

**BETTER THAN
EVER AFTER DIVORCE**

COMPLETE MANUAL BOOK

Covering the Twenty four Expert Speakers from
Better Than Ever After Divorce World Healing Summit

Interviews by

Dr. Dee Adio-Moses

Founder/Host

Better Than Ever After Divorce World Healing Summit

BETTER THAN EVER AFTER DIVORCE
COMPLETE MANUAL BOOK

24 INTERNATIONAL EXPERT SPEAKERS

A Better Than Ever After Divorce World Healing Summit book

Hosted By

Dr. Dee Adio-Moses

Founder/Host

Better Than Ever After Divorce World Healing Summit

<http://www.betterthaneverafterdivorce.com>

Copyright Notice

Copyright © 2012

ISBN 978-0-9833903-2-9

All rights reserved worldwide

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information Storage and retrieval system, without express written permission.

Please contact us at: *Info@betterthaneverafterdivorce.com*

***Disclaimer: This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. The information provided is for educational purposes only and is not intended as diagnosis, treatment, or prescription of any kind. The decision to use, or not to use, any information is the sole responsibility of the reader.

Betterthaneverafterdivorce.com, Life Empowerment Inc. and Dr. Dee Adio-Moses are not responsible for the contents of the presentations and connections with the speakers on the Telesummit.

Our company reserves all rights not expressly granted here.

© 2012 Better Than Ever After Divorce

Publisher: ENDEE PUBLISHING

www.endeepublishing.com

Cover design and Layout by Tudor Maier

HEALING AFTER DIVORCE

ADELE THERON

Author, International Coach, Change-management Expert, and founder of The Naked Divorce

Topic: Finding the Source of Your Divorce

JANET BRAY ATTWOOD

Transformational Leader and #1 New York Times Bestselling Author

Topic: Staying in Love when the Marriage is over

VINCENT LELEUX

Energy Healer, International Relationship Coach

Topic: Theta Healing For Trauma and Pain Eradication

GAY CARTIER

Addiction Counselor, Recovery Expert, and Life Coach

TOPIC: Remove the Old, Replace and Rebuild Your 'New Life' after Divorce

DR. ENYINNA ERENGWA

International Consultant, Relationship Expert and Humanitarian

TOPIC – HOW TO HAVE A WINNING ATTITUDE FOR A LIFE BETTER THAN EVER

DONNA McCALLUM

International Coach for Dream Realization, and Fairy Godmother

TOPIC: How to Live Your Life Magically

DR. SYLVA DVORAK

Doctor of Psychoneurology and Integrative Healing. Educator, Author and Speaker.

TOPIC: Balance Your Life and Thrive after Divorce

MICHELLE MANNING-KOGLER

Author, International Life Coach and Soul Clearing Expert

TOPIC- Divorce Healing through Quantum Soul Clearing Process

ANTIQUA LIBBEY

Author, Master Yoga Teacher, Trinity Expert

TOPIC - Loving all of YOU! 3 ways to reconnect with you, so you can love again.

FI IVIN

Author, Coach, Speaker, Personal Branding and Image Consultant

TOPIC: Moving Forward

ANGELA HARRINGTON-RICE

Ordained Minister, Inner Child Expert, and Award-Wining Television Producer

TOPIC: Heal Your Inner Child to Heal Your Life

WENDI FRIESEN

Author, Powerful Healer, Teacher, Transformational Trainer, Mind Coach Genius, and Life-Changing Strategist

TOPIC: Will it Ever Stop Hurting? The 24-Hour Special Therapy to Completely Get Over Heartache

BEGIN AGAIN AFTER DIVORCE

SHARON WILSON

Master Coach, Certified Spiritual Counselor and author

Topic: Getting Into Aligned Action After Your Divorce

HOLLIS COLQUHOUN

Financial Expert, Author and Martial Artist

Topic: Mojo in the Financial Dojo - Financial Self-Defense for Divorcing and Divorced Women

DR. DEE ADIO-MOSES

Visionary, Author, Life Strategist, Educator

Topic: How You Can Start Over, Become the New You and Create Abundance With Your Life Experiences While Impacting Lives Worldwide

LAUREN DIBIASE

Life Visioneer and International Holistic Life Coach

TOPIC: VisionBoard 'n' Beyond: Move through Divorce to your Ideal Life, Using Your VisionBoards All Along the Way

SUZY MILLER

Non-Adversarial Break-Up Expert and Starting Over Coach

TOPIC: Starting Over Shows

CHRISTINA ROWE

Author, Divorce Recovery Coach, Internet Marketing and Branding Specialist

TOPIC: Divorce Secrets for Women: How to Take Control of Your Divorce, Dramatically Reduce Your Divorce Expenses and Find Out How to Protect Yourself and Your Children

ESSENCE OF WOMANHOOD

SUSIE HEATH

Author, Mind Master, Hypnotherapist. Relationship and Intimacy coach, Biodanza teacher

Topic: Stop Divorcing Yourself: Re-awaken Your Authentic Feminine Essence

LISA PAGE

International Speaker and Women's Coach

Topic: Reclaim the 'Real' You! How to Let Go of Stress, Reconnect with Your Authentic Feminine Power, and Relax into the Juice & Truth of Who You Are as a Woman

NATALIE LAMB

International Relationship Coach, Sexuality Expert

Topic: Open your Heart: Enliven Your Spark after divorce

SHELLEY WHITEHEAD

Master teacher. Relationship coach to divorced and bereaved women

Topic: How to get a date in 28 days.

PARENTING THROUGH AND AFTER YOUR DIVORCE

ROSALIND SEDDACA CCT

The Voice of Child-Centered Divorce, Author, Award Winner, Relationship Coach

Topic: The Most Dangerous Post-Divorce Parenting Mistakes: Are You Guilty?

PATRICK MCMILLAN

Author, Happiness Coach for Kids and Parents

Topic: The Science of Happy Kids and Joyful SINGLE Parenting

WELCOME AND INTRODUCTION



Dr. Dee Adio-Moses

Visionary, Author, Life Strategist, Educator.

Dear Friend,

Thank you for being here. This book is the transcription of the MP3s that thousands of you have already listened to. We feel that you may want to have something tangible to read after listening to the audios. We hope you will enjoy these amazing speakers through this book. We have tried to edit as much as possible without taking anything away from the message.

I am so proud of these experts and felt very humbled interviewing them. I know you will feel their passion and commitment to helping people live a better life.

I look forward to continuing to work with you and provide high-quality trainings and support for your journey to a better life.

God Bless You.

Love, Light and Healing

Dr. Dee Adio-Moses

Founder/Host

Betterthaneveryafterdivorce.com

FINDING THE SOURCE OF YOUR DIVORCE

By Adele Theron



Adele Theron

Author, International Coach, Change-management Expert, and founder of The Naked Divorce

TOPIC: FINDING THE SOURCE OF YOUR DIVORCE

What will Adele Theron be talking about at the Better Than Ever After Divorce Telesummit?

Adele's online teleseminar is titled *Finding the Source of Your Divorce*, and over the course of this 60-minute coaching session, she guides you through the process of finding the root cause and source of your divorce so you can get to the bottom of what led to your relationship breakdown. There are 14 potential sources of divorce, and learning the lessons from your divorce can massively affect the success of your next relationship.

Everyone attending this teleseminar will be given a free copy of *Finding the Source of Your Divorce* workbook and audio program.

What is The Naked Divorce?

The Naked Divorce is a revolutionary 21-day program for high-powered professional career women healing from divorce. The Naked Divorce helps hundreds of women each year navigate through the steps of healing, find the source of their divorce, and bring about lasting improvements to their emotional life.

Women who have completed the program liken the transformation to feeling like a phoenix rising from the ashes. The process is not a shortcut through the divorce process or for the faint-hearted. It's for courageous women who want to focus their healing intensively.

The principles behind The Naked Divorce

Adele Theron, the woman behind The Naked Divorce, says: “I believe that we are living in an unprecedented time of change. The real danger for society is that people resist, ignore, or run away from massive changes in their lives. Consequently, they do themselves long-term damage. Divorce can be a very destructive force, and high-powered, professional career women like myself don’t have the luxury of time to fall apart. We want an alternative to months in therapy. We want something that will hold us together whilst helping us heal around our busy schedules, something that will also enable us to build healthy future relationships that are drama-free. Consequently, I have developed a clear pathway, a 21-day process for healing from divorce, revolutionizing the way people view and process change, harnessing its energy to enable deep personal transformation—beyond mere transition.”

Who is Adele Theron?

Adele Theron has a 12-year background as a change management specialist, helping people adapt to new situations and experiences created by mergers, acquisitions, and large software implementations. The techniques she created to help companies and individuals adapt to change have been used very successfully to aid thousands of individuals within 18 separate organizations.

Adele went through a very high-profile divorce two years ago. As a professional career woman, she found that she could not afford the time to have an emotional breakdown. Desperate to find a solution, she spent the next year drawing on a decade of change management techniques and processes learned and developed within the corporate world. She developed a clear-cut 21-day strategy based on the principles of Perturbation™ for getting over a divorce, capable of dealing with the most dramatic of situations. Inevitably, she began using her process with people around her struggling with divorce, and then later with their friends and friends of friends. The demand for her process grew, and The Naked Divorce was born.

Adele’s revolutionary work is encapsulated in her book *The Naked Divorce for Women*. She lives with her partner, Simon, in London.

Adele focuses on providing three benefits to her clients:

Creating a solid support structure grounds them and frees them to sustain consistent high performance while dealing with change.

The clear, effective and simple process enables them to harness the energy generated by the change to transform their lives.

Results are experienced quickly, and the personal transformation is deep and profound. The approach is not for the faint-hearted, as she works within an intense 21-day period.

Testimonials

“If you had told me 3 weeks ago that I would be over my divorce, I would never have believed you, yet here I am, completely reborn! This is a life-changing program.”

~ Dr. Rebecca Smith, Anesthetist

“This program is a godsend. My life was disintegrating around me. I felt so shocked and out of control by my divorce. Suddenly I experienced The Naked Divorce cocoon enveloping me, so I stopped being buffeted around by life. I feel invincible, powerful and solid, ready to take on life’s challenges.”

~ Rosie, Actuary

A special offer from Adele

Adele has put up this limited time summit special for you that explains how to find the source of your divorce: www.nakeddivorce.com/events/summit_special/

AND NOW TO THE INTERVIEW:

I’m really excited, and I’m committed during this hour to deliver as much value as possible. I know we’re all very, very busy people, and I really appreciate the time everyone that has given up to listen to this. And yes, I think I’ve got something quite unique to share tonight and I really hope that it provides some value and it’s maybe the message that you’ve been waiting to hear. Good.

So, how many of you are in that position where maybe you got divorced some time ago, or you’re going through a divorce but you’re feeling, you know, you’re OK. You’re getting on with it, getting over your breakup, your divorce. It’s been tough, but you’re still here and you’re fine. If you find yourself in that position, great. Now, how many of you are unsure of the steps that you need to take to actually move on from the pain of your breakup divorce? If you’re in that space, and agreeing with anything that I’m saying, then you’re in the right place. Whichever stage you find yourself in, you’re in the right place today. I really want to welcome you to the talk I’m about to give on how to find the source of your breakup or divorce.

As Dee so eloquently put it — and I just love Dee; her energy is just awesome — I’m so touched and inspired by this summit that she’s put together and her vision for people ending the suffering and pain from divorce. I’m very in line with that. I’ve been working with professional women and men who are healing from breakups and divorce for about three years, and I’m the author of a book that will be released in January next year. And I’m really known for helping people deal with it in 21 days. Because I’m all about suffering not dominating our lives and moving forward.

In the next 60 minutes, we’re going to cover firstly, why it’s so hard for people to look at this area, finding the source of their divorce, and why we find it so hard to actually do that with any kind of seriousness. What is this human resistance that we come up against? The next thing is that I’m going to look at the concept of the source; why it’s so important to find it; and the hard, honest, no-nonsense truth of why breakups and divorce happen.

We start out a marriage or start a relationship with so much hope, and then how do we get to a place of divorce? I’ve identified approximately 15 sources of divorce. It’s not an endless list. You may find yourself in

one or more of those cases. Let it prompt that part of yourself that is inquiring as to why your relationship got to where it was. What those sources are, the reality of them, and what to do if you find yourself in that place of that being the source of your divorce and what you should do about it. These are questions to ask yourself.

And then, especially for Dee, my program, “Finding the Source of Your Divorce,” I’m actually offering it as a free download at the end of this. If you want to go to the page, you can go and download the program. You can actually even do the program in your own time and you’ve got your own set, or you can find something out of the talk I’m giving right now.

So, the concept of finding the source of your divorce. Why is this so important? For all of us, I want us to consider that divorce is like a cut. If you don’t dress the wound and you don’t actually work on healing it, you will end up with a mass of scar tissue that will leave a lasting imprint on your life. I want you also to consider that healing doesn’t simply happen over time. Healing is a very active process, and that process is absolutely essential to getting over it.

The real killer is the complacency and the resignation that I have seen countless men and women sink into after a divorce. And it’s not resignation in the way of people going, “Oh, I just feel dead and I just don’t want to talk about it.” No, people are actually saying things like, “I feel fine. I’m perfectly happy with my life. I’m over him. I am over her. I’m completely happy on my own.”

You have to ask yourself if you’ve actually fallen into that trap where there is a slight place of resignation. If you’ve fallen into a trap of what I sometimes refer to as the concept of “cheap forgiveness.” If you’ve just kind of gotten over it in some way, shape or form and you think, “Yeah, I’m fine, everything’s fine. He’s OK. I forgive him,” and it’s too quick to say those things. You almost move from a place of needing to process something quite powerful all the way through to quick forgiveness that’s almost a cut-rate substitute, a quick and easy pardon, but there wasn’t any processing of the true emotions and no coming to terms with that injury. With many of my clients it only takes a very small discussion to determine that they haven’t actually forgiven themselves or their ex, and they haven’t actually discovered the true root cause of why they split up. That kind of false healing or cheap forgiveness, when it isn’t a real, sufficient processing of emotion, has a massive impact. Not only for individuals, but to society today.

Now, this kind of false healing can actually lead to a lot of resentments in business; people throw themselves right back into work or their lives, regardless of the complexity of their emotions. Particularly if you’re a career person who’s run your own business, you’re very much at risk of that kind of—in Britain we call it “soldiering on syndrome.” You basically soldier on, throw yourself straight back into work, and tell yourself you’re OK. But underneath, you’re in danger of harboring some deep resentments. You know, there’s a very old quote that says holding onto that kind of resentment is often like taking poison and hoping someone else will die.

This kind of false healing can also lead to some destructive behavior. What I’ve seen a lot of people do is they don’t process the emotion, or they engage in what I call in my book “short-term emotion avoidance tactics.” You throw yourself into things that distract you, such as work, or you go out and you drink, or you take drugs, or you socialize, or you take on a new client and you’re busy, busy, busy. But you become numb to how you’re truly feeling and how you’re truly doing.

This kind of false healing can also lead to illness in society. I’m sure many of you are familiar with the amazing Dr. Deepak Chopra, who is also a renowned endocrinologist. He formulated this theory of cellular

healing, and what he established was that cells inside the body regenerate at different speeds—liver cells in six weeks, stomach lining in three days—your cells regenerate all the time. But then why is it that a liver that is riddled with cancer in January can still be riddled with cancer in June? If these cells are regenerating, how does cancer keep being passed on? What Dr. Chopra believes is that we have phantom memories stored within our cells. Within each degenerative cell lies the traumatic memory. Before that degenerative cell dies, it passes on the memory to the next cell. So the new cell that's born is a replica of the previous cell. And you keep regenerating and replicating this degenerative memory. Those cells that replicate are actually replicating that degenerative pessimism.

When you are in a place where you've experienced trauma—you recognize that divorce is a massive change in your life—needing to process it is key, because otherwise you will repress some emotions on some level. And when you repress emotion, it will release a chemical into the bloodstream. And it will go to certain cell receptors and block them, leaving you incapable of communicating with the rest of the cells in the body. And those cell receptors will become blocked over a long period of time. And you will have a propensity for diseases to occur in blocked areas. Cancer, stomach pain, back pain, neck pain—often the source of those are repressed emotions that we haven't been dealing with.

So this kind of false healing—not actually processing those emotions and not actually getting to the source of how you're truly feeling—can lead to those kinds of illness. False healing in society can also lead to second, third and sometimes fourth marriage divorce rates. Around 42 percent worldwide of second marriages fail. Around 69 percent to 72 percent of third marriages fail. So society is not actually healing from divorce. People are passing on these problems from marriage to marriage. False healing can also lead to relationship baggage, and it can also lead to a massive impact on our home and our children.

The bottom line is we're not healing, and society is not going to talk about it. It has become the thing we don't talk about. We're supposed to be emotionally intelligent, we're supposed to intellectualize our emotions, but you cannot process an emotional thing with your mind. You actually need to heal through your emotions. To begin to trigger emotional healing, you've got to start asking the questions, like why is it that we split up? how did we get here? what is the source of this? A lot of us, we're running away. It's really frightening to stand so close to the fire of something we may fear. We don't have processes for getting to the source of our breakups, so we do the best we can. I really believe we are all doing the best we can, but what we live with is resignation. I'm fine, I'm OK. I'm doing OK.

Whenever we become that resigned, we actually make a deal with ourselves to sell out of something we previously believed in. Dreams we may have had, or hopes and ideas we held to be true. I've watched so many men and women sell out on their dreams, and they become a little bit angry and a little bit resigned. What I see in them is a shadow of sadness and a longing for something better in their lives. They only realize the importance of prioritizing their healing when they're already in their next failed relationship, or after several failed relationships.

The sad reality of life is that most people will only really take their healing seriously when they've hit some kind of rock bottom. There are those in this audience who know exactly what I mean. When you hit that rock bottom, over time you've become vulnerable to the impact of not taking that action for so long. The problem with waiting until you hit rock bottom is that circumstances are sometimes so severe and painful that the negative impact of being at rock bottom is worse than the divorce itself.

So. Rather than waiting until your life hits that rock bottom, tonight I want you to lift the bottom up and begin the healing journey before it becomes urgent and before your relationship baggage impacts your life. Save yourself those wasted years. If you're finding yourself a bit numb to the impact of not healing, there's an amazing exercise in the workbook that I'm giving you about getting to that impact so you can lift that bottom up and save yourself those years.

I want to start this conversation with a little love. This is not a simple conversation. This is going to be a confronting conversation for some of you. But I want you to start noticing the decisions that you've made about life, about your ex. Have those decisions been completely empowering? Are you truly over your divorce? Do you really know why you got divorced, or why your relationship broke up? Have any of those decisions that you've made about yourself or about your ex permeated the pores of your life? Are those decisions impacting your children's lives? Do you feel that life is a little less colorful today?

That's the background of this discussion. Why we are passionate about finding the source is that you are present in every relationship you are in. You've got to handle yourself. The source is about finding out the origins of where this relationship went pear-shaped. What shifted? What altered? What moved? And most importantly, where can you be responsible for that happening?

When I say "responsibility," some of you may hear "blame." Responsibility has nothing to do with blame. Responsibility is very a powerful distinction, and responsibility doesn't say blame. It says hey, I had something to do with that happening. The purpose of truly finding the source of your divorce or your breakup is to release those negative emotions from your body, shift your paradigm, and make you think differently about your life. When you do that, you begin to attract different possibilities, different events, and even the partner of your dreams into your life.

Those of you who have been single a long time—and you know I am talking to you—it probably has to do with the breakup or divorce you went through some time ago which did not get healed. You did not get to the source of it, and I want you to spend some time today thinking about the root cause of that relationship breakup. Take a look at what you can own, irrespective of what your ex did or didn't do. What you learn from this exercise will be critical to the success of your next relationship, because it's about you and your new life, and not about the final tally on the scoreboard at the end of a previous relationship.

Before we begin, you may find yourself, doing this exercise, getting a bit reactivated. You may find some buttons getting pushed. That's good. That means we're hitting a nerve. That means things are shifting over there with you. Dig deep within. Get to the place—even if you're cursing me under your breath, I'm OK with that. I can be with that. Finding the root cause of your divorce or your breakup is absolutely essential to your next relationship, and I care more about that than anything else. You deserve that.

Right, so we're going to start off with the first potential source of your breakup or your divorce. This is number one. Number one is called not managing the five Rs in a relationship. Not managing the five Rs. Far from running from the idea of relationships during my divorce, I actually found myself personally becoming absolutely fascinated with the dynamics of successful relationships.

One of the people that I think I learned a lot from, and I'm sure a lot of you know as well, is Anthony Roberts. He made an amazing difference to my life. He talks a lot about managing five Rs in any given relationship. Often a source of divorce is not managing one of those five Rs in a relationship at any given time. Stepping over things. Saying, yeah, I'm not going to deal with that, I'm just going to step over this.

Actually, consciously doing that is often the cause of a relationship failing. So the five Rs are: resistance, resentment, rejection, resignation, and repression.

Initially, you'll start off your married life or your relationship with some kind of hope for a prosperous relationship. You all remember that time: You're in love, your partner's amazing, absolutely everything they say is perfect, and then one day something happens. They went and said something stupid. Or they did something unkind. Or they did something that elicited a resistance within you. And you got that whoa, hold on, I'm not OK feeling. Your inner resistance is a completely normal reaction to learning these things about your partner. As women we often assume that men will know when they've done something wrong and that they will acknowledge it. And we sit there and we wait for them to acknowledge it. Some of us, myself included, will sulk or withdraw into some sort of silence. Some men are very perceptive and they'll know something's up, and others won't have a clue that their behavior has made their partner unhappy. They'll keep quiet about their resistance.

For men, it's much the same way. Their woman will be perfect, she'll be on a pedestal, she'll be a goddess, and then suddenly she does something completely unbelievable and he'll feel that vibration of resistance. But he'll go, nah, I'm not going to deal with that.

That's the first thing we do. We step over that first resistance. And that feeling shifts into resentment. And many people in unhealthy relationships just avoid that reality. They don't want to face the fact that their partner wasn't who they thought they were, and they've fallen from their perfect mate perch. It's almost as though they're ignoring a broken handle on a drawer or a little small chip in a pane of glass. By not addressing that resistance—and other resistances will come up on top of that resentment; often it becomes like a little snowball effect. Once it's turned into resentment—either you or your ex-partner might have experienced some kind of rejection in the relationship—it becomes overwhelming. It makes it difficult to create or sustain an intimate, healthy relationship.

I want you to think back on your old relationship. When did it change? What was the moment that something shifted, something got adjusted in your universe? He was perfect; she was perfect. Then something happened, and you suddenly saw them a little differently. They said something. They did something. And you stepped over it. You didn't say anything in that moment. After that, it's a slow spiral downhill effect. You know, the bed becomes divided into his and hers zones, intimacy begins to suffer, and even the smallest things they say will become irritating. More resistance, resentment, and rejection will build up.

If you don't discuss those feelings of rejection, then your relationship can shift into a place of resignation. This is when you can easily slip into this place of cohabitation, operating as housemates or mere friends. Passion, love and chemistry and all that's needed to maintain the spark and fire exit out the window, and you wind up with a kind of amicable relationship. This is very dangerous.

Many of us, many of my clients, found that their marriage just became this contented place. Contentment and harmony, though they are wonderful hallmarks of a marriage, they sometimes camouflage those deep resignations, resistances and resentments in a relationship. And when left too long, resignation can lead to repression. We've all been out to dinner and watched the married couple sitting opposite, sitting in complete silence. They're very courteous, they're lovely with each other, they exchange pleasantries, but they've succumbed to resignation and repression and they no longer actively discuss their relationship.

Repression also kills passion and chemistry. At this point, you might have begun to question your commitment. You may wonder if your partner has ever liked you. You may spend hours daydreaming or escaping from your relationship, imagining someone riding in on a white horse to take you away from this relationship.

As women, when we're not claimed by our men in a relationship, we can become obsessed with romance and escapism. Daydreaming can become our way of life. I can really relate to that. You know, towards the end of my marriage I spent hours daydreaming. Hours and hours daydreaming about leaving my marriage and being rescued from my marriage by somebody. When you're so removed from the reality of your relationship, your life is basically becoming a fantasy world and you're in real danger of seeking fulfillment outside your relationship. This is fertile ground for cheating, and this is when midlife crises happen.

You've got to ask yourself, if your spouse cheated on you, was this the true source? It's not just about him or her being unfaithful. What was the true source of this happening, and where can you take responsibility in saying hey, I had something to do with that happening? I want you to spend some time thinking about your relationship; going back and thinking about what you can learn from those patterns that you established. I want you to confront the reality that maybe you didn't communicate openly about those initial little resistances and resentments, and each moment that they arose, and that there was an impact of doing so.

Now, what to do if that was the source of your divorce is write down the story of your relationship. Write it down, the whole thing. Make it a *War and Peace*. Write 27 pages. Write everything you can remember. Underline those trigger moments. Identify when things changed between you. When did you start saying "There's no point in discussing that with him because he always thinks ..." or, "Yeah, I'm not really going to mention that. ..." When did you actually start thinking those things about your ex? What happened that you actually developed this complete idea of how they are going to react and who they are? When did you make those fixed judgments and decisions about them?

The root of this is always some resistance that came up, you stepped over it, and it moved all the way through the cycle to a place where you don't even communicate any more in the relationship. You've become repressed because you already know how they're going to react. So write down the story of your relationship, underline those trigger moments, and identify when things changed. Make a commitment to be aware of the communication in your future relationships, to manage those five Rs.

Communicating vulnerably and openly in each moment actually takes enormous commitment and courage. I mean, in my relationship with my partner, I am sometimes cringing at the amount that I communicate in a way. Because I think, now I'm not going to step over this resistance. It's caused such great, amazing, open, incredible communication between us as a result. But in each moment, when I'm about to broach the topic of a resistance that I'm going to address, I cringe. It takes extra commitment and courage to push through and have that conversation. But that's what a healthy relationship demands. I want you to think about those five Rs, and think of those instances in the past. So that's the first potential source of divorce.

The second potential source of divorce is if you are a woman, that you didn't make him win at loving you. Or if you were a man, if you shut her out in some way, shape or form during the relationship. You didn't let him win, or you shut her out. Now, as a woman, if you didn't let him win, perhaps you were an ice queen. Perhaps you never stopped testing his commitment to the relationship. You were hard work. Either way, nothing he ever said or did seemed good enough. You kept dishing out criticism, comments, suggestions,

and your man constantly felt invalidated. If you ever remember him saying, “You know what, I just can’t win,” then you know that this is a potential source of your relationship breaking down that you can be responsible for.

As a man, if you shut her out, perhaps you played games with her. You wouldn’t let her fully in. Maybe you were wounded from a previous relationship, and you never quite wanted her to come in because you thought, “God, I just don’t want to get needy,” but you never let her feel completely loved and cherished, and she eventually withdrew from the relationship. If she withdrew, who were you being as she withdrew?

If he said, “I just can’t win,” then who were you being that he just couldn’t feel he could win at loving you? The reality is, for a man to remain in love, he needs to feel that he can win your love. He should feel that you need him in some way and that he makes a difference in your life. For a woman to remain in love, she must feel treasured and nurtured. If you shut her out, then she doesn’t feel treasured and nurtured and you withdraw your love from her. She will die a little bit inside. And as a woman, if you make it hard for your man to win at loving you, then love dies between you.

Now, if you go back and you find that this was the source of your breakup or your divorce, if your man felt that he could never satisfy you and that he would just feel that he constantly failed at loving you, then he would eventually withdraw his love and attention. Your man needs to feel that by simply being around you that he can make you happy. By simply just being himself, that you relax in his company. You’re at peace and you’re satisfied. Because all the man wants is for you to be happy. When you deny your happiness, he just can’t win.

This is why overly critical women can make their men feel like they’ve failed at loving them, and he’ll withdraw his love and affection. And as a man, if you withdrew yourself and you didn’t treasure your woman, she will get her intimacy needs met elsewhere. Now, I’m not saying she’ll turn to cheating. She may become obsessed with Tupperware parties or the parent-teacher association, or she’ll become obsessed with pottery or art. She’ll throw herself into something. She’ll throw herself into endless meetings with girlfriends or work or something, because she’ll just feel so lonely and empty in your relationship.

The bottom line is, you’ve got to remember in your next relationship that relationships ultimately are so fragile. If they’re taken for granted and not nurtured, they will die. The question to ask yourself is where did you not allow him to win at loving you in the relationship? Or, as a man, where did you ensure that you didn’t make your woman feel like your goddess, or that she was the most treasured and loved person in your life? So that’s the second potential source of divorce.

The third potential source of divorce is what I call the checklist. And many of my incredibly successful—I’m talking hyper-successful, corporate, awesome, amazing—men and women who are super-successful at their job or they run a really big company, they’ve got this going on. So if you are super-successful, listen up, because you may have a checklist running the show. You know you’ve got a checklist running the show when nobody seems quite right for you: “Everything was great, but they’re not quite right.” You’re quite picky. There’s something wrong. They slurp their soup, or they just wore something a big strange. Or “Yeah, his hair kind of sticks up at the back. He’s not right for me.”

No one is perfect, but you handle your partners as if they should be. You have a checklist against which you grade them. If they don’t make the grade, you punish them, making their life hell, or you dump them or you discard them in some way. The sad thing is, if you run your relationship according to a checklist

of attributes, you actually never get to know your partner. You're standing there constantly comparing everything they do against the checklist, but you don't actually know them.

Consider that letting go of how things ought to be is so freeing. Suspending your rules for how the house needs to be organized, what kind of work you should be doing, how she should be keeping the kitchen tidy, how much she should weigh, what clothes he should wear, how he should do his beard, how he should brush his teeth; what chores he should be performing, you know—all these rules we have in life. When you're so focused on these rules, you actually don't get to know this person. You're just comparing them against your sacred rules that are not being adhered to.

As a woman, consider that if you have a checklist, you actually hold all of the masculine energy within a relationship. There's no space for anyone else to be anywhere else but in your shadow. And if you're a man, constantly comparing your woman against a checklist, your woman will feel invalidated, unspecial and unloved.

The reality is that those who can't respect their partner right in their own space, with their own ways of being and doing things, can expect to see their future relationships nosedive. You are a perfectionist. The sad thing is that while you have a checklist for other people, you also have a harsh checklist for yourself. You cannot be patient with human failing; you cannot allow mistakes to happen. There's no compassion. There's no space around you. There's no space for people to be relaxed. And you're so busy comparing yourself or your partner to this unrealistic ideal that no one can ever live up to it. Not even you.

So what to do if this is the source of your divorce is I want you to count the costs of this checklist. The true costs. There's a very powerful exercise in the workbook in the download that I'm going to give you that will help you realize the true impact and the cost of having that checklist in your life. And you are living in a dream world if you believe that your partner must measure up to these high expectations. You'll never be happy. You'll move from partner to partner, much like a dinosaur crashing through the forest with its tail swinging backward and forward, flattening everything in sight. You're oblivious to the destruction you leave in your wake, because you don't see it. You're thundering through the forest; your tail's killing everything behind you. It makes your partner and yourself miserable.

Being with someone who is running life like a checklist is hell. But if you are brave enough to be honest with yourself and acknowledge that possibly that's what was running the show, maybe that had something to do with your relationship, well done. This is your wakeup call. Bin it. Bin the checklist. Have a shot at an amazing relationship with someone who is not on tenterhooks all the time they are with you. So I want you to ask the question: Did you hold your partner up against this checklist of perfection? and if you did, how can you make amends? Think about the amends that you can make. Because that is healing, not just for the past but for the future as well.

The fourth cause of divorce is living in a dream world. Many people in relationships simply avoid facing reality. There are many reasons for this. Perhaps they can't cope with the fact that their partners or lives aren't picture-perfect, or perhaps they don't want to face the fact that their mates aren't who they say they are. Or perhaps can't bother quitting a bad relationship, so they keep up appearances. Now, the sad thing is that if you are in a relationship, or you were in a relationship, where you were keeping up appearances, you were living a lie. You were dying inside.

