

# 16.04 Relational Operating System

## Video Sales Letter Script

Harvard psychologists ran a 75-year study to find the keys to a happy, fulfilling life. What they discovered was fascinating.

Your lifelong health & happiness have very little to do with your fame, career success, or bank account. Instead, it all comes down to one thing.

*“The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.”* -Robert Waldinger, Director of the Harvard Study of Adult Development

Hi, I’m Robert MacNaughton, Executive Director of the Integral Center in Boulder Colorado. And in this video, I’m going to show you an **“intimacy roadmap”** for creating healthier, deeper, more real relationships with anyone in your life -- friends, family, co-workers, partners, people you want to date -- anyone.

If you’re already familiar with the authentic relating practices we teach, maybe you’ve come to an Aletheia weekend, or our ARC or T3 training series, this will take your skills to the next level. It’ll help you integrate these techniques into your everyday life, making it easier for you to effortlessly create deeper connections.

If you’re new to our body of work and practice in authentic relating, this is (the absolute best) a great way to get your feet wet. You’ll learn how to create deep intimacy and connection with others while tapping into and unleashing your own authenticity.

What you’re about to learn can transform your relationships, your career, and your entire way of being.

This training will help you “get out of your head” in social situations. You’ll have more exciting conversations, where people’s eyes “light up” when they talk to you. And they’ll open up and share like never before because they trust you and feel you “get” them like nobody else does.

Here’s a small look at what the authentic relating tools we teach have done for others:

“The jump I made in Relational Intelligence helped me interact with my staff, clients and colleagues in a way that fostered previously unknown levels of trust, respect, and authentic collaboration...”

**Before the program - I had a 7-figure business. 2 years later - I have an 8-figure business. I know the new success is in large part due to what I learned.**

More importantly, **after years of failed relationships - I fell in love and was able to fulfill my dream of becoming a Mother at age 44.** I cannot recommend their work highly enough. I am forever changed and grateful."

- Callan Rush, Lucrative Luminary Training inc., Author of Wealth Through Workshops



**"I knew that I loved connecting with people and being real. I didn't realize it could be taught!** When I started learning it, I saw that in my favorite moments with people, this is what I was doing. And these guys have taken it apart so that it can be taught and can be reproduced more consistently.

-Becca Fresco, Somatic Bodyworker



"After so many years of not knowing how to express myself, Authentic Relating opened a door for the extravagant possibility of welcoming and expressing what's happening. **I can say anything and everything about what I'm aware of, and it's simply part of the moment. Now my relationships are better. My work is better. My life is better. There's more potency and more connection everywhere"** - Jess Nichol, Course Leader at the Integral Center



Now before I hand this **roadmap** over to you, I want to share a quick, embarrassing story that shows you the power of these skills.

In my 20's, I was drifting through life without a whole lot of purpose or direction. I had a fine job, but there was a nagging feeling that I wasn't reaching my full potential. And though I had good friends, I often felt alone.

**On top of that, my dating life was a bit of a mess as well.** I had never been the cool, charismatic guy who could easily connect with women -- or even most men for that matter. Just the opposite, I craved more connection but had no idea how to make it happen.

One day, a friend invited me to join him and a small group for an "authentic relating" event. I can't say I was a fan of much **"touchy-feely" stuff in general**, but I was open-minded enough to trust my friend and check it out. Frankly, I was blown away by what I found.

Here were men and women expressing themselves in ways I've always craved more of. There was no bullshit, just people opening up and relating in deeper, more intimate ways. It was so revitalizing and nourishing to be around. I couldn't get enough.

Afterward, my heart was wide open. We'd go out into the world feeling totally relaxed yet full of life. People would come up to us and say things like: "What are you on? Can I have some?"

I later found out there was a year-long training where I could work more with these authentic relating techniques. I signed up, knowing that if these skills help me connect with people and be more charismatic, it would do wonders for my relationships and career.

It was during this training that I experienced the one of the most humbling, yet transformative, moments of my life.

During one weekend, I was sitting in front of all 45 participants. The course leader was asking the group "What's it like to be with Robert?", and a woman who I happened to have a crush on, was sharing her sense of disgust while describing her experience of me, while others nodded in agreement.

