



5 WAYS TO  
SPIRITUALLY  
AND  
EMOTIONALLY  
DISCONNECT FROM  
YOUR EX (S)

Anita Charlot

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# WELCOME TO...

## RA2 Academy

The first online dating and relationship educational platform created in 2016 by Founder Anita Charlot, for her company, Relationship Architect Academy – the first online school of its kind dedicated to teaching the Strong and Fiercely Independent Woman (and those that love her) how to attract and maintain authentic relationships.

With over 16 years in the business of dating and relationships, Anita delivers on-demand, thought provoking, heart and soul healing introspective courses, workshops and retreats that help its members “grow through” and “breakthrough” your past pain in order to attract the dating and relationship experiences that are ‘perfectly imperfect’ for you.

Using her Bachelors of Science in Metaphysics, over 20+ years of being a practicing metaphysician and her personal dating and relationship experiences combined with those of her students and clients, Anita has perfected a unique combination of spiritual and practical exercises. If you fully participate and apply the teachings, you will have greater confidence, become clear on the spirit of the person that is best suited for you in less time – with greater clarity and success that you will immediately begin attracting more meaningful and authentic relational experiences (both familial and intimate) based on the truth of who you are.

This 5 WAYS TO SPIRITUALLY AND EMOTIONALLY DISCONNECT FROM YOUR EX PROGRAM is designed to assist you in identifying what is really important to you, what feeds your spirit, what you actually want to FEEL in your relationships and what you’ve been doing that has been counter-productive to what you REALLY want and need in order to attract the quality of life and love that you want.

This is the foundational course that is required for ALL members of RA2 Academy (affectionately called The Academy) as it helps to lay the foundation for releasing the negative energy of relationships past so that you can move on to building the relationship that you really want.

If you are a student, please log in to [www.ra2academy.com](http://www.ra2academy.com) to access your courses and assignments. Don’t forget to check your email for announcements, reminders, videos, free downloads and more.



# From My Heart to Yours

Hey there beautiful spirit, I'm so very proud of you for making this commitment to your dating and relationship education.

The fact that you are here means that you are serious about living a life connected to others from an authentic and healthy place; I truly applaud you for that.

So many people spend their lives complaining about the quality of the people they date, enter into relationships and even marriage, however they never take the time truly to prepare their hearts, spirits and minds for the relationship they secretly want deep down inside.

Well, I'm happy to say that ... you are not counted amongst those people. YOU, my love, are doing the work, you're taking steps to make a difference in your life and in the lives of those that you encounter every day.

Whether you are single, in a relationship, married, divorced, happily committed, in a flirtationship or complicated situation...you've come to the right place. Even if you haven't been in a relationship for years out of fear of getting your heart broken again; maybe you have stayed single because you thought it wasn't in the cards for you to be in a relationship (wait, that was my thought) ...either way, it doesn't matter. You're here and you will be a better friend, family member, lover and spouse for it.

The woman you see before you was not always a dating and relationship coach. I didn't always have the answers, nor did I always make the right decisions and choices. I've been hurt and I've hurt people too. I've been lied to, cheated on and even a survivor of domestic abuse. I've tried dating different races, different genders, didn't socio-economic status'; long hair, short, hair, no hair, etc. all in the name of love. So I get it ... and I get you.

There was even a time when the emotional pain was so great, I just wanted to make it all stop. I contemplated suicide, and I even swallowed a handful of pills, but you know what? I'm still here. I asked God to explain to me why I had to go through so much pain, anger, bitterness and resentment and he told me...he said, ***"I want you to know what it's like to have knocked on hell's door and have returned. I want you to speak, heal people from that place, by being able to connect with them from your own experience it is only FROM the heart that you can REACH the heart and then and only then will you be able to HEAL the heart. THAT Babygirl is your assignment."*** WHOA!