Simulated relationships are those living under the illusion of being happy or healthy, but they're actually just projecting a false reality. The disguises you put in place won't last. And if you can't see that you were living in a façade, you actually need to face the reality that other people could see it, and they did see it. Maybe they stepped over it as well. A lot of people who are comfortable with living in the façade of a fake marriage fake happiness. They're often conflict-averse and pretend that things are OK to keep the peace, but they're still living a lie.

If you were living a lie in your previous relationship, you had to compensate somehow, be it hiding out watching endless romantic comedies, daydreaming about being rescued, or being a workaholic. If you're a man, maybe you were hiding out on your computer or watching loads of pornography. You stayed busy, but you were not dealing with the reality of your relationship. You didn't deal with the fact that you were living in a sexless marriage, or you were living with a partner that you didn't really love. Or you were miserable with each other, and you were projecting to everybody, "Yes, we're very happy! We're very happy! We're having a lovely Christmas together! Lovely!" All that fakeness.

If that was the source of your divorce, I want you to start telling the truth about it and realize that you were actually dead in your life. When you were not truthful, you killed your self-expression, you killed off a part of yourself and you had this pretense running the show. So the question to ask yourself if that was running the show is, were you avoiding the truth about your relationship? If you were, start telling the truth about it.

The fifth source of divorce or breakup is low perseverance or commitment. The sign of a great relationship is not how to cope when things are going well, but it's about the toolkit you've assembled when things go badly. Commitment is what keeps you in a relationship during those for better or for worse times. In the worst times, commitment is what gets you through that. If one person is not very strong on commitment, they feel disillusioned, trapped, tied, helpless, depressed, and start turning to things like drugs or gambling, the relationship will obviously suffer. The reality is the honeymoon period does end in every relationship, as most of us will know. Those who are able to work at dealing with low times during a marriage have a better chance of survival, but they need to do it together. They need to have new goals for the relationship, and this can only happen when you have both feet in the relationship.

If you can acknowledge that maybe you never had your feet in the relationship, and you bailed because it actually just looked a bit hard, firstly acknowledge the truth about that. Acknowledge that you were not fully committed to that relationship. Why is that? Were you actually just not that into your partner? Did you actually just not dig him or her that much? Wanting to run in the face of tough things will affect you in all areas of life. If you are somebody who just runs, you will run from everything. How you do anything is how you do everything. If you run from your relationship, you run. That's what you do. Nothing meaningful will ever get accomplished in your life without commitment. You have a problem with commitment.

Choose to set yourself a challenge today and draw up some boundaries for yourself. What would it take to actually prove to yourself that you have commitment? It doesn't have to be about relationships. It could be a commitment to compete in a triathlon. Commitment to finish a project. Get that degree. Finish a book. What is it going to take to actually see that goal through?

If you're the kind of person who doesn't like sticking with things, and the minute something doesn't feel right you bail, it's a bit self-centered. It is. It is a bit self-centered to lead your life like that, because you're running your life based on how you feel all the time. What is the impact of that? People count on you in

your life. So you might have accomplished a lot, but it will be at the expense of your relationship if you cannot handle commitment and if you are not somebody who can be aware and present for your partner's needs.

If that was the source of the breakdown of your relationship, acknowledge the lessons that you have learned. Ask yourself some questions about why it was that you weren't committed and take on a brand-new project today where you prove to yourself that you can handle commitment. If you have a breakthrough in something else, you will have a breakthrough in relationships.

The sixth cause of divorce is called getting stuck in a drama triangle. Now, getting stuck in a drama triangle is actually a pattern of a very unhealthy relationship. This is where you find yourself in one of three roles in a relationship, and this is the dynamic of an unhealthy relationship. The drama triangle is developed by a man called Stephen Karpman, and what he said is that in this kind of unhealthy relationship dynamic, you'll find yourself in one of three roles. You'll find yourself in the role of the victim, or damsel in distress, where what you had was a relationship with somebody who was a persecutor or bully. And somehow there was a third party in this, this other person, which is the rescuer. The rescuer is someone who intervenes out of the hope to kind of save the day.

The dynamic was you were the weaker partner and he or she was the stronger partner. Their role was to try to save you in some way. The problem with being in that relationship dynamic is it kind of gets stuck there. The victim needs a rescuer, and the rescuer needs a victim to keep the triangle in place. Within the actual download of workbook and program I'll give you, I cover this in a lot more detail, exactly what to do to get out of those patterns. But essentially, to stop being in those patterns and relationships, it's all about starting to take responsibility for getting your own needs met. So if you actually do the exercise in the book where you work out which role you were in, if that was the source of your divorce or breakup, it will actually take you through an exercise where, if you were a victim in a relationship, you learn how to take charge of your life and start taking responsibility for your life. If you were a bully, you start focusing on your own life and your own problems and stop picking on everything that's wrong with other people. If you were a rescuer, you realize that by rescuing people you keep them a victim. I want you to take some time later on and do the download and go through the workbook and actually work out whether you were ever stuck in one of those roles.

The seventh cause of divorce is if you were as a woman, you were his mummy instead of being his woman in the relationship. Maybe in the relationship you took on the role of being the mum. You mothered him, you took care of him, you supported him. You packed his suitcases; you pressed his clothes. You made him lunchboxes; you fed and clothed him. For many of us this is confronting, because we would have learned from our own mothers that you should be a nurturer, you should take care of your man in a relationship. The reality is that although you win top marks for taking care, he did not marry you to be with his mummy. Acting like his mummy probably kills your sex life.

So what to do if this is the source of your divorce is to stop caretaking and leave the man in your relationship to take care of himself. If you're prone to mothering, be aware of this in your next relationship. If you feel responsible for him, learn to take a step back. The feminine essence is loving, it's caring, it's spontaneous, it's a bit crazy, but it isn't mothering. It's not mothering in partnership with your husband or your partner in a relationship. You've got to let him take care of his own needs. So it might be that that was the source of the breakdown of your relationship: You spent too much time being absorbed with mothering.

Source number eight is if you were using the relationship as a dumping ground. If you were using the relationship as a dumping ground—you know, occasional outbreaks, some anger, some swearing, some tension—this is normal. But harmful, violent, physical responses, outbursts, have no place in a healthy relationship. The reality is that verbal abuse or violation of your partner, or their personal property, is a red flag for an unhealthy relationship. What to do if this was the source of your divorce is to examine your problems with expressing your anger in a healthy way. Now, within *The Naked Divorce*, we have a recommended exercise for releasing anger in a way that doesn't affect other people. But if you found that you were kind of explosive or very angry, and using your relationship as a dumping ground, then my invitation to you is to take responsibility for that. Take responsibility and actually sign up for an anger management seminar. Get some straight coaching. Deal with your anger and take responsibility for who you were being in the relationship.

Source number nine is physical appearance. Disregarding your physical appearance is also a sign of an unhealthy relationship. It could signal substance abuse, depression, or a loss of interest in your partner. The reality is, we all want to be with a partner that we're attracted to. But if you let yourself go, either in the way that you dress, your weight, your physical attractiveness, it's really time to do something about it. Use your divorce or your breakup as the catalyst to actually handle that problem. Consider the impact that your physical appearance has on your life. If you were in a relationship where you put up with your partner's deteriorating physical appearance, then learning to be more assertive in your relationship is important. Facing boundaries, practicing emotional communication. I have a blog on my website that talks all about how to do that, on nakeddivorce.com. The thing to ask yourself is why did you let yourself go? Why were you willing to live with someone who let himself go? Really get to the source of that.

The 10th source of potential breakup or relationship failure is worrying that you loved your partner more than they loved you. If you were always worried about your partner leaving, or doubting their commitment to you, you might just have got what you were most afraid of. Constantly fretting would only have made you unhappy and precipitated all kinds of issues in your relationship. Now you're the one who's decided that you're not good enough for him. You're not good enough for her. Which means that you're the one who's actually got to turn that around.

If that was the source of your divorce, there's a really powerful exercise in the workbook that I'm giving you which is all about dealing with that kind of worry in any given moment. There's an exercise on how to deal with worry, but there's also two principles of keeping love alive, which is ultimately that you must move to your own rhythm in a relationship. You must be at peace in your own rhythm. You need some space in your relationship, and you need that space to actually ensure that he can be drawn back to you—she can come back to you. It really makes it powerful if you can do that, rather than always trying to worry about the relationship or control the relationship and how it's doing.

Another love principle, when your partner disappears on you, is to focus on making yourself happy. I talk a lot about that in the workbook that I'm giving you. I want you to really look at that so you don't end up becoming clingy and needy in a relationship. The question to ask yourself is, if you did suffocate your partner in some way, and you did kind of worry all the time that something would go wrong, let that go. Let that go in your next relationship. Do the exercise in the workbook and learn to deal with worry in any given moment so you can relax and be yourself in the relationship.

The 11th source is being a control freak or a bossy boots. Did your man boss you around? Did you emasculate him to the point where he lost his identity? Did you make all the decisions? Were you the forceful one? How did your partner handle you exploding, throwing tantrums? Did they retreat? Did they do anything? Who took the sexual initiative? If you were the person who was making all the decisions in the relationship, you were holding a lot of masculine energy.

Now, if you were the man, sometimes that's a good thing, but sometimes if you're the one who is holding all of that you can totally repress your woman. Your woman will die a little bit in the relationship. As a woman, the reality is that when you boss your partner around, you actually reverse the polarity in your relationship. The man ends up feeling emasculated. As a woman, no matter how successful you are in comparison to your man, when you get home, you need to allow your man to be the man in your life. Empower his leadership. Let him feel like he's in charge. As a man, your being Mr. Control Freak all the time is what eats away at the spirit of the woman you love. You fell in love with her as she was, so you've got to allow the woman in your life to blossom. Realize that there's more than one way to get something done in a relationship.

There are really powerful exercises in the book as well, on working on how to stop being so controlling in relationships. If you can acknowledge and be brave enough to say yes, that was the source of my relationship breakdown or failure, well done. It takes courage to do that, but it will make such a difference for future relationships.

The 12th source is being a doormat or a poodle. Now, for a woman, being a doormat or a poodle basically means that you spend lots of time jumping through hoops: "I will do anything for you!" You'll rush in, you'll take responsibility for everything, you'll take care of everything. By the end of the day you are so exhausted and so resentful, but you probably do that everywhere in life. You say yes to everything. He will say, we're going there—"Yes, we're going there, that's fine,"—usually somebody who is a doormat is on the receiving side of somebody who's a control freak.

If as a man you're the emasculated man in your relationship, you just can't say no. You say yes to everything she asks for. You're a pushover, and actually, you're whipped. You're a little afraid of her. You might also think that she's incapable, and you do everything for her. Either way, you are whipped. The reality is, if you keep running around being a doormat or a poodle, you just tire yourself out completely. There's no reason for you to be a doormat; you've got to have some self-respect.

What to do if this is the source of your divorce is just cut it out. Have some respect for yourself. Think of the example that you're setting for your children. Work on your self-image. Within *The Naked Divorce* there's the opportunity to practice what we call *The Daily Declaration*, where you actually work on your self-image and you take active steps to stop the cycle of being a poodle. So if you were a poodle, stop being a poodle in relationships. If you were a doormat, man up. Stop being a doormat in relationships.

Source number 13 is incompatibility. This can be an easy one to hide behind, because everyone can find instances of incompatibility in their marriage. But in this instance, we're talking about the real odd couple. The super-manager and the super-sloth. The ugly guy and the beauty queen. The older man and the really, really young woman. The old adage tells us that opposites attract, but do they truly? You knew when you married him, and you knew when you married her that they weren't your type. Somehow you just fell into this relationship with this person, and it was a strange attraction.

Now, opposites may attract, but assuring that you have some basic things in common, that you're actually

attracted to your partner—truly, you want to get it on with him; you want to be with him—is really important. Some of those odd relationships don't work out in the long term. Examine how you got into your relationship if you find that was the source of your breakdown and your divorce. Were your cultures just so unbelievably different? How did you fall into this relationship? Did you choose it, or did you fall into it?

Next time, be clear about what you're looking for in a mate. Be conscious about your compatibility. Because compatibility is what makes marriages last 20, 30, 40, 50 years. On very rare occasions do those relationships with such extreme opposites last. It doesn't happen often. Be honest if this is the cause of your divorce. Having those common pursuits, activities and interests can feed your relationship and keep the fun alive. If you can acknowledge that that was the source of your divorce or breakup, look at what actions you can do to choose your next relationship, not fall into a new relationship with somebody.

Source number 14 is not making the relationship number one in life. This might have happened with both of you being either workaholics or really focused on your business. You and your partner were not close to each other; other things were more important. In a successful relationship, you have a concept of you, your partner, and your relationship. There's three elements there. You, your partner, your relationship. Managing that triangle is paramount. Other obligations and commitments actually need to come second to that sacred triangle. Not being able to draw boundaries and limits is detrimental to many marriages. Although it's important for you to have your mission to find your role on this planet, it is also important to treat your relationship as sacred, because relationships are so fragile. While it's fine for your marriage to take a back seat once in a while, in healthy relationships both parties need to feel and share the value of being number one.

Relationships have a life, and they need to be fed and nurtured. Workaholism, hobbies, parent-teacher things, baking, whatever it is that you're doing—is it actually you hiding behind that thing? And is it taking the place of your relationship? Particularly if your relationship is struggling, make it the centerpiece of your life. Focus on sorting out the issues. Get some counseling. Get some help. Stop hiding behind your children. Stop hiding behind your bake sales, or your parenting thing or your Tupperware parties. Get busy on sorting your relationship out, because before you know it, he will have ended up with his secretary, or she will have run off with the gardener. Spiritual considerations aside, in marriage there is nothing and no one that takes precedence. And if you can acknowledge that this was the source of your breakup or divorce, ask yourself why did you hide behind those other activities.

Now, the final source of divorce, before I open up to some questions, is clearly the end of the exchange of benefits. Every relationship is based on an exchange of benefits, such as companionship, love, caring, friendship and so on. When the exchange of benefits ends and neither of you is gaining anything from the relationship—you've grown apart completely; you are so polar opposite to each other; you don't even understand how you got together to begin with, because the person you married is not the person sitting next to you today; you didn't grow together—then the reality is, at some stage you stepped over one of the other 14 sources of divorce.

It got to a point where you actually no longer have anything in common. You no longer even want to be together. It could have been the five Rs, it could have been the drama triangle, it could have been any of the things that I've mentioned previously. Rather than saying, "Well, we should just end it, it's fizzled out," no. You stepped over something early on in your relationship and you didn't deal with it. Now, at what

point did you stop being friends, companions and lovers? Because the end of that exchange of benefits happening is not the source. It is the outcome of stepping over one of the other 14 sources. So if this was the source, if you actually just thought you fizzled out, look for the true source of your divorce that led to that exchange of benefits ending. Ask yourself how you got there.

So there you have it. That's the 15 potential sources of divorce, and I'm going to recommend that you follow the link that Dr. Dee will actually send you. Just download that free gift and take yourself through the workbook and the audio programs. You'll find your source of divorce.

Now, I just wanted to open up the floor to any questions.

DR. DEE ADIR-MOSES: Yes. Thank you. This has really been incredible. There are quite a number of questions. I'm going to try and just read a couple of them. The first one is from Anne, from Dallas. She says "The Soldiering on syndrome, does it happen during the marriage or after the marriage? How do you know that is what you are doing?"

ADELE THERON: You'll know if you're soldiering on. Because soldiering on basically means that you didn't know how to cope with the emotion at the time. It was so overwhelming that you just decided, "I can't deal with this. I need to just halt that emotion. I need to just feed the children or go to work. Or just watch this film. Or go out with friends. Or have this drink." You actually didn't cry 'til your heart broke. You didn't actually let out the emotion in some way, shape or form. And you died a little bit. So you know you have soldiered on when you feel a little bit dead inside. You struggle to be truly intimate and connected with other people. I hope that answers the question.

DR. DEE ADIR-MOSES: That sounds really good. The second question is from Susan in New York. She says "I am 27 and was married for 5 years. When you were talking about being a rescuer, I thought I was a rescuer, but when you started talking about mothering, I thought I mothered my husband. What is the difference? How do you know the difference between the two? Sometimes I feel that I am both of these."

ADELE THERON: The thing is, Dee—actually that's a really great question. Sometimes there's more than once source of your breakup and divorce. If you can actually be responsible for both, it's so much more powerful for your learning in the future. Often when you're in a situation where you're a rescuer, you are also mothering. But you're also emasculating, and sometimes you're even controlling. If you can actually be responsible for all elements of that, how powerful your next relationship will be, because you'll be so much more mindful of that.

In answer to that question, it's just—take it all in. Learn from all of it. If you locate yourself in more than once source, fantastic. Learn the lessons from all of it and choose to be the person you truly want to be in your next relationship. Get it complete with your ex. Own it. Apologize. Do a vow break—I have on my blog on my website a small piece on how to do a vow break with your partner. Which is a beautiful process about reversing your marriage vows. I have a whole video on how to do that. You know, sit down with the guy. Take responsibility for the fact that you rescued him, or you were controlling; whatever those things were. And let it go. Be free from it. But yes, take responsibility for the whole lot. That would be the really wise and smart thing to do.

DR. DEE ADIO-MOSES: Thank you so much. I just want to read out the link, and I'm going to also send it out to everyone. The link that you need to go to is www.nakeddivorce.com/events/summit_special. Sounds a little bit long. So that's why I'm going to make sure that you have it, maybe first thing in the morning or later tonight, if we can get it out to you tonight. It's www.nakeddivorce.com/events/summit_special. So Adele, this has really been wonderful, a little bit over an hour that we've spent, one hour and 15 minutes.

ADELE THERON: Yeah, I just want to also say, I really honor everyone who's on this call. It really takes something to look at yourself this honestly. I am sorry that we've gone over time. I hope that this has been of value and it's maybe made you look at something in a different way. You know, take charge of your healing. Healing is a very active process. Don't just sit. Time does not heal the wounds, let me tell you that. Time doesn't heal. You've got to actively take on your healing.

If you're interested in working on healing from your divorce, go to the link. Go and download the program. Especially for Dee and this group, I've provided that program free of charge because I'm really committed that you get to the source. And check out the blog, use the videos—there's tons of content on my website. If you're interested in actually healing from your divorce, I'm running a special teleseminar version of the Naked Divorce 21-day program in January-February next year. There's some details on that link as well. If you want to join that, I've only got space for 10 more people. It'd be great to have you in the program.

Whatever you choose to do, I wish you love, I wish you peace, and get to the healing. That's what this whole summit is about, is healing and having the courage to be honest with yourself so you can heal. So I wish you all love and peace, and thank you, Dee, for being an amazing, inspirational leader and putting the summit together. Thank you, everyone.

STAYING IN LOVE WHEN THE MARRIAGE IS OVER!

By Janet Bray Attwood



Janet Bray Attwood

Transformational Leader and #1 New York Times
Bestselling Author

From her own remarkable experiences, Janet created the profoundly impactful Passion Test process. This simple yet effective process has transformed hundreds of thousands of lives all over the world and is the basis of the NY Times bestseller she co-authored with Chris Attwood, *The Passion Test: The Effortless Path to Discovering Your Life Purpose*. Janet is a living example of what it means to live a passionate, fully engaged life.

A celebrated transformational leader, Janet has shared the stage with His Holiness the Dalai Lama, Sir Richard Branson, Nobel Prize winner, F.W. de Klerk, Stephen Covey, Dr. Barbara De Angelis, and many others.

Janet received the highest award for service from the President of the United States for her work with the homeless and kids in lockdown detention centers.

Janet has personally trained hundreds of Passion Test Facilitators worldwide. Her other programs include The Passion Test for Kids and Teens, The Passion Test For Homeless, The Passion Test for Coaches, The Passion Test for Business, and The Passion Test for Kids in Lockdown.

For more info on Janet go to: www.thepassiontest.com and www.JanetAttwood.com

Special Bonus Gift: *"From Sad to Glad" ebook*

Special Offer: *Discover Your Destiny*

TOPIC: STAYING IN LOVE WHEN THE MARRIAGE IS OVER!

I always ask myself that how did I get to that place of acceptance? How the heck did that happen? You know, Dee, it's really true. I absolutely do ask myself that sometimes.

My story, for all of you listening, is that I've been married actually a number of times. Dee, I don't know if I've ever told you that. And the first time I knew it was his problem, he did it all. Everything that happened to us was his fault. Absolutely. No question at all about that. The next time I realized, no, I'm pretty sure it was mostly all him. And now this last relationship that I've had with Chris Attwood, who is now my business partner, he is my very best friend. He is remarried to an incredible woman named Doris, who happens to be also about 20 years younger than me. She's just fabulous, and they have two daughters, Sophie and Tiana. Sophie's 4, and Tiana's 4 months old. And I'm actually the godmother to their children.

It wasn't easy getting there, let me tell you. But what I realized finally is that I'm the kind of person who has to get hit over the head. I always had this mindset, Dee, that it seemed pretty crazy that we would think someone was an enemy that we once loved with all of our heart. Then later, we make them the person that we never ever want to see again.

I see this in so many relationships: "OK, that's it, goodbye!"

I always thought now, wait a minute. If I love them, I love them. Why would I want them not to be in my life? And can anyone ever really do anything to me anyway? I'm really blessed because Chris Attwood and Doris are, number one, they're meditators. We've all been practicing transcendental meditation for the last four years, actually. Doris and I are very much into it and making that a part of our daily life.

I think one of the reasons why people get a divorce and then they make enemies of one another is not really that anyone's such a bad guy or a bad person—we all have real stories out there, and we can all get our army of friends to agree with us that they were the bad guy; they really did it to me! But my experience has been, Dee, that no one can do anything to me. No one can do anything to me. It's what I do with what they say or do that hurts. It's what I do with what they say or do to me that hurts.

I was recently in this beautiful movie, it's called "Discover the Gift," and I actually don't remember the woman's name who had this particular moment, because I haven't had the chance to watch this movie enough to know who she is, but there was one woman in this movie, and she was telling this story. The whole movie, "Discover the Gift," is all about discovering the gift. I loved being in that movie, because my reality is always that the gift is always there. At every single moment is a gift. If I'm not seeing every moment—and I'm talking about every single moment—you know, the ones that feel good and the ones that don't feel good. Everything's a gift. We're always being delivered the gift. We live in a benevolent universe. Everything is always happening for us, not to us. But for our own good, for love.

In this movie, "Discover the Gift," that I was blessed enough to be in along with the Dalai Lama and who else? Mark Victor Hansen and Jack Canfield and the Rev. Michael Beckwith—it's going to be out in the next year, 2012—there was this woman who was talking about this experience that she had where she was being raped by a lot of men. I mean, this whole group of men. They dragged her and they raped her, and she realized that while she was being raped, that in that moment, she had a choice of feeling as if someone

was doing something to her—which, obviously, something was being done to her—or realizing that she still, no matter what they did, and no matter even if she died, they couldn't kill her. They couldn't kill her.

When I heard that, I was like, “What? Back up! I’ve got to watch that again.” I thought that was a huge way of saying what my experience was. That’s a way different story. Basically what she meant was that no one can do anything to her. The mind is what will do it. So even in that moment where she was being just horribly violated, she had the presence of mind to realize that her mind was choosing in that moment whether she wanted to be a victim or a victor.

Now that’s an extreme case, and yet my experience has been that every moment is asking us to look at every moment like that. Are we a victim or are we a victor? Are we seeing life as a gift, or are we seeing life as doing something to us? And this is a choice that we all have to really come to in our life. Really, it is a choice. It’s a choice. Now, this example is majorly extreme—I hope I haven’t lost a lot of your listeners and they’ve gone, “What? She’s crazy! Hang up, click!”—but truly, for myself, I realize that it’s not what other people do to me that hurts, it’s what I do to me. What my mind does to me that hurts. It’s not what other people do to me that hurts, but it’s the story that I tell over and over and over again.

There’s a payoff to it, too. In my program, which is called “The Passion Test: The Effortless Path to Discovering Your Life’s Purpose,” we talk about the fact that every single moment is a gift. And you’re either dropping into that gift and just experiencing it with all your joy, or you are resisting it. And then the creator, being the benevolent creator that he is—he or she, I don’t have a clue on that one—will give us a bigger kick to wake us up to that gift if we’re not noticing. And what most people are doing is they’re grumbling against what is. What is. What is, is.

One of my great mentors, as you know, is Byron Katie. And Byron Katie created this wonderful process called “The Work,” which is a beautiful process of self-inquiry, to really take a look at your limiting beliefs—in other words, the thoughts that are causing you pain, separation, and suffering. In a nutshell, The Work is this very simple yet powerful process of inquiry that teaches people how to identify and question the thoughts that cause all the suffering in the world. What it is, it’s a way to understand what’s hurting you and to address your problems with clarity.

So with the idea that God is good, God is everything, and there are no mistakes in the universe, then therefore, if you’re suffering, if you’re feeling pain, separation or suffering, then it’s not the universe that needs to change, it’s your thinking about what is going on in your universe that needs to shift. So this beautiful process of self-inquiry is a way to be able to look at your own thinking.

Too many of us are on automatic. Someone says, “God, you’re gaining weight,” and then we immediately go into, “What? How could you say that?”

You know, and we create wars over that, right? “I’m not going to talk to you.”

Or your husband says, “Your clothes are getting a little tight, sweetie.”

Then what do we do? “OK, that’s it. I’m not sleeping with you tonight.” Really, I’m shutting down. I’m closing up.

Yet all the person said was, “Honey your clothes are getting a little tight.” He told the truth.

If it hurts, you know it's a story that you're telling yourself. The other person is just mirroring back to you what your own thinking is. That's all that the people before us are doing anyway. We could go deeper and say there really is no one out there, right? In our world there is no one out there. Everyone's just a reflection of ourselves, and they are there to meet us wherever we are and wherever our thoughts are. If you're complaining against your world or thinking someone's doing something to you, it's not what they're doing, it's what you're doing with what they're saying that hurts. It's not what they're doing; it's what you're saying to yourself that hurts. They're just mirroring back to that and finding that raw place in you where you have not accepted you.

I know this might be a little abstract. It actually took me a while to really get that much of our stress comes from mentally living out of our own business. They're doing something to me. And for all of us to ask ourselves the question: Is it true? When someone says something that causes us pain, separation and suffering, to really ask the question: Is it true what they say? Can I really know that what they say is what I think they're saying, or that they're doing something to me?

My experience is that no one can do anything to me. Only I can. That's where the real source of power lies, is in realizing that if you're not creating an Academy Award-winning movie, if your life is not just this wonderful experience that you would love to have, then the good news is that all you have to do is change the reel.

You know, we are just like one mind, are we not? I love what Byron Katie says: She says an unquestioned mind is the only suffering. An unquestioned mind is the only suffering there is. What's so beautiful is whenever you're feeling pain, separation or suffering—if it's really true that there are no mistakes in the universe, if every single moment is a gift—if it's not working for you, take a look at your own thinking. Because it doesn't have anything to do with anyone out there. No one can hurt you. That's your job.

When you're in the middle of trauma and someone has broken your heart and they've deceived you—to just say well, let it go. Or just accept what happened. Yes, in the bigger picture, yes! That's where we need to come to.

Yet, have you noticed that it's not so easy to just accept what comes? That's why I love self-inquiry. I gave a teleseminar on this last year—I go into silence every year for about seven days just to reconnect with myself, because a lot goes on in my world. I have a full-time life, so I need that time to just regenerate my own self and just come back to that beautiful silence where everything comes from—and one of the things when I came out of silence that I shared was the three most important tools that I have had in my life.

One was The Work of Byron Katie. The Work, as I've said, is a process of self-inquiry, what Byron Katie calls four questions and a turnaround. She says all war belongs on paper. That terrorism exists in the mind. If you think someone's deceived you—Dee, let me ask you this. Has anyone ever done anything to you—a man, in your life—that has been painful for you?

DR. DEE ADIO-MOSES: Yes.

JANET BRAY ATTWOOD: All right, so just give me a short sentence like—go back to a story before you’ve come to peace and understanding with it, go back before then—and just give me one sentence like, “I’m angry at _____ because...” in just a very short sentence. I want to show everyone what I’m talking about.

DR. DEE ADIO-MOSES: I’m angry at John because he hit me on the face.

JANET BRAY ATTWOOD: OK, good. “He hit me on the face.” OK, John hit you on the face. Is that true?

DR. DEE ADIO-MOSES: Yes.

JANET BRAY ATTWOOD: Can you absolutely know that it’s true?

DR. DEE ADIO-MOSES: Yes. He hit my face.

JANET BRAY ATTWOOD: Yeah. How do you react? What happens when you believe that thought that John hit you on the face? How do you react? What happens when you believe that thought?

DR. DEE ADIO-MOSES: It brings a lot of anger, brings a lot of resentment.

JANET BRAY ATTWOOD: Yeah, anything else?

DR. DEE ADIO-MOSES: It makes me feel that he doesn’t love me.

JANET BRAY ATTWOOD: Yeah. And then how do you treat you when you feel unloved?

DR. DEE ADIO-MOSES: I feel less than. I feel disempowered.

JANET BRAY ATTWOOD: Yeah, and how does that feel, to be disempowered?

DR. DEE ADIO-MOSES: It doesn’t feel good.

JANET BRAY ATTWOOD: So who would you be without the thought that you’re angry at John because he hit you on the face? Who would you be without that thought?

DR. DEE ADIO-MOSES: A much better person.

JANET BRAY ATTWOOD: Yeah. So turn that thought. Byron Katie says to turn the statement around: “I’m angry at John because he hit me on the face.” Turn that statement 100 percent around. What would be the exact opposite of “I’m angry at John because he hit me on the face”?

DR. DEE ADIO-MOSES: John is angry with me because I hit him on the face.

JANET BRAY ATTWOOD: Well, that’s one turnaround. There’s another turnaround: “I’m not angry...”—the complete opposite.

DR. DEE ADIO-MOSES: I’m not angry, yes.

JANET BRAY ATTWOOD: “I’m not angry at John because he hit me on the face.”

DR. DEE ADIO-MOSES: I’m not angry at John because he hit me on the face.”

JANET BRAY ATTWOOD: So give me three examples, genuine examples, of how that has been true in your life. How you haven’t been angry at John.

DR. DEE ADIO-MOSES: How I’ve not been angry at John?

JANET BRAY ATTWOOD: Yeah, because he hit you. Give me three examples.

DR. DEE ADIO-MOSES: OK. I’ve not been angry at John because I prepared his meals, because I showed him love, because—I’m trying to put myself in that, because those are old, old ways that I’ve forgotten about.

JANET BRAY ATTWOOD: Yeah. There’s another turnaround. “I’m not angry at John; I’m angry at me.”

DR. DEE ADIO-MOSES: I’m angry at me, yes. I’m angry at me.

JANET BRAY ATTWOOD: So give me some evidence on how that was true during that time. How have you been angry at you?

DR. DEE ADIO-MOSES: Angry at me ... for giving my power away.

JANET BRAY ATTWOOD: Yeah, that’s one. If you can find one, you can find two. How else have you been angry at you?

DR. DEE ADIO-MOSES: Angry at me because I wanted John to be who he wasn’t.

JANET BRAY ATTWOOD: Yeah. What is, is, huh? John is who John is, right? So how else have you been angry at you?

DR. DEE ADIO-MOSES: Angry at me for not minding—I don’t want to say minding my own business, but that’s what it is—being too involved in somebody else’s world and leaving my own.

JANET BRAY ATTWOOD: That’s beautiful work, Dee. This process—because here’s the reality—John’s going to do what he’s going to do, right? You have a choice, right? When you’re with someone who’s abusive, you have a choice, don’t you, Dee? Your choice was to, one, let him abuse you and hit you. That’s one choice, isn’t it? The other choice is to leave; that’s another choice, right?

We have our choices, and yet we go to war with people because we stay there and we create it. And Dee, what you said earlier was that you agreed that every moment was a gift. How did your experience with John—and that was a heavy-duty experience; I have not known physical violence in my life—how has that served you?

