

# HOW I SAVED MY MARRIAGE

by Eva G Kane,  
Author of IT'S NOT TOO LATE BABY,  
a Kundalini Love Story  
Sold with original pop album  
KEEP YOU FOREVER

## Table of Contents

How We Prevented A Divorce .....	2
Is Saving a Marriage Cheaper Than A Divorce?.....	3
Divorce and the Home.....	4
Our Situation .....	5
Getting to the Root of the Issue .....	5
How Can I Help My Partner?.....	6
Can I Forgive?.....	7
The Liberation of Self-Examination.....	8
Are our problems from a lack of love?.....	9
My Marriage Wish List.....	10
The Ego! .....	14
DO YOU SUFFER FROM PVSS? .....	17
PVSS: Punisher/Victim/Sufferer Syndrome .....	17
Overcoming Punisher, Victim, Sufferer Syndrome .....	20
Google The Nearest Kundalini Yoga Center.....	22
Why the Yoga Movements?.....	23
You are Stronger Than You May Think .....	23
Here are 10 things I did simultaneously to heal:.....	25
Live Relaxed Life .....	29
Keep Your Spouse .....	31

Look out for Eva's upcoming memoir!

# IT'S NOT TOO LATE BABY

A  
KUNDALINI  
LOVE  
STORY



BY EVA G KANE

ORIGINAL MUSIC CD ENCLOSED

## How We Prevented A Divorce

There are many reasons to stay married, especially if there are children involved. Only you and your partner can **save your marriage**. I can only share my story and show you how we **prevented a divorce**. So here are just some thoughts that will hopefully help you get started on **How to Prevent Divorce**.

Hi, I'm Eva G. Kane and I recently figured out **how to avoid an impending divorce**. I'm going to show how I took the \$6,000 I almost spent for a divorce lawyer and went on a journey into self-awareness and loving forgiveness and compassion.

### Is Saving a Marriage Cheaper Than A Divorce?

Not only will you save money by **fixing your marriage or saving your marriage from divorce**, you will enjoy the many perks that come with the restorative work you do.

Consider what comes along with **avoiding a divorce**. I was able to:

1. give the precious gift of forgiveness
2. give myself the opportunity to grow as a person
3. teach **conflict resolution** to my child
4. inspire my friends with my story
5. pass on important **character education** traits to my child
6. regain pride by **keeping my family together**
7. take pride in **uniting vs fighting**
8. discover my emotional strength
9. discover true love at the end of the rainbow

**How much does it cost to retain a lawyer?**

**How much does it cost to serve papers?**

The fee to retain a divorce lawyer, draft up and serve the papers is approximately \$6,000. He said the only way to have any control over the money is to serve papers.

From there, my fees would have only escalated and I know many

people who have spent a fortune on divorce! See page 26 on how I spent much less than \$6,000 to emotionally mature, unite my family, and keep the marriage together.

There is passion in both anger and love. I hear of so many angry, hurt people who spend money on dividing and fighting, when it's possible, (if one can let go of the ego, pride and undesirable learned behavior) to find a deeper more passionate love with their partner.

## Divorce and the Home

Another good reason to save your marriage is to avoid the expenses having two separate homes – 2 mortgages or rents – 2 entirely different set of expenses for each home for taxes, heating, electric, maintenance, etc, etc.

Add this expense to the ongoing **lawyers fees for the divorce** and that's a hefty amount of money to be spending, when you could have been working out your problems for a lot less money!

I know one couple who divorced, and wound up living right next door to each other up on a hill. Two mortgages, or two rents, two sets of EVERYTHING!! Imagine doubling ALL your bills?

Instead of spending some \$\$ to get the help they both needed – they divorced and now continue to keep spending and spending to keep the two homes going. I invite you to think that you can possibly **save your marriage from divorce**. Every marriage goes through ups and downs. I never felt like my husband and I were soul mates, until we went through this shattering ordeal.

A home is very special to a family! The homeowners pour money into their homes to make them just right for the children – the children, in turn, hold special memories of their childhood home and two grown-up egos clash and that's the end of it?

In my **Kundalini Yoga** classes I go back to my childhood home often. I see details of the wrought iron frames and slightly worn velvet

carpet – the fireplaces and wood floors. It was such a magical, special place! When I was faced with the choice of “I want a divorce” or “how to avoid a divorce” I remembered how devastating it was to lose my childhood home. I couldn’t think of putting my son through the same ordeal.

After I called the lawyer to stop the papers and get a partial refund, he told me I’d probably be back in six months. It’s been three years and my husband and I are stronger and closer than ever before. Sometimes it feels great to be right!! There’s that EGO again!!! Can’t seem to shake it, but I try and use it for the greater good!

## **Our Situation**

Every situation is different but it was not a walk in the park for us. Once I did a little detective work and cornered my husband with the cold hard facts, we were finally able to get on the right track towards healing and forgiveness. In my memoir, It’s Not Too Late Baby, a Kundalini Love Story I go into much more detail about our particular situation. We were married for almost 24 years and I wanted to stay married. I had lived through my parents divorce and history was trying to repeat itself with my marriage!

## **Getting to the Root of the Issue**

I put myself in my husband’s shoes. Wouldn’t I want to be forgiven for something? If the “perp” has a lot of unresolved issues and/or past trauma, it can take more than one forgive. Hang in there with them and see how you can possibly help. Some people have terrible things in their pasts.