Once I understood the assignment, I looked at each connection and each relationship differently. I sought assistance, education, direction and understanding for and of myself (just like you have done) both mentally and spiritually. I obtained my Metaphysics degree, which taught me how to take my healing deeper and experience all of the things that you will experience as you work through the courses here at The Academy. I've been where you are and I'm so happy that you chose me to partner with.

The 21-Day 5 WAYS TO SPIRITUALLY AND EMOTIONALLY DISCONNECT FROM YOUR EX PROGRAM is the foundational program for The Academy. The exercises contained in this program were created as a result of my own sleepless nights, unanswered questions and rivers of tears. They have led to my success as well as the success of my clients and students. These methods have been proven to create long-lasting change especially if you stay connected to the community. This course is only the beginning.

Each one may take you deep...deep into reconnection with those things that have been hidden for a long time. In bringing them up, you can expect to experience a flood of emotion, and that's perfectly normal. Hang in there. The more you completely give yourself over to the process, the better chance you will have of long lasting transformation. You have 21 days to complete the program. The important thing is that you don't rush through them, be sure to complete an exercise in its entirety.

Save all of the pages from your assignments because on day 21, you will complete the program by repeating a portion of exercise #1. You will receive an email with specific instructions towards the end of this program that will provide you with instructions on how to say goodbye to all of the energy that has been getting in the way of you attracting the quality of life and love that you've always wanted.

Now is your chance. Don't continue to deny yourself of what you really want. Do the work, commit to The Academy for at least a year and watch how your relationships deepen; not just your relationship with others, but the most important relationship of all – that being the relationship with yourself.

Stay involved, take the courses as they become available and if you are a VIP or Elite members, be sure to participate in the Facebook community and/or at the 3-C events; Coffee, Cocktails and Conversations.

I am here to support you when you need me.

There is so much love for you here.

To Your Dating and Relationship Success!

Your Dating and Relationship Coach,



Anita M. Charlot  
RELATIONSHIP ARCHITECT

# 5 Ways to Spiritually and Emotionally Disconnect

from

Your Ex(s)

By Anita Charlot

RELATIONSHIP  
Architect Academy™

*The first online relationship school of its kind dedicated to the  
Strong and Fiercely Independent Woman (SAFI) and those that Love Her*

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The following five techniques are extremely powerful for spiritually and emotionally disconnecting from your ex. They provide practical exercises that assist you in clearing your energy, spirit, and heart in the comfort and safety of your own space while energetically connecting with the heart and spirit of your intended person(s). While some techniques may seem “too easy” and not worth your time, or too intensive and difficult to complete, I can guarantee that if you make it a point to complete at least one of these exercises in its entirety – whether it takes one week or 2 months – you will emerge a transformed person. The quality of your dating and/or relationship experiences will positively increase in addition, you will gain the tools necessary for disconnecting from both your past personal and professional connections.

The bonus of having five techniques to choose from is that you do not have to use them all. Take a moment to read through each then select the one that resonates mostly with your spirit. You should only have to perform one technique while holding the intention of disconnecting from the pain in your heart; however, you are free to experiment over an extended period of time if it helps you to experience “closure.”

Take as long as you need, you are in no hurry. Understand that it is going to take time for you to be able to remember them without the negative residual feelings, and that’s ok. With these five techniques, you will be there before you know it.

Let’s begin...