As you can imagine, I was horrified. And frustrated, It was like my worst fears from high school all happening at once. Because I was just sitting there, “being myself”, and this was the feedback I was getting.

It wasn't mean... they actually cared enough to risk telling me the truth--for me.

The process was expertly facilitated to go down a few more layers so I could see how I was being that the others were referring to -- which of course was more “doing” than “being”.

That moment was a turning point for me. When I got down to the roots of my habitual behavior, I experienced waves of tension releasing while I sobbed. When I finally looked up, everyone was looking at me with looks of ‘awe’, like I’d performed a brilliant magic trick.

After that moment, people in the course started saying “you look like a different person” and it was like they were magnetized to me. I thought they were full of it and just saying that to be nice, or validate their own experience.

But then I went home and lo and behold, my coworkers and friends were like: “there’s something different about you”.

I wasn't fully aware of it at the time, but during that process, something shifted in me. It was as if I had been wearing all these different masks for so many years. And I was using them to manage the experience of everyone around me.

While that may be quite considerate...

In the moments of becoming more aware of it, I could see how much effort this performance required... And in seeing *how and why* I was doing it, I developed the ability to choose not to... to just relax and not perform... And people began responding much more positively to me.

That shift, along with the other authentic relating practices I learned in the course, had an immediate and profound impact on my life.

It became natural to strike up conversations with anyone, and we'd have the connections we were craving to have--opening-up about what really matters to us, in ways we didn't normally experience with most of our friends, family, or even intimate partners.

Women who may have not known I existed before suddenly told me they felt drawn to me. And I began having amazing, nourishing experiences there that I didn't even realize were on the menu before.

I was able to smooth over tensions at work. I became my manager's confidante, and he began to listen to me and incorporate my ideas.

Even my relationship with my family, which I'd always wanted more openness with, began to deepen... and it continues to go deeper year by year.

Going through this, I learned 3 eye-opening lessons about authentic connection that I want to share with you quickly.

Lesson #1: The harder we try to connect, the harder it becomes.

The reason I had so much trouble connecting earlier in my life was because I wanted to be liked -- I wanted validation. But when you stop trying to do things "right", or you stop trying to be what you think others want you to be, that's when more *real* connection becomes possible.

**It's like the cliché, "just be yourself".... I've learned that being yourself isn't like a light-switch, it's something that has to be allowed to emerge, and can be cultivated over time with the right support.**

Lesson #2: Charisma & Confidence can develop.

Like I said, I was never one of the "cool kids". But after this experience, and teaching these skills to hundreds of people over the past 10+ years, I've learned that charisma can be fostered. It's not just for the rare unicorns, it's a part of being human.

When you let your **more genuine** self shine, and use the relating tools I'll introduce to you to, you can develop into the confident, charismatic man or woman others feel drawn to and follow.

Lesson #3: You can create connection with anyone

Most people think connection either happens or it doesn't. And there's nothing they can do to make it happen. **I disagree.**

While, yes, connection does spontaneously happen...

It is always available to you, it's just a matter of knowing how to "tune in" to it.

It's like your TV. You can watch HBO anytime by hitting a few buttons on your remote.

The intimacy roadmap I'm about to give you will show you exactly what buttons to push to create connection and intimacy out of thin air.

Using these techniques, you can easily connect with virtually anyone. And transform into a more authentic, charismatic, and awakened version of yourself.

If you're ready to take your life and relationships to the next level, then let me introduce you to the intimacy roadmap I promised you earlier. It's called the Relational Operating System.

This is a 7-week online course, starting next week, that gives you the fundamental tools for creating deep, authentic connections. It will teach you to tap into your authenticity and express yourself fully in a way that lights people up and draws them to you.

Here's what one participant said after going through the program last year:

*"I used to fear meeting new people both because I hated "small talk" and I didn't want to make a fool out of myself. The skills they teach in the RelationalOS are deceptively simple.*

***...they give a great toolkit that not only reduced my fear of meeting new people but drove me to create new, more authentic and fulfilling connections."***

- Kyle M, Relational Operating System graduate

Here's a detailed look at what you get when you join:

First, you'll get access to the Relational Operating System course. This consists of **7 modules** that walk you through **core practices for authentic relating. We then guide you step-by-step in how to integrate these practices into your life.**

Second, you get to join our weekly "Coaching & Practice Dojo Calls". I'll lead a live group video call to take you deeper into the authentic relating techniques and practices we covered.

