart's dreams come true.

Secondly, if you're in a relationship and you're wanting to start a business, get clear about what you need to make your relationship your number one priority.

Thirdly, remember, if you're not aligned and in your own passion and joy in your personal life, your business is not going to be as successful as it can be. The mechanics can be in place, but if you're not keeping house with your inner house, your clients will recognize you're not in alignment.

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**Rev. Anne Presuel**

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