DR. DEE ADIO-MOSES: Oh, now it’s such a wonderful gift. The gift in there is that I don’t use my power wrongly. I use it rightly. And I see—because it’s very easy to blame the people that did something without looking at yourself—this experience made me look at myself. What is it in me, number one, that attracts that kind of physical abuse? What is it in me, number two, that makes me attract that kind of situation? The law of attractions; like attracts like.

JANET BRAY ATTWOOD: And the turnaround to “John hit me in the face,” another turnaround to “I’m angry at John because he hit me on the face,” would be, “I’m angry at me because I hit John in the face.” How have you hit John in the past?

DR. DEE ADIO-MOSES: Yes! I hit John in the past because, as I said, I wanted John to be who he wasn’t. And when you want somebody to be who they are not, there’s always that fight in both of you. You want to create somebody instead of understanding who the other partner is and deciding whether you want to work with that or you don’t want to work with that. So I didn’t have the tools then to be able to say what is, is. To really be able to see what it is and how I work with that, whether I want to or not. So I just kept knocking John in the face with “This is what I want you to be. This is how I want you to do it. This is it. This is it. This is it. I have a long list, and it’s my way or no way. This is how it’s going to be. This is how we want to do it.”

I think that experience ... now I don’t do those things any more. My relationships are very empowering, and it’s a win-win situation. I don’t look at just me winning; he has to win also. All of us have to be at peace and at joy.

JANET BRAY ATTWOOD: What I heard you say, Dee, which was so beautiful, is that what you realized is that—and this is what we do, and I see it with so many people, I see it with me—is that instead of noticing and really seeing and allowing someone to be how they are, that I go into these relationships wanting them to change instead of really looking reality in the face and saying what is, is. When I can really be real with how things are, then it makes it real simple whether that person is someone I want to spend my time with or not. When we don’t have that deep sense of self-love, then we cave in on what it is we know we deserve and we need. So we start telling our mind, well, this is going to be better, or he’ll do this this way, or we try to make them change. That’s a sure-fire way to be able to just create a relationship that is bound for failure.

What I realized when I was with Chris was that it was my thinking. I finally realized that he does this wrong, he chews his popcorn too loud in the movie theater, he shouldn’t do this, he shouldn’t do that. What I realized was that I started turning these things back on me. He shouldn’t be so intense. Turned around: He should be. OK, how should he be? Number one, he is. Number two, look at him and what he just did. He is. Number three ... seeing reality as it is. You know, and the other turnaround of he shouldn’t be so intense—I shouldn’t be so intense. Yeah. I shouldn’t be so intense about getting him to be who I want him to be instead of allowing him to be who he is.

I’m taking a lot of time on this one conversation, Dee, because I have found no tool that is more powerful than this process of self-inquiry. For all those people listening, you can change your world by changing your thinking. And that there is nothing outside of you. It’s hopeless. Think about it—how many people have you ever been able to change? Zero!

What’s so beautiful is, the one person you do have the ability to change would be yourself. That’s freedom, and that is power. That is true inner power. When you have the ability to accept people as they are and either go, yes, into my life or no, not, then that’s power as well. Being very clear.

In “The Passion Test” there is a saying: When you are clear, what you choose to have show up in your life will. And only to the extent that you’re clear. That clarity is power. For all of us, it’s absolutely a choice. It’s time for every one of us to reclaim our power. To absolutely reclaim our power.

Instead of gathering our army of friends and family, and “he did this to me, they do this to me,” to realize that there’s a payoff to that. You get a lot. You get attention, you get to be a victim, you get to tell your story over and over again. That’s the payoff. That’s what you get.

When you start to understand that you are the creator of the universe, that’s when you start to really become a conscious creator and just say yes to self-love. Self-love is all about understanding your thoughts, number one, and listening to your thinking. If your thoughts are not working for you, as we said earlier in this teleseminar, then change your thinking. Because when you change your thinking, what you realize and what you’ll start to really see is that your world outside of you changes. It’s an inside-out job.

You know, Dee, I used to really suffer so much when people would say—and especially after a number of marriages just falling apart—you’ve got to love yourself more, Janet. I was like, what are you talking about? I really did not understand that concept at all.

It is difficult. Because it’s not about the mind getting it—self-love is a concept, and concepts are tricky. When I started to do self-inquiry and realized that no one can do anything to me, that it’s only me that can hurt me, that was power. And I always had a choice. When I took the Passion Test—this process I’ve created to help people get clear on the things that have greatest meaning for them so they can give and share their gifts with the world. When I started to understand the secret to living a passionate life—which is whenever you’re faced with a choice, a decision or an opportunity, choose in favor of the things you care most about. In other words, your passions.

When I started making that an everyday reality, then I started to understand what self-love meant. Self-love is just saying yes to you. Saying yes to those things that have the greatest meaning for you. Saying yes to the fact that you are a victor; you are not a victim. And then finding all the different tools that are out there—and there are so many of them—that you can put into your little toolbox to use. Like The Work of Byron Katie. Like the Passion Test.

I mean, there’s this beautiful Hawaiian process called *ho’oponopono* that, you know, just by saying it over and over again one can have a deep sense of love in side themselves. There are all these wonderful, wonderful tools that each of us can use. That’s what’s so wonderful about realizing that you are not a victim. That you have the power and that when you’re feeling pain, separation and suffering, then it’s time for you to bring out your tools. To be able to come back to a place of peace and understanding where you realize that every single moment is a gift. No exceptions to the rule.

Every single moment is a gift, and that the gift is always there. All we have to do is to set that intention that today I am going to really intention my thinking. When you become aware that you’re not experiencing that sense of peace and understanding about your world, it’s time to bring out the tools in your toolbox to be able to shape-shift your own mind. What you’ll notice is that your thinking and your world are deeply and intimately connected. That you have the power inside of you. That people who are highly successful have made it a habit—and this is a real key word—a *habit* of choosing consistently in favor of the things that they care most about. In favor of a world where life is supporting them and knowing that they are no longer a victim. They have everything they need to create that paradigm shift within themselves whenever they’re feeling any pain, separation and suffering. And I love this, Dee, because I know this is what you talk about in all of your programs. That it’s time for people to reclaim their power. That there is no victim unless you decide that that’s what you want to be.

You know, Joe Vitale, who I really love—he's a very wonderful transformational leader. ... I want to share with everyone a beautiful process that they can start doing right now, because I know The Work, for some people—I would tell everyone to go to YouTube and watch Byron Katie doing the process of self-inquiry, because then you'll really ground yourself in that.

But another wonderful tool that I just mentioned a moment ago, is *ho'oponopono*. Joe Vitale talked about how he had met a therapist in Hawaii who had cured a complete ward of criminally insane patients. The therapist had never even seen any of the patients. The psychologist, what he would do, is he would study an inmate's chart and then he would look—now this was so amazing—he looked within himself to see how he created that person's illness. As he improved himself, the patient improved. When I first heard this, I was like, what? How can anyone heal anyone else by healing himself, right? But what the therapist had used was this Hawaiian healing process called *ho'oponopono*. Joe went on to say, the Hawaiian therapist who healed the mentally ill people had taught him this advanced new perspective about total responsibility. About taking total responsibility.

What the psychologist said was that he worked at Hawaii State Hospital for four years, in the ward where they kept the criminally insane. It was really a dangerous ward. He told Joe, "I was out of there on a monthly basis. I was totally quitting. I wanted to, and all the other psychologists were quitting." He said the staff would either quit or call in sick or something. It was really a scary place. It was an awful place to work.

So what this doctor, named Dr. Lind, said to Joe was that he agreed to have an office and go over their files. While he looked at the files of these criminally insane individuals, he would work on himself. And as he worked on himself, his patients began to heal. After a few months, the patients that had to be, like, shackled, they were totally allowed to go free. I mean, I know this sounds really silly—it sounds so nuts, but it was absolutely true. He said what happened was, the absenteeism and the turnover totally disappeared.

Joe said, well, what the heck were you doing to cause people to change? Dr. Lind said, I was simply healing that part of me that created them. I was healing that part of me that created them. He said that what he was doing was just saying over and over inside himself, "I'm sorry; I love you; please forgive me; thank you. I'm sorry; I love you; please forgive me. Thank you." This is this beautiful process of *ho'oponopono*. I tell people—it's really the most amazing thing.

When I first heard about this and what Dr. Lind had said, I was like, no way. This is not going to work. Yet I decided—for everything, Dee, as you know, I like to do the acid test on myself before I share it with anyone else—and sure enough, when something came into my life, I just decided OK, instead of blaming the other person I am going to do this very simple process and just keep saying it over and over again and see what happens.

As I did, Dee, sure enough, what Joe was talking about was true. As I changed my inside of me, as I came to that place of peace and understanding, using this other type of process, then what I noticed was my world reflected my inner state of peace. And notice—for everyone listening—when you're in a state of pain, when you're angry, when you're upset, then your world will mirror that. One of my favorite quotes is, "The world is as you are." The world is as you are, and if you want to change yourself, change your world. I meet no one but me. I meet no one but me.

JANET BRAY ATTWOOD: Maya Angelou has this great quote. She said, “There is no greater agony than burying an untold story inside of you.” She’s so beautiful. She says if you don’t like something, change it. If you can’t change it, then change your attitude. Don’t complain.

Don’t complain, don’t explain. Shame, blame, justification—all of that is just a green light for each and every one of us to find a tool that absolutely works. You know, Chris Attwood and I wrote this wonderful e-book; it’s called *From Sad to Glad*.

I had gotten in an argument with someone that I was very near and dear to, a man, and it was so awful. Right in the middle of this whole experience, I was in so much pain, and I was writing this book. Which I thought was perfect, right? No mistakes. We teach what we need to learn. This was a wonderful, wonderful book that so helped me. I had to use my process to get out of the pain that I was experiencing while I was writing the book.

I thought that was so very profound. It’s seven steps to a joy-filled life, and the first step is to notice. Notice. You know, whenever we’re angry, the number one thing that most of us forget to do is notice. Notice what you’re feeling. Whenever you’re feeling something, notice what it is that you feel. That’s the first step, to just notice.

The second step is to breathe. What happens when you have something that just totally flips you out and makes you just go insane, number one, is that we forget to breathe, don’t we, Dee? We totally forget to breathe. So the second step is to breathe.

The next step is to ask to be open. And let me go backwards. When you breathe, what you’ll notice is—and again, it’s noticing—that when you contract, you always forget to breathe. When you’re walking on a mountain and you go around a curve and a mountain lion’s there, you gasp and your whole body just starts to contract. But when you breathe—everyone right now, take a big breath with me: in, out—when you take a big breath in and a big breath out, then your whole body expands. And when you expand, you’re more open, aren’t you?

The next step is to ask to be open. So often, when we’re in this certain state of mind where we’re upset, the last person we’re asking is ourselves. Asking ourselves for guidance. What’s so beautiful about this process is again, we have the power within ourselves to set that intention to ask ourselves to be open to expand again. Because you’re either in a state of contraction or expansion. Because you notice that when you’re in a state of contraction, and contraction is being angry or sad or disappointed or upset or furious or crazy, then you can stop and just notice where you are. Breathe, and ask yourself—be the victor—ask yourself to be open, to expand again.

The next step is to feel the body and go into the pain. What all of us forget to do, again, is we forget to just go inward. It’s an inside-out job. That feeling—going into the pain, feeling the body and going into the pain—the pain is just a feeling that’s asking to be felt. What do most of us do when we’re in pain? I’m out of here. I’m going to go get a drink; I’m going to go shout at somebody else so I don’t have to feel what I’m feeling; I’m going to go shopping. Right? Anything but to have feel it.

Here’s what my big notice was when I started to do this process. What I noticed was that when I went into the pain and I didn’t resist it—and the pain is physiological; it’s actually lodged in the body—when you take your conscious awareness and turn it within and go into the pain, what you’ll notice is a sense of

self-love. You, turning yourself within and giving it your attention. That attention is self-love. What you'll notice is as you do that, the pain starts to subside. It's so sweet; it's absolutely so sweet. Then what you'll notice is that as you do that enough, if you have the courage to go completely into that pain that you're feeling, that eventually what you experience is you pierce through the pain and you get to the real reality of who you really are, which is bliss. Which is love. That is who you really are, and that is your all-time reality, that pain is just a fleeing thing, like a cloud that is moving in the sky. The sky remains blue; the clouds come and go. It is so sweet.

The sixth step is to use tools. When I say tools, after you've done this process of noticing, just noticing where are you at any given moment, being a conscious creator and noticing and then breathing and asking yourself to be open and then just feeling the body, going into the pain, then the next step is to use tools. When I'm upset, Dee, one of my tools is meditation. I'll sit down and meditate. And just giving myself that deep rest, boy, whatever problems I had before, they're not as bad when I come out of meditation. Or yoga—you know, I've been doing yoga—or Zumba! I love to dance. Or going for a walk with a dear friend, or sitting in on a teleseminar and getting to be with Dee. All these things—it's a list. Just going out into nature and going barefoot in the grass. Doing something—make a list, because when you get angry, you know you're going to forget all these things. So make a list of the things that you do that make you feel really good. Get a massage, have your friend rub your feet, whatever it is. Or Byron Katie's Work would be a tool.

Then the last step of this whole thing is to communicate clearly. Because always, your pain is going to come from some relationship. You know what it's like, if you try to communicate before you take all of these six other steps. That feeling that you're feeling—what happens? That is so right on. When we're contracted, or being in any one of those states that I said—angry, depressed, whatever—you know, it paves the way for communication breakdown, doesn't it?

So what the first six steps of the expansion process do is they allow you to heal the hurt that clouds your thinking and disheartens your emotions and makes clear, productive communication all but impossible. When you do these first six steps, what happens is that you're able to then feel more connected—physically, emotionally, mentally, and spiritually. When you're connected on that level, that's when it's time to choose to communicate clearly. Then you're not going at it as if you were in a war zone. So this is another beautiful process that people can use.

The Passion Test for Kids—what I love about the Passion Test for Kids and Teens program, number one: the Passion Test is one exercise after another after another that helps you get so crystal clear that when you close your eyes you can actually see the world you choose to create from within. The Passion Test for Kids and Teens program is a program to help kids define what are they passionate about, just like us. What's so cool, Dee, is that any 8- or 9-year-old or 10-year-old, they're quicker at doing this process than us oldies—or beautiful elders, I should say. They don't have all these limiting beliefs. They're just thinking, OK, I've got it. Once you start to tell them that what you think about comes about, it's just simple. All you have to do is figure out what are you passionate about. They get it so fast.

What's so beautiful about this wonderful program for parents to learn is that when you can facilitate your child with the Passion Test, to find out what they're passionate about, do you think that your relationship will change when you start to support your child in the things that they care most about? Absolutely.

Dee, I've seen one parent after another—one family after another—not want to leave my program, crying because they've felt so connected and so happy. And yet they were so excited about the shift in their relationship. You think about it—what would the world be like if all of us on this call right now were out giving our gifts to the world? If we were living our song. If we were able to sing our song full-out? We would be this incredible orchestra, wouldn't we? I mean, this beautiful music.

Think about it; the Passion Test for Kids and Teens program is a program where we teach kids not only the Passion Test, but also we work with them on self-esteem tools so they can know that nothing needs to shift, nothing needs to change, nothing needs to be different—they are exactly how they need to be. That all they have to be is who they are, and that is enough. That is an incredible way for kids to reclaim their power, to realize that there is nothing that they to be more of—for them to be OK that who they are is OK.

In our program, Dee, what we do is we put all of our attention on what are these kids' strengths. Then we intention their greatness to come out. We do all kinds of exercises for them to see what their gifts are and how they're already being that which they want to be. We just keep building on that. This is an incredible program, and I'll tell you, the Passion Test for Kids and Teens program is the program that is taking off more than any of the other ones. To become a facilitator, a teacher of this process, the first step would be to be a facilitator of the Passion Test. In order to do that, they would go to www.thepassiontest.com/cert.

The Passion Test for Kids exercise was created when a group of young adults asked Chris and I if they could give the Passion Test to kids in youth clubs and homeless shelters as they rode their bikes across the United States. And you know, what happened was we got our friend Bobbi DePorter to come forward—she has this incredible program all over the world called SuperCamp, and they do all these wonderful program for kids. We worked with Bobbi DePorter's team and developed this absolutely incredible program to be able to bring every teen, every child's greatness out.

I'll tell you something, in my last program that I had in San Diego, there was this woman there who was really going through a lot because her son had experienced a lot of physical abuse from kids at his school. I'll tell you, after this program was over, she came to me and said, "I have spent thousands and thousands of dollars on therapists. It wasn't until this program that I have seen a shift. It wasn't until this program that now my child wants to live again." It's because what we focus on in this beautiful program is for the child's greatness to come out. We stay with it for four beautiful days; that's all they know.

By the time they leave there, no matter who says what to them, they know who they are. We use all kinds of tools of self-inquiry. We use all kinds of tools for self-esteem. We align them with their passions so they're clear on what it is they choose to create in their life. For anyone who's interested in that program, they can go to the Passion Test website, www.thepassiontest.com, and they can find out on the Passion Test website about our Kids and Teens program.

THETA HEALING FOR TRAUMA AND PAIN ERADICATION

By Vincent Leleux



Vincent Leleux

Energy Healer, International Relationship Coach

TOPIC: THETA HEALING FOR TRAUMA AND PAIN ERADICATION

Vincent Leleux was a successful web designer who experienced a miracle when he was healed after one single session of the healing technique, Theta Healing™.

He was so amazed that he changed his career to become a Theta Healing Practitioner, and has since become one of the sought-after healers of the Theta Healing Community.

Theta Healing™ is a highly effective technique that is gentle and instantaneous. It allows you to change deeply held belief systems that have guided your decisions since childhood, even though some of these beliefs may have been passed down across generations. Theta Healing™ quickly reveals these systems, showing the body how to replace limiting beliefs or feelings with positive ones. You find yourself experiencing mental clarity, emotional wellbeing, and with the ability to manifest abundance and prosperity in all areas of your life.

Vincent, using the ThetaHealing™, has already helped thousands of people in countries around the world. With divorced and divorcing women, Vincent uses Theta Healing™ to help them release the blockages they experience due to the trauma and pain of divorce. For those who have been in a bad relationship for a long period of time, Vincent compassionately helps them to feel the shift in the release of this past experience, showing them how to move forward, regaining the ease and grace of their lives, reconnecting to their hope and personal freedom and serenity, which come from the deep and sustained connection with

Self. <http://ThetaHealingEvolutions.com>

Special Offer

[CLICK HERE](#) to access the special offer

NOW TO THE INTERVIEW

I'm very grateful to you for inviting me to this seminar. It's truly an honor to be speaking about what I'm really passionate about today. I'm very, very excited to be here with you today.

About my story, let's start at the beginning. In my 20s I was a fine artist. I'm still very passionate about art and creativity. I think art is a real power, a real importance in the world. When the Internet appeared, I really became passionate about what the Internet can do, you know? All the connections and the relationships that are possible through the Internet. So I became a web designer and an Internet marketer.

Around 1996, when I was around 30, something really difficult happened to me. One day I just got into such terrible pain, you know, in my belly. It was horrible. I was rolling on the floor because of this terrible pain. I went to the hospital emergency room. It appeared that I had kidney stones. About one week later, when I was about to go out of the hospital, all the doctors were telling me that I had to be operated on very quickly because it was very dangerous to me. They showed me the kind of my kidney stones—they were really big, and there were between 15 and 20 stones in each of my kidneys. So it was really a very difficult situation for me, because I didn't want to be operated on. I absolutely didn't want it, and didn't feel that it was right to be operated on. So at this time, I really started to do work on myself and started first to listen to my body: what my body was telling me at this moment.

Why had I created those kidney stones? By listening to my body, little by little I found out what it was telling me. I realized that when there was the beginning of a crisis, I could put that away just by expressing my feelings. So many times I found myself in the beginning of a crisis, and I knew by now exactly what the pain meant. Just calling my doctor, my family doctor, and explaining my feelings was enough to stop the crisis. After that, I just kept listening to my body and found out what was creating that. And I worked on my mind to change that in my body. And little by little, years later, when I went back to the hospital for a scan, there were 80 percent fewer stones in my kidneys.

I've always been interested in personal development. I did different kinds of therapies, psychoanalysis. I did many different kinds of personal development techniques. It was only last year when I stumbled upon Theta Healing. It was really the most amazing and the best revelation for me, because it was really making complete sense with my experience with my disease and my body. Suddenly I found what I'd been developing on my own for almost 10 years—no, more than 10 years—and then I found that there was a real technique. It was not only me, but there were hundreds, thousands of people using a very similar way to heal the body, to heal the mind, to heal whatever you experience in your life and whatever you want to change in your life with this amazing technique. You can change it very quickly, very easily, and permanently. It's truly something that keeps me amazed all the time. Every day with my clients, I'm always amazed by what it can do.

So I decided really to change my activity and my career because I really felt—and I'm still feeling—that it's my purpose in this life to use these skills that I received and developed to help people change their lives. I think we all have heard about the Law of Attraction and "The Secret," and for some people it works. But for most of the people, it doesn't work, and there's a reason for that. Because what "The Secret" isn't telling people is that it's not only by telling affirmations and thinking positively that you can change your experience, because most of your mind is in your subconscious mind.

So, to explain how Theta Healing works, I always make this very simple comparison: You can compare the physical body with a computer. If you have a disease in the computer, it's like you have some problem with the software in the computer. If you have a problem with the software in the computer, and one piece of software is not working properly, the right thing to do is to find the corrupted files so we can release these corrupted files and replace them with good files. With our body, it's exactly the same. Our physical body is the computer, and our beliefs and our feelings are the software. When you experience something that is not good for you, that is not a pleasant experience or a good experience, something that is limiting you, it means that there are some limiting beliefs in your software.

With Theta Healing, we can find out what these limiting beliefs are, and we can then release them and replace them with supportive beliefs. It's as simple as that—it's much simpler than with a computer, because to fix a computer, you have to study for years. It's very complicated. With the body, it's much simpler. Actually, it's a technique that everybody can learn very quickly. The training to learn this technique is only three days. After three days, you are a certified practitioner. So when I found out about this technique, I immediately wanted to do the experience first. I had a session from a practitioner, and it really blew my mind. Really blew my mind and my experience. Immediately I decided that I wanted to become a practitioner. Actually, it's not something new that I learned. It's not something new at all. It's something that is very old; ancient civilizations were using these kinds of healing techniques. But we forgot about that. Nowadays, we are remembering about these techniques.

We are in a time when this is really important. We are knowing this process of ascension, of going from a situation of separation to a situation of togetherness, of oneness. There are a lot of people who need help to clear their unsupportive beliefs, to clear all of what they experienced in the past. They experienced that for a very good reason. Before coming into this incarnation, into this physical reality, we all chose exactly all what we wanted to experience in this life in order to learn things, in order to know what is the best experience to have in this life.

It's really amazing what this technique can do. Here we are on this telesummit that talks about situations for people who are really experiencing the difficulties of divorce and relationships, so if we talk a bit specifically about that, it's really amazing what it can do. Usually when people are going through divorce it's a very difficult experience. They are lost in their feelings, they are lost in their emotions. With this technique, we can really help people to very easily, very quickly take hold of the pain and really give people a different perspective on their situation. It's difficult for me to go into a specific situation and specific problems, because when you have therapies or conventional helping techniques, you know, like therapies, psychoanalysis, they last very long. Also for me, I experienced that. It's not very effective in my experience.

Theta Healing is really approaching the situation in a completely different way. It's not looking at what are the problems, but it's just listening. OK, you experienced that difficulty, and then we just go back to where

it comes from and just release the old patterns. Identify these files, you know, these corrupted files that are in your subconscious mind. It's really amazing, because we don't need to understand it; we don't need to analyze it. We just need to identify them, release them, and replace them with supportive beliefs. Basically, it's very simple. It's the release of what is fear-based and replacing it with love and light. It seems very simple and a bit—some people can call it naïve, but it's not at all. Because it's as simple as that. Sometimes we need to dig a bit on that, because the different beliefs are linked together. But most of the time, it's really amazing how quickly it can be done.

I have some really amazing stories that some of my clients experienced. I can share that with you, of course. And then after that I will take you into a short process so you can really experience what Theta Healing can do for you. But with that, it will just be the first part of a process. I will also offer people on the call a free gift. It is just a short process that I can do on the call, but if people want to go further, I will have three different audio files to offer them to continue the process and to experience that on their own.

First, let me share some amazing stories that I've experienced with some of my clients. Some time ago, one of my clients, a woman, came to me. She was really desperate, because she divorced 10 years ago. Since then, she had been looking for love, for her soul mate, and she couldn't find him. She was apparently only able to attract short-term relationships, and it wasn't working. She was not feeling good with that. She was at the point where she didn't want to experience any new love relationships because it was too frustrating for her to start a new relationship and find out a bit later that it was just not working.

So I worked with her, and only after a couple of sessions—two sessions, actually, that were two very powerful sessions—her experience was completely changed. We found out about the old patterns that were coming back to what she experienced in her marriage and in her divorce. Also, that it was coming back from way before that. It was coming back to something she experienced in one of her past lives.

What is really amazing with Theta Healing is that we can go back to past life; we can change what is in your genetic identity, we can change what comes from your ancestors, and we can even change what is in your soul a little. So with these different identities, we can really go way back before this life and really change and release the old patterns, the old trauma, the old pain, and replace that with abundance and love.

Doing so with this woman, it really changed her experience very quickly. Only one week later, she called me back and she told me, "You know what? You told me that I would meet a man and that he would come in a very unexpected way. You were absolutely right. I just met someone, and it's really completely unexpected. I would never imagine that it was possible that I would meet someone in that way, and in that area of my life." She still is with the same man, and she's really experiencing the most beautiful love which she ever had.

You know, this woman, she was trying different things, she went to see different people to help her, and it helped her for a bit. But after a while, the old systems always came back. Until the time when she came to me and we did, like I said, only two sessions of half an hour each. So it's really not a long time, just two times, half an hour. After that she was feeling completely different, and she really attracted her soul mate. I'm feeling really blessed when people are experiencing those kind of changes in their life and they are coming back to me and they give me testimonials about that. That's the best reward I can get from what I'm doing for people.

I would like to share another experience that was really amazing for me. It's really to say that actually I am not doing the healing. I am not doing the healing; the one who is doing the healing is the Creator. What I do, very simply, is that I'm connecting to the Creator. You can call it the Creator or God, the Source, the Power, whatever you call it, it's this energy source that is the origin of all that is.

Before one session I was very scared. It was a session that I did with another Theta Healing practitioner who was much more experienced than me. She had more than 10 years of experience, and I had only some months of experience. I was really scared, because I was thinking, what will I be able to do? She is much more experienced than me; she must be much better than me. So what can I bring to her?

But then when I really got into the session, as I said, it's not me who is doing it, it's the Creator. So I just connected to the Creator, and asked the Creator, what do I have to do now? And the Creator just told me, ask her this question. I didn't know at all where I was going; absolutely no idea where the Creator wanted me to go. But I just asked the question the Creator was telling me.

Little by little, we just had out what she really needed at this moment. She had an amazing realization at the end of the session, and it completely changed her relationship that she had with a man at this time. Before the session, she was feeling completely lost in the relationship. She didn't know what to do. She was not happy anymore with this relationship. After the session, she was absolutely clear about what to do, how to do it, and she was really seeing that it was absolutely possible to transform this relationship, to make it really ideal and to make it her dream relationship with that man. So that was just in one session, again, and I was really amazed by the session because I didn't know at all what to do. I just trusted the process, trusted the Creator, and just repeated the question that he was sending me.

If anyone wants to be a Theta Healer, the first thing to do is to experience it yourself, to contact a practitioner and do a session on you, you know, to just see if Theta Healing can change something in your life. The practitioner can be from anywhere. I work with people from all over the world. What is really amazing with that is, because it works with the energy and this energy is everywhere, people don't need to come physically to me. I can work with them over the phone, or over Skype, and I'm working today with people who are everywhere. All over the world. In the U.S., in Australia, in the U.K., in Europe, everywhere. So I will recommend, if you want to try a session on you, to search online and to find intuitively who is the most appropriate Theta Healing practitioner for you.

OK, so I think the best thing to do now is to lead people in a process. I will just first give a little bit of explanation, an introduction about this process. We work with belief and feelings, and we also use a tool that's called mental testing. It's a tool that comes from kinesiology. We use this tool to check what are the subconscious beliefs that you are holding in your subconscious mind. Because sometimes people are just in their conscious mind, and it's difficult to access the subconscious. So with this tool we can access easily the subconscious mind. I won't go into details about this tool here, because what I will do now in the process is simply what is called downloads.

What are downloads? Actually, all that you experience is based on your belief in your subconscious mind and also your feelings. Even if you have a belief about something, but you never experience the feeling, it's almost impossible for you to have the experience. Because you don't know what it feels like, the experience. So what I will do now is I will do some downloads for the people so they have this in their subconscious mind. So to allow this process to happen, I will just invite people now to, wherever they are, to sit comfortably or to lie comfortably, to close their eyes, to just relax the body. It's very important to

unlock whatever could be locked now; if your knees are locked, or if your jaws are locked, just move with your shoulders, take a stretch and relax your body. Close your eyes, and take deep breaths. Deep breaths in and deep breaths out.

Now I will read some statements. At any time, when read any of the statements, you can say in your mind, you can say “yes” to receive this statement. And you will receive it in your subconscious mind. At any time you can also say no, because you just don’t want to receive it. It is always your free will, and it is perfectly fine whatever you choose. It is your free will about that. Because we are talking here about divorce and marriage, I chose some downloads about these topics.

We use in Theta Healing what is called the Creator definition. When you receive the Creator definition, you change your perspective. You suddenly experience your situation like you received the situation from the Creator, not from your personal point of view, and that can be a really big shift in your experience.

That’s why I will start now with just the first statement, which I would like to download for you, so that you have the Creator’s definition of marriage. So you just say yes, and you’ll receive it. I will just read them in groups of three and download them after these three. So the second one is that your definition of marriage is now the same as the Creator’s. Also that you have now not only the definition but the perspective; the same perspective of marriage as the Creator’s. So if it’s OK, say yes to those three, and I will download them for you now. So just say yes in your mind and you will receive it.

By the way, it works also from listening to the replay. It works as well if you’re listening to a recording of what I’m doing now. It is as powerful as when you listen live to this call. So I will read the next ones. Would you like to receive that your view of marriage is the same as the Creator’s? That you have a perspective of the purpose of marriage, and that your perspective of the purpose of marriage is now the same as the Creator’s one. If you say yes to those three, I am downloading them for you now.

So I will continue. Whatever you feel in your body, acknowledge it. Welcome it. The next one I will download for you is that you have an understanding of your divorce—if you are divorced, of course. That your understanding of your divorce is the same as the Creator’s. That you have also the perspective of the Creator about your divorce. If you say yes to those three, I’m downloading them for you now.

Then three more. The next one is that your perspective of your divorce is now the same as the Creator’s. That you have the Creator’s perspective of your divorce. And that your perspective of your divorce is the same as the Creator’s. So if it’s OK to download those for you, just say yes and welcome them.

So that was just a short process, a short example of some of what you can do with Theta Healing. What do you feel about that, Dee?

DR. DEE ADIO-MOSES: Oh, it’s really awesome. Wonderful. It’s really, great. I want the participants to let us know, just write now—you can send it right now and I will read it to Vincent if you’re on the computer. If not, you can just email it later. I feel relaxed, I accepted both of them, because I’m married now, but I really want to make sure that my trauma of the divorce is completely gone—you know, my first marriage. So I received both. I want everything about that divorce, about that experience to just be the same, to be healed completely.

VINCENT LELEUX: I will just close this process by downloading that you are now completely with grace and ease, this new energy, it’s comfortable for you to be with this new energy now. And you integrate at your highest and best with these new energies. So just again, you just have to say yes to receive it.

So what is possible in the next hours or maybe in the next day, you will continue to experience some energy changing in your body. You have to know that it's absolutely normal. Just accept it. If you feel a bit sleepy about the process, or if tonight or just after the call, or just after listening to this process you feel a bit sleepy, just know that it's absolutely normal. It's processing on a very deep level in your programs, you know, in your cells. So because of this deep process, it's taking a bit of energy and it's normal to feel sleepy. If you feel sleepy, just sleep. It will beautifully complete the process.