## **ACTIVITY:**

Think of something you’ve done in the past that causes you great shame and embarrassment.

Write it down or think deeply about the incident or mistake.

Ask yourself the following questions:

- 1 Does this one incident define who you truly are?
- 2 Don't you think everyone makes mistakes?
- 3 Have you forgiven yourself for this one incident?
- 4 Would you want people to forgive you?
- 5 Would you want people to remind you every day?
- 6 Would you want to be judged for this one mistake?

Even if he or she did some horrible things, everyone deserves a second, or in our case, third chance. My parents had divorced when I started college and I seriously needed to figure out **how to avoid a divorce** at all costs!

### How Can I Help My Partner?

1. Open up to them about something bad that happened to you, and then just wait. Leave some silence. See if they share.
2. Try and stay very calm around them, no judgment, no screaming. It can be a long process and some people can be very closed up and private. Practice **long deep breathing**.
3. Practice **meditation** or **yoga** or the fastest route, **Kundalini Yoga, the yoga of awareness**. This changed my energy, which put the entire relationship on a new trajectory. The inward practice of Kundalini Yoga is done with the eyes closed, so no one is watching how you are doing in the exercises. My husband was not happy going to talk therapy. Kundalini classes are opening us both up in ways we never could have imagined.
4. Talk therapy. If they won't go to a therapist, maybe sit with them and sweetly try and put their feelings into words for them, going slowly, with deep compassion. Leave space. Don't talk the entire time. People want to be understood. Less is more!
5. I looked deeply at my habits and patterns, went to work on growing up, taking responsibility and being the best version of me possible. I kept going to therapy to understand myself.

## Can I Forgive?

If I had thrown him out he probably would have spent whatever money was left, put the house into foreclosure and then possibly even committed suicide. My son and I would have had no one and nothing. It would have weighed on my conscious that I had allowed this to happen. How would I explain it to his family, my family or to anyone?

This was my chance to  
change the fate  
of my husband, my son and myself.

The very first thing I did, and it was over the phone when he was half a world way, was psychoanalyze him, and I only took Child Psychology in College a million years ago! He had recently lost his younger sister to Ovarian Cancer. I think it set him into a deep depression, but also made him fearful of death itself. My exact words were:

“I have your back.  
I’m not leaving you.  
We’re going to fix this together.”

I gave him the space to breathe, heal, come clean, and start anew.

I also moved half the money  
into my own bank account,  
which must have been the equivalent of  
pouring cold water over his head.

I needed to wake him up and bring him back to reality!

The more your spouse “acts out” the deeper their trauma. Instead of divorce and a life of stepmothers, stepfathers, and constant fighting, you also teach your children and anyone else in your life, **conflict resolution** and **character education**.

## The Liberation of Self-Examination

Many people I talk to tell me they are afraid to look inside themselves. I'm more of an "everything must be my fault" type person and I set out to improve as much as I could. It may seem like you won't like what you find, but it's actually really liberating to let go of misperceptions, bad habits, and mind chatter that can stop us from emotional growth. Remember to smile! We're all human!

### **ACTIVITY:**

Start by writing about something you remember about your parents or your family in general. Tell a story in your writing. Try and remember as much detail as you can. I found this an extremely helpful way to see where, when and how I picked up patterns and habits that no longer serve me now.

By writing my story in the upcoming book "It's Not too Late Baby" it was clear from a very early age that I excelled at "rescuing" people who were emotionally hurting.

I don't have a master's degree or a PHD,  
but reaching into hearts is something I could do.  
I was being faced with my biggest challenge  
and there was a lot at stake.

You are most likely feeling a lot of anger and hurt, if this or some similar type of betrayal has happened in your relationship.

We all know we can run – get out.  
But I invite you to consider another option.

### **ACTIVITY:**

Write about yourself as a child.

Write about your parents and grandparents.

What were their relationships like with their spouses?

Were you taught by example to close up, or punish or play the victim?

Do you assume many of the same coping behavior and marital habits of your parents and grandmother?

Writing is so healing and will reveal how and why habits developed.

I come from a long line of punishers, and by that I mean, someone who continues to throw something in someone's face, instead of having compassion and forgiveness. Especially if there are children involved, your decision affects them for the rest of their lives.

I realized I was going through the motions in my marriage, behaving and coping the way my mother and grandmother did in their marriages. I wanted something better!

Many marriages have, over the years, become disposable. We are much stronger than we think, maybe even strong enough for both our spouse and ourselves – to help them out of the darkness in which they are currently dwelling. If there are children involved think for a moment about whether this can be a chance to “pull out our best stuff”. Our children are watching how we handle ourselves, and the marriage. I know first hand how complicated it is, and I don't mean to bundle it all together as one united situation.

I wrote a song with the lyric “the worst in you is bringing out the best in me”. Every situation is unique, more or less. Is it possible for you to dig deep inside you and “save the day”?

My husband was attracted to my honesty, openness and goodness from the day we met. When life hit him too hard and he fell apart I used those very qualities he was initially attracted to and helped him out of a horrible mess. That is one way to teach **character education to your children. Harmony can begin at home.**

**Are our problems from a lack of love?**

That's what the Buddhists say, and I it's worth exploring!

I only found out about  
the power of truly

loving someone  
when I was faced with  
losing everything I thought was love!

I took a vow to love my husband, and when I saw what he was doing to himself it was very clear to me how unresolved issues can nearly destroy a person. That's when I reached deeper into his heart.

