

# Monica Parikh - Global Shift of Consciousness to Universal Love Consciousness

## In this Episode:

- Reasons why marriages are failing and how Monica built a curriculum that provides the actual skills needed to prosper in romantic relationships.
- The origin of the School of Love and how her failed marriage become the driven factor that led her to study the psychology of relationships.
- The importance of “Conscious Partnership” and “Individuation”.
- Learning how to work on ourselves and how to have that positive energy.
- Effects of how having a right and wrong relationships.
- How technology affects the relationships, its danger, and greatest opportunities for modern marriages.
- Monica’s advice on how to overcome woundedness.

## Quotes from this Episode:

"All the things we have for our partners, we have to be for ourselves first." –Monica Parikh

"Conscious partnership means two people understand their woundedness and not asking their partners to fix their woundedness." –Monica Parikh

"Every moment of your life is a positive, happy energetic occurrence. The only way you can get there is by releasing that lower level vibrations of anger, fear, and resentment." –Monica Parikh

"The right relationship prospers two people; the wrong relationships take time and energy doing what you are doing." –Monica Parikh

"One of the biggest ineffectual beliefs or behaviors is I must be in a relationship romantically." –Monica Parikh

"As a woman, we should be holding a standard for how our partners should behave." –Monica Parikh

"One of the greatest opportunities for modern marriage is learning the skills of loving." –Monica Parikh

"All of us are wounded and our only job here on this earth is to heal that woundedness in ourselves so we can have more loving relationships with everyone." –Monica Parikh

## 3 Pearls of Wisdom from Monica Parikh:

1. “Relationships are not intuitive nor easy.”
2. “The more you love yourself, the greater you love other people.”
3. “Relationships are grounded in evolution psychologists.

**Resources:**

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Website: <http://www.schooloflovenyc.com>

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