DR. DEE ADIO-MOSES: There's a question here from Sandra, from Oklahoma, and she is asking "Is this kind of process that one will need to do twice, or is it only one time? Is this the same kind of process that you will need to do two or three times to get it over and done with?"

VINCENT LELEUX: No, you just have to do that one time. You do that once, and it's definitely in your subconscious mind, in your cells, the process is done, once and forever. It's not like with affirmations where you have to do it every day for weeks and months before it's really in your subconscious mind. No, here, we are working immediately on the subconscious mind until we change your belief in your subconscious mind. So it has only to be done once, and that's what really is powerful about this technique.

DR. DEE ADIO-MOSES: I have another question from Linda from New York: She says, "Thank you so much, Vincent, this is just amazing. But I would like to know, where did Theta Healing come from originally, from which country?"

VINCENT LELEUX: OK, it's coming from the U.S., actually, it's the founder of Theta Healing is Vianna Stibal. She's in Idaho Falls, and she was a massage therapist in the 1990s when she experienced with her clients while she was doing massage, she was seeing colors on the bodies of the clients. She was receiving messages. So little by little, she learned, and she realized that she could heal her clients. A week later she realized that she could not only do that on her clients, but it was possible to teach that to other people. Little by little, she founded this technique.

Nowadays, there are thousands of practitioners around the world. There are hundreds of instructors everywhere. This technique is really spreading very quickly all over the world because it's truly doing amazing results. In her own story, Ms. Stibal's experience, there have been many, many miracles since she founded that in 1995. She's been travelling all over the world to teach people, to teach new practitioners, new instructors all the time. She's creating new workshops; for example, she created some months ago a new workshop called "Soul Mates," and it's designed specifically to work on your search for your soul mate. In this workshop you'll receive a lot of downloads around what it is to experience and to find your real soul mate in this life. It's really beautiful and lovely.

DR. DEE ADIO-MOSES: One other question from Jennifer, and Jennifer is from Atlanta, Georgia. She is asking if children can do this.

VINCENT LELEUX: Can children do this? You mean if they can receive it, or if they can practice it? Absolutely children can receive it. What I do usually—because usually it's not the child who is asking for a session, usually it's the parent who is coming to me. So what I notice that is really important is that, usually if someone is coming to me and telling me that someone needs some help, I always do a session with the person who is asking first, you know? If someone is coming to me and asks for some help for the child, I always have one or two sessions with the parent first. Because I can't work only on the child.

Most of the time, with parents who want to help a child, the perspective of the parents is different from the experience of the child. So I can't work properly on the child if I don't know about the experience of the parents first. So what I do is a couple of sessions with the parents and then I work with the child. It works very well that way. If I try to bypass the work with the parent, it doesn't work very well. Often, what the parent is asking for the child is more about the parent than about the child. It works really well with children, and especially, you know, even with young children.

You know what? It works even with animals. There are people who are specialized, and I know someone who is working with that on horses and dogs and cats and all kinds of animals. It works very well on animals. I can't go into the details about how it works with animals, but it's really amazing how it can work with animals too.

So with that said, actually, I just went through 12 downloads here. But I have another whole list here around marriage, around divorce, around what is love, what is true love, and all that kind of stuff. I have a list of 11 more downloads for you. And that's a free gift for all the people on the call. That will be in an audio file that you can download for free. You should go to the page at www.BetterThanEverAfterDivorce.com/Leleux, so it's my surname. You will find there a button that says special offer.

DR. DEE ADIO-MOSES: That will be the gift, isn't it? The gift, and then this special offer. There are two different ones there.

VINCENT LELEUX: Yes, but the gift is accessible on the same page as the special offer. Just at the bottom of the page, you will see a form; just put your email there, and you will receive immediately the first part. To receive dozens of downloads in one go, it's not really recommended. You need to integrate that. So I will send them in three different parts. Every two or three days you will receive email from me with the next download. You just have to listen to that, and you will receive the download.

That's my page on your website, and there is a big button: special offer. If you click on that on this page you will find the free gift and also the very special offer I have for you.

First I would like to tell you what I am really excited to offer to people, because I am working with clients in one-to-one sessions. Over time I found out that many people are holding the same beliefs, very common beliefs. What I want to do now, rather than working one person at a time, I really want to empower the work I'm doing and empower the help I'm offering to people. That way, I just want to do regular calls, exactly like this one, where I will go through this different process of downloading these beliefs and these feelings for people. To do that, I created a membership site, and I called it The Evolution Circle. So basically, there are three different evolution circles, and it means that if you are a member, there will be three different calls every month. There will be one call that will be all around what is abundance, wealth, prosperity. Then the second circle is about your health, your fitness, your weight, all that kind of stuff. The third one, which is really around the topic that this telesummit is about, is to clear lots of your beliefs around love, relationships, marriage, divorce.

There will be three different calls of one hour with downloads and special meditations, special sessions for people to clear their beliefs and download positive beliefs for them, to exchange their experience. By the way, if at any time they find beliefs that are still there, their experience hasn't changed, it means they will need more work in a one-to-one session because it's linked to other beliefs, and we need to find what is the root belief of this one.

OK. So this membership site is—I'm still building it, but I really want to offer people on this telesummit the first access to this membership site. For that I'm offering the very first access to this membership site, and if they want to know all about the different details of this very special offer, they can go on the same page again, BetterThanEverAfterDivorce.com/Leleux, and click on the button for the special offer. On that page, they will see a video where I go through all the details about the Evolution Circle.

I would like just to mention there are five bonuses that I am offering with this membership site at this moment. There will be a very special call every month on top of the first three, and this very special call is about the ascension process we are going through now. This special meditation on spirituality, and the 2012 ascension process. Then there's a second bonus that will be the access to the folder, we call it; if at any time you miss a call, you can still listen to the recording for the next six months after the call. As long as you stay a member, you can listen to this call for six months after the record. Then the third bonus is 10 percent discounts on all the products I'm doing. All the sessions I am doing. You will get 10 percent off on all the sessions. If you want one-to-one sessions with me, because you are a member of this circle, you will get 10 percent off at any time.

I will also do one public session a month with the oldest members, so it means that if you become a member today, the very first time, you will become an oldest member immediately and in the next month, I will do a public session with you. This means that this session will be free for you, and it will benefit all those ... you can address any topic that you want. And finally, last but not least, the five first people to become members will receive a free one-to-one session with me. So if you are one of the five first to subscribe to the circle, you will receive the one-to-one session with me.

This membership site will be officially launched only in January. For all that, the price in January will only be \$27 a month. Because now it's only the prelaunch, it will be launched only in January, the price now is much less than that—it's only \$9 a month. But it's a special deal that I'm offering to the people on this call and only the people on this call. The deal is this one—I'm offering this very special deal, but I'm asking you to give me your feedback about the membership site so I can really improve it and make it the best one possible for the time I will be launching it in January. So you will add this special offer, this special deal. Once you are a member at this price, this price will stay the same forever as long as you don't cancel your membership. You will have access to all that for the small amount of \$9 a month. Because we always reward people who are coming early. There is always an advantage to coming early on the project; you will have all the benefits for a very small amount.

With that, I really encourage you to go to my page on BetterThanEverAfterDivorce.com/Leleux, and there to click on the special offer button. You will find all the details about this very special offer and also the link to download your free gift.

DR. DEE ADIO-MOSES: OK. Thank you so much. I know that everybody, they will definitely go there because you have such a wonderful package. I know you've been very generous with our listeners because you know how much—you and I have discussed so much about the pain of divorce and what women go through. Those of us who have been through it, we need that. We need that help. When one person gets that help, the whole family—you're really treating the whole family. A good mother, you cannot replace her. A good mother, good wife for somebody, and good citizen of the world.

So thank you so much, Vincent. We're really happy that you took time out of your very busy schedule to come here and do this for us. So thank you so much.

VINCENT LELEUX: It has been a real pleasure to be with you today. I'm really happy to offer that to people, and yeah, I really look forward to connecting with all the people on this call and to offer what I can to help people. Whatever they are experiencing now in their divorce and their aspirations and their relationships, the search for their soul mates, and to realize that they can be happy now. You know, they don't have to wait; it's not hard work, it's not long work. They can achieve happiness and fulfillment now, without waiting for any other time, you know? We are here to thrive. We are on this planet to be happy and to thrive. Not for anything else.

DR. DEE ADIO-MOSES: Yes. Thank you so much, Vincent. We've really used the time; we're past the time, even. I know we can listen to you for another hour. So thank you; we're happy that you came and we look forward to hearing back from all the listeners and all those who will listen to the replay, and thank you. Goodbye, everyone.

REMOVE THE OLD, REPLACE AND REBUILD YOUR 'NEW LIFE' AFTER DIVORCE!

By Gay Cartier



Gay Cartier
Addiction Counselor, Recovery Expert, and Life Coach

TOPIC: REMOVE THE OLD, REPLACE AND REBUILD YOUR "NEW LIFE" AFTER DIVORCE!

What is recovery? Recovery is all about transformation from what we use to be like, what we are like now, to what we want to be like in the future. Recovery means that you recognize, remove, replace, and rebuild your life the way you want it to be and become the person you know you are.

When coming out of a divorce we are all in the recovery mode. We are all recovering from a different life, from a different environment, from a different set of habits, emotions, attitudes, beliefs, thinking, feelings, and behaviors.

During our time together, we will look at, with the intention to recognize, remove, replace, and rebuild your sense of who you are and the life you want, free from, whatever holds you chained to the past, such as the bad partners of low self-esteem, self-doubt, perfectionism and procrastination. Together we will discover how these bad partners work, either independently or collectively, to keep you locked into the past, stop you from recovering in the present and block you from attaining your full potential, building the life you want and deserve, and holding you back from re-connecting into the essences of who you are.

It's time to move forward. It's time for you to walk in your personal truth, live your dreams and life with purpose free from all things that bind you to a joyless existence, in peace with self and others. Please join me and together we can make a difference in your life and in the lives of those around you.

Looking forward to our time together, and in between time lots of love and blessings.

www.AddictionRecoveryInternational.com

Meet Gay Cartier

Gay Cartier is a recovery coach, spiritual coach, communications and transformation specialist, and stress management expert, and she's passionate about helping you to unlock your potential and walk in your own personal truth, so you can live your life and dreams with purpose.

Known by many as "the Transformer," she has assisted her clients to make that 180-degree turn from self-destruction to self-creation. Gay's clients have learned strategies and techniques to achieve a formula for living to gain control over the decisions they make, discover who they are, live the life they always wanted, and be the person they know they are.

Her services include telephone and online life and recovery coaching, Law of Attraction coaching, and addiction counseling. Within her trademark system, the New Life Recovery program, Gay inspires you to transform your life, gain independence and freedom from all things that block happiness, and find peace with self and others

Gift and Special Offer

Personalized one-one coaching session with Gay, *New Life Recovery* program bonus discount, and Life and Recovery teleseminar.

Visit Gay's website at <http://www.addictionrecoveryinternational.com>.

NOW TO THE INTERVIEW

I want to thank Dee from the bottom of my heart for gathering all of us here to celebrate the fact that there is life after divorce. We all know how lonely it can be. What you have done, Dee, is spread your vision across the four ends of the world and brought us together so we can share with each other our own personal journey of recovery from a traumatic experience that has left deep scars that often take a lifetime to recover from.

A major part of the recovery process is being able to walk the walk with other people who have successfully made it in recovering, be that from active addiction, grief and loss, health issues, or as we are here today, in the different stages of the recovery process.

Being together is healing in action, or from my model of the world, recovery in action. The reality is, you can't have one without the other. We can't do it alone. We need each other to make it happen, and to give

us the courage and strength to do what we have to do to improve our lives. It's only those of us who have walked the walk who know the short cuts that can truly help our fellow travelers getting through these challenging times.

So thank you, Dee. You are a blessing to us all. I am pleased that you are in my life. Every time we speak it is a joy to me personally. It is my intention to share with you as much as I can about the recovery process, to help you recognize self-esteem, self-doubt, perfectionism and procrastination as triggers that often lead people into active addiction. I'd also like to briefly discuss what is an addiction anyway, given that addiction can be many things to many people.

DR. DEE ADIO-MOSES: Gay, will you tell us about your recovery from divorce?

GAY CARTIER: Like most of us on the call I too have experienced what it feels like to have dreams shattered and life move in a different direction to what I imagined it would. After 21 years of marriage, my former husband and I decided to call it a day. For a while, I didn't really know what to do with myself.

I'm sure most people would identify with this, but after my divorce, something inside of me died. I didn't know what it was, but I knew it happened and it took me a long time to get a handle on that. Although I was in the recovery process—meaning that I had brought about certain changes in my life—I wasn't entirely ready to make the necessary changes to heal me. Although I didn't turn to use the heavy substances like alcohol, prescribed pills, illegal drugs or anything like that to fill the hole within me, what I did, as many of us do when we have a empty part inside of us that needs to be filled up, I remarried, thinking this would last forever. But after three years of marriage I was facing yet another divorce.

Many years went by. I was successful in many areas of my life. Like most of us, I pretended that my life was great, that I was happy. But in the privacy of my own mind and heart, I knew that was not true, in fact. My biggest stumbling blocks were low self-esteem, self-doubt, perfectionism and procrastination. In this area of my life, I was plagued by self-doubt. My self-esteem was close to nil. Everything I did had to be perfect, and I drove myself mad to a point where I did nothing. Then after yet another relationship went belly-up, I realized that what I was doing was not working. It was a moment of sanity like Albert Einstein's definition of insanity: Doing the same thing over and over again and expecting different results.

I stood at the turning point and asked myself what road was I going to take—stay as I was, or stop running, face up to whatever it was I needed to face and start to take personal responsibility for my life. Be accountable for my thoughts, actions, feelings and emotions, grow up emotionally. Once I realized that and owned my part in the marriage breakdown, I stopped the blame game, stopped making excuses and was well and truly on the recovery road.

Taking such a stance is not easy. Such a change will not happen unless the person is ready to deal with their stuff. It means dealing with underlying issues that made us do what we did in the first place.

DR. DEE ADIO-MOSES: Gay, can you tell us something about addictions?

GAY CARTIER: Addiction is a complex problem. It is multi-level with underlying issues, which make it harder to understand because addiction means different things to many people.

DR. DEE ADIO-MOSES: Gay, is there a link between addiction and divorce?

GAY CARTIER: Great question, Dee. Science has shown a definite link between addiction and divorce. Most definitely, for many people going through a divorce or who have gotten a divorce, it is often because of another person's addiction or your own addiction. The consequences are that the life you once had is over, gone. You're packing a suitcase or someone is packing it for you, and you're heading down the path of divorce.

You could look at the role addiction plays in breaking up a marriage as having a third party in the marriage. When there's three in the bed, trust is destroyed. Communication is a thing of the past, the silent treatment starts, and steel resentments replace the warmth that once was there. Financial problems, extramarital affairs, broken dreams, disappointments—most of these are reasons a person ends a marriage or relationship. Put that together with drugs and alcohol, and you have a real cocktail of trouble.

Most people will remain in a marriage for many different reasons, but when the other partner is having an affair, or is addicted to sex, you can only be insulted for so long. Or using the rent money to gamble with, and there's no food on the table because the money has been used for drugs, or alcohol. Add to that domestic violence. We all reach our rock bottom, and the responsible adult, be that the wife or husband, must make a clean break for the sake of reducing further harm.

They are both genetic; they go from generation to generation. How many times do you notice—might be in your own family—Auntie Betty has married twice and divorced twice, and in her children the same pattern, married and divorced. Uncle Fred has a drinking history, and one of his children carries on the family tradition. I know of many families where two out of three children develop an addiction, then it skips a generation and comes back in the grandchildren. Divorce is the same.

To break the cycle, we need to deal with the underlying issues. Causes of an addiction include family history, environment, peer pressure, mental health challenges, biological predispositions, or other traumatic things such as divorce. But still most of us struggle getting our heads around why a person can't just stop it. I guess if we looked at addiction like Freud's iceberg model, the addiction is the symptom of a bigger problem.

Imagine addiction as the top of an iceberg. Underneath that is the bulk of the iceberg, where the problems lie. It could be low self-esteem, self-doubt, perfectionism, procrastination or other negative, self-limiting beliefs, childhood issues or unresolved emotions we have hanging around. The insecurities, uncertainties, the truth about ourselves, how we really see ourselves—not as we want or portray to other people, but in our heart of heart what we think of ourselves.

What can trigger an addiction? Divorce triggers an addiction, and addiction can trigger a divorce. We change after a divorce, and that makes us vulnerable to an addiction. People go through tremendous changes as a result of divorce. Some people forget that after a divorce they're in recovery mode, undergoing a personal transformation process. It's important not to minimize the effects—there can be traumatic experiences, great pain and suffering. I remember making decisions I would never have thought about before, when I was married.

I changed. By nature I am an optimist—I can always find that silver lining in whatever is going on in my life. But after my divorce, I lost that. I was depressed, negative, whining about this or that, feeling sorry for myself and generally being a pain to myself and others.

That's when we are extremely vulnerable to external things like alcohol or drugs, especially prescribed medication. People turn to those things because there is something inside of them that needs to be filled up. It might be loneliness, feeling unworthy and not good enough, stress, avoiding an intimate relationship, feeling bad about themselves, the pain of being divorced, dealing with the kids and their problems. Not all people become addicted, but for sure worldwide the numbers are increasing; you only have to watch the news for evidence of that.

Four triggers that keep people locked into the old ways include low-self-esteem, self-doubt, perfectionism, procrastination. I have taken this one step further and put together as bed partners low self-esteem and perfectionism, self-doubt and procrastination.

It's the triggers that can tip us over into active addiction. Many people fall into the trap of looking at the end result of an addiction and miss the many steps it takes before they go across the thin line into active addiction. Instead of looking at the term *addiction* in the light of substance abuse, such alcoholism or drug addiction to prescription medication, let me show you another way to recognize a potential addiction, what I call the 4 Cs of addiction.

I teach my clients a strategy to help them recognize the early warning signs of an addiction, because addiction has many faces to it and it's the unseen faces that do the damage. If a person can recognize the early warning signs, all the better. You may want to write these down—four steps towards active addiction:

Control. The addiction has ultimate control over an addict's thoughts, emotions, feelings and behavior. The person wants to go where the drink is, so going on a picnic with the family would not be as exciting as going to the pub, club, night club. They tend to hang out with people who drink. The point of conversation would be about drink, how much, not enough, etc.

Cost. The addiction costs the addict more than money, such as fighting with loved ones. Questions about the amount they're drinking, having to cut down on the grog to pay the bills ... which doesn't go well for the potential alcoholic. Being challenged by others about their behavior; not being able to remember what they did, said, or how they behaved; loss of respect, dreams, opportunities, children; loss of self; and much more.

Causes. The addiction causes harm, pain and suffering to the addict and others. The breakdown of a marriage or relationships, broken promises, cuts into the hearts of love ones, all tend to lead to divorce. Even after the divorce, promises made to former partners and children that aren't kept.

Changes. Addiction changes people from the inside out. You get to a stage where you can't stand yourself or the person with the addiction. The love has gone, and you're walking the road of divorce. We need to turn the tide and take control over our lives. The goal is to take control of our life, have life as we want it.

Here is an effective recovery strategy my clients find very successful, the take control of your life exercise. A script for the next six months.

We need to change our mindset and take control over our lives. We make a list of what we want in our life—could be in areas of career, money, health, personal growth, relationships, fun—do it in as much detail as you can think of. If you want to purchase a car, then include the color, make, model, trim, features. If you want to change your attitude, on a more personal level, make a list of how you want to be—happy,

friendly, kind to self and others, generous, grateful. Include the person you know you are—strong, powerful, centered, grounded in reality, kind, secure, comfortable in your own skin, compassionate, forgiving.

If you want to boost your strengths, pick three strengths. Look at how you could turn them into an opportunity, how you can use them in life, work and relationships. Financial insecurity is usually a problem for most divorced people, so include in your script an abundance of wealth and what that can bring for you—security, happiness—if you want wealth, brainstorm ideas of who would attract wealth to you.

If you were at your best, what would you do right now? What are you an expert at? If money were not an issue, what would you do and how would you go about making that happen? Lift the burden from your shoulders by scripting yourself, free, light, happy, etc.

Then write a six months' script, but write it in the past, as if you have already lived it. Be very specific. Describe what it feels like, living the life you want. What does it smell like to be the master of your life? Can you taste it, touch it, visualize it, live it in your heart and mind? Do this, and you will be surprised how it comes to be your reality.

This is an important recovery tool because it gives us hope for the future we want, helps us to move out of the past and into the now and future. It helps us to control our lives instead of things happening to us, which is a sign that we are not in control. We start making things happen the way we want them to be.

Recovery is all about transformation. Recovery is a choice, and it's based on change. We change what doesn't work for us anymore and we build a life that will work for us. We all have a choice: play the blame game or accept responsibility for our part in what got us to getting a divorce in the first place. I know I could have done things differently. Accept personal responsibility for our part in it, let go and move forward.

Recovery means different things to different people. When coming out of a divorce we are all in recovery mode, but we are all recovering from a different life; from a different environment; from a different set of habits, emotions, feelings, attitudes, beliefs, thinking and behaviors.

Recovery is about healing from the inside out. Healing needs to take place in the heart of the person who caused the wound, in the hearts of the people who were wounded, in the hearts of the children. Recovery is about healing. Then we can build a meaningful life, which brings meaning to the term "life after divorce."

I call it the four Rs of recovery—recognize, remove, replace, rebuild. Divorce is a typical example of the recovery process. Looking at divorce through the four Rs of recovery, it would look like this:

Recognize. We recognize that something is wrong here.

Remove. Make a decision, do something. Remove him or her from the house and our lives.

Replace. Replace the old with the new, change our attitude, increase our self-esteem by doing things that make us feel better. Replace self-doubt with self-confidence. We do what we need to do to find peace, happiness and security, for us and our children. Find loving and supporting friends and relationships.

Rebuild. Make things the way we want them to be—creating a happier home environment for our children and ourselves, discovering our strengths and building on them, turning to God or whatever you believe will support you, building a positive support system. Open your mind to new life skills, new information and strategies to live the life you always wanted and be the person you have always wanted to be.

Recovery is also an act of self-love. We did what we did because we want a better life, to be a better person. If we didn't want these things, we wouldn't be here on this call.

I have a great recovery strategy that my clients love and that I use myself, because it cuts right to the chase. It works immediately. It's a reality check, and it improves self-esteem. Every time we do it we are confirming that we deserve the best. This is good for anyone, even young adults. Basically it works this way—ask yourself these two questions:

What is it that I really want for myself—self-love, or self-destruction?

Is what I'm doing an act of self-love or self-destruction?

If I'm racing around like a chook without my head, overwhelmed by all this Christmas stuff, starting to yell at the kids, not feeling good about who I am, is that an act of self-love? No, probably not. What I want for myself right now is an act of self-love.

So stop. Just stop doing whatever you're doing and for the next 10 minutes do something for you. Do something that gives you pleasure. Any change is good, even the smallest change creates change. By making it stop, you're in recovery mode—you're taking charge of your life. Give yourself credit.

Self-destruction means to continue to do what is not in your best interest. If you're plagued by doubts, fears, laziness or locked into perfectionism—which is fear of success or fear of failure—you need to seek professional help immediately. Using a quick strategy like this cuts straight to the chase. You have an immediate answer as to where you are at mentally and emotionally, and you just take action and do it.

DR. DEE ADIO-MOSES: Gay, what advice would you give to a person in recovery who has recently divorced or is thinking about getting a divorce?

GAY CARTIER: Great question, Dee. For someone in recovery and getting a divorce or who has just gotten a divorce, this time can be extremely difficult and downright painful. It's like a double whammy of emotional trauma, pain and suffering. They have no option but to stay clean and sober. They have to face this traumatic life-changing experience stone-cold sober. Bottom line is, they must want recovery more than their addiction and be prepared to do whatever it takes to stay clean and sober. It's a personal decision—only the person can make that decision. No one can make another person drink or use. I have known clients to stay clean and sober through the most horrendous of times; it really comes down to their level of commitment to themselves and to their recovery.

A recovery tip for you—there are many excuses you can use to pick up, but no one can force another person to relapse. That decision, only the person in recovery can make. And only that person can accept the responsibility for the consequences of such a choice. You can't blame other people, places, things or a situation—it's your choice, your responsibility.

One solution is to seek help and support from people you trust, and stay away from the old environment. Think things through; make a list of consequences if you relapse. Definitely include the loss of your children and the loss of everything you have gained. Give yourself permission to stay clean and sober

You will be surprised how many people can change a negative into a positive if they just give themselves permission to do so.

Here's a recovery strategy that I give my clients, and it works every time. I call it the Give Yourself Permission tool. When things get tough—and they will—you give yourself permission to stay clean and sober. How you do that is by making a drawing up a contract between You and You. It is a proper contract:

“I hereby declare that I give myself permission to stay clean and sober irrespective of what goes down in my life. I give myself permission to stay clean and sober from this moment on, and for the next five minutes and then for the next five minutes and so on, until I feel strong and grounded in myself once again.”

Sign it and date it, get a witness to sign it. Carry it with you, and when you feel tempted, read it aloud. Reaffirm your commitment to yourself to stay clean and sober.

It's simple, but highly effective. Anyone can benefit from this recovery tool; all you do is change the words. If you are plagued by any type of negative self-talk, self-doubt, low self-esteem, write this down. If you don't get it, don't be concerned. Listen to the replay. Remove the words “stay clean and sober” and replace them with the following:

For anxiety, “to be fearless and stay calm.”

For self-doubt, “to be confident in my ability to do”

For low self-esteem, “to feel good about me.”

For perfectionism, “to accept that everything is perfect as it is now.”

For procrastination, “to set a small task that I know I can do now.”

Use words that work for you—using the example of self-doubt, the contract would read like this:

“I hereby declare that I give myself permission to be confident in my ability to do _____, irrespective of what goes down in my life. I give myself permission to be confident in my ability from this moment on, and for the next five minutes and then for the next five minutes and so on until I feel strong and grounded in myself once again.”

Sign it and date it; get it witnessed.

In conclusion, that's what I love about recovery—whatever gets us into recovery mode, be it drinking, drugs, pills, one-night stands, a series of broken relationships, kids with problems—in recovery mode we have a chance of peeling the onion and discovering who we are. We have a chance of undoing the things we did or didn't do and making it right. We have the opportunity to rebuild our lives the way we want them to be. Not how others want our life to be, but the way we want it to be. As the master of our own destiny, we can drop the shield of protection, hatred, loneliness, bitterness, and all the other things, stop the blame game and become the best person we can be. The person we know we truly are. I think it's impossible to be what we are when we carry the baggage from the past.

HOW TO HAVE A WINNING ATTITUDE FOR A LIFE BETTER THAN EVER AFTER DIVORCE

By Dr.Enyinna Erengwa



Dr.Enyinna Erengwa

International Consultant, Relationship Expert and Humanitarian

TOPIC: HOW TO HAVE A WINNING ATTITUDE FOR A LIFE BETTER THAN EVER

Dr. Enyinna Erengwa is an internationally recognized consultant and expert in the fields of relationships and personal strategic planning and growth. He is a visionary leader, an entrepreneur, a humanitarian, and a catalyst for change who believes strongly that self-mastery is essential for affecting our individual environment and living life abundantly.

Dr. Erengwa is also the founder of the Empowerment Institute, a non-profit organization that is committed to helping people unlock and translate their potential into positive results through proactive and intelligent action. To challenge them to be excellent and constantly strive to succeed limits placed on them by themselves and external factors, and to encourage people to answer their call to greatness through education, motivation and knowledge.

In recognition of his contributions to education and life empowerment in general, Dr. Erengwa has received multiple honors and accolades from a variety of organizations and societies around the world. Dr. Erengwa is exceptional and extremely deep-rooted in using tools that shift life situations from a moment of suffering to a moment of peace.

His analysis of relationships, including why we marry and why our marriages fail, takes a new and fresh approach. He gives participants the secret to happiness irrespective of what is happening in their lives. You will learn from this highly sought-after expert the key winning attitudes necessary to cultivate the pathway to higher consciousness and a better-than-ever life.

Connect with Dr. Erengwa at Better Than Ever membership classes and events.

AND NOW TO THE INTERVIEW

I must thank you, sweetie, for putting this telesummit together and for keeping it going. I must thank all those wonderful speakers you have had on the show. I have listened to all of them, and I must tell you they have been incredible, and such a blessing. I just hope that people will go back and listen to the audio over and over again.

Spiritual laws that will enable you develop a winning attitude to live better than ever after divorce:

I am here today because I have had my own share of heartaches and breakups. I decided about 20 years ago to go all out and learn why marriages and relationships break up and why those that work, work.

I met my darling Dee about two years into this journey, and the success of our relationship for the past 17 years plus is proof that I have got it right this time. Also, when I look at many of my students who are living very happily together with their spouses, I know the principles that I teach work.

What I know for sure—and I have said this many times—is that no woman or man will ever leave you if you make them happy. So if a man or a woman says I want a divorce, what they are saying is really that “You are not making me happy.”

So the key to a happy marriage is seeking ways to make your partner happy? I have heard people say things like, “Happiness is a choice.” and “Happiness is an inside job.” Yes, they are all right. Marriage is a union of two souls, and when it breaks down, what is needed is a spiritual solution. It is by applying some key spiritual laws that we will find happiness in or out of marriage.

As a result of my continuing quest to find ways to make divorce less painful and more therapeutic, I eventually realized that my relationship theory was still one major click removed from the core issue. As mentioned earlier, my quest brought the fact to me that divorce, at its core, is not a legal problem or a relationship problem. Although legal remedies and relationship insights are important, what is more important is the spiritual solution. Once I got this, my approach changed completely.

I know Divorce is a very traumatic experience, whether you are the one who initiated it or your ex. I have experienced both. In fact, I have found out that few relationships within human experience are more impactful than the relationship we call marriage. Few things are more devastating than the dissolution of marriage. Divorce places slightly below the death of a spouse or a child as a traumatic life event. Studies confirm that the damage is not limited to warring spouses: Profound negative effects have been documented in children who are subjected to the pain of their parents’ divorce.

What I am about to share with you is not new, because nothing is new under the sky, but you know what? I am going to not only bring them to your remembrance in a new way, I will also show you how you can apply them to transform your life. It is not the truth you know that sets you free, but the truth you realize in your consciousness and apply that really sets you free.

When we are hurting, we cannot see and we cannot sing and we cannot dance life's joyous dance. Working these laws will help you heal the biggest hurt that life can inflict; the ending of a dream, the loss of a love. It is about knowing that love never has to be lost, and that the life of our dream can be ours, but only when we awaken. When you apply these laws you will get back yourself. It is the self, of course, that we imagine we have lost in a divorce. It is never the other person. It is never our partner. Not really. What we imagine that we have lost is our very self. Every idea about yourself is trampled on. That we are loving and that we are lovable. That we are nice to be with, and someone whom no one would ever want to leave. That we make good choices and are wonderful judges of people. That we can trust our heart. And that our love, given to the fullest, will always win the day.

It is us that we lose in divorce, and that is why it hurts so much.

I have found that cultivating the Spirit, and applying the laws of acceptance, surrender, forgiveness, divine guidance, and taking responsibility for your choices are key if you are to live better than ever after divorce.

At the end of each law, I have included some exercises that will help you apply each one.

Spirit of Acceptance

The Spirit of Acceptance is your first step to recovery and healing. That spirit is the key that opens the door to a new way of thinking. This Spirit is developed by looking at things, persons, places, situations or some facts of life that you find disturbing or unacceptable. Look at them right in the face and instead of saying you cannot find any joy or peace until they are changed, what I say is, you accept that person, place, thing, or situation as being exactly the way it is supposed to be at that moment. The acceptance spirit is that everything is as it should be. Nothing occurs by accident, and there are no coincidences. We are always evolving, whether we are aware of it or not. Our lives are divinely designed for each one of us to get exactly what we need to support our own unique evolutionary process.

