



Ecstatic Life
RELATIONSHIPS

— *Dennis & Ellen* —

YOUR EPIC LOVE MAP

Video Training + Guided Mapping Experience

Discover the emotional signature of the intimate relationship that will make you happy at your core and begin aligning your internal compass to finally receive it.



WATCH FIRST

Welcome to Your “Epic Love Map” Experience

You want “Epic Love,” right? You’re about to take the first step in reorienting your inner love life (your “Relationship Reality Field™”) from the inside out, so you can experience it in your current relationship.

This is more than a visioning tool. It’s a **guided realignment of your relationship destiny** — to give you clarity on what you want within your partnership at your core, at your soul level — so you can nurture it and recognize it more fully.

Start with the short video training. It will show you how to approach this map not from the mind — but from your whole body, your resonance, your truth.

This map isn’t about fixing your partner or your relationship. It’s about reconnecting with the love, joy, intimacy and passion that’s already possible between you, by shifting your emotional GPS to align with it.

What You'll Discover:

- The emotional dynamics shaping your current relationship and the patterns you may be repeating
- The kind of love your soul is now ready to deepen into
- The emotional coordinates you'll need to shift into alignment with what your partnership needs at this phase of your life

How to Use the Video + Map Together for Maximum Clarity

1. Prepare to use the workbook (a fillable pdf). Either:

- Print it out,
- Download the fillable pdf, or
- Simply fill it out online (NOTE: if you want to keep what you've written, you will need to download it once it's filled out.) ... OR ...
- You can use a journal and pen.

2. Make space for quiet reflection for about 20-30 minutes (make sure you won't be interrupted, silence your phone, perhaps light a candle).

3. Watch the short video training. It will shift how you think about "what you want" in love.

4. Follow the guided prompts in the workbook as you watch the video — or pause and come back after. Let your answers surprise you.

5. From your answers in the workbook, **complete your Epic Love Map** on page 12.

The love you're seeking is already aligned with the most present, elevated version of you. This map helps you remember how to feel like it now.

PRESENT: You are Here

Prompts:	Summary A word or phrase that sums up the feelings
How does love in your relationship feel right now? <hr/> <hr/> <hr/>	
What's your current relational emotional field or dynamic with your partner? <hr/> <hr/> <hr/>	
What are your beliefs about deepening love, joy, and connection within your relationship at this time? <hr/> <hr/> <hr/>	

SOUTH: Emotional Terrain – Patterns of the Past

Use this space to explore, not judge. Let your truth rise without editing.

Prompts:	Summary A word or phrase that sums up the feelings
<p>What uncomfortable or self-limiting emotional themes or feelings have kept repeating in your relationship – or in past relationships?</p> <hr/> <hr/> <hr/>	
<p>What beliefs about love or connection in your relationship did those experiences reinforce?</p> <hr/> <hr/> <hr/>	
<p>Were there moments in your current or past relationships when you felt unseen, over-giving, misunderstood or emotionally alone?</p> <hr/> <hr/> <hr/>	

WEST: Resistance / Wounds

Prompts:	Summary A word or phrase that sums up the feelings
What did you come to believe about love or yourself from the experiences you described above? <hr/> <hr/> <hr/>	
What are you protecting yourself from in your relationship now? <hr/> <hr/> <hr/>	
What fears, patterns, or habits are closing you off to greater love and deeper intimacy with your partner? <hr/> <hr/> <hr/>	

EAST: Readiness / Capacity

Prompts:	Summary A word or phrase that sums up the feelings
What relationship dynamics (or what you wrote for the SOUTH and/or WEST) are you ready to stop repeating in your current relationship? <hr/> <hr/> <hr/>	
What emotional states are you truly ready for in your relationship? <hr/> <hr/> <hr/>	
What are your emotional strengths in connection with your partner? <hr/> <hr/> <hr/>	

TRUE NORTH: Desired Relationship Experience – toward the emotional frequency of the relationship you truly want.

