



20 TIPS FOR

HUSBANDS AND WIVES

to Enhance and Save Your Marriage



CAROL TUTTLE

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Save Your Marriage

By Carol Tuttle

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Handbook
for Thriving in the 21st Century*

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www.caroltuttlelearningcenter.com

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Dedication

This book is dedicated to my wonderful husband,
Jon. Thanks for being there for me always.

Twenty Tips for Husbands and Wives to Enhance and Save Your Marriage

By Carol Tuttle

For Husbands

1. Wives know when you are really paying attention and when you are not. It is VERY important to women that when you say you are listening and paying attention, you really are.

Men have a strong tendency to only be able to tune into one thing at a time. When your wife wants to talk with you, you must decide if now is the best time, if you can give your wife 100 percent of your attention. If the answer is no, lovingly tell your wife you want to give her all your attention and determine a time (that same day!) that you will be available to do that.

If your wife comes to you while you are watching a football game, working on a project, reading the newspaper, or if you are already involved in some other activity that has your single-minded attention, lovingly tell her you want to give her 100 percent of your attention and decide together when that time will be.

When you have chosen to listen to your wife, give her **ABSOLUTELY 100 PERCENT OF YOUR ATTENTION.** Do

nothing else but look at her and listen, really *hearing* what she is saying.

You will be amazed how much more quickly she wraps it up when you do this, because she knows she is being heard. It is only when your attention is divided that your wife intuitively knows you are not hearing her and she will demand more time to express herself.

2. Speak kindly to your wife. Women in their true nature are a soft and sensitive energy. Speaking sarcastically and harshly shuts down their feminine energy giving them more reason to operate in a masculine way. Be sweet with your wife, honoring her true feminine nature.

3. Be true to your masculinity by knowing what is right for you and making decisions based on that knowing. Take in what your wife has to say, consider what she wants, what you want, and make a decision that is right for you as a strong, clear male. If you are always controlling the situation, not considering her, or only doing what she wants some of the time, you are not operating from your true masculine core.

It is important for a man to feel honor and integrity in making his own decisions, as well as being sensitive and understanding in the process.

4. Be guiding versus controlling as a husband and father. If you believe you are not heard and respected as a male authority, you will need to use patterns of control to feel you have any authority. Controlling your wife and children either shuts them down or launches them into their fight-and-flight energy against you.

To guide is to use your sensitivity and intuition to take the lead and influence your loved ones in their highest good. You will be responded to with respect and support. You will be received in honor and love.

A powerful affirmation to assist you in letting go of patterns of control and engaging patterns of guidance is the following:

“I am guiding versus controlling. I am a man of authority and sensitivity. My loved ones benefit from my guidance and leadership. I am helping bring out the best in them. I am a blessing in their lives.”

5. Get in shape. Honestly, it is not fun being a fat, out-of-shape husband. It is not fun *having* a fat, out-of-shape husband. If the diet program has not been working for you, listen to my CD “Clearing the Issues that are Keeping You Fat!” Just go to:

<http://www.caroltuttle.com/livepresentations.html>

Rather than trying to alter your eating as the first approach to getting in shape, start with a fitness program. Once you get going, you will likely be inspired to eat differently.

If you really want to whip your body into shape, I recommend you train for and run a marathon, and/or you start doing Yoga.

My husband, Jon, and I have run 28 marathons collectively. This has brought out a connection in our marriage we were not aware we could create together. We have trained for and ran 8 of the same marathons together. Jon runs a faster race than me so he beats me to the finish line where he waits to cheer me in. It brings a closeness and togetherness in our marriage that is renewing and bonding. I love having my husband spur me on at the end of the marathon; it actually brings tears to both of us because we feel the Spirit so strongly.

The Yoga program that has inspired my husband and me is Bikram Yoga. It is an hour and one-half Yoga routine that you go through in a 110-degree workout room. It will dump all kinds of negative energy off your body and powerfully open your energy centers.

To learn more about marathon running and marathons to run go to:
www.runnersworld.com

To learn more about Bikram Yoga and to find a studio near you go to:

www.Bikramyoga.com

6. How are you with money and finances? If you are avoiding money or believe you cannot prosper as a male, that is a negative belief that is more than due to be cleared and changed. Really, that is one of the oldest core issues for males, that they are not competent and capable. GET RID OF IT!!!