We have all heard before that "Everything is in divine order." When we remember that there is an order to the universe and that things aren't always what they seem, then we can look beyond our own agenda or ego. In most instances, as soon as we separate from our partner, our battle armor goes up and denial sets in. Yet it is imperative, especially if we have children, to explore all realities.

The Spirit of Acceptance allows us to step out of the reality of our own small selves and into the fullness and enormity of the big picture. Hey, the big picture includes the possibility that our partners are in our lives to bring us light and healing, even if we can't see it. It's only when we step into the light of divine order that we can accept where we are today.

You must get this: People and circumstances are the way they are for a reason, and even though we may not be able to see the gifts of someone's bad temper, cheapness, or neglect, it may be just what we need to get access to our own gift.

Exercises

Make a list of five difficult experiences you have had. Next to each one, write one lesson that you learned as a result of it. How has that lesson helped you in your life?

List 5 favourable things that have come out of your separation from your partner. The benefits of your breakup may be significant or quite superficial. It may be helpful to look to your grievances for inspiration. If you are unable to find any, ask friends and family to help you.

Spirit of Surrender

When we stop resisting and surrender to the situation exactly as it is, things begin to change. Resistance is the number one culprit in denying us our right to heal. We resist out of fear that if we let go, if we surrender, our lives will go out of control or we will be faced with circumstances that we can't handle. When we are willing to look at our situation and admit that we don't know how to fix it, we are ready to get the help we need.

Our resistance is a natural protective mechanism, a shield that we unconsciously put up to guard ourselves against pain. We live in the illusion that this shield will somehow protect us from feeling the loss, guilt, distress and anguish of our current situation. But in the end, resistance doesn't protect us as much as it robs us of our right to heal. Our resistance prevents us from seeing what's so, what's true and what's possible for our lives. When we surrender, we let go of our pictures of how life should be and all allow ourselves to be in the presence of our life exactly as it is without any interpretation or illusion.

Resistance locks us into our own will by denying other realities. Living in the confines of our personal will, we feel separated and alone. When we are locked into our personal will, we are living in an internal conversation that revolves around the thought, "It shouldn't be like this." We then spend all our energy trying to change the outer reality of our circumstances. Internally conflicted, we struggle to make sense of our situation and fight to control our partner's behavior.

Surrendering goes against our natural reaction to fight for our rights and hold on to what we believe is ours. But until we surrender, we are glued to the pain of our breakup. Surrendering is especially difficult if we have been betrayed, abandoned, or deceived. But if we accept that everything is happening exactly as it should, we can begin to surrender and trust in the natural flow of the Universe. To transcend our suffering we must go against our instinct to hold on and instead surrender to the path of letting go.

Anything you want to change, anything you're afraid of, anything you refuse to accept causes internal resistance. If you resist your husband's upsetting communications, then he will keep trying to communicate the same thing over and over again until he is heard. If he senses that you will never receive his communication, he may choose to shut down and to communicate his upset covertly, in a passive-aggressive way. But if you loosen the grip of your expectations, breathe deeply, and open yourself to what he is going to say, you can listen from a place of surrender. Listening from a place of surrender requires that you soften your heart, let go of your expectations, and listen with innocent ears. You then grant him the right to his opinions and feelings. Then you're able to receive his communications without defense, without resistance. You are allowing him to be heard, and being heard is often all that an individual needs to let go of an upset.

Then you can both put away your armor and let go of your defensive stance. To listen from a place of surrender is to relinquish all your judgments for the moment. You give up the notion that you are right and the belief that you know what he is going to say. Then you step into a quiet place, into a bigger view of the universe, recognizing that what's going on with your partner may not be personal. This offers him the freedom to communicate freely. But when you resist hearing his truth, you remain stuck, glued to the very thing you want to get away from.

When we surrender, we say, This is what life is dealing me right now, and even though I'd like it to be different, I will allow it to be as it is. We give up our attachment to how we want our lives to be and how we want our partner to be. When we're attached to something, we resist any outcome different from the one we want, as well as any behaviors or feelings that don't fit into our perceived pictures. Any time something other than our desired result shows up, resisting comes right along with it. Then we immediately seek to change the circumstances to fit into our desired reality, and when we can't do that, we become angry, resentful, frustrated, or sad. In the sacred state of surrender we are able to detach from the outcome. To enter into this sacred state we must keep affirming in every moment the perfection of the Universe. We must remind ourselves that there is a divine order and that everything is exactly as it is meant to be.

When we find ourselves resisting, controlling, or holding on, we must breathe deeply and with each exhalation affirm that it is safe to let go of our limited perspective. It is safe to let go of our marriages.

The payoffs we receive from surrendering are extraordinary. When we surrender our will, we gain the freedom to be in the present moment, and only when we are living in the present moment are we able to see all our choices—even the ones that may have previously been hidden from us. Surrendering gives us the gift of peace of mind and trust in the benevolence of the universe. Surrendering is an act of courage. It is a divine path that gives us access to realities beyond what we already know. To surrender is to acknowledge the divine nature of the universe and affirm that the universe has our happiness in its heart. Surrender encourages us to step out of the personal realm—the part of us that feels separate and alone—and step into the universal realm where we are all interconnected.

Even though we are all uniquely different in our outer expression, we are very much the same in our inner world. Though it appears that we stand alone, there is another reality in which we are all part of a greater whole. Our perceived separateness is an illusion. It's a cosmic joke that tricks us into believing that you and I are independent of each other, that my actions are mine and yours are yours.

Take a moment and consider the possibility that our separateness is just an illusion. What if we are truly interconnected? Would you still try to make things turn out your way at the expense of others? Would you take everything that is said and unsaid so personally? Would your self-determination be your guide to peace and contentment?

Surrendering is a difficult task for the ego. To our fear-based ego, surrender feels wrong. In a society where everyone is desperately fighting to be different, independent, and strong, surrender is often viewed as a sign of weakness or stupidity. We're taught to stand up and fight, to be right at all costs. We're told that leaders are strong and followers are weak. We're taught that if we do not fight, we may not have enough love, money, or time with our children.

Fear of the unknown, fear of doing without, and fear of the future prevent us from detaching. We may believe that if we hold on tighter to our money, our children, our resentment, our opinions we will be able

to control our world. In times of trauma it's a natural response to be afraid and hold on, thinking that's the only way we can sway the outcome in the direction we most desire. But fear—and all control issues are fear-based—is a sure recipe for pain and suffering. Once we're will to detach from our circumstances, we begin to experience the feeling of freedom again.

Divorce is a process of letting go. For some people it happens in the first year; for others it takes longer. The universe is there guiding us, and if we all it, we will be taken care of. If we veer away from this truth, we will always live in fear, holding on to whatever we think will bring us security.

Exercises

Seated in a comfortable position, close your eyes and take five slow, deep breaths. Use your breath to relax your body and quiet your mind. Now, with your eyes closed, ask yourself the following questions and write the answers down in your journal:

What am I resisting in my life?

What am I afraid of?

What will happen if I surrender to the situation?

What am I getting out of holding onto the resistance?

Who is getting hurt?

What obstacles need to be removed before I can surrender?

The purpose of this exercise is to identify your fears, imagine the worst possible outcome, and discover what you could do to turn the situation around so that it empowers you. Prepare yourself by setting aside approximately half an hour of quiet, uninterrupted time. Have a pen and paper nearby. Take three slow breaths. When you are calm and relaxed, ask yourself these questions, choosing one situation at a time:

What is my worst fear about what is happening in my life right now?

With this fear, what is the worst possible outcome that could happen?

Make a list of your fears without editing them. Looking at the worst possible outcome, imagine that what you've feared has come true. Now ask yourself these questions:

Now that this has happened, what do I need to do to be happy?

What steps do I need to take?

Who do I need to contact?

Where do I need to go?

What do I need to change?

When we can be at peace with the worst possible outcome, we are free.

Spirit of Forgiveness

Asking for forgiveness allows us to let go of our judgments and beliefs about what is right and what is wrong and find compassion for our entire self. Compassion unfolds when we are in the presence of the perfection of the universe, when we can experience ourselves in another. It comes with the great understanding of the difficulties and ambiguity of being a human being. Compassion is God's grace for those who ask. Once we have received compassion for ourselves, we will be able to find compassion and forgiveness for our mate. Forgiveness breaks all the cords that keep us tied to the past. It allows us to experience an innocent heart filled with love and excitement for life.

People always think that forgiveness is like doing someone a favor, something you do for someone who has done you wrong. Forgiveness is something you do for yourself. It is a gift you give to yourself. Someone once said, that unforgiveness is like drinking poison and expecting someone else to die. This is exactly what it is.

Forgiveness is the key to releasing all the karmic cords that bind us to our partner in negative ways. Forgiveness is the essential component to freeing our hearts and liberating our souls. Forgiveness is the food that nourishes our body, our relationships and our future.

The moment we forgive, we free up all the energies that are blocking us from experiencing our divine nature in our everyday lives. We are spiritual beings who love to love, and when we deprive ourselves of the energy of love, we starve our souls. Forgiveness is the greatest act of courage because it breaks down the walls that we thought would protect us. But in fact, there is no better protection than that which comes from complete and total love for all of mankind.

To be free, you must begin to see the possibility of your future. You must accept that your life is unfolding for your highest good. You must surrender your image of who you want your ex to be and accept him for who he is. You must relinquish your attachment to your life turning out as you had planned, and allow the possibility of having an extraordinary life to guide your choices and daily behaviors.

Nurture a loving relationship with your children and cultivate new friendships. Deepen your spiritual practices and begin to feel more intimate connection with God. Make a choice today to let go of the burdens of your past. Look diligently for the gifts that were hidden within every challenging circumstance that arose between you and your ex. Make a life-altering choice to reinterpret your experiences so that they can empower you instead of disempowering you.

Once your resentments have disappeared and your inner wounds have healed, you will find gratitude. With gratitude in your heart, you will be more than willing to forgive. Now, standing in the doorway of forgiveness, you will be able to look back and claim complete and total responsibility, not only for creating your marriage and separation, but also for how the rest of your life will turn out.

This wisdom will enable you to surrender your resentments and reconnect with your divine nature. Our resentments are like a steel cord wrapped around our past, forever binding us to those we see as our opponents. We must become willing to step through the constricting door of blame into the unbounded world of forgiveness.

It is easy to be pissed off and embittered; in fact, it is quite natural. When you are going through divorce, the thought of forgiving your partner will make your stomach ache—why should I be the one to forgive? Why should I give my ex the grace of my loving energy?

But you realize that your mission is to rise above these impulses and raise the vibration frequency of your thoughts. Your doubts and your fears will keep you bolted to your ex. For you to have an emotional as well as a physical divorce, you have to forgive your own sins as well as those of your partner. Only then will you be free to interact with your ex in an empowering, compassionate way; only through forgiveness will you gain the control to act instead of react in challenging times. As difficult as forgiveness seems, it is the only way you can maintain a relationship with your ex—especially if you have joint custody of young children.

You have to trade your anger for love, and your resentments for forgiveness. Forgiveness opens your heart to love. You have only a small amount of time on this planet, and you are the only one who can choose how you are going to use it. Are you going to give your precious vital force to the person you feel has victimized you? Are you going to spend another waking hour or day talking about someone who has hurt you so badly?

The consequences of refusing to forgive are that we block ourselves from receiving unknown gifts. It is extremely difficult to feel our own self-worth when we are burdened with resentments. When we feel unworthy of happiness, we deny ourselves the everyday miracles that are available to each and every one of us. What we do to others we also do to ourselves. The resentments we hold on to so that we can punish others wind up punishing ourselves. Keeping a tight grip on the crimes of others leaves us with a burdened heart and diminishes our chances for receiving all the joy that life has to offer.

Exercises

Make a list of all the behaviors and incidents for which you want to be forgiven. Write another list of all the behaviours for which you want to forgive your partner.

After writing your list, say a prayer asking for forgiveness for yourself and your partner.

Put the list in a sealed envelope. For seven days, light a candle with the intention of becoming free from your resentment by the end of the seventh day.

List all the people with whom you have grievances and write down what you need to forgive them for. Ask God to support you in granting them complete and total amnesty.

Divine Guidance

God will do for us what we cannot do for ourselves. When you get out of your own way and let go of your defenses, you become humble. Humility is the doorway through which the Divine can walk into your life. Without humility, we believe we can do it ourselves. Without humility, our false sense of pride and ego prohibits us from seeing the entire situation with clear eyes. Our egos remain in charge until we step outside our righteous belief that we are independent and separate beings. As long as this myth is intact, we keep the door closed to our higher wisdom.

Responsibility

With divine guidance, we can look at exactly how we participated in and co-created our divorce drama. We can begin to take the responsibility for the entire situation and make peace with our past. You can see how you chose the perfect partner to teach you the perfect lessons. Once you have asked God to come into your life and guide you, you begin to heal.

Now, having taken responsibility, you can choose new interpretations that empower you. You become responsible and the designer of your own new reality. You can separate from your partner and cut the karmic cords by taking back the aspects of yourself that you have projected onto your mate. You can distinguish what your self-defeating behaviors have been and learn how to act instead of react in difficult situations.

By applying these spiritual laws, you will cultivate and develop a winning attitude that will help you will create a new life after divorce. It will be easier to attract new relationships—or who knows, you may be back with your ex-partner.

What I want you to get out of this is for you to find happiness again. When we are suffering and trying to move through our pain, we wish that someone could come along and save us. But in truth it is this struggle that gives us what we need to develop into the magnificent creatures we were born to be.

I want you all to stand grounded in the truth that we are all born with a unique imprint unlike that of anyone else in the entire universe. Each of us, without exception, has a special purpose and place on this earth.

I wish you peace, joy and happiness.

HOW TO LIVE YOUR LIFE MAGICALLY

By Donna McCallum – The Fantastically Fabulous and Magical Fairy Godmother

Over the last five years Donna McCallum, the Fairy Godmother, has helped more than 10,000 individuals in South Africa, Europe, and the USA to realize their dreams and goals. She's helped small and big companies—like Nedbank, Mica Hardware, Estee Lauder, Sun International, etc.—align their teams and start getting the results they want. Her inspiring talks, workshops, and online training programs leave audiences enthralled, able to dream big and then just do it!

Her success led to her being approached by South Africa's largest publisher to write a book, *The Fairy Godmother's Guide to Getting What you Want*, which is available in stores throughout South Africa as well as online. In 2009, Donna was nominated by the *Mail & Guardian* as one of the 300 most influential young South Africans.

Here's how you know if you are living your life magically...

1. You experience many coincidences and synchronicities.
2. You feel “in flow” or “in the zone.”
3. Things seem to happen effortlessly.
4. You take responsibility for your life and everything that happens.
5. No more drama in your life. Good things and bad things still happen, but you don't get caught up in them.
6. You know that everything that happens serves you for the best.
7. You honor your body, mind and soul.
8. You are kind and gentle—with yourself and others.
9. You regularly have inspired thoughts that fill you with enthusiasm.
10. Life (the Universe/ God/ the Divine force) sends you signs, signals and symbols to guide you.
11. You feel abundant and that life is “on your side.” The universe is conspiring deliciously with you.
12. You realize and use your power as a co-creator.

The Fairy Godmother will teach you the magic of being all these and more.

How to Live Your Life Magically

I am a fairy godmother. What I do is I help individuals, and also companies, to make their dreams come true. I help people get clear on their dreams, their visions, their goals for their life, and I help and support them to make that happen. I do that in a number of different ways: I do it through a series of talks that I do, I run full-day workshops—and I've been fortunate enough to do those not only around my own beautiful country, South Africa, but also around Europe and in the USA. I also run some online programs—I have a wonderful 12-week online program called “Growing Wings,” because I'm a fairy godmother. I have my beautiful wings, and I want you to grow yours—and yes, if people could see me now, if we had some kind of video, you'd be able to see me. I'm sitting here wearing my beautiful big pink wand and my wings.

I'm waving my wand, and I'm ready to make some real magic. I'm also the author of a book called *The Fairy Godmother's Guide to Getting What You Want*, and I'm very excited to be with you all today and to be unleashing some of your most powerful dreams, also considering that you've just gone through a really emotional divorce.

Dreams and goals

Dreams and goals are important for anyone. Let's get that straight. Dreams and goals—when you have a dream or a goal in your life, it gives you a sense of direction. It gives you a sense of purpose, a sense of meaning, a sense of fulfillment. A sense of being able to wake up in the morning and go, “OK. I know why I'm living today.” So that's why dreams and goals are important. But particularly for people coming out of divorce, it's important because often people can lose themselves in their marriages, they can lose themselves through the process of divorce.

When you come out the other side, you sort of wonder, “Who am I? What are the things that I really want? Now that I am a single person, do I still want the same things that I wanted when I was married? Yes or no?” When you come out of a divorce, it's like a beautiful blank sheet of paper. It's a beautiful time to be able to re-evaluate what you really want for your life. It's also time when you can be selfish—and I'm saying *selfish* in the most self-loving way—and you can really look at your life and say, “What do I want for me? Where have I been compromising for others over the last few years, and what do I really want for me?” And that's why I was so excited, Dr. Dee, when you contacted me and said please be an expert, because I thought, “What better time for people to get clear on their dreams and goals than when they're coming out of a traumatic, emotional time like divorce?”

The mind, body and soul

The mind-body-soul connection is written about quite flippantly in a lot of magazine articles you read. You know, it's all about mind-body-soul, and people flippantly talk about it. But the reason why I dedicated the first half of my book—and I also spend a lot of time during my 12-week Growing Wings program—to really getting people into wholeness in the areas of mind, body and soul. Because if you're not whole in each of these areas, then it's very difficult to create and manifest what you want. Let me give you an example. If the body is not in wholeness—and by wholeness, I mean wellness, health, vitality—in other words, you're eating well, you're exercising, you're sleeping well, you're feeling fit. If your body's not in that kind of stage, it's difficult for you to have the energy, for you to have the excitement, for you to have the feeling of wanting to go after your dreams and goals.

Another example: when the mind is not in clarity—and clarity is wholeness for the mind. When the mind is not in clarity, it's in confusion, it's overwhelmed, it's feeling cloudy versus when you have those moments of clarity where everything just seems to fit into place. When the mind is in clarity, it's so much easier to manifest your dreams and goals. When I use the word “manifest,” manifest is merely how to turn something from an idea into reality.

Considering that an idea lives in the mental plane, and the mind is the device that we use to read the mental plane, the device that we use to come up with these brilliant dreams and these amazing ideas that

we have of what we want for our lives. It's important that our minds are in clarity rather than confusion so that we are clear and we know what we want.

And then to feel that sense of meaning and to feel that sense of fulfillment and to feel that sense of purposefulness in life—it's important at a soul level to be connected to the divine. The divine may be whatever it is for you. Depending on what your religion is, or what your spiritual beliefs are, divine might mean your connection to God or to Jesus or to Buddha or to Allah, or it might mean the universe or life—people give it different names, and it doesn't matter what name you give it. But it's really important that the soul is nurtured by a connection to the source. Because if you're not connected to source energy, then it doesn't matter what you create in your life, you'll never have that sense of gratitude and fulfillment that comes with having a soul that's filled up.

The Three Pillars

When I say each of the pillars—the body is a pillar, the mind is a pillar, and the soul is a pillar. The reason why I talk about them as pillars is because we live in three different realms, three different worlds, and people often don't think about it like that. We live in the physical world where we can touch things, we can see things, we can smell things. That's the physical world. And we use our bodies and our sensations to read the physical world. We also live in the mental world, the mental realm. And we use our mind as a device to read the energy of the mental realm. That comes through as thoughts. Sometimes, for people who are very right-brained, that comes through as pictures in their minds. So mind pictures or thoughts. And then we also, as human beings, live in the spiritual realm. Our soul is the device connecting to the spiritual realm. So those pillars or devices are the mind, body and soul.

This is important when it comes to living your dream and actualizing your goals, because you want to actualize on all of those levels. So your idea might come through as a mental idea, and that comes through in the mental realm.

But you want to turn that idea into reality. And reality lives in the physical realm. So it's important to have each of these pillars in wholeness, because when you do it's easier to move from one realm to the next realm. Let me give you an example. Let's assume that you come up with an idea or a goal that is just coming from the mental realm. If you don't have alignment with your soul and connection with your soul, those mental goals that you have can be very egotistical and self-driven goals rather than goals that are going to help you find meaning and fulfillment. So one of the big distinctions that I make in my Growing Wings program is how do you know whether your dream or goal is from ego or from soul? What I ask people to do in that week when we actually identify this is to look at what is the essence of your dreams and goals. What is the essence of the dream or goal that you have?

I'll give you an example. One of my dreams and goals is to be an international best-selling author. If I look at the essence of the dream behind that, the essence is that I really want to make a difference in people's lives and help them live their powerful potential. Help them move into their genius. And that's one of the reasons that's my goal. I had a goal a few years ago, and that was that I wanted to drive a beautiful Audi PT—that's one of those lovely Audi sports cars, and I wanted to have the cabriolet so I could put down the top. I could imagine myself driving around the sea and the mountains, and it was fabulous. I did all those techniques that I encourage people to do—I call it creating a future imagined memory. I created my

future imagined memory about driving in this beautiful car, and while other dreams and goals of mine were coming into reality and were manifesting, this one wasn't. I finally realized why it wasn't. The reason why it wasn't was because it was a completely ego-driven goal. The reason why I wanted that car wasn't because I wanted the thrill of the car and the feeling and the sensation of the wind blowing through my hair while I drove it. I wanted that car to prove to other people that I'd made it, that I was successful. When I realized that the underlying desire was really an ego-driven one, I realized why it was difficult for me to create and manifest that goal.

That's one of the reasons that it's really important to understand at each level what you're trying to create. At the level of body, at the level of mind and at the level of soul. But I feel like I've gotten ahead of myself a little bit, because I'm already talking about manifesting and I haven't even helped people yet start to think about their dreams and goals.

Where are you?

What I'd like to describe before I get into the goals—and I'm going to be taking people through a very powerful exercise on getting clear on some goals for 2012 and making 2012 their best year yet. That is very exciting, but I also want people to identify where they sit at the moment in terms of dreams and goals. I find that a lot of people that come to my talks, that come to my workshops, they sit in one of three groups. The first group are people who have absolutely no idea what their dreams or goals are. Now, this is very, very normal. So don't be sitting there thinking, "Oh my goodness, I have no idea what my dreams and goals are, and I really should." If you have just been through a tumultuous divorce, you have probably lost your dreams along that route. Or you've lost your dreams while you've been in a marriage. Or you've been focusing on dreams that you had with your partner, and now you've got no idea what your dreams for you actually are. Your own dreams, now that you're single. And some of you might have got stuck in a rut or got stuck in the same job, and you haven't thought about your dreams or goals for years. That is absolutely normal. I see people all the time that are in this situation.

For you, this call is definitely going to give you some sense of clarity and you're going to get clear on some goals that really delight you and excite you. So that's my promise to you on this call, for those of you who are in that group. Also, if you do any of my programs or workshops, there's a huge element of clarity that comes through for people.

The second group are those who have a different idea every day about what they want to do or what they want to have. It's like, "Oh, today I want to do this! Oh no, two days later I want to do that!" And for this group, they find it very easy to get excited about something and start something. But they get sort of a tenth of the way down the road and then they get distracted by the next dream or goal. For this group, my workshop gives this group a huge amount of focus—like, where do I focus and how do I take this step so I start completing things, rather than just jumping from thing to thing?

And the third group of people is that group of people who already are clear on some big dream or goal. Some of you listening to this call right now might already be clear on a big dream or goal, but you just got stuck somewhere along the way in reaching it. Or your current circumstances or the divorce might have

just bogged you down in reaching it. And for you, my courses will provide some tips and tricks on how to actually start taking action. What I say is that my wand is not just for wand-waving, but it's also for wand-whacking. In other words, I will whack you into action!

So a big trick now is how to get clear on some of our dreams and goals for 2012. I would like to take you through an exercise: Make 2012 your best year yet!

You need to get yourself ready and comfortable and relaxed, ready for your guided meditation. You may want to sit in a chair or lie on the floor; whatever is most comfortable to you. You'll need about 15 minutes to do this exercise, so find yourself a nice comfortable quiet space where you can lie down or sit down and relax without being interrupted. Lie down or sit down, and take a deep breath in ... and out. And another deep breath in ... and out. And now close your eyes. Allow your top eyelids to just gently close into your bottom eyelids. Notice how your body feels. Notice the points of your body that are touching the floor or touching the chair, and scan your body for any feelings of stress or tension. Feel that tension, like a blackness that moves down your body and out through the soles of your feet. Your breathing is growing slower and steadier as you deeply relax. As you relax, my voice goes with you.

Now imagine that there's a beautiful, warm, glowing white light at the base and soles of your feet. It's warming your feet with relaxation. And watch as this beautiful light moves into your toes, into your feet, into your ankles and watch as it swirls up into your calves. Feel the muscles loosen and just relax. And now up into your knees ... watch as the warm, blissful light moves up into your thighs, relaxing, and now up into your buttocks and watch as the light moves up through your body, up the right-hand side of your back, up the left-hand side of your back, and now feel as it tingles all the way up your spine. Now watch as this beautiful, warm, glowing white light moves up through into your belly, filling your belly with delicious relaxation. And now up into your diaphragm, your lungs ... just relaxing ... your chest. And now up, up, up into the shoulders, and just watch as your muscles just drop from the bone. And now, moving, the white light moving through ... down your arms, into your elbows, your forearms, feeling it in your wrists, your hands ... and now watch as the light goes right out through the tips of your fingers.

And now watch as the light moves from your shoulders, that deep relaxation into your neck, your jaw, your mouth, your cheeks, your eyes, your nose, your ears, your forehead ... and watch as that light fills your head. Your head relaxing. Your mind relaxing. And now watch as the light moves right up and out of the top of your head. That's it. Your whole body is bathed in light and relaxation.

And now you're feeling really good inside, and you know that today is a day of fun and of playfulness and of wild imaginings. Enjoying this exercise, you will allow your imagination and creativity to run wild, and to really connect at the deepest level to your true heart's desires for the year ahead. Now, as your body is relaxed, imagine that you are in a beautiful wooded forest. Look around you; what do you see? What do you hear? How do you feel? Are you warm or cold? Do you feel a breeze brushing past your face? Truly experience this beautiful forest. And now, notice that there's a path through the forest. As you walk along this path, you come upon a beautiful lake in a clearing in the forest. Notice as the lake sparkles in the sunlight. It looks so refreshing and so delicious. You can imagine bathing in this lake, and so you take off all your clothes and put them down by the side of the lake. Now you walk into this lake, and you feel the cool water brushing against your toes ... ahhh. Now you're walking into the lake, splashing the water, feeling exhilarated to be out in nature and to be experiencing these tingling sensations of water against your skin.

Now imagine swimming around, and below you, you notice something glinting in the water. As you notice it, you become inquisitive, fascinated. You decide to take a deep breath and dive down, down under the water, under the surface of the water. Now you're moving your arms and swimming down to look at this twinkling thing that lies below the surface. You notice that this twinkling thing is at the entrance to an underwater cave. As you're going down, down, down ... more and more relaxed, more and more exhilarated, you pick up this object. Then you swim through the cave and out through the opening in the other side, twinkling in the sunlight. You move up through the opening and up, up, up, up, up, and then you break the surface and you take a deep breath, filling your lungs with that exquisite air. Ahh. And now, holding this twinkling object in your hand, you swim back to the shore. You dry yourself down with your clothes and you put your clothes back on, feeling delicious after this wonderful, rejuvenating swim.

And now, holding onto your trinket, whatever it is, and feeling relaxed, refreshed, you walk back into the forest. You walk down a pathway, and as you're walking through the forest you notice the sounds, the feelings, the smells ... and suddenly you come across some kind of gate, or a doorway, or an archway in the middle of the forest. Notice the gate; what does it look like? You need to open the gate to get to the other side. Put your hand on the handle, however this gate opens. Open the gate and move through it into a day in December 2012. Where are you? Look around you. Is it warm or cold? What do you see? What do you hear? How do you feel? Are you eating or drinking anything? It is a day in December 2012. Experience it. It can be any day. Just experience where you are.

Now notice that there's somebody with you. It could be a friend, partner, spouse, child, colleague ... imagine the person who's with you. You are excitedly telling them about how 2012 has been your best year yet. Hear yourself and see yourself and feel yourself telling them about how 2012 has been an incredible and extraordinary year for you. Do that now. Imagine yourself telling them about the phenomenal things that have happened in your work, in your career. Tell them about the incredible things that have happened in your personal life, in your family life. Tell that person about the things that have happened with your wealth and your finances. Tell that person about the wonderful people you've met, about your health and fitness and your body. Tell that person about the places you've been, the things you've learned in 2012. Feel yourself as you get excited about all these incredible things that you're telling the person who's with you.

Now imagine that in your hands you have a mobile phone. And on that mobile phone are pictures, photographs of some of the incredible events and things that have happened in 2012. Click onto that phone and open up the pictures, and with the person next to you, go through the pictures and explain to them what is happening in each picture. Do that now ... flick through your pictures and feel that gratitude about the amazing things that have happened this year. Keep flicking through those pictures ... until you start coming across the final few photos. Now you come across the last photo. You put down your phone, and you turn to the person who's with you and thank them for allowing you to share with them the incredible things that have happened to you in 2012. You may want to give them a big hug. Feel that sense of gratitude that that person is in your life, and about the amazing things that have happened to you in 2012.

Now I'm going to count slowly back from ten to one. As I do so, you will feel your awareness returning and you will feel bright and light and energized. You'll be ready to write down this amazing experience that you just had. All the details about where you were on that day in December 2012 and what you were saying to the person who was with you. Now, ready to awaken, feeling refreshed and relaxed. I'll count from ten to one. Ten ... nine ... become aware of your body ... eight ... seven ... become aware of any background

noises in the room ... six ... five ... become aware of your breathing ... four ... three ... rub the tips of your fingers together ... two ... and one.

Blink your eyes together and open them. You may want to have a big stretch up above your head and a big yawn. Slowly and gently, move your body to a sitting position. But very slowly and gently; don't shock the body. When you're ready, find a piece of paper and a pen where you can write down all of the details of the experience that you've just imagined of a day in December 2012. Pause and start your writing now.

Welcome back! I trust that you enjoyed not only experiencing this guided meditation of a day in December 2012, and that you've also written down all of the details. The writing just helps to cement the experience in your subconscious and bring it into your conscious mind. It's important to the process. Some of the things that you imagined, I'm sure, are wonderful and extraordinary and have excited and delighted and ignited your feelings of 2012 being an incredible year ahead. The next step is, how do you turn this incredible dream of yours, or goals of yours, into a reality?

The next step is, from tomorrow morning, when you're lying in bed after you've woken up, don't jump out of bed. Simply close your eyes and jump into the story you've created of a day in December 2012. Imagine that experience with all five of your senses—what are you seeing, what are you hearing, what are you feeling, what are you smelling and what are you tasting? Then imagine speaking to your friend and telling her about the incredible things that have happened in 2012. Imagine taking out that mobile phone and flicking through the photographs and showing it to them and explaining all the things that have happened. Imagine it in as much detail as you can with all five of the senses. This exercise every morning doesn't need to take more than 5 or 10 minutes. If you're the type of person who's going to fall asleep again, then you might want to get out of your bed, sit next to your bed, close your eyes and jump into the story. Also, if you find that your mind gets distracted while you're doing this process, that is absolutely normal. In fact, researchers have shown that we have monkey minds, and we find it difficult to focus or concentrate on anything for longer than seven seconds. So if you find that you're in the midst of your story and suddenly you jump into, "Oh my goodness, I have to write that proposal for a client today," or "Wow, I've got to pack the kids' lunch for school," don't worry. Just bring your focus and attention back to where you were in the story and jump back into it.