I am well aware that not every marriage can be saved and certainly not all people are willing or able to let their guards down enough to even begin to come back together. Only you and your partner know for sure if you can "get the job done"!

Perhaps many marriages can be saved from divorce by reaching in with compassion, caring and a good amount of patience.

### **My Marriage Wish List**

**I wish I had "Paid Attention"!** I was so totally in denial that I missed many signs and I gave up after none of my efforts made a dent in his behavior. There was a lot more I could have done, including having him followed or opened some bills that were literally sitting right in our home office! Instead I stayed out of his business!

- Life happens – death happens – money situations change – stress happens – anxiety happens – shit happens
- Resentment builds until there is no space or energy for kindness to flourish

We were making each other miserable –  
and then . . . He Kept Leaving

He kept leaving the house – I was so BLIND!! – I thought he was just DEPRESSED – he was MORE THAN DEPRESSED!!

I hate to even think of what would have happened to him, my son, myself, if I had kicked him out!

But I believe he is a good man and sometimes, **good men do really self-destructive things!!**

## **ACTIVITY:**

Watch a mother with her son – watch as many as you can!  
Notice the love, the stroking, the attention because these boys become husbands one day.

Does a mother punish a boy for the rest of his life for doing something stupid, hurtful and inconsiderate?

Of course it isn't EASY!!!  
None of this was EASY!!!  
But it WAS LIFE ALTERING!

He Doesn't Leave Anymore:  
He's home – home is a place of love –  
calming energy – caring –  
forgiveness and understanding.  
Home is a place where he can find love again.

Every so often I need to come back to this page often to remind myself! I definitely need to read what I wrote over and over again. This is not easy – but it's so worth doing the work!

When we show someone love and compassion  
and give them a loving space to heal,  
they in turn will be much happier people.  
Happy people are not abusive.

## **EXPERIMENT:**

**“Treat your spouse like he or she is your most important client”**

**Just try this experiment for a week and see how it goes for you.**

- 1 Write down how it makes you feel.**
- 2 Write down how they react and if they even notice.**
- 3 Does it affect the children?**
- 4 Are they starting to treat you differently?**

That was the advice of my therapist, Joan S. Dirr, and it's an experiment on to itself! I certainly hadn't been treating him anywhere near the way I treated my clients.

I had a long way to go!

**I wish I didn't take advantage of my husband.** My bad habits got worse and before I knew it, resentment and negative energy hovered over the house, relationship and family.

Here are some of my thoughts:

I came to my marriage with emotional baggage  
whether I knew it or not  
In the beginning my husband wanted to do  
everything for me to make you happy.  
He was so damn good at everything and he spoiled me rotten!  
I started asking him to do too much  
He started to resent doing things for me.  
I started getting his "exasperated face"

Maybe in a marriage we all start complaining? Just a little? Then a little more? Until nothing is good enough. Here is an actual exchange we once had!!:

SPOUSE: Nothing is ever good enough for you! You complain about everything!

ME: If you did it right in the first place, maybe I wouldn't have to complain!

I know we've all felt this way – but I can tell you, it doesn't get you anywhere just to be "right" all the time! It still happens to me once in a while, and I ALWAYS regret saying something just to be right!

### **EXPERIMENT:**

When you feel like you need to say that "one more thing" just so you can be "right", take as many deep breaths as you can and force yourself to NOT say anything!

See if you're just staying quiet and not pushing the issue brings about a more loving spouse either right away, or a few hours later.

Being right is not always worth it in a marriage. You don't have to hold it in, you can:

- 1 Talk to your friends about it and share the results of your experiment.
- 2 Use some create outlet like drawing, building, songwriting etc.
- 3 Tell your children about it – maybe it will help them with their friends or situations

I had to remember I was dealing with a man who was severely depressed and I wanted to bring back the wonderful man I married. What good is being right all the time? How is that going to help?

When we are able to  
lift someone else up,  
get them the help they need,  
we are being extraordinary.

We have the power and control to show our children and our friends they can be extraordinary too. We raise the level of compassion, forgiveness and love in this world to new heights. We demonstrate strength, maturing and conflict/resolution.

## **Have a short memory!! Good advice!!**

It's very important to not throw what they did in their face all the time. Chances are they feel bad enough and just want to get past it all. I still have some anger and resentment towards what my husband did and all the years we lost together because of his actions. I did a writing titled the Ugly Nasty Truth and wrote down all the things I had done that I am not proud of and thought of how I would feel if they were thrown in my face every day, or even once a week!! That's when you go back to breathing, **meditation**, and try to let it all go.

Maybe I'm angry with myself for being so naïve for so long!

When I was living with my depressed, nasty, and grouchy husband it started rubbing off on me! All of a sudden I lived in fear and before I knew it I had lost myself. Would I be able to turn it around? There's a quote I recently stumbled on and it applies to grown-ups as well as children:

The kids who need  
The most love  
Will ask for it in  
The most unloving  
Of ways

Next time your spouse is nasty or angry just think about this quote. Take a deep breath and smile. Put out some cheese and crackers. They are probably starving and for some unknown reason, do not know how to tell you that, or open up a cabinet to feed themselves. Many people act grumpy when they are experiencing low blood sugar.

## The Ego!

We were definitely heading towards divorce and I was told to read Eckhart Tolle books to learn to stay in the present moment! The way I figured out How to Avoid a Divorce was to let go of my EGO!