How many generations of men in your family have bought in to that one? The design of masculine and feminine energy is for the masculine to have the confidence to provide for the feminine. In today's world we have made those lines really fuzzy!

Money problems are one of the greatest stressors and distracters of joy and happiness in marriage and family. Money problems keep you from obtaining your greatest spiritual capacity as a male. In order to be a male that is available to build God's kingdom on the earth, God would really prefer you to have some wealth.

Think of someone you consider a wealthy, spiritual male who is serving God with his resources. How much good is he doing? What kind of contribution is he making?

If your wife complains about you never making enough money and that you are incompetent, which is honestly your mirror screaming back at you. Notice it and change that program.

Kindly ask your wife to no longer mirror back this negative feedback, own the fact that you have not believed in yourself and that is changing and it would help to not have to hear anymore criticism.

Start imagining what it would be like to hear your wife singing your praises. If you cannot imagine it, you have no belief or energy for it to manifest. Start hearing it in your mind and you will start hearing it in your marriage.

You can reprogram any limiting belief into a new positive belief with temporal tapping:

1. While tapping up and over your left ear from front to back, repeat the following statements:

“I no longer believe I am incapable.”

“I am no longer scared of money.”

“I am no longer telling myself I can never get it right.”

“I am no longer attracting criticism from my wife.”

“I am no longer selling out on myself.”

“I am no longer babying my fears.”

“I no longer believe I am incompetent.”

“I am no longer settling for less.”

“I am no longer blaming my wife and children for our money problems.”

“I am no longer blaming my boss and my job for my financial lack.”

“I am no longer angry at money.”

Do as many rounds of this as feels good to you. Make up your own statements that include your specific negative beliefs.

2. To set up the new positive belief and get the higher vibration of energy active, tap up and over your right ear from front to back, repeating the following statements:

“I am capable.”

“I am more than capable.”

“I am a money wizard (or genius, or magnet or whatever kicks in your masculinity).

“I am getting it right.”

“I am attracting more and more praise and positive feedback from my wife.”

“I am knowing what to do and am following through on it.”

“I am free of all my fears.”

“I am owning my money problems and changing them.”

“I am competent.”

“I am open and receptive to receiving more.”

“I am changing what is no longer working in my life.”

“I am comfortable with money, it is my servant.”

“I am a noble man of God, attracting great wealth, doing great things on this earth.”

Anchoring in new positive beliefs about money and your confidence with money puts you in a whole new energy with money. It can only change your experience to be positive. Remember you must change your energy first if you want to change the results you are getting in life. It works, ask my husband Jon!

A powerful resource to help you redesign your energy with money and to bring your masculine energy into play are these two therapeutic gemstone necklaces from www.gemisphere.com

Insight:

Insight helps you move beyond limitations regarding money and power. By bringing the energies of these issues to your brow chakra, it grants insight into both your financial situation and the true meaning of wealth. It opens your awareness to the spiritual significance of these issues so you can take steps to resolve them. Insight also brings to light the causes and solutions for any physical imbalances associated with the metal element as described in Oriental medicine.

Green Tourmaline:

Balances the masculine and feminine aspects within man empowering him to realize his full potential. It carries the masculine ray, which vitalizes the masculine aspect in all living beings. Green Tourmaline strengthens every molecule in a man's body, tonifies his reproductive system, and reverses any disharmonious tendencies in his body, emotions, and mind. Green Tourmaline broadens a man's awareness as it maximizes the flow of his life force, granting him courage, vigor, and vitality.

My husband works with therapeutic gemstones on a regular basis. He wears them around his neck under his clothing. He wears them as an energy intervention and resource and not as a piece of jewelry. Because he is not self-conscious about it, he draws very little, if any, attention to it.

7. Be the spiritual leader of your marriage and home. Wives eat this up. Lead your family in daily prayer and scripture study. If your wife is the one who is having to get the family together and is leading out in this, she is playing out a masculine role. She will feel resentful that she has to do your masculine job.

You will pay a big price in your marriage for neglecting this responsibility. The level of resentment this can stir within a wife is far-reaching in her ability to trust you and open up to you sexually. If you would like your wife to be more open to you as a sexual partner, then step up to the plate and lead your family spiritually.

8. Clear your belief that sex is love. It is very common for a man to derive his need to feel loved through sex. What this sets up is a dynamic that shuts sexual energy down in your marriage.