For me, when I do these exercises, I find that some mornings I can be really focused and other times I can get really distracted. But the whole exercise shouldn't take you more than 5 to 10 minutes, and you need to do it every day for the next 30 days. Unfortunately, I don't have time now to teach you how this technique actually works. But often we don't need to know how things work for them to work for us, right? As an example, I have absolutely no idea how a car works. Yet, I don't need to know how it works. I just need to work it. I just need to know how to get in, put my key in the ignition and press the accelerator. It's the same with this exercise. For those of you who are interested in how this works, my dream mapping and goal setting audio or my dream mapping and goal setting workshops go into more detail about how we create goals and dreams in all facets of our being—body, mind and soul—and how this technique actually works. Because this ignites your dreams and goals in the mind. So you do this exercise every day for 30 days, and once the 30 days is finished, you just let it go. And that's a big part of the exercise—letting go of how these things are going to manifest.

How I successfully manifested my dreams and goals

So I'd love to tell you a story from my life about how this exercise has helped me. I do this exercise at the beginning of every single year, for the last six years of being a fairy godmother, to help me make that year my best year yet. In 2008, I had an experience where this exercise worked almost 100 percent. What my story was is I closed my eyes and imagined that I was walking in a pine forest in the mountains. And I could see the big pine trees, and I could smell the pine needles, and I could hear the crunch of the pine under my feet. I felt healthy and fit and strong in my body, and I could hear myself, and I was chatting away in Spanish. Then I looked behind me, and behind me was this gorgeous-looking man. I looked down at my hands, and in my hands was a bottle of water.

On the bottle was a label, which said Echo. I know that's an Argentinean brand of water. I go to Argentina quite often, it's one of the places that light up my soul, and I know that's an Argentinean brand of water. I could sense that I was in Argentina, and I looked around and there was this gorgeous man—you've got to put in what you want, right? Whatever you want, that's what you need to put in. I imagined us walking through this pine forest, up into the mountains, and we got to this beautiful ledge. We sat, and we were now above the pine forest, and we were looking out across lakes and mountains. I started to excitedly tell him about how 2008 had been my best year yet. There were all sorts of things that I told him. One of the things I said was that my writing was inspiring thousands of people. And the other thing was that I was so excited because my work as a fairy godmother was going global. I did exactly what I've instructed you to do: Every day in January 2008 I closed my eyes and just jumped into the story every morning after I'd woken up. I did it for 5 or 10 minutes. Let me tell you, if nothing else, it gives you the most incredible start to your day. It is like a vitamin pill for your mind. You're like, "Woo-hoo! I've just been walking in the mountains with a gorgeous Argentinean mountain man. Mm-mm!"

I did it every day for 30 days, and then I let it go. Six weeks later, I received my first opportunity, or coincidence, or serendipity—whatever you'd like to call it—that had arisen out of this exercise. I got a call out of the blue from a woman who said, "Hello, Donna. My name is Renelle. I am the managing editor of South Africa's largest publishing company"—they're called Random House—"and we've just read an article in Fair Lady magazine about you. We think that there might be a book in you. Would you be interested in having a meeting with us to chat about writing a book?"

I was gobsmacked. I couldn't believe it. I just—I said to her on the phone, "Renelle, I actually manifested this call."

She said to me, "What are you talking about?"

And I said, "Well, that's actually what the book is all about. The book is about how to turn your dreams and goals into reality and how to create opportunities like this out of nothing to help one reach one's dreams and goals."

So that was the start of me writing a book. I imagined my writing was inspiring thousands of people, and I thought it was going to be through my blog, which is www.fairygodmotherinc.com. I originally thought it would be through my blog, but what transpired was that it was actually through a book, which is called *The Fairy Godmother's Guide to Getting What You Want*. It was published in 2009 in South Africa and can be downloaded digitally and is in countries around the world, which is very exciting. So in 2008, I did start going global with my fairy godmothering. I did workshops in the United Kingdom. I didn't get to go to

the USA, which was one of the things I said in that imagining, but I got invited to go in March of 2009. So it was three months late. Let me tell you, I really wasn't complaining.

Now some of you might be wondering about that gorgeous Argentinean mountain man. I'd love to share that with you. At the end of 2008 I actually was in Argentina. I traveled to Argentina to spend six weeks there finishing my book, and I stayed in a beautiful apartment overlooking this lake. I was typing away every day, writing my book. On Christmas Eve, I got a phone call from a friend of mine, an Argentinean friend, who said, "Donna, there is the most beautiful forest, and I'd love to show it to you. I know you haven't been. I'm going to pick you up at six o'clock, and we're going to go into this beautiful forest.

And I thought, "Fabulous." So off we went to this forest. I started walking through the forest, and I looked down and in my hands was this bottle of water that said Echo. And I thought, "Ah! This is reminiscent of my future imagined memory exercise that I did." But when I looked around at the trees, the trees weren't pine trees. They were some of these gnarled, red-trunked trees. We weren't walking up a mountain; we were walking around the lake. And when I looked behind me, my fellow wasn't this gorgeous-looking Argentinean man. He was more like a middle-aged, pot-bellied, hotel manager kind of man. But I know that these exercises don't necessarily work exactly as you imagine them. Often we get the essence of our dreams and goals and what we need. So I let it go, and I didn't think anything more of it. And then, a few days before I left that beautiful town called Bariloche in Argentina—it was my second-last day, and I was walking to the laundromat with all of my laundry to get done, up this cobbled street.

Walking towards me came this gorgeous-looking Argentinean man. He actually stopped me in the street, and he started chatting to me. We were chatting away in Spanish, and he said to me, "Have you been up any of the mountains since you've been here?"

I said to him, "No, I've been on some beautiful walks, but I haven't been up on any of the mountains because I've been writing my book and I've been very busy." And he said to me, "How could you have come to Bariloche and not walked up one of the mountains?" He said, "Tomorrow, I am taking you up one of the mountains."

I said, "Yes you are." And the next day, I giggled to myself as we were walking through a pine forest and I had this bottle of water—Echo—in my hands. I was feeling healthy and strong in my body, and I looked behind me and there was this gorgeous man. We were chatting away in Spanish, because he doesn't speak any English. I kept wanting to pinch myself, and I kept looking at him, saying, "You don't understand. I've created you. I've imagined you. I've created this. I've created you." He kept saying to me, "Donna, when you speak Spanish, I have to have a big imagination."

So that's the story from 2008 of how this exercise literally turned into reality for me. It was like a beautiful gift from the universe after finishing writing my book just to say, you know what? You have the power to create whatever you want.

And so I leave you with that thought, you daring dreamer, you. Do this exercise every day for the next 30 days and watch as the magic, the coincidences, the serendipities start to form in your life. I love to hear stories, I love to hear your successes out of this exercise, so please feel free to email me. I look forward to hearing about your successes. Do this exercise to create a magnificent life. If you need any more wand-waving or fairy dust, visit me on my website; come and do some of my workshops or training programs.

Have an incredible 2012, and may all your dreams come true!

BALANCE YOUR LIFE AND THRIVE

By Dr. Sylva Dvorak.



Dr. Sylva Dvorak

Doctor of Psychoneurology and Integrative Healing. Educator,
Author and Speaker

Dr. Sylva Dvorak holds a PhD in Psychoneurology and Integrative Healing from Barron University and undergraduate and graduate degrees from the University of Michigan, Ann Arbor. Dr. Sylva has consulted with numerous Fortune 100-500 clients including: Bristol-Myers Squibb, Arco, Deloitte & Touche, Pfizer, Blue Cross-Blue Shield and Prudential as well as others clients such as Herbalife, Amway, Amazon Herb Co, and One World Projects, Inc. Currently, her business clients are organizations that are dedicated to humanitarian efforts. Dr. Sylva serves as the Director of Integrative Healing for Courage for Peace Charitable Trust and is on the Faculty of Barron University.

Dr. Sylva has a private practice based in Pacific Palisades, California and other locations. She has also published numerous articles, is the co-author of "Health Fairs for the Healthy Workforce," and is completing her first solo authored book. Dr. Sylva has dedicated her life to spiritual pursuits, has spent 20 years studying health and healing along with the inner workings of the mind. Dr. Sylva has a passion for integrating ancient wisdom with our newest understandings of the body, mind and spirit and for over 20 years has studied the art of creating deep and loving relationships which she believes are the most important experiences for us to have during our lifetime.

Dr. Sylva is originally from the Czech Republic and spent time in refugee camps as a child. Her passion is to help others find their personal freedom, which forms the foundation of all her work.

TOPIC: THE ART OF BALANCE—THRIVING IN TODAY'S WORLD

During this presentation you will learn the most essential elements to maintaining balance in your life. You will be given simple and effective tools and techniques to support your mind, body and spirit so that you have a greater sense of well-being, joy, peace and deeper connection to others. You will learn:

- An ancient breathing technique to immediately quiet your mind
- The most important nutrients and simple daily habits that will make a huge difference to your health
- The basic principles of how your mind works and how you must direct your unconscious mind to get the results you desire
- How your emotions and a deep connection to your truth and heart will help you create deep loving relationships and set you free
- Why “balance” is so critical in today’s world...and how you can achieve thriving

AND NOW TO THE INTERVIEW

Dr. Dee, thank you so much for having me today. It’s been a real honor, and I was excited to be here as well, so thank you. I was born in what was Czechoslovakia at the time. I would say that the experience of escaping from Czechoslovakia and being a refugee pretty much set the course for my life in a lot of ways. There is a common bond between those of us who are refugees or who come from another country, and that is, I believe, really striving to make a difference somehow. Certainly for those who have been left behind or have gone through similar types of situations, maybe they’re traumatized in a similar way, and that’s generally very common. We can understand that among each other—when you lose your country, your home or your profession within one day, you know? That pretty much set the course for me, and I’m sure it was why I went into the area of health and healing and wellness, and why I was fascinated, I think, from such a young age in spiritual pursuits.

DR. DEE ADIO-MOSES: That kind of experience—the trauma of it, probably even as a child—brought out that spiritual energy inside of you.

DR. SYLVA DVORAK: It did. As a very young child I started having what people would call spiritual experiences, and I am sure it was my way of being protected by the angels, God. As a child, I didn’t have words to express those kinds of experiences, but I had a connection; I always knew there was something greater than ourselves. I was having such direct experiences at such a young age. Mystical experiences, some people would call them. The only difference between someone like me and someone else is that I’ve had the experience, so I have the absolute belief in something more than these physical bodies, and that’s maybe why I continue to have those experiences. We can all have these kinds of experiences, and I’m sure

many of the listeners have. But certainly when you've had them from such a young age, you can connect to them and believe that they can happen at any moment.

DR. DEE ADIO-MOSES: You know, sometimes my children are so confident about something. You never know what children know, and their higher self may be much more than you understand, you know? It's always important, I believe, because of this kind of experience, for mothers to support their children when they are speaking their own truth.

DR. SYLVA DVORAK: Absolutely. I don't know if imaginary friends are so imaginary, you know? Because as a child we're still quite connected to the place we came from and we have not had so much of the outside or worldly influence. We come from that direct Source, and so there is a closer connection you could say to be able to tap into the other realms or to Source Light. Absolutely, I think, for parents to be aware of that is important. I share that with mothers that I talk to—sometimes they'll say well, my child's a little strange, they're having these conversations and no one's there, and I'll say, well, I don't know, maybe they're just being quite aware, you know?

DR. DEE ADIO-MOSES: Today you said you're going to talk to us about the act of balancing, creating, thriving. Why did you choose this, and what is it that is so special about us learning this?

DR. SYLVA DVORAK: I think whenever we go and have an experience, like a traumatic experience, such as a relationship breakup or a divorce, the natural tendency would be not to take care of ourselves, because all the attention goes to the trauma, the pain of that relationship breaking up. When this happens and we start paying less attention to our well-being, our health, we actually make the pain or the trauma worse, for obvious reasons. In fact, if we would just take care of ourselves, at least in the basic areas, we could maintain some semblance of balance and that experience would not have as great an impact on us. Of course, that's easier said than done. I use the word *balance* because I think that's the word that most people find easy to connect to. Although balance can be kind of scary; I think it's imbalance that shows us the contrast and where we can go back into balance. Maybe rather than *balance* we use a word such as *harmony*. Because we're always going in and out of balance, which shows us the contrast and where we can go back into harmony.

There are so many great speakers and wonderful people who have shared, I thought this would be a little bit of a different topic, but yet certainly important. I talk to almost every single one of my clients about creating this balance or harmony and how to maintain it and how to thrive. I see a lot of people who have had a stress-based condition, whether it's on the physical body or the emotional body. Stress is the number one thing that weakens our body—it can be an environmental stressor, physical stressor or emotional stressor—stress has a huge impact on our well-being.

DR. DEE ADIO-MOSES: Yes, yes, definitely. So what you're saying is that having balance is a possibility for all of us who have had any trauma? We can still maintain that if we work on it?

DR. SYLVA DVORAK: Absolutely, and it doesn't necessarily have to take so much effort either. There are some real basic things that will help us maintain more balance. What tends to happen when we experience a trauma, is that so much energy and focus goes to it that often we stop taking care of ourselves, we don't exercise, we don't eat properly, we don't do the things that balance us in the emotional realm. We might cut ourselves off socially or we might go into depression. But if we had some of the basics down and had those habits in our lives, then we would be less likely to feel the effects, the pain, of the trauma. Even if someone

here doesn't have those kinds of habits and they're listening, just some real small, subtle changes can make a huge difference in supporting us to keep thriving.

DR. DEE ADIO-MOSES: You know, Dr. Sylva, when I had my divorce, my business failed at the same time. It was like a double whammy. This whole empire that I'd built for years, everything just went down—the economy, the marriage—so you can imagine how much my body was out of balance. I used to be an asthma patient, and I used to have an asthma attack every single day. It just kept going and going and going. I really understand what you're talking about.

DR. SYLVA DVORAK: You said something very important and interesting. It can happen quite often that when one part of our life gets woken up—I'll use those words—all the other parts of our life get woken up. The divorce, the business, the economy—I had the same thing happen, and that's just a great signal for us to awaken to our higher selves. But then there's the physical reality, as you said. Where we have a weakness is where that's going to show up the most when we're going through stress, especially if we aren't taking care of ourselves.

How about if we use this as the segue to talk about some of the things that happen with the physical body? If you're sitting down get something to write with and take a few little notes. I'm going to talk about some of the most fundamental things we can do for our physical body to support our well-being. Buddha said "keeping the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." That's why it's really important to pay attention to our physical body. Sometimes you'll hear people say, well, I'll just push the mind or the emotions aside—but of course they're very important. We can't separate the parts from the whole to have wholeness and well-being.

I'll be talking about each of those aspects, so I'll start with the physical body. One of the most important things, I truly believe—and it's perfect that you mentioned your asthma—is paying attention to the nutrients of our body. The most important nutrient is oxygen. You know, we can live without food for two or three weeks, maybe. We can live without water, possibly for a few days. Without oxygen, we can only survive for a few minutes. When we go through a stressor, no matter what kind of stressor—it can be environmental or a traumatic experience such as divorce or our business going down—what tends to happen is we start to breathe more shallow. Our shoulders will fold over heart, and we start shallow breathing. When we do this, most like we are not getting enough oxygen to our brain, and we can then more easily loop into an anxiety cycle. That's one of the things that happens with anxiety, is not enough oxygen is getting to the brain, and then it loops into whatever is creating the anxiety—in other words you can't get your mind off of it.

So we go into that loop, and that's a good example of how our physiology is linked with our emotions. We get less oxygen, unconsciously we're not breathing properly, and asthma might kick in if someone has a tendency toward asthma, and the stress can just get worse and worse. So reminding ourselves—no matter what state of health you're in—just to breathe deeply is one of the most important things we can do for our health. Then we can get that oxygen into our body, and we can eliminate a proper amount of carbon dioxide—and by the way, if we have too much carbon dioxide, it increases aging, and we don't want that, right? So we want to breathe properly. We want to be able to help our body as much as possible to be able to go into a state of relaxation. Oxygen is critical for every single organ of our body, including our nervous system, and it also is very critical to our glands and our endocrine system—I'm going to talk more about that in just a little bit.

Rhythmic breathing, or taking in more oxygen, also decreases the load on our heart. Of course our heart is affected when we feel pain from a stressor—an emotional stressor. You know, if right now you were to just roll your shoulders back, no matter where you are, and just take a deep breath in through your nose, hold it, hold it, hold it, and then slowly exhale through your mouth ... and then do it again ... hold it, hold it, hold it, and exhale. Some people get dizzy at first, and that's just an indication that you've probably been holding onto your breath. You're not getting enough oxygen in. Or you may feel a little off-balance or something; that's saying that you may be shallow breathing.

So just breathing and getting more oxygen can do a tremendous amount for your well-being, because it supplies more nutrients to your body. And of course this is important during the holidays as well. Oxygen also helps us to assimilate food and supports weight loss. During the holidays, we all want to keep deep breathing to help with the stress people often feel during this time of year and, to help us with our digestion.

I tell my clients, put a little post-it note on the computer, on the fridge, on the mirror in their bathroom: with the word BREATHE on it. This serves as a reminder to take some deep breaths throughout the day. Now, the interesting thing about breath, when you look it up—I love to integrate the ancient knowledge with the modern science—is that the word *breath* in Aramaic, Hebrew and Sanskrit also means *love* and *the soul*. So breath, love and soul are one. There's a direct relationship to our creation, we could say. If breath, love, soul are one, that means as we breathe, we also speak. That is the creation. And that is another reason why breathing is important, and of course why yogis and all the ancient doctrines talk about breathing and the importance of breathing techniques. Breathing in oxygen not only nourishes our insides, it also nourishes our minds and emotions. The connection, and Oneness between all of us, is through the breath.

DR. DEE ADIO-MOSES: It's so wonderful, what you're saying. In the church, when we do meditation, we always say, breathe in the breath of God. And then you breathe out to release all the things you don't want. Without that breath, we wouldn't be here. That really makes sense, what you're saying.

DR. SYLVA DVORAK: That's right! There's a Hebrew word that means "balance" or "blessings," *berachot*. When we breathe we create a balance, an inflow and an outflow, that connects to how we receive and how we give. That in and of itself is about a balance. We need that balance of the inhale and the exhale for life. And when we have that balance, that *berachot*, we're overflowing with blessings. There's another way to look at it.

DR. DEE ADIO-MOSES: That's wonderful. Those things bring quiet to one's mind, and when you understand it more you can really benefit more.

DR. SYLVA DVORAK: That's right. Breathing changes our internal state. We'll be talking about the emotions and the mind a little more, but managing them is about managing our state, and breathing is one of the best ways to do that. The inflow and the outflow. Through breath we can manage our state, the most efficiently.

DR. DEE ADIO-MOSES: You know, Dr. Sylva, a friend of mine called me the other day, and she was going through some serious issues. When she called, she was just crying. All I could tell her was, "Breathe. Breathe!" She couldn't even tell me what was wrong. I felt so tense listening to the way she was crying, and I could imagine how she was feeling.

DR. SYLVA DVORAK: In that moment, you gave her the best advice possible, just to breathe. She was looping into that pain so much that she couldn't get out of it. We can use our breath to slow us down, to calm us down, to bring more peace, so we can grieve and we can release the tight grip of the stressor.

DR. DEE ADIO-MOSES: I also believe this is one of the main things that we need to teach our children; how to breathe.

DR. SYLVA DVORAK: That's absolutely true. With our children, it's so critical. They're picking up so much from us anyway, so if we're in a stressful situation, they're just going to pick it right up and go into it right along with us. But if we can breathe together with our children—and I've done this with children, by the way—and say, let's just take a breath together. Inhale through the nose and exhale through the mouth. Children love to do it. They love to follow us. They love to learn about breathing, especially if you share why it's important and how it can help them. They love that. As a matter of fact, I was going to teach just a little bit when I talked about the mind—one of the best breathing techniques that I teach is an ancient breathing technique. Translated, it's "mind stoppage breath" or "reverse breathing." I just call it reverse breathing for most of my clients. This breathing technique is really the opposite of how our mind is conditioned for how our body breathes. So that's why it's a very powerful form of breathing.

When someone's in a stressful situation, or you're experiencing a lot of stress, or your mind is just going off and it's clamped onto something and you can't get yourself stop thinking about that thing that is not serving you well, then use this breathing technique. It is a very simple technique that works right away to slow down the mind and your thinking. So I want to teach this to all of you right now, but first I'm going to give you the instructions and then we'll do it together. It's very important that you don't inhale first. You're actually going to start with an exhale. Since I can't see you, I can't watch your chest as you breathe, put your hands on your chest so you can feel how you're breathing—the mind is naturally connected to inhale, exhale, inhale, and exhale. But what we're going to do is the opposite and you're going to do the breathing only through your nose, meaning don't use your mouth to breathe during this breathing technique; What you're going to do is exhale through the nose, hold, hold, hold, and slowly inhale through the nose.

So we're going to do this together, and again, don't think of inhaling first. Right there as you are, breathing naturally, go ahead and exhale through the nose ... hold, hold, hold, and now slowly inhale through the nose ... and do it again. Exhale through the nose ... hold, hold, hold ... and slowly inhale. One more time, exhale through the nose ... hold, hold, hold ... and slowly inhale through the nose.

What you probably noticed is a state of calm coming over you, a complete state of calm. And your mind probably was not thinking, because it was focusing on your breathing. It's a fabulous breathing technique for when you're stressed out, or to teach a child to use, any time you feel overwhelmed or that monkey mind is taking over. What was your experience Dr. Dee?

DR. DEE ADIO-MOSES: I loved it. Maybe because of my asthma experiences, I've always had to think about breathing. I have to think about it a lot, so that I can do it right. I've always had that relationship with it. So this class today is for me. You also mentioned daily habits that we can get involved with, like with nutrients and things that really make a huge difference.

DR. SYLVA DVORAK: Yes, other daily habits—people ask me all the time about what supplements they should take. What are the most important nutrients? There's just so much information out there these days on all these. And there are good supplements you can purchase, but I'm going to tell you some of the most

essential basic ones that I believe everyone should be taking that have a very direct impact on the major organs and systems that help to regulate our body.

The first thing I tell people is that before you even go and buy a supplement—and I know many people won't want to hear this—because so many people, due to life stressors, have a weak endocrine system, is to find an alternatives to white flour, white sugar, fast foods, processed food, and food that's been microwaved. That's one of the best things you can do for your health. And, to increase the nutrients in your body, select foods that are whole grain, that are organic, that are filled with micronutrients that we need, especially that our endocrine system needs. Dee, oftentimes asthma is related to a weaker endocrine system. There may be a trigger, an environmental trigger, but when you strengthen the endocrine system it actually helps with the respiratory system.

Micronutrients—magnesium, molybdenum, potassium—are very important for that endocrine system. I see more people, and I test more people, for a weakened endocrine system than anything else that I see. That's the thyroid, the pituitary, the thymus—the endocrine system involves a lot of organs, and it does connect to breathing and digestion. The best thing we can do for the organs and systems in our body is to eat healthy: lots of greens, wild food—if you go buy a green supplement, ask if it's wild and raw. There's some really good ones out there—wild, raw, organic greens. They may be bottled, or in a capsule, or they may be raw greens such as kale, collard greens, spinach. Try juicing or steaming them—not frying them. Many of these type of greens contain some of the micronutrients that can best serve our body, yet I find that this type of food is being eaten less and less.

If you buy supplements the one that I most often recommend is liquid minerals. These days it seems, everyone's rushing around, not taking care of themselves as they should. If you're not getting the nutrients you need from the food you eat, you really should take some supplements and liquid minerals and vitamins would be my first recommendation—the liquid form is more quickly absorbed by the body, the only thing is that with the liquid form you have to remember to refrigerate it. The endocrine system is very important to our body; it also regulates circadian rhythms. So many people are having sleep issues and of course that's often the case after an emotional trauma. Nutrients such as magnesium which helps to calm the mind and support sleep is very important, potassium, molybdenum, the B vitamins, etc. support a lot of other organs and systems and help the body be able to relax more and sleep amongst many other things.

DR. DEE ADIO-MOSES: You know, when I started doing what you just said, I found my life changed considerably. I haven't even had an asthma attack for about 12 years now.

DR. SYLVA DVORAK: Wow, fabulous, Dee!

DR. DEE ADIO-MOSES: I completely turned my own life around, because I knew that the trauma I went through was so much that what you're saying is exactly what I did. Really started taking care of me. It's not only after the marriage that you didn't take care of yourself—you probably didn't do it during the marriage, either.

DR. SYLVA DVORAK: Yes, and these basic nutrients, of course—if we're properly nourished, it can help to manage that stress. Exactly as you're saying. So getting in these habits, some very basic things can go a long way. You're a testament to that—you haven't had an asthma attack in 12 years, that's really great.

Another basic nutrient, I would recommend, is vitamin D. It's very important for our immune system, for our bones. It's good for inflammation and supports about a thousand genes in our bodies. People are so scared of the sun these days, but the sun serves a very important purpose. Again, going back to the basics, if we can get out—obviously in some parts of the country you can't during certain times of the year—but get out in the sunshine every day, take a walk, let the sun be on the skin. Just 10 minutes—most people aren't going to burn in 10 minutes of getting some sunshine on the skin. And that vitamin D is so important to us. If you can't—for example, in the wintertime, if you live in a place like the Midwest and it might be overcast for a long time, then try a vitamin D supplement, a few drops of liquid vitamin D—of course, get a doctor's approval—but for most people it will be beneficial.

The other thing that I share with all of my clients is about the importance of your lymphatic system. Most of you, I'm sure, know about the importance of circulation. But hand in hand with circulation is your lymphatic system. The lymphatic system has a clear, watery fluid; it's the fluid that's more towards the top of our skin. The thing about the lymphatic system is that it doesn't have a pump. It doesn't have the heart to keep things moving. So we actually have to do something to keep it moving. A sluggish lymphatic system is why oftentimes detoxes don't work as well as they could. You might have heard people say, "Well, I did a detox and it didn't work," or "I felt worse afterwards," or some other symptoms came up, such as a digestive issue. Usually, the reason why is their lymphatic system was weak. We can compare your lymphatic system to a sewage system. If it's not flowing properly and it's weak, it's going to back up—just like a sewage system would and we know what happens when a sewage system backs up....

We want to have a lymphatic system that flows really well, just like we want to have a healthy circulation. One way to keep our lymphatics moving is through dry-brushing. Ayurvedic doctors know that dry-brushing is very important to health. It was taught in India 100's of years ago. All you need to do is purchase a body brush which you can usually get at a health food store, or a store like Bed, Bath and Beyond which we have here in California. Purchase one that has soft- to medium-bristles and brush once a day before you take a shower or bathe. It's very important to remember when dry brushing that you always brush towards your heart. You don't have to press hard; just long strokes all over your body towards your heart. So if you're at the neck, you go down towards your heart. At the armpit, you go towards your heart, especially where you have the major lymph glands, you want to brush those areas and go towards your heart. Once you learn it—it's very simple, and will take less than a minute.

It's incredibly important for our health to keep the lymphatic system moving and healthy. There's a couple of other things you can do for your lymphatic system. One is jumping on a mini-trampoline also called a rebounder, which by the way is the best thing you can do outside of dry-brushing. There was a study done on cancer patients and the patients that daily did 20 minutes of jumping on a mini-trampoline had much better health outcomes and results with the treatment than those who did not jump daily on the mini-trampoline. You can purchase very good quality rebounders on eBay: I've had clients get them for 20 to 50 dollars or you can purchase one at a sporting goods store which is what I did and I believe it was around 80 dollars. Jumping on the rebounder just a few minutes a day say 5-10 minutes, or even every few days, goes a long way towards supporting your health. Now, if someone can't jump on a mini-trampoline, another option is to purchase one of those big bouncy balls like they have at gyms, and you can just sit on it and bounce up and down on it.

DR. DEE ADIO-MOSES: Wow. I'm writing! Taking notes. I will make sure I do the replay and really listen, because this is really good stuff. I love it so much. Many of us who have been through the trauma of

divorce, we need to know this. It is not only that you want to maintain, you want to get yourself back into good health. The pain and everything has shaken the foundation of our health. This is really good stuff to be able to do every day.

DR. SYLVA DVORAK: That's right, and you said something very important. When you go through the experience of a divorce, it does shake the foundation. The things that I'm sharing today are the foundational things that can jump-start our health. If we just do these few foundational things, they can go such a long way toward getting our health on track and also to support us in the emotional and mental realm.

Another thing that's very important is body pH. So many people are acidic these days, and that does directly correlate to stress. Stress will make the body more acidic, and that can be an emotional stressor, such as divorce, or it can be a physical stressor, such as the food we eat—white flour, white sugar, processed foods all acidify the body. Or it can be environmental stressors, some sort of toxins. When the body is acidic, everything else can much more easily attach to it, if that makes sense. I'll say it in a different way: tumors have a very hard time existing in an alkaline body. One of the best things we can do for ourselves if we're acidic is to drink good water, alkaline water. Know what your pH is—in the general medical world, a 7.36 is a good base. You can use pH strips that can be purchased at a drug store to measure your pH.. I use energy medicine; it's slightly different. But using the pH strips will provide a good base. This recommendation is almost the number one thing outside of supporting your lymphatic and cutting out white flour, white sugar, etc.

Another things you can do to help your body pH is drink fresh lime water. First thing in the morning, before you put anything else in your stomach, drink a hot cup of lime water. You can take a medium or large-sized lime, cut it in half, or a whole small lime and squeeze it in some hot water like a cup of tea. But rather than using a tea bag, just drink the lime water. It's also very good for your kidneys and liver, and will help with elimination. You can also squeeze a few fresh limes and keep the juice in your fridge and then put some in your drinking water throughout the day. It does not have to be hot during the day. There are also things like pH drops you can use. Unfortunately I don't have time to discuss pH drops—just remember the lime water and that's a fabulous start!,

DR. DEE ADIO-MOSES: Warm water and lime, I even drink that sometimes when I go to restaurants. I don't like to drink tea, I don't like soda, I don't like so many things. Lime and warm water makes me feel really like I'm doing something special for me.

DR. SYLVA DVORAK: Absolutely; I do the same thing. I love to go to a restaurant and order hot water with lime or lemon. Of course in places where people can grow lime and lemon tress if you have a lemon tree or can't find limes at a store, just use the juice of a lemon. The only reason I recommend lime is that it's slightly more alkalizing than a lemon.

Another thing I'd like to briefly discuss is skin care. Often people don't think about it, especially women, but skin is our largest organ. We put so many things on our skin that have bad chemicals in them. It's important to consider what you're putting on your skin. One of the best moisturizers you can use all over your body is a pure oil. Here's a tip I'll share, when you get out of the shower, lightly pat dry your body and use an oil such as almond oil, coconut oil or my favorite, Brazil nut oil, because it's very high in selenium. Just put it all over your body and let it soak in. Since the skin is the largest organ, you get those powerful nutrients right into your body. It's a pure and natural moisturizer; use can it on your hands instead of the lotions that have so many chemicals or I love to use pure shea butter on my hands and feet and it's amazing

for your nails. Also, instead of a commercial eye makeup remover, I love to use pure organic jojoba oil; it doesn't have any other bad chemicals like those chemical-laden eye makeup removers. It's a light oil, so won't stick to your eyes as other oils could. Put some on a cotton pad and close your eyes and just wipe the mascara right off your eyes. It's fabulous for removing the eye makeup, and it's so much healthier for the skin around your eyes. When I talk to women or women's groups, I go right into talking about the skin and what we're putting on our skin. Look for products that have minimal ingredients, that are organic, that have just a few natural ingredients. When you see a product that is pure white consider that it may not be all that natural – the ingredients may have been bleached in some way. When purchasing a skin care product it's not enough if it says "natural" read the ingredients and, get familiar with what is really more natural versus what ingredients are derived from petrochemicals. I'll try to post a list of these on my blog soon.

DR. DEE ADIO-MOSES: That's wonderful. What about olive oil?