My Ego has always been very strong and proud, you too? This is what I remember feeling when I initially found out what was going on behind my back:

panic – fear – disbelief – stupidity – racing heart rate –  
shaking – outrage – and then threat to my EGO

NOW WHEN I SEE MY FAMILY HAPPY TOGETHER

calm – joy – serenity – cleverness, and pride –  
MY EGO knows it is responsible

Whenever I felt like my EGO couldn't take it, I'd lie down and the feeling would pass! STAY IN THE PRESENT MOMENT, I would remind myself. The Ego hates the Present Moment!

When I forgave my husband my SELFISH EGO became a surprisingly PROUD EGO!!! I had no idea I would feel that way. I didn't do so I could feel proud, but that's what happened.

I found out I had Co-Dependent tendencies. There are selfish people and then there are people that aren't selfish enough! The caregivers or nurturers see people who are not caregivers and nurturers, as being selfish. They see them as selfish, because they (meaning me this whole time) are too wrapped up in other people's lives, feelings and needs, with not enough attention to their own.

That was me to the tee! Through Kundalini Yoga I was able to finally get this through my thick skull! I needed to take more interest and care in myself and get out of my husband's affairs!! Ha!! Poor choice of words! I went to discuss the new revelation with my therapist who had been trying for months to make me understand this very problem.

Here's the scenario: I typically finish work between 6 and 6:30 and my husband would come home from work between 6:30 and 6:45, say hello, and go into the back room, our office – I would be getting dinner ready. My husband wouldn't come in the kitchen and talk to me – and I needed to be in the kitchen to prepare dinner. I'd start getting anxious. This is what would go through my mind:

- 1 why isn't he coming in here to talk to me?
- 2 what is he doing in there?
- 3 I haven't seen him all day, doesn't he want to see me?

So I would shout out for him to come in the kitchen.

She told me to take some deep breaths when that dialogue starts up and change my thinking to this:

- 1 what do I need right now so desperately that I have to manipulate him to do my bidding?
- 2 think about his needs – he just had another stressful day at work
- 3 he's been listening and answering questions all day – he needs

- a break in between work and home
- 4 be in the present moment of making dinner and let him chill out till he's ready to interact

When I made the shift from manipulating to just breathing and take into consideration what HE needed, things changed quickly!

He started:  
coming to me  
looking for me  
being playful again  
even tickling me!!

The EGO is the manipulator

Eckhart Tolle says “  
the EGO's greatest enemy  
is the **Present Moment**”

The true self brings freedom from the EGO and things start to get into balance!! He actually told me he noticed a change in me and loves me for it! He noticed it right away!!

### **ACTIVITY:**

- be open to changing – I was an emotional wreck, things were NOT WORKING! It wasn't healthy for me, him or the family
- be hopeful that there is another way – even though I was profoundly hurt, I felt like I owed this opportunity to push through, to myself, my spouse, both our families family, friends and especially our child.
- breathe deeply and try meditation
- live in the present moment ONLY – when we find ourself thinking about the past or worrying about the future THAT IS THE EGO!!!
- be brave enough to look deeply into our past to understand ourselves and our actions.

## DO YOU SUFFER FROM PVSS?

### PVSS: Punisher/Victim/Sufferer Syndrome

LOCAL TRAIN: When you tell your story to everyone you meet

EXPRESS TRAIN: When you only tell a handful of people

When I first found out what was going on, I was a complete mess!

HERE'S WHAT IT USED TO LOOK LIKE:

- 1 I had surrendered all my POWER
- 2 I was a NEEDY – CO-DEPENDENT – MANIPULATOR  
NO WONDER HE DIDN'T WANT TO BE WITH ME
- 3 On top of being replaced, cheated on, kicked aside, I felt like I was an odious person!

Who would want to be with me?

No wonder he kept leaving.

He never said it but I was wondering if **my husband wants a divorce**.

My EGO had left my body and was hiding under the rug!!!

So that's when I decided to **play the VICTIM** – getting sympathy wherever I could find it – from anyone and everyone!!! Which is a bad step, cause when we finally worked it out I had a lot of backpedaling to do! Plus, all those people had something NEGATIVE to say and kept me in a state of fear, doubt and anxiety and it made it sooooo hard to get past it all and back on the Express Train to Forgiveness!!

I was surely on the LOCAL – at each stop I'd reveal my pathetic story!!!

Maybe you are a VICTIM? Victims get a lot of attention by telling their story over and over again. I definitely did this for a while, until even I was sick of it and had to stop! Again this keeps the EGO satisfied. There is no freedom when the EGO is in charge.

I finally decided, “Victims are boring!!” NO ONE LIKES A BORE!!

### Try the UN-VICTIM TEST!!!

- 1 Find a therapist and maybe one close friend or family member you can talk to and don't tell anyone else!
- 2 Be open to changing – if you are an emotional wreck, things are NOT WORKING! It is not healthy for you, him or the family.
- 3 Be hopeful that there is another way – even though you may be so deeply depressed YOU OWE THIS TO YOURSELF, YOUR SPOUSE, YOUR CHILDREN, FRIENDS AND FAMILY.
- 4 Do something creative with all your feelings right now. Paint, draw, sculpt, write music or poetry – try expressing these feelings through some kind of art form. You are human and you're having a human feeling.
- 5 Go for a brisk walk or an exercise class or whatever it is you like to do – tennis, hiking, biking, rowing, something physical to release happy endorphins.
- 6 If you are seriously depressed, like you can't get out of bed depressed, you should see a psychiatrist and get yourself on a low dose of medication. My guess is if you are reading this, you want to change the situation, not just put a band-aid on it!! I was on meds for exactly a year. It gave me enough calm to get through it all and come to this point, where I want to help other people.
- 7 Breathe deeply and try meditation – Before you start to tell someone your sad story – take some deep breaths. “I'm going to get through this – I don't need to play the victim right now with this person – breathe again – be strong – I am human having human feelings and emotions.
- 8 Buy some aromatherapy oils and rub them on the soles of your feet. Buy a diffuser so the soothing oils can permeate the air you are breathing.