## 1. WRITE A LONG LOVE LETTER TO YOUR EX (S)...THAT YOU WILL BURN ONCE COMPLETED.

1. Supply List ~ Paper, Lighter, Pen and Pie Pan (or some form of flame resistant receptacle)
  - i. Grab a piece (or a stack) of paper and write a long love letter expressing everything you ever wanted that person to know; to include the good and the bad thoughts.
2. Tell them honestly how they hurt you, why you fell in love with them, how their actions affected you, etc.
3. Apologize on paper for the things you could not bring yourself to apologize for in person.
4. List everything in the letter, leaving nothing out...then place it in an envelope
5. Take the letter, the lighter and the pan outside
6. Prior to lighting state these words:
  - i. **Person's name** – “I appreciate all that you were to me in my life. While I will hold on to your memory, it is time for me to release you from my spirit. Our time has ended and I send you on your way to find the person that will be “perfectly-imperfect” for you.”
  - ii. “Inside this envelope are the thoughts I never shared with you; the apologies for things I should have apologized for, and the compliments that I never gave to you. May the Universe use the smoke from these flames to carry these words to your heart.”
  - iii. “I’m sorry, I thank you and I love you”
  - iv. The light the letter and hold the feelings of love in your heart as you watch the negativity burn to ash right before your eyes.









## 2. Heart to Heart Conversation – Chakra Cleansing

### 1. Supply List ~ A vivid imagination

- i. Sit somewhere quiet in comfortable clothing
- ii. Play a bit of soft music in the background, something with no vocals so that it doesn't interrupt the "energy" of the exercise; Baroque, Classical, Soft Jazz – your choice as it is your environment.
- iii. Close your eyes and imagine that you are standing "inside" of your own heart.
- iv. Now imagine a space or the ideal location that you would feel most comfortable having a heart-to-heart conversation:
  1. Lounge type chairs or couches
  2. Cute little bistro table
  3. Park bench
  4. Strolling down a white sand beach (just choose a place in which you will be comfortable sharing your feelings)
- v. Now as you stand in this space...see it fill with red light; infusing the space with loving energy.
- vi. See your ex walk in, smiling, happy to see you
- vii. Feel the two of you embrace each other like two people that have a loving bond for each other.

- viii. During this conversation inside of your heart, know that you are safe. You are in this space to “hear” what you’ve always wanted to hear from your ex.
- ix. As your ex begins speaking, see the transfer of red light flow from their heart to yours. Feel the warmth of this light as they speak to you.
- x. With your spiritual ears on, listen as your ex begins to share with you all that you have ever wanted them to share, in the exact words you needed them to speak to you.
  - 1. Listen as they give you compliments
  - 2. As they apologize for the hurtful things they said to you...
  - 3. For not taking you seriously, ...
  - 4. For breaking your heart...
  - 5. For being immature and not ready to receive or handle a love like yours, etc. *(Whatever you have always wanted to hear from them...now is the time!)*
- xi. During this conversation, really feel the words that they are saying. Allow those words to soothe your broken heart. However, you want this scenario to play out on your ex’s part...ask for it, believe it and receive from them exactly what you’ve always wanted
- xii. In your minds-eye, see your heart opening to receive it.
- xiii. Once they have said all that you wanted them to say, give them the biggest hug (and kiss if you feel led to), step back, look them in the eye...and state the following:
  - 1. “Thank you SO much for meeting me here in my “heart space” to share your thoughts, feelings, and emotions. I truly appreciate you for all that you have shared as I’m sure it wasn’t easy for you. I want you to know that since you have stated those things, I love you, I forgive you, and I release you.”
  - 2. “I set you free to find the love that is right for you, and I appreciate you for loving me enough to provide the closure that I needed so that I can move on...with love. You owe me









### **3. SEND LOVING THOUGHTS ~ TRANSMUTATION OF ENERGY**

When you have spent months or years of quality and not-so-quality time with an individual, they become part of our DNA. Our habits, daily routines, favorite restaurants, funny sayings, pictures, articles of clothing, neighborhood even family pets remind us of them. They are constantly on our minds every day even after the relationship has ended.

At times, we continuously search our minds and our hearts desperately trying to come up with the reasons for the breakup; why we didn't notice things going badly; whether or not we are/were crazy – or if they are crazy; why they decided to hit us, leave us, cheat on us or leave us in a bad position. During these times we shut down. We can't get up and go to work, school, to social gatherings, etc. and our thoughts can spin out of control.