Prompts:	Summary A word or phrase that sums up the feelings
<p>If you could design your ideal relationship experience with your partner from the inside out, how would it feel to live inside it? (For example: safe, playful, spacious, intimate, joyful, relaxed – be specific and sensory.)</p> <p>You might consider these feelings in contexts like these:</p> <ul style="list-style-type: none">• What would mornings feel like?• How would your body feel in their presence?• What emotional atmosphere would surround you? <hr/> <hr/> <hr/> <hr/>	
<p>What qualities of emotional connection are non-negotiable for you now? (Not just in your partner, but in how you feel with them.)</p> <hr/> <hr/> <hr/> <hr/>	
<p>In what ways do you want your relationship to support and expand the fullest version of you?</p> <hr/> <hr/> <hr/> <hr/>	

COORDINATES: Your New Emotional Frequencies for Aligned Love

From your answers above, choose 3 emotional states you most want to feel consistently in your relationship.

These are your new emotional coordinates – the states your internal compass must align with in order to create the love you desire with your partner.

Examples:

- Calm safety
- Expansive joy
- Emotional reciprocity

These 3 emotional coordinates lead you to your True North.
The more you embody them, the sooner you'll deepen your love and connection

Emotional Coordinate 1: _____

What this means to me:

How I can begin to feel this in my life and relationship today – before anything else changes?

Emotional Coordinate 2: _____

What this means to me:

How I can begin to feel this in my life and relationship today – before anything else changes?

Emotional Coordinate 3: _____

What this means to me:

How I can begin to feel this in my life and relationship today – before anything else changes?

How to Fill In Your Epic Love Map

Start in the CENTER: YOU ARE HERE (Present)

Fill in the spaces with your summary words or phrases from page 4.

Reflect on the SOUTH: Emotional Terrain – Patterns of the Past

Fill in the spaces with your summary words or phrases from page 5.

Reflect on the WEST: Resistance / Wounds

Fill in the spaces with your summary words or phrases from page 6.

Reflect on the EAST: Readiness / Capacity

Fill in the spaces with your summary words or phrases from page 7.

Orient TRUE NORTH: Desired Relationship Experience – toward the emotional frequency of the relationship you truly want.

Fill in the spaces with your summary words or phrases from page 8.

Lock in your Emotional COORDINATES Your New Emotional Frequencies for Aligned Love

Fill in the “Coordinates” spaces at the bottom of the map with your summary words or phrases from pages 9 and 10.

~ Your Epic Love Map ~

TRUE NORTH

Desired Relationship Experience

WEST

Resistance / Wounds

YOU ARE HERE (Present)

EAST

Readiness / Capacity

SOUTH

Emotional Terrain – Patterns of the Past

YOUR EMOTIONAL COORDINATES:

~ Your New Emotional Frequencies for Aligned Love ~

To Lead You to Your True North:
Desired Relationship Experience



Now That You've Mapped the Feeling of the Relationship that Would Make You Happy at Your Core...

You've just activated something powerful. By uncovering how you truly want love to feel, you've begun the process of transforming your "Relationship Reality Field™."

But this is just the beginning... because even the clearest map can't take you far... **unless your internal compass** is fully calibrated to align with your destination.

That's where the **R.E.A.L. Codes for Lasting Love** comes in. It's the next step — the full compass recalibration that makes your map usable. We'll guide you there soon. But for now... Let the feelings you've written guide your presence this week. Begin living them now. You're already closer than you think.

Coming Soon: Unlocking the R.E.A.L. Codes for Epic Love

Each of your 3 emotional coordinates maps directly to a shift inside your energetic and emotional field.

The R.E.A.L. Codes for Epic Love is a proprietary system that uses "Inner Resonance Recalibration™." This system incorporates ancient wisdom, modern neuro-science, and quantum physics to:

- Release anything in the way of those shifts and make them last—so love becomes a reflection, not a chase.
- Not only, but successfully employ tools and skills to a relationship that is the most fulfilling of your life – truly EPIC LOVE!

We'll be in touch. Please check for emails from ellen.eatough@extatica.com

If You Don't Want to Wait...

If you don't want to wait and are ready right now to create an epic love life, you can book a "Create Your Epic Love Life" strategy session with us [HERE](#).