These calls will all be recorded, so if you miss any you can catch up fast.

You'll also get our **Authentic Living Integration System**. This step-by-step system allows you to integrate what you learn into your everyday life, so deep authentic connection becomes natural and effortless. Here's how it works:

First, we give you simple exercises to do yourself to deepen your self-awareness and get a basic understanding of the techniques. Then, we assign you to a practice partner so you can get comfortable with these tools in a safe environment. Finally, we'll give you fun challenges to bring these techniques out into the world.

Here's what past participants had to say about the practice groups you'll be in:

*“The practice partners I was with continued to meet weekly for several months after the course was over. During and after the course this weekly dose of authentic relating was crucial in improving my sense of well-being. I felt loved, seen, and supported, thereby allowing me to feel lighter as I moved through the challenges of life.” - Jared R.*  
Relational Operating System Graduate

And, when you join the program, you'll also get access to our RelationalOS private community forum. If you ever get stuck, have questions, or just need accountability and support, me, the ROS staff, and other community members will be there for you.

You can't get this world-class training, that's been tested and refined for years, anywhere else.

It gives you the path for creating powerful relationships and deep authentic connections with everyone in your life. Combined with a powerful “stair step” system for integrating each lesson, so deep authentic connection can become a natural part of who you are.

Up until now, the only way to learn these techniques has been through an Integral Center in-person workshop. These cost upwards of \$10,000 to join. And you have to be in Boulder training all weekend to learn these skills.

But because we're doing this online, you can learn them from anywhere. And because we're able to reach more people, you won't have to pay \$10,000.

You won't even have to spend a quarter of that.

You can get our training, which is the result of years of refining, testing, and teaching...

Training that will impact every relationship you have -- be it at work, personal, friends, partnership, dating, family -- for the rest of your life.

And get total access to the Relational Operating System:

- The Video modules
- Your practice partner
- The Weekly integration challenges
- Live coaching and practice dojo calls
- And access to a private community where you can get your questions answered

You can get all that right now for just \$1,199. Click the button below this video to sign up today.

We offer a 3-month payment plan in case you're unable to pay all at once.

But there's more to it that I want to tell you about.

When you join this program, you will also get a ticket for our Relational Leadership Summit happening here at the Integral Center in Boulder, Colorado this Fall.

You'll have the chance to deepen your authentic relating skillset, connect with community members in-person, and learn directly from those who are on the cutting-edge of this work.

This summit, costs \$795 to attend. But when you join this Relational Operating System training, you'll get a ticket for free, as a thank you for being an active part of our community.

Oh, and we have one more bonus for you. This is a big highlight. Remember the story I told you earlier about my life-changing breakthrough?

Well, everyone who joins this training will get a personal "Integral Circle" from one of our certified circling facilitators. Circling is the core practice of our live workshops and a single session with our course leaders can be quite expensive. But you'll get it free as part of your journey in this program.

Your "Personal Circle" is your chance to experience the full power of the authentic relating technologies you're learning. People who get circled reliably see more of their relational blind-spots, and often experience deeper breakthroughs, let alone the feelings of deeper connection and clarity.

We can do these circles either in person or over video chat, so you can get it no matter where you are.

Now I'm so confident in the Relational Operating System course, that I'm going to make you a deal.

You can join the course risk-free, with our 60-day guarantee.

Go through the entire course. If after 60 days you're not completely satisfied, send me an email showing you did the work -- that you went through the modules and tried the weekly challenges. If you did each step but aren't happy with the results, let me know and I'll refund you in full.

We've built our reputation over the years on our results. I'm willing to make this guarantee because I know that if you follow this program, it can change your life.

Now keep in mind, this course is not for everyone. If you're planning to sit back, passively absorb information, and wait for life-changing transformation to magically happen to you, don't join.

You can experience a dramatic transformation in your relationships and life but only if you're willing to follow the steps laid out for you.



Now before I go, I wanted to leave you with one more finding from that 75-year study on happiness Harvard did that I told you about in the beginning.