We begin having feelings of anger, hurt, frustration, jealousy, thoughts of suicide or of revenge, wishing they would lose all of their hair, money or friends for what they did to us and how they made us feel. What do we do with these feelings? How do we handle them? We do so from a spiritual place of love because what you put out there in the Universe is what you are going to attract back. Why not use their memory to attract the love you REALLY want?

1. Every time that person crosses your mind, turn that negative thought around. What do you want to attract into YOUR life?

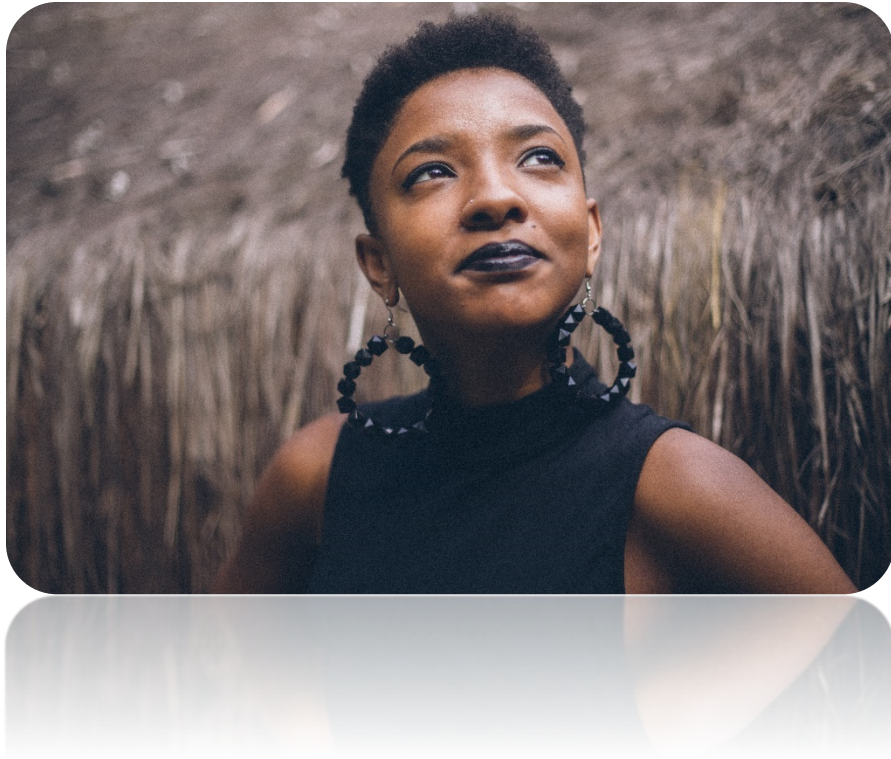
1. If you want love...send love and wish them well
2. If you want peace...wish them peace in their lives
3. If you want someone to love you for the truth of who you are...want the same for them
4. If you want good health and prosperity...want the same for them

I know this seems like the exact opposite of what you want to do but trust me...you would much rather be in positive energy space to attract more positivity than remain in a space of pain which will only serve to attract more painful experiences into your life.

If the first couple of times you try to do this technique and you begin to feel anxious, or as one of my clients use to say “feel like you’re going to breakout into hives,” take a moment to relax. Take a walk, punch the heck out of a nearby pillow, go clean an area of your house, etc. Do whatever you need to do to release that feeling so that you can make your way back to the exercise. Altering the energy into something positive will help you to feel better and will recharge your spirit so that you can come back to the lesson with a clear head and heart.







#### **4. CREATE YOUR PURRFECTLY AUTHENTIC RELATIONSHIP™ DESCRIPTION**

This will be the exercise that is the most fun of them all. What better time to create what you really want in a relationship after having experienced what you definitely do not want? In this exercise, you will take the time to create your description of your Purrfectly Authentic Relationship™ by describing it in present day terminology. Why did I choose to spell the word “Purrfectly” the way I did verses the correct spelling of the word ‘perfect’? I chose to spell it differently because I do not believe in a “perfect” relationship but more so in creating the relationships that are perfectly imperfect for us. So grab your journal and get ready to have some fun!