- 9 Live in the present moment ONLY - when you find yourself thinking about the past or worrying about the future THAT IS THE EGO!!!
- 10 Be brave enough to look deeply into your past so you can understand yourself and why you act the way you do
  - a. Kundalini Yoga is what helped me understand myself
  - b. Speaking with my therapist on how to navigate through it all
  - c. Taking responsibility for the way things turned out
  - d. And goes without saying EKHART TOLLE books!!! A NEW EARTH, THE POWER OF NOW, PEACE IN THE PRESENT MOMENT!

I can't urge you enough to try the Experiments – set new goals for Habit Change work on curing PVSS and you will start enjoying each other again!

All the intimacy I've ever wanted is right here – right now!

It took me so long – If I had only NOT PLAYED THE VICTIM!!!

The hardest thing to get over was “HOW COULD HE DO THIS TO ME” and the dreaded “NO ONE DOES THIS TO ME”, looking and feeling like a cuckold!

I am still struggling with my fragile ego, but it's getting easier. I have to constantly remind myself the following:

- 1 people are not perfect
- 2 everyone deserves a second chance,
- 3 maybe my oversized caring heart is why he married me in the first place
- 4 our marriage is so much better now
- 5 the only thing that matters is we are happy now
- 6 I have helped him so much and he is happier and bends over backwards to make me happy too
- 7 I have taught my son **conflict resolution**
- 8 I have helped so many of my friends raise up their relationships
- 9 I have a really cool original music album now

10 I've written a book about how I healed and transformed

11 I want to help people all over the world

I still have an ego, of course, we need an ego to survive, but it is healthier now. I am the type of person that likes to feel important. I feel extremely validated from what I did to forgive and show compassion. The ego that at first was terrified, actually began feeling much more respected from the decision I made to forgive.

## Overcoming Punisher, Victim, Sufferer Syndrome

*Sometimes we have to love enough for two and be strong enough for two! If you're a woman or are married to one it's much harder for women to lift heavy things, do manly chores that are just easier for men. Hope I didn't offend anyone here – I'm trying to make a point. : )*

*If you're a man, or married to one it's much harder for men to say things like 'I had a bad day and that's why I'm so cranky or I'm upset about work'. They just act cranky and miserable and now we all have negative energy going on and how do we turn it around? Hope I didn't offend any of you guys, but I hear stories! : )*

*This is where we need to be strong enough emotionally for each other, take a deep breath, give that man a snack, he's probably hungry, give that woman a hug, she probably hasn't been held all day, hold our tongues, smile and be understanding. Oh yes, I know it's hard and he or she started it and why do I always have to be the one to be loving and patient?*

*You're ready for the answer? You might have to be the one who is loving and patient because that is possibly why your spouse chose you in the first place. In the beginning, we are all head over heels and would do anything for each other. As the years go by, we tend to dump on each other a bit more. If we just pause and take a very long deep breath to take time and remember we have a choice here. You know the old expression – you get a lot more with sugar . . . ?*

*So let's try a **SWEET AS SUGAR EXPERIMENT** TODAY!!! Next time your spouse gives you that exasperated look, or a cranky*

*attitude, try and see him or her as the person you used to date and try some sincere sugar.*

*But there is a quid pro quo – Ladies first – try and do as many of those little pesky things as you can and save the truly heavy stuff for the guys. And gentlemen – hug your wife and tell her if you had a rough day, and if she’s busy, grab something from the refrigerator or pantry yourself so you’re a little less cranky. : )*

*An open, loving heart is the EGO’s worst enemy!*

*Needing to be right all the time will get you nowhere!*

*I invite you to try LOVING KINDNESS!*

*Even just as a SCIENCE EXPERIMENT!*

*Every time I think about the horrible lies and deceit I remember that everyone deserves a second and in my case, third chance.*

*Forgiveness is a gift I can give myself and others.*

*[www.calm.com](http://www.calm.com) on Forgiveness.*

*You can download this app onto any device.*

*You can be the first in your family to start  
the new patterns and habits of being  
a Loving, Forgiving, Person!*

*Start noticing if **PVSS** is creeping into your life!!!*

*Someone upset you?*

*Are you going to PUNISH them with silence or snub them?*

*Take some deep breaths and realize you have a choice right now.*

*You can hold on to this anger just to be right, or you can choose to put it in a little balloon and let it go!*

*Remember, the spongy little spies we refer to as “children”, are always watching!*

## Google The Nearest Kundalini Yoga Center

Don't ask them what they need, just put out food, try giving them your full attention and then google the nearest **Kundalini Yoga Center**!! [www.3Ho.org](http://www.3Ho.org)

If they won't go, just go yourself.  
The change in you will probably be irresistible to them  
and things should start changing.