If you need sex to feel loved and appreciated by your wife, then your wife will feel the energy of this and go into resistance. Your wife will begin to feel “I am only loved for sex!!!” These two beliefs and emotional patterns of neediness kill sexual polarity in a marriage very fast!!

Sex is meant to be an outpouring of existing love and trust that is being created through the functioning of many dynamics of your marriage. If you need sex to feel loved you would be served to refrain from sex and straighten this out. Do some Emotional Freedom Tapping.

Emotional Freedom Technique is a powerful and simple tool that will assist you in releasing limiting beliefs and patterns. Learn this valuable tool right now online in a free interactive session. Just

click on the following link and view the “Introduction to EFT” video.

www.caroltuttlelearningcenter.com

Use the following statements with EFT to release your belief that sex is love and to help you create a healthy balance of your sexual energy and the true energy of love.

“Even though I have needed sex to feel loved, I am free to feel love all the time.”

“Even though I have put a lot of pressure on my wife to take care of my needs, I am now choosing to be sensitive and loving knowing all my needs are already met.”

“Even though I have chosen to feel rejected and unlovable when my wife has not wanted to have sex with me, I am acknowledging the difference now. I am loved all the time in spite of how much sex we are having.”

Make-up more statements you can tap out that will free you from these limiting beliefs.

Reframe by tapping while repeating these affirmations:

"I am lovable."

"I am loved for all of me,"

"I enjoy an open and comfortable sexual relationship with my wife."

"I am attractive and inviting to my wife"

"I am sensitive to her needs and loving and caring in a manly way."

"I am honoring my masculinity and my wife's femininity by no longer needing sex to feel loved."

"I am a safe sexual partner to my wife."

"I am behaving in a manner that opens my wife up to me, so she can trust me."

For more information on sexual issues in marriage, listen to my CD "Healing Sexual Issues in Marriage." Go to:

<http://www.caroltuttle.com/livepresentations.html>

Too many Christian men are suffering from pornography and sexual addictions in secret and shame. It is a serious problem.

I have created some powerful resources to aid those who are suffering from this addiction. If you are someone that needs to heal this sickness, or you know someone who does, I highly recommend you become a member of ***The Carol Tuttle Energy Healing Learning Center.***

This interactive website has over 70 online video and audio healing sessions conducted by me. I have created healing sessions specifically for pornography and sexual issues.

Much deeper than the addiction are many childhood and self-esteem issues to heal. *The Carol Tuttle Energy Healing Learning Center* provides you help with these issues and many, many more.

To become a member just go to

www.caroltuttlelearningcenter.com

For Wives

9. Stop talking so much. Many women suffer from a feeling of not being heard, and try to make up for that by saying more than they need to. Husbands tune out most wives after about ten to fifteen minutes.

When that happens, wives intuitively notice they are not being listened to and can feel resentful and demanding towards their husband, which tunes them out more.

Don't try and talk to your husband when he is in the middle of something. He can only focus on thing at a time and if he is already busy, it is not going to be you. When this happens you will be able to say one more time, "My husband never listens to me." When you put that out there you are only setting the stage for it to happen again.

It would be better to say to your husband, "Honey, I really want you to pay 100 percent attention to what I want to share with you. When could you give me that?"

It is okay and appropriate to expect that attention and time from your husband. When he gives it to you, share what you want to share in a time frame that honors his masculine attention span.

He will be shocked when you say, "I am done!" He will exclaim, "Really?" He won't be used to your not carrying on and on!!

10. Fix yourself up every day. If you have gotten lazy about your appearance, it is time to change those habits. Fix yourself up because you want to feel pretty and powerful. Fix yourself up to look your very best regardless of how you feel about your body right now.

Take the time to look in the mirror and notice what you do like about yourself. Stop complaining to your husband about your

weight or your body. He really doesn't like to hear it. Bring out your feminine essence by wearing more color and textures that you feel good in.

I have recently become aware of how important the clothes we put on our body are in relationship to our energy. More than just color the lines and textures of our clothes either enhance or interfere with us energetically.

Most women are putting on clothing that creates energetic interference. My live training called ***Becoming a Vibrant Woman: Living, Loving and Dressing in Your Feminine Truth***, is a 4-day intensive event where you learn your true vibration and the perfect colors, lines and textures your clothing needs to have to support you in expressing and radiating your core truth.