The purpose of this exercise is to get you into a positive feeling place, a state of mind where you “feel” the type of relationship you desire.

Getting in this positive feeling place will help you begin to attract the right type of person that will fit your “energetic description.”

1. Write at the top of a clean page “My Purrfectly Authentic Relationship”

2. Next, decide whether you are going to write about a weekday or day over the weekend
3. Once you've made your decision, begin describing that day from the moment before you woke up until the time you lie back down to rest with the love of your life.
4. Consider answering questions like the following:
  - i. What does it feel like lying in the bed next to your ideal partner?
  - ii. How do you greet each other upon waking?
  - iii. What is your morning routine like?
  - iv. How do you greet each other in the morning?

Be sure to focus on how you FEEL when you are in that person's presence.

5. How do they talk to you – in what sort of tone?
6. Do they call you by a specific pet name? Muffin? Babygirl? Papi?
7. What types of things do they do to you or for you that make you feel loved?
8. Do you communicate during the day, if so how often and by what mode of communication?

Get as detailed as possible, remember you are creating your blue print for the person that is “perfectly-imperfect” for you. If you want them to call you King or Queen, then write that down. If you want them to make you breakfast every morning, write that down. If you want them to send you little love texts throughout the day, state that and provide examples. Getting into this zone sets the Universe in motion. When you are able to get clear on the spirit of the person that is right for you...great things begin to happen. You begin to recognize how you interact with people...not just on the surface, but how you FEEL around them. When you know the FEELING that you want to have in your relationships, you stop wasting time on people that are not in your same energetic space. Don't cheat yourself here...this is your relationship blueprint that you are building, have fun with it!









## 5. Look for the Lesson in Every Relationship

This exercise may be the most challenging out of the five techniques. In every experience, whether emotional, physical, mental, or spiritual recognize that there is always a lesson to be learned. When you are in the middle of your pain and disappointment and feeling at your lowest, it is often difficult to look at the “bright side” but believe me, there is always a bright side. If you approach each relationship as an opportunity to learn more about yourself, how you show up and interact with others in your interpersonal relationships then you will begin to see every encounter as an opportunity for growth; thus, getting you that much closer to the relationship of your dreams.

So how do you “Look for the Lesson” when you are in the middle of your pain? One way is by “writing through your pain.” Do I believe your pain is real? Of course it is! I know you are hurting, possibly confused, you could even be questioning why this had to happen to you...again. I’m not going to tell you to ignore the pain or to think only positive thoughts so that the pain doesn’t exist because I know that it does. The pain is real; your interpretation of the experience is real but I am going to teach you how to transmute the energy of that pain to move you from where you are in that moment to a “better feeling” place.

1. You will begin by writing a letter to the person(s) that hurt you.
  - i. Tell them everything they did, what they said, how they reacted to you that put you in the place that you are in. Do not spare any details. The beauty of writing in your journal is that you can be as honest and as RAW as you would like to be and not hurt anyone's feelings.
  - ii. Recall as many painful memories as you can, putting them on paper until you run out of things to write about. As you release these thoughts and feelings from your spirit to the paper, you will begin to feel a shift in your energy. Look at the amount of content that you wrote in your journal, count the number of pages if you like. The goal is to get you to notice all of the painful memories that you have been carrying around with you. Writing these things in your journal will serve to "lighten your load" thus freeing up your heart, mind and spirit to look at your memories through a different lens.
2. After you have written all that you can, it's now time for you to go back over those pages. Identify each individual incident and devote one page to each. At the top of your next clean sheet, begin writing the topic of the first incident. It is not necessary for you to rewrite the experience in detail on this new page, a snippet or short description that will serve as a reminder of that experience will do just fine.
3. Underneath the "reminder" you are to answer the following questions:
  - i. What did this experience teach me about myself, and what I truly desire in a relationship?
  - ii. If/When this situation presents itself again, how will I handle it differently?
  - iii. Was there anything that I could have said or done at the time of this incident to honor the spirit that I am?
  - iv. Is this a recurring incident in my relationships with others?
  - v. What personality traits or protective measures have I put in place since this experience?
  - vi. After having had this experience, how has this made me a better person/partner in future relationships?
  - vii. What have I identified that I do NOT want in my next relationship?