After my husband saw the changes in me from taking **Kundalini Yoga** he decided to try it and we've been practicing together since Fall of 2015.

October 2015	Began taking about 4 Kundalini classes a week
November 2015	My husband started taking classes twice a week with me
March 2017	Began Level 1 Kundalini Teacher Training
December 2017	Graduated Level 1 Teacher Training
March 2017-Present	I practice Sadhana mostly every day.

The daily practice of prayer, exercise, deep breathing, chanting and meditation has given me:

- 1 a spiritual connection with more faith and trust so I don't feel like I need to micro-manage everyone and everything
- 2 support needed to change habits I didn't like about myself
- 3 a practice to help the daily challenges associated with forgiving someone who has hurt you very deeply
- 4 the ability to come back to a more calm and neutral mind
- 5 a feeling of enlightenment and awareness that wasn't present before
- 6 stronger intuition and connection with everything around me, or as Yogi's would say, "the Universe"

There is no need to go through life as an uptight, worried, nervous person. There is another way!

## Why the Yoga Movements?

The cool thing about Kundalini Yoga is the movements you do totally support any and all affirmations, changes you want to effect, habits you'd like to break, etc. Some people can list things they want to change and are very successful. I had some really big challenges and this yoga is designed to calm the nervous system and stimulated the endocrine system, which in turn, supported all the challenges I had in front of me.

I was a very damaged person, I was tired of playing the "victim" and ready, willing and able to do some serious work on loving myself.

I truly would walk around feeling numb, paralyzed, and occasionally even suicidal.

The practice of Kundalini Yoga has been vital to my healing. My husband also goes to the classes and finds it very helpful. He says it helps his tennis game improve!! It is helping him love himself too!

I was a real gym rat, worked 2 hours a week with a personal trainer but I had to do some serious work on the inside!

Yes, it's fine to look and feel great on the outside too!! But not if you are doing it to cover up what's going on inside of you!

Although I still have moments when I get nervous, uptight, and worried that nothing will get done, unless I butt in and micro-manage, I can just take a few breaths and remember that I have all these amazing new tools now and I have the choice to use them and be a calmer and happier person.

## You are Stronger Than You May Think

When I went into rescue mode, I had to save both of us. I took out both oars and rowed as fast and as hard as possible. I did so many things to heal all at the same time! Each one of the 10 steps made a difference, but Kundalini Yoga is something he is enjoying with me.

Let the love in! It's quite astounding where we are now in our relationship. He's kind of a picky, moody guy, and there are times when he's very quiet and cranky.

But for the first time in many years  
I have his love, his attention, his respect and his time.  
I have learned that hardly anything  
and certainly no one person is "perfect".  
It still hurts, but I'm hoping time will heal everything.

I saw my Mom in one of my relaxation sessions and she said, "You're going to do, Eva. I couldn't do it, I couldn't keep the house, but you are going to do it"!

I told my teacher and she said that it is believed when you practice this type of **Yoga**, you liberate the sins and misdoings of 7 generations before you and 7 generations after!! That's pretty powerful stuff. I never could have predicted that letting go of my ego could manifest such profound strength.

I am so proud of myself for forgiving my husband! It was and continues to be extremely challenging. Little things remind me of what he did, testing my heart over my ego. I would like my heart to win!! All his actions point to love, commitment and dedication in our marriage.

It may seem like you can never forgive, never forget, but you can chose to think of the kindness you've extended to a person in trouble – and that can ease the pain!!

I recommend reading the book "**How to Improve Your Marriage Without Talking About it**" by **Patricia Love Ed.D.**, and **Steven Stosny, Ph.D.** It explains so much of the process...the pain, the breakthroughs. Price: \$14.99. If **itsnottoolatebaby.com** is helping you, but you're not quite sure what to do next, you can read this book. Warning: It's pretty intense and if you are **surviving an affair** or something similar to an affair I just want to prepare you for some

“in your face” reality! But you are strong and you can handle it!!

I went to a divorce lawyer who told me the only way to have any control over the finances in my marriage was to serve my husband with papers...for divorce! That startling conversation took away all my hope. It was the first time I really allowed myself to cry!

If you are like me, trying to hold yourself and your marriage together chances are you are in a somewhat nervous and anxious state of mind. **Kundalini Yoga** helps to balance the nervous system and will help you on your way to a much more calm and peaceful place. My sister and I both recommend **Anne Novak**, who has several videos you can easily follow on YouTube. <https://www.youtube.com/watch?v=r4M6J5A85Fw> I really enjoy attending classes where I live on Long Island, but my sister lives in a small town and does **Kundalini** at home with YouTube. It is free to sit at home on the floor with or without a **yoga** mat and practice this life-altering exercise!

The more things you do to help yourself, the quicker your progress will be!

One more thing that doesn't cost anything but your time and maybe some art supplies is to create something. Draw, write, sing, compose, dance, paint, sculpt, whatever it is you like to do, just take some time for yourself and explore!

I am in the process of writing a memoir **It's Not Too Late Baby, A Kundalini Love Story**, which will be sold with an original pop album **Keep You Forever**. It's very healing to write your life story. You will start to see where some of your old patterns come from and which ones are no longer working in your life.

## **Here are 10 things I did simultaneously to heal:**

**Breathing:** Breathe2Relax is a free APP that guides you through proper deep breathing with visual cues. One page

counts and lets you adjust your inhale and exhale. There are also several free YouTube videos you can breathe along with at home on your computer.