For more information on my next event and to learn more about how you can become a ***Vibrant Woman***, visit www.caroltuttle.com and click on the Events page.

11. Learn how to let your feminine light shine. You truly have a radiant feminine light. If it is housed and blocked by a masculine shell you have built around your femininity, your true feminine light cannot radiate from you.

You will know if you are in a masculine energy living from a masculine shell by how you function day-to-day.

Answer the following questions:

- a. Are you more concerned about your to-do list and getting things done in the day than you are about your relationships?
- b. Do you feel as if nothing will get done unless you do it?
- c. Are you more apt to take charge than your husband?
- d. Is it hard for you to be spontaneous and break away from your routine?
- e. Does your home have to be in perfect order for you to feel at peace?
- f. Is it hard for you to stop thinking about the tasks that still need to be accomplished?
- g. Is it difficult for you to warm up to your husband sexually?
- h. Do you want to get sex over quickly? Is it something you feel is on your to-do list?

If you answered "Yes" to most of these questions, there is a good possibility you are living more predominantly in your masculine energy than your feminine.

I lived this way for many years in our marriage unknowingly. I have since made a lot of changes and am now living from my

feminine core, moving through life as the true feminine person I am. It has made our marriage so much easier. I used to complain that Jon was not showing up as the man, now I realize he couldn't because I had that space already filled!

It is an interesting dilemma women create: to live in a masculine shell doing and acting from a masculine energy and then resent and blame their husband for not being in the energy we are dominating!!! Go figure, we really burn ourselves out on this one.

A man will come into his masculine presence more quickly and powerfully as a result of his wife coming into her feminine essence than any other method or influence I know. When women change, all the people in her life change in response to her. That is the power we women have in the energy of polarity.

12. Stop complaining. Husbands shut down when wives complain on a regular basis.

We think that we are influencing our husbands to change by our complaints and demands. This is a masculine, defensive energy to be in and will get very meager, if any, results that look like what we want.

Men were raised by women that were their mothers, so they have had a lot of practice in tuning out complaints and nagging from women.

Men appreciate and respond powerfully to praise, appreciation, and trust. What good can you say to your husband today?

Every day for a week think of something to praise him about. Appreciate him for who he is and show you have trust in him. This honors his true masculine self and it will be fed by this positive energy.

13. Have sex because you want it. It will only complicate your sex life if you keep having sex for your husband's sake. Make yourself want it and clear your sexual issues and fears. Use the Emotional Freedom Technique to clear these issues and more.

Emotional Freedom Technique is a powerful and simple tool that will assist you in releasing limiting beliefs and patterns. Learn this valuable tool right now online in a free interactive session. Just click on the following link and view the “Introduction to EFT” video.

www.caroltuttlelearningcenter.com

"Even though I have been turning away from sex, I know I am an adult woman who deserves to experience a healthy, sexual relationship with my husband."

"Even though I have been having sex with my husband with the perception it is always for him, I choose to change that perception to it is now for me."

"Even though my body has been resistant to opening up to sexual experiences, I know that I am a married woman and it is appropriate and right to have this in my marriage."

"Even though there was abuse in my childhood, I am whole and healed from this trauma, living in the now with all the blessings of a healthy sexual experience."

Tap in these reframes to shift and open your sexual energy:

"I am sexually pure."

"I am connecting with my sexual desires."

"I am open to sex with my husband, I am gratified from it."

"I am an adult woman, in the agreement of marriage, free to have sex and enjoy it!"

"I am using my feminine sexual energies to enhance all aspects of my life."

"I am having fun with all of this."

14. Get to know yourself as a 21st Century, enlightened, spiritual woman. It really is time to drop all the guilt and self-criticism. You disempower your ability to be a blessing to your husband and children with these negative patterns.

You only attract to you more of what you don't want and continue to experience your life as a routine of overwhelmed and struggling. I know too many women who claim testimonies of Christ, yet they minimize the experience of having Christ and His light shine through them because of all the negative issues they still keep recreating.

Using eye patch therapy on a daily basis, you can break up your negative mental routines and clear yourself of emotional clutter.

To learn more about eye patch therapy go to:

<http://www.caroltuttle.com/products.html#eyepatch>

15. Trust more. Trust God more. Trust Christ and His atonement more. Trust your husband more. Believe that men are there for you. Believe that your husband is there for you. If you believe that with every fiber of your being, what will you manifest?