I've worked through the exercises and I'm still having difficulty letting go...



## Now what can I do?

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Now that you have read through all five techniques, it's time to improve the quality of the relationships you attract into your life and doing one or more of the suggested techniques will assist you in doing just that. Remember, you do not have to utilize all of the techniques but you now have five more

ways to disconnect spiritually and emotionally from your ex that you did not have before.

It will be of tremendous help if you look at each encounter with people as though that person is another spirit that, just

like you, simply wants to be loved. In their

quest for a connection with others, they are

also learning about themselves, what they

like, what they don't like, how to interact

with others based on getting their needs

met, etc. Every person that enters into a relationship is not necessarily emotionally ready to be in one. Unlike you, they

may not have taken the time to seek partnership with a relationship architect or coach to **help them identify the ways**

**to heal their hearts and souls** so that they can show up ready for the next relationship like you have. As you begin to

connect more and more with your truth, you will get to the point where you are able to **determine the dating potential**

**of another person in 10 minutes or less.** Think of how much time, pain, and heartache THAT will save you.

We learn, grow and improve the quality of our experiences by learning, growing and improving the quality of who WE

are in preparation for the love we want. If you are to improve the quality of your relationships, you MUST be the type of

person that a quality candidate will be attracted to. Looking at the lessons and learning from them is one of the best

ways to do this.

Understand that every dating situation is not a potential relationship and that every relationship is not a potential marriage.

Trust me, I get it. People make promises knowing that they are being deceitful while others make promises from a place of authenticity “in that moment” only to break those promises later. With these broken promises, your heart becomes broken in the process, and you carry these broken pieces with you into your next relationship. I’ve practiced this behavior in the past as well so I totally understand how that feels. When you’re ready, ***I am here to assist you with honing in on what your spirit really needs and wants in a relationship.*** Understand that every dating situation is not a potential relationship and that every relationship is not a potential marriage. If you view everyone that comes into your life as a participant in your spiritual and emotional growth, this will change the quality of people you surround yourself with as well as the quality or caliber of person that you allow into your heart space. Everyone that wants to reside there doesn’t necessarily belong there. It’s up to you to identify the lessons in each of your past relationships so that you can begin to attract the quality of love and relationship experiences that you REALLY want.

Sometimes as you move through the exercises, old feelings will pop up – you may even feel like you are right there...smack in the experience as though it was happening all over again. This is normal. Trust that the residual energy will gradually dissolve as you move through the exercises. Feel free to repeat them as often as necessary until you find a sense of relief.

Should you find that you are not able to work through this energy alone and could use the assistance of a relationship coach, here are a few ways to stay connected and continue your journey to healing and creating the love you really want:

- Schedule a Complimentary Discovery Session or a personalized VIP session today at; [www.anitacharlot.com](http://www.anitacharlot.com) or [www.relationshiparchitectacademy.com](http://www.relationshiparchitectacademy.com)
- Take a look at/or register for the courses offered through The Relationship Architect Academy; the first online relationship school created for the Strong and Fiercely Independent Woman (SAFI) and those that love her:
  - [www.relationshiparchitectacademy.com](http://www.relationshiparchitectacademy.com)
- Join one of Anita’s Coaching Programs

Always remember, there is always someone out there looking for someone just like you. You deserve to have the quality of life and love that you desire...make sure you are not only the type of person to attract it, but that you are ready to keep it as well.

To your dating and relationship success!!!

Your Dating and Relationship Coach,



Anita M. Charlot  
RELATIONSHIP ARCHITECT