DR. SYLVA DVORAK: Olive oil is good, so is sesame oil. Changing the oils you use is good for variety. Olive oil has a little bit more of a fragrance to it and some people may not enjoy the smell on their skin but try different oils and see what you prefer. The other thing I love to do, is once a week I give myself an oil treatment on my hair. On dry hair, I put my Brazil nut oil and I let it stay on for at least 10 minutes or longer, depending on how much time I have. Or if I go into a sauna, I put oil all over my body and my hair before I go into the sauna. The only trick you have to remember is to put shampoo on before you put water on your hair. Otherwise it's much harder to get the oil off. Remember, shampoo first, and then put your head under the water to rinse the oil off. Otherwise, it could take you a few days, to get all the oil out of your hair. This oil treatment it's a great conditioner for your hair. It puts the nutrients in—we're stripping our hair of its' natural oils with so much with the chemicals we're putting on it. An oil nourishes the hair, makes it shiny in a good way, a healthy way and it's also healthy for our scalp, .

The last thing I'll discuss about the physical body is about the impact of EMFs—electromagnetic fields—I see more and more people that are being affected by an overexposure to EMF's. It's just something to be aware of. You can buy EMF blockers that you plug into the wall and for your cell phone and your computer. I have them on all my electronic devices. Also, try not to use the cell phone pressed against your ear. I truly believe there's a reason why children more than ever are having brain cancer, and there has to be an association with the EMF that we're being bombarded with, especially if you live in a city. It's just something to be aware of. The blockers emit a little bit of a different frequency so your body doesn't absorb as much of the negative EMF's into the body and create a disturbance of your own vibration force and frequency.

DR. DEE ADIO-MOSES: Where can people get those?

DR. SYLVA DVORAK: Let me see if I can look it up. A friend of mine, Lisa Tully, in Colorado, is an expert. I think she has them listed on her website. She gets hired by companies all over the world to research the effectiveness of these type of devices. I'll continue to talk as I search on line—OK, there's a site called www.electricpollutionsolution.com, EPS for short, and that website has the EMF blockers. They're the ones you plug in to an electrical outlet, easy to use. She probably has a listing of the best one she's researched so far for the phone and the computer. If not, you can just email me and I can email it to you. I'll post it on my blog, too, so people can access it right there.

So these are some of the most important things, the foundational things that I believe are very important to supporting creating more balance or wholeness in your physical which of course supports our emotional health.

I know we wanted to talk about the mind and the emotions and spirit; we don't have much time, but I can touch on them very really quickly. I talked about the benefits of the mind stoppage breathing technique, using this breathing technique will help with slowing down a racing/stressed mind. Let's me share briefly a little about our unconscious mind. In the past it was said that the conscious mind is about 12 percent of our mind/life experience and the unconscious is 88 percent. More recently it's being said that the unconscious mind is up to 97 percent of our mind. Why is that important? That means the unconscious mind rules so much of our lives and how we experience our life. If we understand that, we can understand how important it is to actively give direction to our unconscious mind. That puts so much power into our hands.

The unconscious mind is the storehouse of our emotions, just a storehouse. What that means is that we can tell the unconscious mind the direction we want it to go. So we can actually direct our mind to support us. A breathing technique, or using other techniques such as EFT or one of numerous other tools out there give our mind the direction it needs to support emotional well-being. There are reasons why it's important to use tools—and again this is something I tell every single one of my clients, we have to use tools to help direct our mind. All the masters said that: we have to use tools, such as meditation, breathing techniques, to help manage our well-being, to help manage our state of mind, because otherwise we allow the unconscious mind to direct us. And then we're always reacting versus directing our life. So using tools, such as breathing, EFT, or others, is very important for managing stress and our mental and emotional well-being.

Now, there is something else that can help and that is understanding how our physiology connects to our mind. Breathing is important and so is how we hold our body. For example when we're stressed or our heart is in an emotional pain such as after a relationship breakup or divorce, what you'll notice is that you may be carrying your shoulders hunched over, or almost as if they were collapsing over your heart. This is your body's protective mechanism. There was a study done I believe it was Yale University of 10 doctoral students who mimicked the physiology of depressed patients for several months—what they discovered after several weeks was that all of these Yale doctoral students became depressed. Actually, the study said a few of them ended up having to go on antidepressants because they got so depressed. And that was purely through mimicking the physiology of depressed patients. So if you remember that, you understand the power of using your physiology for supporting your emotional/mental wellbeing. By rolling your shoulders back, and lifting your chin up a little bit—you're looking towards the light, you're looking up—that's going to make you feel better already because you're opening up your heart space, your heart chakra, you could say, and now you can breathe easier, and that will make you feel better emotionally. Do it right now if you can, and you'll see how things feel lighter in your physiology.

One other thing I prescribe is eco-therapy. So many people are getting disconnected from nature, because we're either living in urban settings or just too busy to spend time in nature or to take our children to play in nature. Electronic devices seem to be occupying our mental space taking us from nature's space. If you can connect to nature more, it will certainly help you cope with stressors or traumas, such as divorce. Why? Because nature, I say, is the greatest alpha-producing machine we have on the planet. We want to be more in a state of alpha, rather than high beta—high beta is when we're highly stressed, the mind kicks into high beta. Alpha is more of a calm state; we can still function during the day, but we're calmer. Nature is

a great alpha producer. Just take your shoes and socks off, if you can, if the weather's permits, and walk on grass. If you can't get to a park or the woods or the mountains or the ocean, or if you can't get on grass, during cold, whatever—just touch a tree. Nature emits a certain frequency, and that frequency is actually calming to our system. We laugh at the tree-huggers, but you know, I'm one. Hugging a tree is a beautiful thing, because it has a very healing energy that can be connected to our own energy and support a natural, calm. This is something very important and easy that we can do. When you walk down the street, touch a tree, I touch trees, I touch the grass. Often I meet clients outdoors and I ask if they'll take their shoes off and touch the grass, or if we're on the beach, I ask them to bury their toes in the sand. It feels great, and it definitely supports in balancing us.

DR. DEE ADIO-MOSES: Yes. So before we finish, you were also going to talk about—and we don't mind staying a little bit longer—how the emotions and deep connections to your truth will help you create deep, loving relationships. Maybe you want to say some things about that also.

DR. SYLVA DVORAK: Absolutely. One of the most important things we can do for our emotional well-being is to take moments of silence. Even taking a split second or a minute of silence can be healing. When we commit to silence we can better connect to our heart and how we are feeling and to a deeper truth of what's going on in that moment or in our lives. When we take moments of quiet time to create stillness we create a more calm state or peace within and we're less likely to project pain and anger and frustration outward. We just take a moment of silence, feel what that feels like, connect to the silence and we'll feel deeper truths. We can all connect to our truth easier if we take time out for silence, in those moments of silence we can get the answers to questions we may have been asking or to connect to our deeper knowing the “ah-ha” to something we've been contemplating. We're always being spoken to if we take that moment of silence and listen. Of course like anything, we have to be consistent and practice the listening part.

I love The Work of Byron Katie. That is one of the best tools for connecting to our truth. I use The Work all the time. I've done stacks of Bryon Katie's worksheets. You can go to www.thework.org, and download a worksheet and fill it out. All the instructions are there, and there are even people that you can connect with online through her website who will help guide you through The Work if you haven't done it before. I'm qualified, and I use it in my practice. Connecting to a deeper truth from an experience such as divorce will bring tremendous peace. The Work helps us to stop projection of our pain outward and so we can take it back in to find our own answers to questions like: Why did this happen....Why me etc.? When we have these answers from a deeper place within us, we gain more inner peace. Because really, we can't do anything to change someone else but we can help ourselves and the Byron Katie Work is a great tool to do that. Of course it takes courage to face ourselves and to be willing to go towards that deeper truth.

DR. DEE ADIO-MOSES: So in the last few minutes, if you can just have the last word for us on why balance is so critical in today's world. You've given us incredible information to use, and there shouldn't be anybody, either on this call or who will listen to this later on, who shouldn't be able to take charge of bringing balance into their lives. I just want you to give us the last word, and your website, and all the good things you have for us.

DR. SYLVA DVORAK: Thank you for that reminder. Like we said, it's important to remember that we can take charge and create more harmony or balance or thriving in our life. It doesn't have to be complex; it can be simple. When we remember that by doing a few things each day to support our physical, emotional, physical, and spiritual wellbeing—it can make a vast difference in how we respond to emotional traumas

such as a divorce. Things such as remembering to take deep breaths, and the reverse breathing technique I taught, remembering to drink a cup of fresh hot lime water first thing in the morning; taking care of your skin through using pure oils on your skin; dry-brushing; vitamin D, getting a little sun each day—these basic things, right away, will make you feel so much better and make you feel that you are doing something good for yourself. And again, it can be easy. Taking the time, even if it's just a minute, for creating a moment of peace or silence, of connecting to a deeper truth, by doing The Work of Bryon Katie, are powerful things we can do to support balance in our lives. I would say these basics are the fundamentals that I teach to all my clients, and I certainly hope that you get lots of value from them.

You can certainly email me at drsylvia@drsylvadvorak.com and my website is www.drsylvadvorak.com. You can find my information there, and I would love to give all the listeners a gift. It's my Peace CD that you can download, and that is at www.drsylvadvorak.com/thanks. This link will give you a free download of my Peace CD, on which you'll have six relaxation tracks. Three of them are guided and three of them are just the music, and they're for relaxing your body and mind and spirit. Again, you can download them for free. Also on the same page I have the option, if you would like to try some sessions with me, you can to try two sessions for \$99. Typically my sessions are \$175 an hour, but it's a gift. You could make it a holiday gift, actually, to someone else. A couple of sessions with me for \$99. That's a savings of a couple hundred dollars.

I want to thank Dr. Dee so much for having me on this so important tele-series and all that you've been doing to make it happen. It's such a gift that you've offered to so many people who need it, especially around the holidays. Thank you so much.

DIVORCE HEALING THROUGH QUANTUM SOUL CLEARING PROCESS

By Michele Manning-Kogler



Michelle Manning-Kogler

Author, International Life Coach and Soul Clearing Expert

About Michelle Manning-Kogler

Michelle Manning-Kogler is the author of “Quantum Soul Clearing – Three Simple Steps for Personal Transformation” and is a contributing author to “Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now.” She is the developer and trainer for “The Quantum Soul Clearing Process.” She is an internationally renowned Life Coach, Distance Energy Healer, Medical Intuitive, Bio-Energetic Practitioner and Motivational Speaker.

Using alternative and energetic medicine healing modalities, Michelle has personally overcome a devastating diagnosis of rheumatoid arthritis. Her experiences led her to develop unique healing processes that help people remove the negative emotional baggage and the old thoughts and beliefs that are the underlying contributors to illness. Her approach to healing is multi-faceted and “whole-istic,” integrating mind, body and spirit for optimal wellness.

For more information about Michelle, her Quantum Soul Clearing Process, and her healing and coaching programs, please go to www.quantumsoulclearing.com

TOPIC: DIVORCE HEALING THROUGH QUANTUM SOUL CLEARING PROCESS

Quantum Soul Clearing is a spiritual technology that helps remove the negative energetic charges you feel that keep you feeling depressed, angry, frustrated and unable to move forward. This technology uses your inner connection to your Highest Self and to Spirit to easily, quickly and powerfully shift from feeling helpless and overwhelmed to feeling grounded, peaceful and empowered. You don't have to feel victimized by life's circumstances. By using this cutting edge process you can change the way you feel and attract the life-style you want to create – in just minutes.

Learn how to remove the energetic charges you have regarding your ex-spouse. This is especially important if you have children so that they can make the transition of divorce much easier!

Learn how to regain self-esteem by getting rid of the negative energy and stories you tell yourself about your failures to hold onto a relationship.

Learn how to work through the fear of being alone.

Learn how you can feel on top of the world again!

NOW TO THE INTERVIEW

Thank you so much for having me here today. I appreciate it more than you know, and I'm just delighted to be here with all of you.

DR. DEE ADIO-MOSES: Thank you for being here. And you have heard me say so much about you. I cannot say enough, because you do so much and you're so passionate about what you do. So tell us, what brought you to this kind of healing?

MICHELLE MANNING-KOGLER: Well, actually, I was born with the gift of being able to see, sense, feel and hear everything that was happening with people. I've been able to see auric fields all my life, before they were even really identified. I grew up in Utah during the early 1960s, and I have to say those gifts were not terribly appreciated at the time. When you answer people's thoughts, when you respond to their thoughts and their feelings without saying words, it really freaks people out. You can imagine. I didn't know that people didn't do what I did. I had no idea.

Because I felt so deeply and I could feel how uncomfortable it made the people around me, I ended up closing all those gifts down. I shut them down to the point where, by the time I was in my mid-20s, I was really, really sick and had developed an autoimmune disease—it was diagnosed as rheumatoid arthritis. To begin to heal my body, I had to re-learn how to use these gifts and bring them out and live what I'm supposed to live, what I'm supposed to do. So this has been a huge journey for me. It's been my life's journey.

DR. DEE ADIO-MOSES: Just tell us about the quantum soul clearing process. I know that is really the core of the work that you do. You do a lot of things, but that is the one that you want to share with us today. I've been waiting to know more and to be able to participate, if possible, in it. Please tell us about this soul-clearing process.

MICHELLE MANNING-KOGLER: The quantum soul clearing process is actually a way to heal the scars that life leaves on the soul. It's a way to clean up old emotional baggage and to eliminate the negative energetic charge that you have towards a certain person, an event, the negative feelings that we hold that just keep us stuck. The quantum soul clearing process is done in three steps. I'm going to talk about the process briefly and then we can actually do some clearing work, if you'd like.

The process itself is connecting within—I call it connecting to the divine core center. For most people this divine core center is in the solar plexus area, just below the ribs, where you breathe from the diaphragm. If people will take a moment and just drop down inside, into that center—many people experience seeing a light, or they have a sense of connection, a greater sense of self. It's in this place that we really connect with spirit. We connect with our highest self, and this divine core center is where God, or Source, resides in every one of us. By connecting first to this power center, we then begin to use the power of the soul to begin to effect changes.

The second step is using a specific clearing statement that we'll talk about in just a few minutes. The statements were designed specifically based on cutting-edge scientific discoveries, quantum physics, a lot of spiritual knowledge and beliefs that are non-denominational. It is a way to effectively move energy, clear energy within ourselves, our bodies, our energy bodies, as well as our environments and with those with whom we're connected. It also clears throughout the collective part of the energy that we hold.

The third step, which is frankly my favorite, is the quantum download. It is downloading the new frequencies after we've cleared out what we don't want or what's still bothering us. When we download all these new frequencies, they get locked into the cells of the body and into our energy fields, and that's what's resonating rather than the negative.

If you know anything about the Law of Attraction, basically what it is, is what you think and feel and believe attracts that which is like what you think, feel and believe to you. Most of what we think, feel and believe, though, is hidden from us. What we do recognize, generally, is how we're feeling. So if we're feeling uncomfortable about something, that's a clue that we're off-center, that we're out of balance and that we have the ability to use this particular process to clear that negative energy, to clear that negative feeling and replace it with something positive. So what we are attracting then is more of what we do want. So it's really an active process of the Law of Attraction. Does that make sense?

DR. DEE ADIO-MOSES: Yes. So it's really having a tool to work the Law of Attraction into one's own life.

MICHELLE MANNING-KOGLER: It is, and what I find, as I've worked with my clients and gone through so many processes with hundreds of people, is that we all experience the ups and downs of life, we all have feelings that are uncomfortable, we all have feelings that are positive. The balance that we all are seeking, though, is to find something more empowering. We all are searching for that place to feel better. Even when we're in the midst of despair or uncertainty—and frankly right now, these times are a little difficult. I think that the holidays specifically bring out a little more angst, and if we're already impacted by ending relationships or losing loved ones, it makes it even harder.

So what I found in my own process—and I want to go back to this briefly because you touched on it a little bit earlier—when I was diagnosed with rheumatoid arthritis in 1986, I was probably in one of the worst places of my life. My children were very young—they were 4 and 7 years old—I was in my mid-20s, and I was in a relationship that was not very healthy. I had been married very early, and what I realized later through this whole process was that there was no “me” in the relationship whatsoever. I had shut down who I was to the point that I was living for everybody else. In the process of rediscovering who I was, I had to work through all of these feelings. Sometimes they came out sideways. They came out in really negative ways with people, in self-destructive ways. As I learned through my processes and as I developed and grew, I learned better ways to deal with those feelings. I learned that—I’m not even sure how to describe it—I learned that in order to fully become who I wanted to be, I needed to deal with those hidden thoughts and feelings that I wasn’t even aware of in order to get past them. I think that’s what this particular process allows people to do, in a very graceful, elegant way.

DR. DEE ADIO-MOSES: So it brings clarity, then.

MICHELLE MANNING-KOGLER: It definitely brings clarity and focus, and a relief. Just a sense of relief.

DR. DEE ADIO-MOSES: So the way I’m hearing it is that it is so good to clear trauma, to clear those really serious situations that we have in our lives and sometimes it’s just there and you don’t have any clue how to take it out. You don’t want it there, but it has become part of you. The pain just sits there in the back of your unconscious mind, and it feeds into what you do day-to-day. That’s what I got from what you’re saying and what you and I have talked about before.

I don’t know if you want to go through—if anybody is on the line, if you want to be the one to work with Michelle, you can just push *2 to raise your hand, and I will open up the line for you.

MICHELLE MANNING-KOGLER: That would be great. I would love to work with somebody who is really struggling with something that they want to get rid of. I think this would be a blast to do right now. If anybody does, if there’s somebody who’s brave enough to volunteer, I really want to honor your process. It will be very, very simple. And if not, I understand. That’s kind of vulnerable, being out there for the whole world to see.

You know what we can do, Dee, why don’t we clear anxiety from people right now? Would that work? And that way people can get an idea of what this is. I’ll be honest—because our time is limited, I’m going to do the condensed version of these clearing statements.

So let’s just all take a deep breath in, and let’s drop down inside to that centered spot. Take another deep breath in ... and just fill that diaphragm area with more light, more breath and relaxation. Take another deep breath in ... deep, deep, deep, cleansing ... and release.

Now, I have a clearing statement, a connecting-in statement that I use for me, and this is simply mine. You’re welcome to use whatever connecting statement you use. Mine goes like this: *Mother, Father, God, Goddess, Creator. Absolute, ultimate, infinite, radiant, golden quantum source light and I are one. We work together as a unified, quantified co-creative team. By the power, the authority and divinity inherent within me, through my connection within oneness, as a radiant, golden, quantum source light being, please prepare to work, clear and create.*

The first thing we're going to do is we're going to ask to clear anxiety. As I say these words, if you'll just take them in, stay in this centered spot and just take these words down into this divine core center as if they're your own:

Clear anxiety and everything it represents. Clear anxiety and everything it represents made to be in me. Clear my need for anxiety and everything it represents. Break resonance with anxiety and everything it represents. Break and clear the habit and/or addiction of anxiety and everything it represents. Then please apply the highest, most powerful quantum source light clearing statements that will fully and completely clear and remove anxiety and everything it represents throughout my body; my energy bodies and me; all my systems; my ego and all its systems; my mitochondria, all their generations and all their systems; all my generations and all their systems; my proteins, environments, associations and entanglements; my personal and collective consciousness, subconsciousness and unconsciousness; all personal, planetary and universal core operating systems; all my interfaces and connections to all those systems and how it's affecting me in any way, shape or form; time place or space; at all levels, layers, and depths of my being.

Take a breath in ... just feel anxiety release completely from every aspect of your body and your entire being. Just feel it dissolve and melt away. ... The next piece is forgiving; it's a forgiveness statement. This is really powerful, I have found. The forgiveness statement says:

I willingly forgive myself for any and all actual or perceived hurt or harm I may have caused myself or any others, or that any others may have caused me or any others, with this anxiety and everything it represents. I willingly love and forgive myself. I willingly love and forgive all others; all others willingly love and forgive me. I willingly love and forgive God Source; God Source willingly loves and forgives me. I willingly love and forgive my quantum source light highest self; my quantum source light highest self willingly loves and forgives me. I am absolutely, ultimately, infinitely, quantumly loved and forgiven. I now willingly release all anxiety and everything it represents and go in peace, love, joy, harmony, health, wealth and abundance.

And then we finish stripping it out as we final clear. So you'll hear me say, "Clear anxiety and everything it represents from my body and all its systems—final clear it now." And when you hear me say "final clear it now," I want you to repeat that out loud and just let it release, wherever it's going, OK?

Clear anxiety and everything it represents from my body and all its systems—final clear it now. Clear anxiety and everything it represents from all of my energy bodies and all their systems—final clear it now. Clear anxiety and everything it represents from me and all my systems—final clear it now. Clear anxiety and everything it represents from my ego and all its systems—final clear it now. Clear anxiety and everything it represents from my mitochondria, all their generations and all their systems—final clear it now. Clear anxiety and everything it represents from all of my generations and all their systems—final clear it now. Clear anxiety and everything it represents from all of my proteins, environments, associations and entanglements, all those systems and all my interfaces and connections to those systems—final clear it now.

Wow, I can feel that shift in a lot of people.

Clear anxiety and everything it represents from my personal and the collective consciousness, subconsciousness and unconsciousness, all those systems, and all my interfaces and connections to those systems—final clear it now. Clear anxiety and everything it represents from all personal, planetary, and universal core operating systems and all my interfaces and connections to all those systems—final clear it now. Then clear, transform, flash burn, purify and sterilize anxiety and everything it represents, purify it back to source and/or sources, then purify source and/or sources.

Wow. Feel that relief? OK, let's do a download. Here's my favorite part! I get so excited about this part:

So let's download comfort and peace, joy, magnificence. Let's download awareness and beauty, and just take all of these words and their frequencies directly into your body. Download bliss, blessings, bounty, calmness, comfort, ease, encouragement, enjoyment, the feeling of being energized. Let's download having enough, being enough. Let's download quantum source light love in all of its forms. Download courage and consistency. Download forgiveness, ultimate freedom. Let's download financial freedom, gifts, prosperity. Let's download heaven, heaven on earth, hope, impeccability. Let's download some inspiration, more joy, laughter, kindness, life, liberty.

How about some luck? I think we could all use some luck. Let's download justice, miracles, being nurtured and nourished. Let's download more peace, some patience, self-worth, self-respect, self-love, respect of self, respect of other, respect from self and respect from others. Let's download some satisfaction, some self-confidence and self-empoweredness. Let's download the essence of being cherished and special and completely loved, held in the arms of angels, strength and supportiveness. Let's download unconditional love, transcendence, the ability to trust, truth, wholeness, health and wealth.

Someone out there really needs some soul salve, so let's download that for everybody. It's just a balm for the soul. Let's download anything else that may not have been said, but anything that anybody needs here. Other quantum source light frequencies that are needed for everybody on this call and anybody who's listening in the future. Let's download, infuse, implement, and integrate all of these new frequencies and everything they represent. Clear and remove all old limiting patterns and programs and replace with all of these new frequencies and everything they represent at all levels, layers, and depths of our being. Just feel the old move out and these new frequencies just settle straight into the body, peacefully, powerfully, comfortably.

And now we're going to finish. This is said as a command, so: *Activate, synchronize, harmonize and optimize all of these new frequencies and everything they represent. Please integrate and anchor them in at all levels, layers and depths of my being. Then please apply them all as functional skill sets.*

How are you feeling?

DR. DEE ADIO-MOSES: Wow. I'm trying to even open my eyes. I feel it so much that I just want to crawl into bed right now.

MICHELLE MANNING-KOGLER: Now you know why I love the download the best. So I have a question of you, Dee. Is there something special that you would like to clear? I know you've done so much self-work, but is there any one thing that you would like to work on?

DR. DEE ADIO-MOSES: I think you already did it—I'm normally a very calm person, very calm. But sometimes I still feel a little bit of anxiety, especially when time is going. When I am supposed to do something at 5, or I think "I should have finished by now," and that time is getting away from me. I find all my systems just go haywire. So when you were doing the anxiety clearing, I was in that. You don't know if you're looking at me, but I'm talking about inside I feel like, "What am I doing now? How come I didn't start an hour earlier? How come I didn't give myself enough time?"

MICHELLE MANNING-KOGLER: One of the reasons we did anxiety today, Dee, is because my whole afternoon just exploded. I was feeling anxious. I needed it! I do these every single day. You know, there's stuff that comes up, and this is something that you can use in the moment. It's just a little tool that you can use to recenter and regroup. I will be honest—I use these almost every single day.

DR. DEE ADIO-MOSES: You know, it's because of the kind of work we do. This work really needs that. You cannot afford to be drawn out of the center. You have to stay there.

Now, what I wanted to ask you is whether you can share some of your experiences with your clients with us so we can know what to expect and in what form we can use this wonderful tool.

MICHELLE MANNING-KOGLER: That's a really good question, actually. I have not found any circumstance yet that I have not been able to use this clearing work with. I have had people use it for health issues specifically. I have several clients who are dealing with chronic disease. One of the things that a very special client of mine has used the clearing statements for is to clear out the fear and the pain associated with her fibromyalgia. For those people who have never had a chronic disease, count yourself very blessed. Because when you have a chronic condition that you feel you have no control over, it sets up this frequency of fear and anxiety and hopelessness because you never know if you're ever going to be out of that pain. You never know what your life is going to bring to you day to day. That can be really disempowering, it can feel like God doesn't love you, it can feel like any number of things—like you're being punished for something. I used to say—I was bedridden for two years during the early 90s, and I used to say, only half-jokingly, "I must have been Attila the Hun in another lifetime, because I am seriously being punished." And it really wasn't the truth—or maybe it was, I don't know—but it created a sense of hopelessness in me. To get free of those feelings, I ended up having to use similar technology as this. I didn't have this technology back in the mid-90s, and if I had, I honestly don't think that I would have gone through as much emotional pain as I did. So if I can help anybody not have to go through the emotional pain that they're suffering right now, it will be a culmination of my life's work and my life's joy to help people do that.

People use this to clear energy between themselves and their spouses or their work partners. I know that when I got divorced, there were some very intense negative feelings towards each other. And it took a while to really work through those feelings. Every once in a while they come up and it's like, oh! I need to clear that right now. And it's so interesting—when you clear the energy between you and somebody you have conflict with, whether it's a marriage partner, a child, a parent, whoever—when you clear that energy with that person, it's almost like freeing each other to be the very best that they can be. You take responsibility—this is you taking responsibility for the energy that you put out into the world, and you clean it up right away. It's a way to have personal peace, and ultimately to have world peace, because we impact each other. There are multiple ways to use this: in health, in relationships, and as we go through divorce specifically, there's fear, there's bitterness, there's betrayal—oh! Should we clear betrayal?

I think that would be a great idea right now. And just so that your listeners know, on December 20 I'm doing another life call specifically for this group to release grief and loneliness for the holidays. We're going to work on three or four different frequencies on that night. The call will be recorded, and you can definitely play back the recording if you aren't able to be there in person. If you'll go to www.quantumsoulclearing.com/betterthanever, there is an opt-in page, a little place where you can send me your email and your name, and I will send you a link with the information for this call and I'm also giving your guests, Dee, a 35-minute guided meditation that I've done that helps you really connect in with this divine core center, and a free sneak peek chapter of my book that comes out in March.

DR. DEE ADIO-MOSES: That's nice. So the one on the 20th, that is free?

MICHELLE MANNING-KOGLER: That is free. It's absolutely free. It's my Christmas gift to people who would like to feel better for the holidays. You know, even if you're in a relationship, this is an emotionally

charged time. It's not even about—we lose our loved ones, regardless of whether it's through divorce or death or distance—whatever it is. The holidays bring up a lot of emotions for people, so this is just a way to support people through this holiday time, and it will be available for replay until the first of 2012.

DR. DEE ADIO-MOSES: That is on the 20th, which is just in five days' time?

MICHELLE MANNING-KOGLER: Yes.

DR. DEE ADIO-MOSES: We're going to send it out tomorrow; you'll get it in the replay, and you'll be able to click on that link and it will take you to the site that she's talking about.

MICHELLE MANNING-KOGLER: Yes, and please, if you know other people who would like to be comforted as well, please share that link with them so they can call in too. I want to serve as many people as I possibly can.

So, before we do betrayal, is there anybody with a hand up who would like to work?

DR. DEE ADIO-MOSES: Well, I got two emails and they have questions. The first one is from Peggy, and her question is, "Can I use this for my daughter, who is 10 years old?"

MICHELLE MANNING-KOGLER: Yes. This is the power of being able to do this with your children. This is a magnificent way to work with children, to help them release their anxiety and their negative emotions around this too. Divorce impacts our children probably more profoundly than it does us, because they feel like they have to choose. They are often caught in the middle of the emotional struggles, so yes. This is a really powerful tool that you can use to help keep your children centered and clear and more comfortable.

DR. DEE ADIO-MOSES: The other one's from George, who said, "I had a car accident two years ago and since then, I've had this constant headache. Can I use this for that?"

MICHELLE MANNING-KOGLER: Yes. Wow, George, you really do have a bad headache. Ow! Dee, will you have George contact me offline and we can do something special with him? But yes, George, you can clear pain, you can clear the trauma, the emotions, whatever story you're still telling yourself that's left over from the car accident, any regret, hostility or anger, feeling victimized. Those energies get locked into the body. It also feels like a really good chiropractic adjustment would be—and I'm not diagnosing here—but it feels to me like there is a structural imbalance that could really be helped by some chiropractor's manipulation with the physical body.

OK. Let's get into clearing betrayal, because that's usually a pretty big one when you've got relationships that break up.

So again, let's drop down into that centered space. Drop down inside, and take these words in:

Clear betrayal and everything it represents. Clear betrayal and everything it represents to being me. Clear my need for betrayal and everything it represents. Break resonance with betrayal and everything it represents. Break and clear the habit and/or addiction of betrayal and everything it represents. Please apply the highest, most powerful quantum source light clearing statements that will fully and completely clear and remove betrayal and everything it represents throughout my body, my energy bodies and me; all my systems; my ego and all its systems; my mitochondria, all their generations and all their systems; all my generations and all their systems; my proteins,

environments, associations and entanglements; my personal and the collective consciousness, subconsciousness and unconsciousness; all personal, planetary and universal core operating systems; all my connections and interfaces to all those systems; and how it's affecting me in any way, shape or form; time, place or space; at all levels, layers and depths of my being.

Take a breath in, and let's just release betrayal. ... Just feel it come up and out, release out of the cells of your body, break up like little grains of sand and just kind of sift out.

Then we're going to do our forgiveness statement: *I willingly forgive myself for any and all actual or perceived hurt or harm I may have caused myself or any others, or that any others may have caused me or any others, with betrayal and everything that represents. I willingly love and forgive myself. I willingly love and forgive all others; all others willingly love and forgive me. I willingly love and forgive God Source; God Source willingly loves and forgives me. I willingly love and forgive my quantum source light highest self; my quantum source light highest self willingly loves and forgives me. I am ultimately, infinitely, quantumly loved and forgiven. I now willingly release all betrayal, anyone who has betrayed me, and everything it represents and go in peace, love, joy, harmony, health, wealth and abundance.*

Wow, that was powerful. That was really powerful. OK, let's strip it out now, ready? So remember when you hear "final clear it now," if you will just speak the words out loud, we'll just get rid of this. So:

Clear betrayal and everything it represents from my body and all its systems—final clear it now. Clear betrayal and everything it represents from my energy bodies and all its systems—final clear it now. Clear betrayal and everything it represents from me and all my systems—final clear it now. Clear betrayal and everything it represents from my ego and all its systems—final clear it now. Clear betrayal and everything it represents from my mitochondria, all their generations and all their systems—final clear it now. Clear betrayal and everything it represents from all of my generations and all their systems—final clear it now. Clear betrayal and everything it represents from all of my proteins, environments, associations and entanglements; all their systems; all my interfaces and connections to those systems—final clear it now. Clear betrayal and everything it represents from my personal and the collective consciousness, subconsciousness and unconsciousness; all those systems and all my interfaces and connections to all those systems—final clear it now. Clear betrayal and everything it represents from all of my proteins, environments, associations and entanglements; all those systems and all my interfaces and connections to all those systems—final clear it now. Clear betrayal and everything it represents from all personal, planetary, and universal core operating systems and all my interfaces and connections to all those systems—final clear it now.

Then clear, transform, flash burn, purify and sterilize betrayal and everything it represents. Purify it back to source and their sources, then purify source and/or sources.