**Meditation:** [www.calm.com](http://www.calm.com) is a free APP and the #1 app for mindfulness and **meditation**. I was always too hyper to sit and meditate! Some people meditate by praying. Either way these guided **meditations** get you started so you can clear your mind and listen to your inner voice. I find the type of music is very important for me. It's harder if there is someone singing. I prefer ethereal music or a gong helps me relax right away. There was a forgiveness **meditation** that was especially helpful. I also bought a guided **meditation** CD by Sarah McLean (\$20) when I was in Sedona AZ, but there are plenty on line or on Youtube.

**Books:** [Peace in the Present Moment by Eckhart Tolle & Byron Katie](#) (\$13.45 on Barnes & Noble and Amazon) is a small picture book with quotes and short inspirational readings. I found these books necessary to my sanity. When you are so upset it's hard to focus on a chapter book! This was all my mind and soul could handle and I carried it with me everywhere.

[The Power of Now, \(\\$9\) or A New Earth, \(\\$12\) both by Eckhart Tolle](#), when you are ready for a chapter book, are vital for your metamorphosis! Chapter 1 of [A New Earth](#) was a little too heavy for me, so I skipped over it and went straight to Chapter 2. Maybe, now that I'm a bit better at being in the present moment, I could go back and try Chapter 1 again! But at the time, I couldn't get into Chapter 1, so I had put the book down and that was not helpful! It's a very important book.

**Yoga:** Before “the ordeal” I didn’t have the patience to waste time on the silly breathing at the beginning of each **yoga** class. In fact, I would time it so that I’d miss that part of class and just come in to do the stretches and poses. When your sanity is being challenged, it’s amazing how important it is to breathe deeply. I loved the **yoga** teachers at the new studio I had found! They always read the most inspiring quotes. It helped to be in a room with like people just trying to get their calm on! Average **yoga** class (\$15-20) Most studios have class cards where you can get discounted monthly rates, which encourages you to go more often.

**Kundalini:** **Kundalini Yoga, as taught by Yogi Bhajan** <http://www.3ho.org>, is very different than, and works quicker than other types of **yoga**. Although I wish I had time for both, I have become a full time **Kundalini** student, and recently completed the training to be a **Kundalini Yoga** Instructor. **Kundalini** balances the nervous system, the endocrine system and both hemispheres of your brain. The **meditations** are ideal for people who can’t sit still or shut up, because you move a lot, sing sometimes and chanting is always welcome! It opens up any chakras that have been blocked due to trauma or heartache or not facing things. My husband preferred this to talk therapy, since the class is done with the eyes closed.  
Average **yoga** class (\$15-20) Most studios have class cards where you can get discounted monthly rates, which encourages you to go more often.

**Cardio:** Try and fit in the cardio of your choice several times a week! Some people love tennis, or cycling classes. For me it’s Zumba!! <https://www.zumba.com> (to find a class near you). I know it’s not for everyone, but I danced my whole life and that is my cardio of choice. It **releases happy endorphins**. (Average class (\$12-15) Most studios

have class cards where you can get discounted monthly rates, which encourages you to go more often.

**Therapy:** I spent many years denying I had any real problems. I am constantly downplaying my issues as so much less significant than other peoples “real” problems. Whether you talk to a professional or you decide to write your life story, you might start to see that no matter how small, your experiences have shaped who you are and how you react to important things now. Therapy isn’t only for people with big problems. Therapy helps you understand yourself so you can live more peacefully, and be a more effective parent, partner and person. (\$50-150 per session). You can also speak with a social worker. Many times they will take your co-pay of \$15-20 per session. There are kind people out there, so keep looking till you find someone in your budget.

**Psychiatry:** I was such a mess, things were such a mess, that at one point it was more than I could handle alone. I marched myself into the doctor’s office and asked to be put on anti-anxiety medicine. I found a psychiatrist, who I adored, and after one year, thanks to the **Kundalini Yoga**, I was able to completely get off the medication. It helped me heal through the most difficult time. My husband had actually lied to me, leading me to believe the worst, so there’s a chance I wouldn’t have needed to take them, but I have no regrets. She was very insightful and helped me significantly. (\$15 co-pay and \$10 for prescription meds)

**Be Creative:** My therapist is the one who urged me to turn the anger and pain into music. At first I thought it was a dumb idea, but there were times when all I could do was sit and write music. Now I have an album of 12 songs, and 10 are originals. The entire process of writing and recording was extremely helpful in healing. I invite you to use whatever anger, frustration and pain you are feeling and turn it into

something creative. This is where all the good art, poetry, literature and music come from. It doesn't cost anything to write a song, however having it professional produced, mixed and mastered can be very costly. Thankfully, there are ways to record that are free like using Garage Band <https://www.apple.com/mac/garageband/> and Logic Pro.