“...the experience of loneliness turns out to be toxic. People who are more isolated than they want to be from others find that they are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely. And **the sad fact is that at any given time, more than one in five Americans will report that they're lonely.**

**It's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters.** It turns out that living in the midst of conflict is really bad for our health”  
-Robert Waldinger, Director of the Harvard Study of Adult Development

The quality of your life is a direct result of the quality of your relationships.

What are you doing to ensure your relationships are as good as they can be?

At this point, you have a choice. You can close out this window and be like a lot of people, who want more connection, vitality, and authenticity in their life but don't know how to get it.

Or you can decide that your happiness, your health, and your relationships are worth investing in. That YOU are worth investing in.

What you learn in this course will last the rest of your life. It can impact every relationship you have this year, next year, for the next 10 years, even 40 years.

It has the power to transform who you are. To help you feel whole and free you to be yourself. To make you more charismatic, so people feel drawn to you. To give you the power to connect to anyone with ease. And create deep intimacy at a levels you haven't experienced before.

All you have to do is hit the button below.

I've only released this program once before, a year ago. I have no idea when we'll release it again.

If you want to join, now's the time. Sales close soon as the course starts next week.

Click the button below and I'll see you inside the course.

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**NOTES DO NOT USE**

This is for you if:

You're a single man or woman looking to attract a partner

You're in a relationship but want to take it deeper. Want more love, more compassion, more open communication and eliminate toxic bickering.

You see yourself as a community leader and want to make an impact, be heard, and inspire. You want to infect people with your passion and have them follow your lead.

Or you're simply looking for more happiness, fulfillment, and authenticity. To have more deep connections, understand who you are, and feel free to express yourself without fear of judgement.

If you have a nagging feeling that you're not living up to your full potential...

If you often feel alone and isolated, and struggle to really feel connected to people

If you ever feel like you have to wear a social "mask", and hold back from expressing your thoughts/feelings because you don't want to "rock the boat", and wish you could tap into your own authenticity and express yourself with confidence and ease, without fear or backlash

Then this video is for you.

My name is Robert MacNaughton and today, I'm going to introduce you to an "intimacy roadmap" that will show you how to create deep, authentic connections in every area in your life.

## BENEFITS

What you're going to learn is a system for bringing people deep into their own experience. This is when they see you as warm, compassionate, caring, charismatic, and want to be around you.

As you guide someone into their own experience you can't help but go deeper into your own. That means reaching a new level of who you are. Like you're peeling back the layers of an onion, getting to the core.

You tap into your own authenticity. Your power, your voice. And with the relational techniques, learn how to express yourself in a way that draws people towards you.

Makes you attractive, alive with vitality.

This is blatantly untrue. Yes, we all have certain programming, certain wiring that keep us acting the same way. That keeps us in our repetitive patterns. As if we're on autopilot.

*"Half awake at 1 am at Laganardia airport, I struck up a conversation with customer service worker. [I used the authentic relating skills I learned and].... **Her eyes lit up and she spoke with sweet passion until my shuttle came"***

*"In the past when my wife would get upset about something I didn't do, I would get defensive and argue facts. Now I focus on understanding the feeling she has around the behavior. **By not getting defensive the situation usually revolves in a few seconds rather than turning into an argument.** ([link](#))"*

People who experience authentic relating first hand will tell you, it's an incredible, eye-opening experience. It's like you've been eating off the kids menu all your life and all of a sudden you're given

You're not alone anymore. You're not compartmentalizing your life -- being one person around your friends, another around your family, another at work.

You become whole and integrated. Connection becomes easy and natural. And you exude a natural confidence and charisma that draws people in.

Now those are some big claims I made. Now let me prove them to you with a quick story of my own journey with Authentic Relating. Initially, my BS detector was going off and I thought it was touchy-feely nonsense. But after experiencing all my worst fears coming true and sobbing in front of 200 people things changed.

Back in high school I was a loner.

Back in high school I was what you'd call a loner. I was always trying to nerd out over philosophy with people but nobody cared. I'd start talking, their eyes would glaze over and they'd eventually find an excuse to leave me there alone.