Be patient with your husband, practice charity and compassion. Let the sweetness of your beautiful, loving, compassionate self

flood through you. Be the benefactor of your feminine energy by taking time to sit still and quietly imagine yourself as a beautiful flower opening and flowing with beautiful colors, scents, light, and feelings. Imagine this is flowing from you to all your loved ones, blessing their potential and gifts.

Believe that because of you, everyone is blessed by your presence. Not by anything you do, but because you know who you are and that light washes over everyone that is connected to you.

Be who Heavenly Father and Mother created you as: the feminine goddess and light that you are.

Two therapeutic gemstone necklaces from www.gemisphere.com that have deeply assisted me in coming into my true feminine and motherly energy are:

Rubelle:

Rubelle balances the feminine and masculine aspects within woman empowering her to realize her full potential. It carries the feminine ray, which vitalizes the feminine aspect in all living beings. The powerful light that Pink Tourmaline draws to the body dissolves both the symptoms and causes of physical conditions, especially those of the female reproductive organs. Rubelle helps a woman understand and come to peace with her feminine and

masculine selves as it fosters the inner harmony and strength she needs to develop her true feminine power.

Mother of Pearl:

Mother of Pearl stirs and awakens the primordial memory of your origin in the infinite ocean of divine love. It stirs this memory in your thoughts, your feelings, and in every cell of your physical body. As your memory opens, this divine love flows into you, repairing the deep wounds created by unfulfilled needs. Mother of Pearl's energy sings the song of motherly love as it imparts the feeling of being cradled in a loving mother's arms.

16. Laugh more. Find something to laugh about or with every day. Laughter clears negative energy and shifts your mood. Ask your angels to bring you something to laugh about every day. Laugh, laugh, laugh—it is good for your soul. You are really taking all this earth stuff way too seriously!

For Husbands and Wives Together

17. Notice what most of your conversations focus on. Do you primarily talk about what you don't want and what is not working in your lives and marriage or do you focus on and talk about what you do want and what is working in your marriage?

Remember whatever you focus on, you create more of. Start talking about what you want, bring it into the now, speak of it as if it is already happening. Do energy circles together to start creating the marriage you want rather than settling for the marriage of mediocrity you may have. For instructions on how to do energy circles see the Appendix of Self-Help Tools in my book *Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century*.

Another great resource to help you is my CD: “Affirmations to Change Your Life Now” available at:

<http://www.caroltuttle.com/livepresentations.html>

18. Pray together. Start and end your day with a couple’s prayer. That is all I need to say about this!!!
19. List 100 things you are grateful for in your spouse. Print this page out, turn it over and number from 1 to 100. Start listing!

See how easy or how hard this exercise is. If it is hard, you will know that you focus mainly on the negative in your spouse. If it is easy for you, good for you, you are looking for the good!

If you and your spouse continue to create conflict and struggle in your marriage there is a good chance you are stuck in the energy of your childhood wounds and your spouse is triggering this negative

energy. I recommend you listen to “Clearing Your Childhood Issues” available at:

<http://www.caroltuttle.com/livepresentations.html>

20. Thank your Father in Heaven for this profound experience of marriage. There is no other experience so powerfully able to refine and improve us. Marriage is the ultimate arrangement to bring out the best (and worst) in you.

With God’s help you can make your marriage a profound success.

Understanding the innate dynamics of feminine and masculine energy has been profoundly helpful for my husband and me in creating more harmony and flow in our marriage. When we are not aligned with our core energy we will experience static and confusion within our own being which can then only manifest in our most prominent relationship, our marriage.

Knowing and honoring my feminine truth, and knowing and honoring my husbands masculine truth has established a deeper current of connection and stability in our relationship.

To learn more about this essential dynamic in marriage I recommend you listen to my CD *Marital Bliss: Understanding the Feminine and Masculine in Marriage*. You can find it here:

<http://www.caroltuttle.com/livepresentations.html>

Go on a date night together and talk about what you learned from the information you heard on this CD. Share what you would like to start creating together in your marriage.

Listen to my CD: “Clearing the Issues that are Keeping You Stuck and Single”

available at:

<http://www.caroltuttle.com/livepresentations.html>

This program was presented to 80 adult singles, and I introduced the seminar by saying, “Everyone has relationship issues in our time. Since we are not out hunting, planting, and harvesting our dinner, we have a lot of time on our hands to create struggle in relationships. You are either married or single creating that struggle.”