**Aromatherapy:** While you are doing some of these things, try infusing some calming oils into your surroundings! You can even rub lavender on your feet! This is very soothing and helps you breath deeper! (\$10-25 for a bottle of oil)

## Live Relaxed Life

*There is a lot less anxiety now in my life. **Yoga** taught me how to breathe and calm down. There are APPs and Youtube videos available that will literally guide you through proper breathing and will count your inhale and exhale for you so you can learn if you are a beginner. **Kundalini** literally calms and balances the nervous system. I am now able to sit and work for hours, where before this was almost impossible. I don't know about you, but I am very scattered which leads to being unorganized and all over the place. **Kundalini** has helped me stay focused, organized and much less stressed!*

*Also **meditation** is very helpful. We went to Sedona, Arizona and I picked up a CD that had guided **meditations**. If you've never meditated before, or like me, had such trouble even staying still these will help you get started. <http://mcleanmeditation.com>*

*If you feel like you can't sit still, clear your mind, or be quiet for that long, try **Kundalini Yoga**! You don't have to sit still and you can sing and chant throughout the class!!*

*It helps you break habits that no longer serve you or anyone in your life. I cannot stress enough how important it is to try and break those life-long habits! Kundalini Yoga works so quickly!!*

*We don't have to be just like our parents – it's okay to do better!! It's okay to behave differently than they did. We don't have to copy their habits, patterns and behavior!*

*A good friend of mine who became a therapist told me*

*“We act like our parents in order to keep them close to us”*

**REMEMBER:**

*You can't change anyone – you can only change yourself! For me, I didn't know what to change right away, but changing my energy which calmed anxiety was a great place to start.*

*When my energy changed and I became more relaxed it had a ripple effect on everyone around me! I love experiments! Maybe that's a good way to think about it. I'm going to try an experiment – instead of saying “I need to break this habit”.*

*It's okay if your spouse won't breathe, meditate or go to a **yoga** class with you. If you do it, you are singlehandedly raising up the energy in the relationship.*

*Remember to breathe deeply if you feel anxiety.*

*Try all the 10 Tools [listed above](#) – the more you do to help yourself, the quicker you'll get to your new Relaxed Life where you just won't believe how things can turn around!*

*I'm still in shock over the energy shift and it's effects on my husband and son!*

*I wanted my son to see the very best in me. I wanted to save him from a life like I had with stepmothers and stepfathers!!!*

*Imagine teenagers living in a calm, happy home, opposed to one filled with stress, anxiety and conflict? If we're feeling anxiety in our homes, children and teens feel it too.*

*I also feel so much wiser and even smarter! When I read now or do a puzzle I have a new found intelligence I've never experienced before! I'm so excited to share all of this with the world!!!!*

*Activity: List how many reasons you have to try the 10 Tools in order to Live a Relaxed, Happy Life!*

## **Keep Your Spouse**

*My husband had turned into someone I hardly recognized and I had no idea how to bring back the man I originally married!*

*So many people would urge me to try and work out marital problems, otherwise I'd simply be trading my current set of problems with a brand new set of problems!*

*People also gave me a ton of advice, including all their suspicions, doubts, and frightening scenarios. At the end of the day it was my decision to "work with what I already had".*

*I cared deeply about my husband and I wanted him in my life and in my bed! I didn't know I'd also find myself in the long, arduous process of putting the marriage back together!*

*I'm going to improve myself,  
our relationship  
and keep that man in my bed!!*

*Change may be quick or slow, but it is so worth it!! Divorce can be quick or interminable but permanent and nobody wins!*

*You get to grow and explore together and work on all your flaws – iron things out.*

*I feel like a completely new person –  
one I like a lot better –  
one who is free of suffering and bad habits of being  
The Punisher and **The Victim!***

## *I am cured of the awful PVS Syndrome!!!*

*He seeks to spend time with me now  
he makes suggestions to do things together  
he is sweet to me, and teases me again like before  
we have more frequent and better sex  
He is much more likely to do little favors for me, now that I don't ask  
for as many*

*If I had just gotten a DIVORCE I would have carried all of my same  
issues to the next relationship!*

*According to many people if I remarried my new spouse would most  
likely have his own issues too. Patterns and behaviors will most  
certainly reoccur and as they say*

*“wherever you go, there you are”.*

*That's why we see what I call the “Punishing Women or Punishers”  
and the “Broken Men”. Going on their second or third marriages –  
nothing changes!!!! They are still carrying the same useless  
unresolved issues from their first marriages around with them to  
marriage No. 2. And No 3??*

*It's like trying to put a bandaid on a gun shot wound!*

*I had to grow up and make profound changes, break habits and stop  
**PVSS** (Punisher, Victim, Sufferer Syndrome).*

*My husband, who was dealing with everything in his own head, was  
able to heal, thrive, and bask in my new energy!! This new energy  
gives people the space to be more themselves without worrying or  
being consumed with what you need. You may have your own  
relationship revelations - but changing energy has made a  
profound difference in our day-to-day interactions.*

*I am less needy and manipulative  
now that I understand why I have been  
like that for most of my life!  
You really have to GET IT!!  
I finally GOT IT - and that's when  
I WANTED TO CHANGE for MYSELF!*

Now:

- 1 *I breathe - it changes the energy and in turn, his energy changes.*
- 2 *I think about his needs - he naturally thinks about mine without me asking.*
- 3 *I do things for myself - he is more willing to help or ask if I need help*
- 4 *I don't go looking for him - he comes looking for me*
- 5 *I am behaving more like an adult - he behaves more like an adult (sort of)*
- 6 *I don't have **PVSS** - he smiles and opens up more - and wants to be home with me*
- 7 *I am free of the negative EGO - he is so much more loving and affectionate*

**ALL OF THIS IS POSSIBLE!!!**  
**STOP YOUR DIVORCE**  
**SAVE YOUR MARRIAGE FROM DIVORCE**  
**DON'T CALL THE LAWYER - GIVE THIS A TRY!!!**