

Quick Start Guide To Relationship Bliss



For men women and couples
to create more joy bliss and
pleasure in your life
to enhance your love life
and improve your sex life

By Allison Thomas
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Welcome

Hello there

Welcome to my Quick Start Guide To Relationship Bliss. Here are 5 things you need to know about Allison, the Relationship Catalyst

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1. My story
2. My Relationships
3. My NLP journey
4. Author
5. Transformational Relationship Catalyst

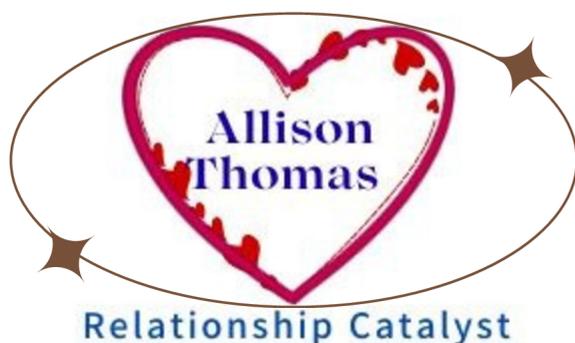
Preparation for You:

1. Coaching Preparation Checklist
2. Helpful Hints for Learning
3. Questions to Contemplate.

I'm Allison Thomas, a Relationship Catalyst and Transformational Relationship Consultant, using powerful NLP processes and Tantric techniques to help you change your relationship or relationships so you can love yourself more.

Here is your FREE Guide to Relationship Bliss...

Enjoy!



My Story



I have always loved sex and pleasure, having a varied career as a strip tease dancer, masseuse, secretary and personal development addict.

When I first found out about Tantra, I wanted to practice with my partner, so we got a book. I read out what we were supposed to do, and we tried to emulate it, with varying effects. I always wanted to ask someone “Are we doing it right?” “How do we know?” When I discovered experiential learning, this changed. I did lots of tantra workshops, Sex Love and Intimacy and HAI workshops, and many other personal development training programs.

As there were very few Tantra teachers in Australia, in 2008 I started to teach Tantra to men women and couples. Since then, I have lived in NSW, Queensland and South Australia and travelled to every state in Australia to help men women and couples with their relationships. This led to Relationship Coaching, Counselling and Consulting with many couples. I have organised Tantra Play Parties in Adelaide, and Brisbane for singles and couples. I also enjoyed facilitating Tantra Couples Playshops and weekend retreats.



My Story

2. MY RELATIONSHIPS

I have been married twice, divorced twice. I lived with both male partners for 2 years before we got married. I had a commitment ceremony with another man. How do I uncommit to a man who doesn't want to?

My relationships were with women as well as men; and threesomes with both. I've had so many relationships – friends, lovers. Some were serial monogamist relationships (one person at a time) and also poly-amorous relationships (one main partner & several on the side!) and I managed them all. I learnt a lot.

When I started counselling couples and helping them with their love life, I felt guilty because at the time I wasn't in a "successful committed relationship". I realised that I had so much experience that I could guide & help others – single, partnered, poly. New clients often say they feel safe when they first meet me. My intention is to create a safe space in which they can be vulnerable, have a relaxing non-confronting experience, and create change with ease & love.

3. MY NLP JOURNEY

In 2008 I did my first NLP training courses and integrated a lot of it into my Tantra Experiences and Transformational Relationship Consultations. I teach tantric techniques using NLP methodology. In 2025 I upgraded my NLP skills and training in Bali and the Relationship Catalyst was created!

4. AUTHOR

I have written and published 2 books, & I'm in the process of writing 3 more.

5. Transformational Relationship Catalyst

I see the need for more Relationship Coaching as there are a lot of people with "mental health" problems. We all need to learn how to trust & love ourselves more.

I have also helped people (using NLP processes) with health issues eg releasing weight, healthy living etc, and assisted in changing people's beliefs about money, finance and wealth to experience greater abundance.



PREPARATION FOR YOU

1

Here is a checklist to help you stay accountable to your Relationship goals and to keep your commitment to loving yourself more.

Together, we'll work towards achieving the vibrant and purposeful relationship and life you desire.

Catalysing Journey Preparation Checklist

This checklist will help you prepare mentally and practically for your change journey, setting a strong foundation for success.



PREPARATION FOR YOU

Catalysing Journey Preparation Checklist

Define Your Goal: What specific changes do you want to achieve? What do you want your outcome to be? Be as clear and specific as possible.

Reflect on Your Motivation: Consider the reasons behind your issue. What motivates you to make these changes?

Gather Relevant Information: How is the issue a problem for you? What have you done about it before? How would you rather it be instead?

Expect the Best Results: Accept who you are. Change can happen easily and quickly. It can be like a jigsaw puzzle, putting the pieces together. Just be open to see a new perspective.

Openness to Change: Are you ready to do what it takes to change now? Can you change excitedly?

**LET'S EMBARK ON THIS JOURNEY WITH DETERMINATION, ENTHUSIASM,
AND THE KNOWLEDGE THAT SUCCESS IS WITHIN YOUR REACH.**



PREPARATION FOR YOU

Helpful hints for learning

2

important stuff that might be helpful, (or could be boring) but is essential.

Relationship Accountability

1. **Commit to Consistency.** Agree to follow through on your action plan consistently. See yourself acting differently - daily, weekly, or monthly for your continued success.
2. **Measure and Track.** If you want to, track your progress by a journal, app, or regular check-ins with your Relationship Catalyst. Celebrate your wins, big or small.
3. **Create a Supportive Environment.** Identify any obstacles or temptations or beliefs that hold you back. Make changes that support your relationship goals.
4. **Review and Reflect.** Take time regularly to review your progress. Especially just before your next Relationship Catalyst session. Confirm your successes and look at areas where you can improve.
5. **Communicate with Your Coach.** Have honest and open communication with your Relationship Catalyst. Share your challenges, achievements, and any adjustments you want to make to your action plan.



PREPARATION FOR YOU

To contemplate, to prepare for your session:

3 Some questions to think about (and ask your partner)

1. **Attraction:** Ask your partner (if you have one)

When we first met, what attracted me to you?
And be ready to answer for yourself -

What attracted you to me when we first met was

- If you don't have a partner - What attracts you to a person who is a potential partner?

2. **Commitment:** What made you ask me to ... (marry you, live with you, buy a house together) – a big commitment)?

- If you don't have a partner - What would you want to see, feel or hear to know your partner is committed to you?

3. **Motivation:** What makes us stay together? Why do we want to stay together for the long term?

- If you don't have a partner - what would it mean to you, in positive terms, to fully commit and stay with a partner?



PREPARATION FOR YOU

IT'S UP TO YOU TO TAKE ACTION NOW!

4

To improve your relationship with yourself, reignite your passion with your partner, or reconnect with your family, contact the Relationship Catalyst.

To improve communication with your colleagues or make new loving friends, contact the Relationship Catalyst.

Commit to changing your life experience, safely and easily, also contact the Relationship Catalyst.

I look forward to meeting you soon...

Contact me now

- Book a Free 30 minute phone consultation
- Book one-one in person Breakthrough session
- Decide on a Catalysing Coaching program



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