Learn to create joy in your marriage.

I have a goal to feel and experience joy every day. I may not maintain the state of joy consistently all day long—that is not my goal. My goal is to choose joy and feel joy every day—even if it is just briefly or for part of the day.

There are some days I do feel joy all day long, and it is awesome.

This intention allows me to be more conscious of my emotional energy on a daily basis. I know we live at a time that we can become masters of our emotions.

It is our emotions that influence our thoughts and behaviors powerfully. When we are feeling bad, we tend to think negative and act poorly.

When we have tools like Rapid Eye Technology and Emotional Freedom Technique available to us, we can clear our negative emotion and change our vibration from a low frequency to a higher frequency.

It is only because of Christ's atonement that we have the ability to do this. Take advantage of the Atonement by using the tools that help us become masters of our thoughts, emotions, and physical bodies.

If I told you I could help you create miraculous changes in your life if you would give me only 45 minutes of your time once a week, would you let me help you?

I would like to help you. I know how painful it is to struggle in your marriage. Jon and I have worked very hard to overcome our difficulties. One of the most powerful things we have each done and continue to do is clear the emotional baggage and limiting beliefs we brought into our marriage from our childhood.

Most marriage problems are secondary in nature, at the core of those problems are the individual issues that have not been healed in each partner.

One of the most powerful methods of turning a marriage around is to have each spouse take responsibility for themselves, claim their own dysfunction, and begin to heal it.

If each partner were actively clearing their emotional baggage and limiting beliefs, every marriage has a chance for success. Giving yourself this help can be challenging and tedious. I have worked with many couples in private sessions and the ones that made the greatest progress were the ones where both husband and wife were doing the energy clearing work between sessions.

They were taking time each week to clear their anger, their resentment, and their negative perceptions of each other. They would clear right before they were going to argue again, or right after they had argued...again! I taught them how to use a simple

energy clearing tool called Emotional Freedom Technique, or EFT as it is commonly known.

They used EFT weekly and often daily to release the emotions and patterns that were plaguing their marriage.

How can I help you in just 45 minutes a week? I have made myself available online through live streaming video to assist you in EFT sessions whenever you need the help.

My new interactive website allows you to sit with me in a session as I take you through all the steps to help you clear. I have had the good fortune to help couples all over the world through this amazing technology. If you were to spend just 45 minutes each week with me on the internet, I can help your marriage to begin to shift and heal.

I have helped couples all over the world make these changes and I would like to help you. Just go to: www.caroltuttlelearningcenter.com and review the hundreds of issues I can help you with.

Along with 24 hour access to me online, you will receive some of my most popular and helpful books and CDs to give you even more support.

Marriage is the most sacred union in our lives. Especially if you have children with your spouse, you have made a sacred agreement with God and your children to make this partnership work. Every marriage has the potential for great beauty or great destruction. Choose the beauty and learn the lessons your marriage is trying to teach you.

God bless you as you choose to create and live your best marriage. God and his angels are there ready and waiting to assist you in this creation.

Come up with your own 20 tips. See what God inspires you to know and write. Teach these principles to your children so they are not left powerless to create better experiences for themselves.

God loves us and wants our marriages to succeed. Our children deserve to have happy parents that are in the bonds of a loving, caring, successful marriage. This creates a network of safety and love that our children are not able to find out in the world.

Love yourself enough to believe in miracles. Possibly your marriage changing for the better would be a miracle in your eyes. Believe in God, believe in miracles, believe in your marriage, believe in your spouse, and believe in yourself. Miracles are bound to happen then.

Carol Tuttle is an author, energy therapist and spiritual teacher. She has been married to Jon, the amazing man in her life, for 24 years. They know first-hand the commitment and investment that is required to create a blissful marriage. They are the parents of five remarkable children that deserve to be part of a happy family. To view some recent photos of this happy group go to:

<http://www.caroltuttle.com/carolsfamily.html>

To learn more life-changing wisdom and tools for change, visit Carol's websites. You will find her books, CDs, DVDs, other fabulous products at www.caroltuttle.com. To experience online healing sessions visit *The Carol Tuttle Energy Healing Learning Center*, www.caroltuttlelearningcenter.com, where you find resources for healing from articles, audio's, and video sessions with Carol.