I felt like there was something wrong with me. Like I was broken. But I figured that's just how life would be for me. Some people are born with charisma and charm. Others, like me, weren't.

It wasn't until I experienced all my worst fears coming true that I realized there was something I could do about it.

I'll get to that later.

As the years went on, I still struggled to connect with people. I'd go to work and feel thick tension around certain coworkers. I'd go home for the holidays, sleep late and watch TV, secretly WISHING I could connect with my family but not knowing how. Then leave

And dating was a whole nother matter. The women I was most attracted to saw right through me. Almost like I was invisible.

Now isolation I was used to. The real problem in my life, this was in my mid 20's, was that I had no direction. I was wandering aimlessly, hoping to find what my "passion" or "purpose" was.

I had friends, a job that paid fine. But there was this unsettling feeling like, "is this it?"

Through some friends, searching, and a bit of luck, I came across this thing called "authentic relating".

It was strange. People were talking to each other in a way I'd never experienced before. But I felt closer to these guys than people I had known for years. There was no bullshit. I didn't have to hide. And I discovered things about myself I never knew.

Like I said, I was aimless. I was debating going to school for an MBA. But I had heard of this authentic relating training and something inside told me that was a good idea.

I talked to my dad about it. His bullshit alarm was going off. He thought it was an awful idea.

Until I told him that this wasn't just about connecting.

"Well, if it can do that, it's worth it."

I guess the deep emotional connection and authenticity didn't resonate with him. But he saw the value in being personable with the power to make friends easily.

So I did it. For 6 months I traveled across the country for this training.

And this is where my greatest nightmare came true.

I was sitting in a circle with 200 other people. A lot of these people I looked up to. Others, I just wanted them to like me.

The course leader asked the group "so what's it like to be with Robert?"

He called on a woman nearby. A woman I was attracted to and, if I had the courage back in those days, would have loved to ask on a date. Of course, back then, I didn't have the courage to speak up for myself in that way.

"I feel disgusted" she said.

I froze. My heart sank straight through my body.

"Does anyone else feel that way?" the course leader asked. The vast majority of the 200 people raised their hands.

Now I was just furious. Here I was sitting there, being myself, and all these people were disgusted by me.

A few moments later, I had a complete breakdown. I cried my eyes out.

The course leader put her hand on my back. As if she was giving me space and permission to feel the shame and frustration I felt. That she was right there with me.

I have no idea how much time passed. But eventually I looked up. Through the tears I saw everyone was looking at me.

"How's it feel to be with Robert now?" the course leader asked.

That same woman spoke up.

I feel really connected. Drawn in. I like being with you now.

The men and women agreed.

My immediate thought was "BULLSHIT". You're just saying this to be nice. Or you're validating this practice so you feel good you invested in it. I didn't take much of it.

But then I got back home. The change was more and more.

"You seem different". "There's something about you."

Suddenly, my whole life began to change.

People suddenly seemed interested in me. I wouldn't have to chase people around to try and talk philosophy. They started asking me about it.

I even enjoyed the way I felt. Connecting with people became fun and easy. It wasn't work. It wasn't impossible.

Woman I was attracted to wouldn't give me the time of day. Suddenly she was interested in me. We had a connection, a deep intimacy I hadn't experienced before.

And that became the norm.

I had always had a tense relationship with my family.

Co-workers you can't stand will become easy to work with and gain a newfound respect for you.

Your boss will see you as a trusted confidant, listen to your ideas and use them.

If you're single, you can use these tools to attract a partner and create a deep, lasting connection unlike anything you've experienced before. If you're in a relationship, you can eliminate needless bickering and keep your relationship alive and on fire with passion and desire.

You'll learn to tap into your own intuition, authenticity, feelings and desire, and voice them freely without fear or judgement. In a way that makes you more attractive, more trustworthy, and gets friends, your partner, even your boss to follow your lead.

Seeing how powerful these techniques were, and how rare they were, broke my heart. So I dedicated my life to sharing these skills with the world. To help people wake up, open their hearts, having deep, rewarding relationships and a strong sense of self.

For the past 10 years, we at the Boulder Integral Center have been teaching and developing finetuning these authentic relating practices I'm about to show you here at the Boulder Integral center.