Wow. So let's do this download:

Let's download trust, being cherished, being number one. Download self-confidence, self-worth, forgiveness, quantum source light love in all of its forms. Download appreciation of self. Download beauty and awareness. Let's download soul salve. Let's download some quantum cosmic salve, peace, patience. Let's download a sense of who we really are. Download a greater sense of self, a greater essence of who we are. Download that into the physical body. Download wholeness, patience, constructiveness, reconstruction. Again, confidence, self-confidence, consciousness, the courage to move forward. The courage to do and be and love and have. The real you; to take your life back, to live it fully, wholly, delightfully. Let's download desirability, being desirable, being loved, being juicy and wonderful and magnificent. Download being enough, having enough. I am enough. Download esteem, ethics—there's a big

one—enthusiasm. Download fun, the ability to just have fun. Generosity. The ability to receive—receive gifts, all types of gifts—emotional gifts, gifts of money—just open to receive. Download gentleness and genuineness, download gratitude. Download inner guidance—the ultimate connection with who we really are and with God Source. Download it's going to be OK. I'm OK. Download it always works out best for me, no matter what. Download hope and honesty, more trust, inspiration, joy, kindheartedness, kindness and laughter, sovereignty, being your own person, being liberated, being loved and liked. Loyalty. Download mastery and miracles, being nurtured, the nirvana of knowing who you really are. Passion, perseverance, the essence of being the precious, unique jewel, that amazing gem, pearl—however you feel about yourself—just that unique essence of who you are. Ultimate prosperity. The relief of just feeling good again. Download being special, strength, understanding, valued, total well-being and wholeness. Ultimate health and wealth. Download worthiness. Let's download anything else that may not have been said, any other quantum source light frequencies that may not have been said but are needed for all of us and anybody who's listening in the future as well.

Please download, infuse, implement and integrate all of these new frequencies and everything they represent. Clear and remove all of those limiting patterns and programs and replace with all of these new frequencies and everything they represent at all levels, layers and depths of my being. Feel that old move out and feel the new frequencies just move in and settle into every cell of your body. ... There you go. Now, activate, synchronize, harmonize and optimize all of these new frequencies and everything they represent. Please integrate and anchor them in at all levels, layers and depths of my being, then please apply them all as functional skill sets.

Wow. How you doing? On a scale of 0 to 10, Dee, 0 being non-existent and 10 being active, where do you think you might feel anxiety or betrayal?

DR. DEE ADIO-MOSES: Do you mean now, or before? I don't feel it anymore!

MICHELLE MANNING-KOGLER: OK, that was probably not fair to ask. So on a scale of 1 to 10 before, where was that?

DR. DEE ADIO-MOSES: Before? Anxiety—I think about six, seven. Time anxiety, yes.

MICHELLE MANNING-KOGLER: Very good.

Well, I think we are at our time, aren't we? Unfortunately. This was a swell time!

DR. DEE ADIO-MOSES: Thank you for putting it together so our participants can come on the 20th and experience it again.

MICHELLE MANNING-KOGLER: Absolutely. And I want to remind people where they can go to sign up for the free call. It is at www.quantumsoulclearing.com/betterthenever, and if you'll just put your email and name in there, I can get you the information as well as your other two free gifts.

One other thing I wanted to mention, Dee, is a special offer that I'm doing just for this community. I have a four-week program that I put together specifically for this community that I'm offering at half-price, which is really unprecedented. It's four weeks of working through the emotions surrounding the process of divorce. It starts January 17, and week one is about healing grief and loss. Week two is releasing fear and anger. Week three is rebuilding self-esteem and self-worth, and week four is learning to love and trust again. You'll get access to me personally, there will be videos that accompany each of these, and we'll also be on a live call. You can ask questions, we can do specific clearing work, and there will be workbooks. There

will be a whole community around this. There will be more information on that when you sign up for your free gift. I just wanted to offer that. It's normally a \$500 program, and it's being offered for \$247 just for your community. It's really going to be something special. I'm very excited about this.

DR. DEE ADIO-MOSES: Any last words that you want to say before we close?

MICHELLE MANNING-KOGLER: I just want people to know that there is a way, a very simple way, to work through your emotions. Circumstances can feel very daunting, and yet when you take the energetic charge out of the circumstances, it seems like things, events and people begin to work together in a completely different way. I've been through a divorce myself; I know exactly how difficult it was for me. When I divorced I was still very physically ill. I hadn't worked in years and I didn't even know if I could support myself, let alone two teenage daughters. I know what I went through in having to rebuild my self-esteem and having to put my whole life back together. I can tell you that if I was able to do it, you can do it too. I will do whatever I can to support any of you—anybody—in their process for wholeness and wellness. It has been my absolute pleasure, Dee, to be a part of your community. I just want you to know how much I love you. I just adore you.

LOVING ALL OF YOU! THREE WAYS TO RECONNECT WITH YOU, SO YOU CAN LOVE AGAIN

By Antiqua Libbey



Antiqua Libbey

Author, Master Yoga Teacher, Trinity Expert

Antiqua is a victory expert, coach, speaker, author and master yoga teacher. Her purpose she says is her God given gift which is her ability to bring light to her client's worth and purpose.

Referring to her harrowing experience as a sexual abuse victim, she says that she has “passed being a victim, then a survivor and now live in the realm of victorious living”. She is very passionate in sharing what God has taught her about the Trinity within us all, to help you trust your life completely without compromising any part of yourself or your faith. By balancing the Trinity within, she began to experience her intuition and took back her own authority, which allowed her to sense her highest needs, healing from hormone imbalances, cancer and depression. This is what she wants to help you achieve.

Antiqua began teaching yoga and fitness professionally 18 years ago and have been in training from birth to bring the Trinity of awareness to light. Her courses, workshops and her book all help deepen your relationship with yourself, so you can live the life you were born to experience.

TOPIC: LOVING ALL OF YOU! THREE WAYS TO RECONNECT WITH YOU, SO YOU CAN LOVE AGAIN

Far too often when we are in a demanding relationship it takes over and we lose touch with the core of ourselves. This void of sadness, loneliness and confusion feels like hell. Yet many people continue to dig through it as they pray for relief. www.yourownuniversity.org/courses

AND NOW TO THE INTERVIEW

Thank you Dee! So awesome to be here today, and I'm so excited to share with this amazing community that I've been watching grow and move and comment on all the other excellent experts that you've had on this show. I just want to thank you from the bottom of my heart for putting this together for everybody, myself included.

Throughout every human life, we all have these moments where we go through major shifts and changes and downtime, where we look around and we say, "Oh, crap. I don't like this." Divorce is one of those times, where something triggered you—a trauma within the relationship that made you go, "No, wait a minute. This isn't feeding me any longer. This isn't where I want to be. It's not feeling good to me or the other person." And you realize that in some way, you've given up yourself. You've compromised your own integrity, your own worth. And you've looked away from taking care of you and leaning into your desires, your pleasures, your dreams to really feed something that you didn't believe in, or somebody else.

When we do this, we really detach from ourselves and it manifests in our lives in a few ways. One, at the moment you look around and you realize that you don't like what you see, and usually—using a ship as a metaphor—you're not quite sure how to chart a course back to where you really want to be. A lot of times for my clients and myself, we've spent years looking outside for the answers. Going to doctors to help heal, you know, your back problem. Or for me it was cancer and adrenal failure and exhaustion. I kept looking for experts to heal me, to tell me what to do. I didn't really get how it all would fit together until finally I was so sick of not getting the results that I wanted, I just broke down in the pit of hell one day and said, "Jesus, this is it. I'm done being sick, I'm done feeling like I'm out of control, I'm done feeling like I'm alone and there's nobody here when I know that you're here with me. So show me where you are." And he showed me ... me.

And that's what I share and show my clients—how to lead themselves back to really knowing the core essence of you. Your life experiences make you unique. Your life experiences, what you can relate to other people through, and through that relating we really know that we're never alone. We have compassion. We have understanding. And that breeds true joy.

DR. DEE ADIO-MOSES: I know that once you find that, looking at my own experience, I can feel what you're talking about. I feel it in my bones that that is the right answer. So what are the three parts of you that need attention?

ANTIQUA LIBBEY: I was raised in the Catholic tradition, really thinking about the Trinity. Then I became a yoga instructor, working with the breath and the body and the spirit. About six years ago, I really started studying the science between yoga and the philosophy of the yogic tradition, separate from a lot of the Hinduism that weaves within it. If I could separate that out, how it matched up with my beliefs and my relationship with source. For me, it's Christ. What I found is that it's all about mind, body and spirit. We're made in the image of God, and that image of God is really in three parts. It's the Father, what I consider the seed. This is your energetic self. Your birthright, your interests, your desires, your inspiration. The talents that you possess that are just natural—so natural and so easy that a lot of people don't even know that this is really what they're here to do. It could be that simple. That's really your energetic self, or your mind—that part of you, like the vibrations of your thought patterns, the wave lengths—that's what I consider the mind piece. That father, that inspiration, that seed.

Then we have the Son, which in Christianity is Jesus. Jesus came down in flesh. So that's the body. Knowing your body—there is nobody whose joints line up just the same. No two fingerprints are alike. Different people can handle different levels of stress and different levels of just working out. Everybody has a different piece, and you can only really know your piece. Nobody can really know what's going on inside of you. As a yoga teacher, at first I thought, oh, everyone's going to look the same. No. Oh, everyone's feeling it the same way. No. I really have grown to respect the differences between everybody's bodies. And then this manifests into your physical world and everything that's physical around us. So that's the physical part, the body part.

Then we have the Holy Spirit. And that is this consciousness that ties us all together. That is your relationship to source. Call it whatever you call it. I'm not in a box when it comes to that; it's just you having a relationship to whatever authentically calls to you as love, kindness, peace. That light of the world, and choosing daily to plug into that.

When we focus on these three parts of ourselves— your mind, your emotions, knowing yourself, what lights you up, your physical body and how you move. What's your stopping and starting point? Just getting to know yourself and your relationship with source. That consciousness that ties us all together; that energy. Then you are in this motion and this movement of the constant change and contrast that makes life life. So every day, if you take a moment, even 5, 10 minutes—I'll give you an awesome piece, a 40-minute plan I have that really transforms life and brings people back into balance when it comes to these three major aspects of themselves. When you pay attention to those three parts of yourself daily, and watch how they change, how you grow, and practice acceptance and love with them, not only do you love yourself, but you can share yourself completely with others and therefore you can fully love again. If you do it every day, you'll never lose yourself again to circumstances, and other people's opinions, and drama. Or at least you'll be able to find yourself sooner if you do lose yourself.

DR. DEE ADIO-MOSES: Well, I think you will actually have a hold on it somewhere, so you'll be able to just touch that space and you'll go in again. It's not going to be starting from the beginning anymore. When you talk about these three parts, the way I'm hearing you is that it really takes you to that place of higher consciousness, and when hardships come you'll be able to look at them differently. Is that what it's all about? Because, you know, hardships will always come.

ANTIQUA LIBBEY: They're a part of life. We live in this place of contrasts so our spirits can grow. And we're always growing and we're always changing. You're never going to get to know yourself and then the

next day, you know, be the exact same. There's no two days that I have the same yoga practice. My body—I have different aches different days. The important thing is that you're OK with this constant change. That the suffering that happens within it, the disconnects, the lonely feeling, the confusion that comes when you're getting different people's opinions and ideas and you're trying to figure out what you believe and what you don't believe ... ugh. Especially when you're going through a divorce and splitting and trying to find your own identity again, if you take time to check in with yourself and ask yourself important questions, like, "Why do I have this pain in my back?" then you'll be able to listen to your body from a place that you are spirit, that you are energy, that you are more than the circumstances around you. You live from a higher place. What we call enlightenment. You live in more light, because you're listening to your own intuition, your own spirit, your own truth—everlasting truth within you. And from that truth you have a clear, direct line to source, to God. I believe anybody and everybody has this naturally within them. It's just a matter of asking to receive it by practicing.

DR. DEE ADIO-MOSES: So what they need to do is really get themselves aligned properly. There's nothing stopping them—there's nothing between them and the source. It's a clear path. That's very interesting. You spoke about this falling in love with yourself all over again, and that sounds fascinating to me. When women have been through so much, we knock ourselves on the head, we blame ourselves for every little thing. I know that you have a system that we can use to fall in love with ourselves again. Can you talk about that?

ANTIQUA LIBBEY: I absolutely can. Right now I want to give you a 40-minute system to fall in love with yourself again. To fall in love with yourself is really to know yourself and accept where you are without judging yourself as needing to be any different. Because where you are right now is you're standing in a place of transition. Like I said just a minute ago, the world is a place of constant motion and movement. If you know where you are right now, then you have the power to become anything that you want to be tomorrow. If you focus on where you want to be tomorrow, it's very hard to become that without knowing where you are today. It's like a good business plan, kind of.

So to get to know yourself on these three levels that we live in and around every day—your physical body, which is your temple, your health, really taking care of yourself there. Without changing anything, just take an evaluation of how connected you are, how much you're OK or not OK with being with your body. And this can be done simply. You have two major pieces of health physically. One is your cardiovascular system, and the other is really connecting your mind to your body so you're aware in each moment. I call this 20 minutes of your 40-minute plan that I want to give you right now, and it starts with about 10 minutes of cardiovascular work. This can be going on a walk, riding your bike, doing a workout video, going for a run. For me, it is dancing in the living room with my children. Cardio and me aren't the best of friends any more, but I love having dance-offs with my kids in the middle of the day. We just turn on some music and dance away. We play. But for a long time, I didn't consciously say, well, my heart rate's getting up and I'm doing a workout. But finally I realized, my gosh, I'm doing it naturally. Why can't I count that? That's good for my body.

Dr. John Douillard, a wonderful ayurvedic doctor in Boulder, he says about 12 minutes a day of cardiovascular work is all we need to really maintain and sustain a strong heart and get our blood pumping. So for your body, taking 10-12 minutes to really get your heart rate up, laugh and enjoy, and move, is imperative. The next 10 minutes for your body is getting to know your muscles. There's two ways that I really love to do this. One is yoga, of course, just how are you moving today—even if it's the same 10 postures that you do

every single day—it will give you a place of this is where I am today, this is where I was yesterday. Instead of going at it like you have to do it perfectly, go into it like you're a researcher and you're exploring your body, or you're an archaeologist. Just notice where you are that day. Another thing that I love to do is lifting weights. Lifting weights in a slow way, if yoga's not for you, lifting weights nice and slow and putting your mind in your muscles, feeling how your joints move, taking it nice and slow and working with your breath, imperative.

So that's one. Twenty minutes of your 40 minutes a day. That's the body part. Then we get into the mind and more conscious part where your energy is going. On my website, www.yourownuniversity.org, I give people insight into the chakra system, which is really your energy system through yoga. I love chakra meditation, so you can get that there, but to keep this short, really you want to take about 10 minutes to let your mind walk away and pull it back to a single thought or a single goal. I jump straight in and go straight to God. You want to focus on God. However, if you like affirmations or have a positive goal that you have in mind, taking the time to really let yourself think on this goal, visualize it, feel it in your body, and watch your mind walk away and come back. It's a training of the mind and very powerful. Then I take five minutes for spirit, where I am just praying. Gratitude is amazing. It just really helps to find the essence within you that is filled with gratitude. There's been a lot of cancer studies that have said that gratitude is the number one healing emotion for cancer patients. So practicing prayer in the sense of gratitude and petitioning for others and yourself with God, this communication. And then the other five minutes, the last five minutes of your 40 minutes, is sitting in silence and listening to God really speak to you through your body. You can ask an ache what God's trying to tell you there. If you have a worry, offering it up to God and just listening. And in this practice too, our mind walks away and comes back, and it's just about training yourself to have the presence of mind, the presence of spirit to just be and listen.

Eventually, my clients, myself and probably a lot of people who have listened, you know the difference between your mind is thinking and when a message truly comes from source. That voice will become stronger and stronger. In all of your life, you'll be more confident. And when you're confident within yourself and you know where you stand and who you are, then you honestly can be in love with yourself and you can share yourself fully with others without losing yourself again. Therefore, you're falling in love with yourself again.

DR. DEE ADIO-MOSES: That is just wonderful. It's simple, it's easy to remember, and you know, it's very clear that the results are there. I love it. When you're thinking about the Pleasure Principle, what is that?

ANTIQUA LIBBEY: Well, I got the Pleasure Principle from Chris Ward and Mama Gena. Chris Ward is my business coach that I've had for the past year, and Mama Gena writes some wonderful books, all about really leaning into your pleasure, as Chris would say. The Pleasure Principle that I've learned for myself—I take it a little step further—is when I'm following that inspiration where, when God says, “Talk to Dee. Call Dee today,” and it just goes *ahh* and I'm like, yes, I have to open that up, I have to talk to Dee. When I follow that inspiration, my life is really filled with ease and enjoyment and I'm not bogged down.

What it's done for me personally is it has allowed me to express the things that come really naturally to me, that I'm really good at. Like I'm a really good cheerleader; I love celebrating people being themselves. I love leading my clients back to them being themselves. I love just all of that. The more that I've just allowed myself to naturally be me, issues that I thought I had, like wanting to lose 10 pounds, problems in

my marriage, a whole bunch of things this past year, too many to recount them all here in this time, what I've found is, all of them seem to go away. The stresses and the heartache that kept pulling me away from being in my Trinity all day long, you know, that kept it on my mat and in my practice but kept it away from the rest of my life, have disappeared. I'm more authentically me, I enjoy pretty much every part of my life, and it's easier, so there's less stress.

So the Pleasure Principle that they really talk about and I talk about is, quit trying to make yourself something that you're not. Take this time as you're moving your body to figure out what you like best, what's your most enjoyable workout, what's your most enjoyable posture, what's your most enjoyable thing to do during the day? I beat myself up for a long time because I love coffee shops. I'd much rather go sit in a coffee shop and pretend like I'm a huge intellectual than almost anything else in the world. I love it, and I beat myself up because I did that so often and I felt like, ugh, I'm wasting my time. And then I'm like, no, this is my time to fill me up. This is my time. This is one of my little gifts. I love coffee, and I'm going to drink coffee for the rest of my life? Awesome. It's fine. I'm going to find the balance. And so the stress of, "You can't drink coffee, Antiqua, because your adrenals have failed," left. And in all honesty, my health has gotten mounds better. That stress was making me sicker than that cup of coffee I had and enjoyed at the coffee shop.

So lean into what you like, and if you don't know what you like any more, take time to ask yourselves the questions of what do I enjoy? What are my values? What are my true desires? What are my natural talents? What did I enjoy doing when I was a kid? And lean into your pleasure, which is a phrase I coined from Chris. But you can't put it any more simply.

DR. DEE ADIO-MOSES: I love it, because I live by that, too. There's just so much pressure outside, on TV, of people trying to show you how you should be and what you should be doing. I was telling my friend today how I don't know what is wrong with me and water—I used to drink so much water. Nowadays I have it beside me and I've been looking at it, and I have to keep talking to myself: Come on, drink the water. So I have to put this principle in from today and just look for ways to really just turn that around and include that somewhere in my Pleasure Principle.

ANTIQUA LIBBEY: Exactly. Everything that you need to know is within you, and you know that you have that nagging feeling—my body needs that water. So what is the part of you that is saying no I don't? What are you rebelling against? What is that piece of you? And nobody can tell you but you. That's what I do with my clients. That's what I do with my courses and groups and everything within Your Own University. I help you find out what is it that's blocking you from living your truth, and I help you find your truth so you see where your blocks are. But for every one of my clients, it's different. It's your own unique fingerprint. And that's why it's not a one size fits all. It's unique to each and every individual, and far too often we take people's courses and we look at them like they're the end-all be-all. I know I did for years, and still do sometimes. I find myself thinking that way about people I study with. But in the end, you're the one that's integrating it into your life. You're the one with the power in your life. You're the one who has to figure out what's best for you and what you love and like.

If this resonates with you, I would like to offer everyone on this call to go to www.yourownuniversity.org and sign in for free on the home page. You'll get the Embrace You course, where I teach you a lesson—and I call everything within my courses lessons, because they're really based on life lessons that I've had, or things that have been taught to me, therefore they were lessons anyway—that I've had in my life. My goal

is to help you embrace you and discover your own lessons that you can offer the world. Your own blessings that you can offer the world and fall in love with within you. And you'll be able to offer them to your next relationship. You'll be able to offer them to your work, and your passion; what drives you. You'll be able to offer them to your children, and you'll be more present with yourself. And you'll enjoy it all much better.

DR. DEE ADIO-MOSES: And this whole thing goes back to the Trinity approach, because that is the foundation of it all as you're loving yourself, knowing yourself. The Trinity approach takes you to that place.

ANTIQUA LIBBEY: Absolutely. Far too often, I've found with my clients—when I was doing a lot of fitness training, I had a lot of clients who wanted to lose weight. What I found was that they were focusing on their body and what they thought their body needed, but what was really lacking was their relationship with their emotional self. And to get really clear there and trust their own emotions, trust their own insights, they had to lean into consciousness to God, to the creator. And nothing ever works without all the rest of the pieces together.

I work with people who have suffered from really low self-esteem, severe depression and trauma from sexual abuse and abuse as children. Their inability to have a relationship with somebody else. And they'd focus on that and focus on that, when really they needed to get to know their body. And from getting to know their own unique signature, their own unique temple, their own unique body, they became more comfortable within their emotions and themselves, so they could have that full relationship with themselves and therefore, with everybody else. They could share their God-given talents. It all feeds together.

We are made in the image of God, and God is not one thing. God can be all things, everything. He is nothing and everything, you know? So we are that Trinity as well. We are the creators as well. The difference between God and us is he created everything, and we can only create our own lives. You can't create my life, I can't create your life; we can only create our own. Within that Trinity, I help you discover where your life has been imbalanced, what you've been focusing on too much—I call it the power body—and what you need to focus on to really become balanced within this Trinity, within you. And then everything is just easier. You get healthier. I mean, I've healed from cancer. I had a horrific childhood. You can read about it at www.yourownuniversity.org. I have had these experiences because I know—I *know*—I am here to teach you, the world, how to know and love themselves. And I wouldn't have had an imbalance, or have had the experience of being seriously on the brink of death in every one of my imbalance situations—spiritually, physically, and energetically, and have been able to come back to balance and even more—if I wasn't me and didn't have this purpose. You have that same essence in you. Your life, your own university of lessons, has shown you those things, and I can help you uncover it so you can share yourself fully in relationship with others and not lose yourself again.

DR. DEE ADIO-MOSES: When people go through Your Own University, what kind of meditation do you give, and this is a question from Jen in Oklahoma, what kind of meditation would you advise that one really use?

ANTIQUA LIBBEY: I have a few, and we really start by setting goals and learning how to train your mind on one thought, which can be an affirmation, something really pertaining to your heart and you. The other kind of meditation that I teach is chakra meditation, which helps you know your energy body, that which really feeds between your physical body and grace in God. I tie it all into focusing on what I call the Jesus Prayer. It's been a prayer that has been around for centuries, and at the end of the courses there you're

going to learn how to utilize the Jesus Prayer and contemplative meditation in prayer to really tap into the light and stay present throughout your entire day. I teach you how to live in contemplation in your own mind, and I teach about surrender and prayer. I hope that's a clear enough answer for you, Jen.

DR. DEE ADIO-MOSES: I'm sure if they go to your website, they'd be able to email you if they have more questions or if they really want more. I think the issue is with trust. The trust of knowing that you got it. Among our listeners, if there's anybody who is feeling that lack of trust of their own intuition, what do you advise them to do?

ANTIQUA LIBBEY: Dee, I am so happy you asked, because that trust is really what you're going to get through looking at your life at Your Own University. Now, I'm going to give it to everybody for free. The Trinity approach to really embracing that trust within yourself is in the whole sequence of using these three aspects within yourself, that Trinity within, to make rock-solid decisions, is the number one piece in the Embrace You course that you get for free when you sign in at www.yourownuniversity.org. We'll just knock that out of the park; you can go there, it's thorough, it's there, and if you have questions, absolutely, there's a forum for members. You don't have to pay a thing for it. For very special people who really want to get into this, I have a worksheet, a summary that you can fill out, and you can have a free Break Free session with me. From there, I'll invite you to other programs that might be a fit for you, or I will lead you to friends. I do a lot of collaboration with people, and I will lead you to where you need to go for you to really connect and get the most from learning and embracing yourself. So those are two ways that you can just—all you have to do is sign in at Your own University, and they're yours for free.

DR. DEE ADIO-MOSES: That is so generous of you, and I know that many people will definitely go there because that is a big issue in moving forward and being able to be all that one was born to be.

ANTIQUA LIBBEY: Right, it is. And it takes practice. The more you do it, the easier it gets. But I will really show you how you can kind of test that intuition and make sure that it lines up perfectly in your life, using those three aspects of yourself to really pull from and lean into. And then you can make decisions: Is working with Antiqua right for me? Is working with Sandra right for me? Is working with Dee right for me? And you can just make your own decisions—how empowering is that?

DR. DEE ADIO-MOSES: And trust that decision also. So when they get to your website, they'll be able to get all those products and be able to find them easily there?

ANTIQUA LIBBEY: Very easily. There's a signup on the front page, a video, and it says name and email, just stick it in there. I'll send you an email, you can log in, and the course and my lessons are right there for you.

DR. DEE ADIO-MOSES: I have one other question for you; this is from—oh, it's a guy—it's from Ken, from Maryland: "My question is about falling in love with myself again. Do I stop dating during this period, or can I date and still be able to go through all this?"

ANTIQUA LIBBEY: That is a wonderful question. Thank you, Ken. You know what? I'm going to have to just tap in and sit with this for a moment; just take a breath with me. ... Ken, what I'm feeling here is really grounded in my belly region. What you're going to get from dating is, we're mirror images of one another. So if, as you're dating, if you continue to attract people who aren't quite what you want, don't blame them. Come back and use that in this time for you to really get to know yourself again. Look at

the things within them that were mirrored back to you, and ask yourself if this is a part of you that you've been denying. Most of the time, when you're able to look at this and accept it and feel whatever feeling is behind it, you won't have to do much work, if any, to relieve that. It just needs to be noticed. When you notice yourself, you'll start attracting people. You can actually use your dating time as a time to notice the mirror image of yourself that you're bringing into your life. Eventually, you'll find that you really like the mirror and you'll probably stay with that person for a long time.

DR. DEE ADIO-MOSES: I think that is a wonderful answer. Everyone who is listening, I know you'll take that to heart. After divorce especially, being able to wait is a blessing. Being able to work on oneself and get to the place that you don't attract the same old, same old. Many people, they'll marry three, four times—the problem is that they have not changed. And with this process that Antiqua is sharing, you will definitely not attract what you don't want; you will attract exactly what you want, because that is who you are. Very beautiful.

We're going into the last few minutes, do you have some last-minute words for our listeners?

ANTIQUALIBBEY: I do. First, I would love to know you, for you to be a member of Your Own University. org and share yourself and your life lessons and your wisdom with everybody there. Our community is growing tremendously right now, and I feel so blessed for it. The main message that I want you to walk away with from this interview is that you are worth knowing. This is a world of constant change and contrast, so it's really important for you to take this daily time to check in with your body, your blueprint, your mind and your unique spirit, your interests, your desires, and to really allow source, that divine light, to shine into those parts of yourself and show you what you need to pay attention to each day so you're not scattered. You can be present, doing whatever you choose, whatever feels the most clear, the most present for you that day. When you do this, you will feel light, you'll feel free, you'll feel this balance inside. What you feel inside reflects back to you on the outside.

Your life that you're living right now is a powerful education that only you can utilize and learn from. That's the message I want you to walk away with from this interview and from meeting me. I just want to thank you so much for allowing me this time, Dee, and to share with your community. I just love what you do and how you stand for really loving yourself and speaking your truth and walking your walk. Girl, you rock.

DR. DEE ADIO-MOSES: Thank you so much, Antiqua. It's just a blessing, having you here with us. This is a wide array of things, but then it's also small. It covers a lot, but it's clear and short, and you can grasp it. There's nothing I want more for this group, for each and every one, than to find that freedom, to find that peace, that joy, that fulfillment. That's it. Once you find it, you are your own. That's what she's saying—your own university. You've got all the things you've learned, and you're making the best of your situation and your life is just shining to the world. We're grateful; we're thankful; we love you, Antiqua. Thank you so much for coming, and everyone: www.yourownuniversity.org. Just go there. You will be getting this replay. Listen to it again, and do all the things that Antiqua has shared with us. They are priceless. It's very generous, too, so seize the moment. Make use of this situation and be all that you want to be. Thank you again, Antiqua, and love you. We appreciate you. God bless you, too. Goodbye.

WOMEN ON A WOBBLE -MOVING FORWARD

By Fi Ivin



Fi Ivin

Author, Coach, Speaker, Personal Branding and Image Consultant

Fi Ivin is an author, speaker, and independent consultant in personal development working with women who have lost all sense of value and purpose because of changes to their personal lives or careers. She engages with them to re-launch their lives. They are Women on a Wobble.

Her background is in education and training, but she has spent the last 17 years as a coach and stylist working with hundreds of women. Fi has gone through her own wobble and has accrued lots of skills, resources and tools, which she has assembled to bring lasting change in a three-step program.

When women are ready for change, Fi helps them to identify the root causes of their issues, reconnect them with their core identities, and rebuild their inner and outer confidence and credibility, taking them from lonely frustration to, as one woman said, “Wow! This is me. This is who I am and what I can achieve.” Leaving their wobbles behind, women begin to make meaningful contributions back into their families and communities instead of being consumers.

She is known for her ability to understand her clients at a deep level, leaving them feeling like a light has gone on in a darkened room.

TOPIC: MOVING FORWARD

Fi says that “This session is for women who are ready to begin to take the necessary steps to make the changes that will take them forward in their lives but don’t know where or how to begin. If something has

rocked your confidence and you are finding it difficult to participate in life with the same belief in your abilities or you feel that you have never had the necessary poise to adequately negotiate the highways of life, welcome to this session I know that that you were each deliberately and uniquely formed, even if you have hit a wobble. You are not a mistake. Each one of us is unique with special gifts and talents to share with the world. The only challenge is, most of us have no idea how to uncover the light within to illuminate our path for the greater good. During the webinar I will share with you a very simple practical tool with which you can uncover your diamond within!

What will happen in this session:

I will introduce you to a simple tool that will enable you to understand yourself in depth.

The tool will enable you to make decisions and take actions that arise out of knowing what's best for you because you know and understand yourself.

I will be sharing with you real-life examples of how others have used this to turn around their lives.

With this information you are able to begin to create a map for the journey ahead. Without this knowledge life journeys are doomed to mediocrity, unnecessary tensions and pain.

The tool will reveal what your expectations are likely to be around relationships and how other people in your world might do that differently.

I will make available to you some free resources and an opportunity to develop your understanding in more depth with like minded people. Welcome aboard!

NOW TO THE INTERVIEW

Well, Dee. I've been waiting for this moment! It's so exciting to be here with you. It's great; it's really great. I'd like to begin by welcoming everybody to the call. Wherever you're from, really, I just would like to say the one thing we all have in common is that we've been on challenging journeys. I think we've all been through that. We share an understanding of what it means to be a woman in pain because of the loss of a relationship. So welcome. Welcome is what I want to say. And Dee—something to say to you, because you have just been taking us through this process since the 8th of October, is it? Of course we don't actually get the opportunity to show our appreciation of you very easily, because we're all muted and we're online. So just a big round of applause, Dee, for you. You have done a fabulous job, and I think we're all grateful to you for that.

A lot of what I'm going to be talking about is actually featured in the book that I've just written, which is called "Women on a Wobble." What I want to share with you is the result, really, of my own journey. And as you've just suggested, it's research that I've done over a period of 18 years, experiential research, I'd have to say. The business and the book are called Women on a Wobble, and as you described earlier, Dee, I'm no

stranger to wobbles. I know we all have stories to tell, and I think everybody's story possibly is a little bit different. But for me, I think many people will possibly resonate with living a fear-filled upbringing.

That was what was happening to me, really. I had undiagnosed dyslexia; I'm fairly sure of that because my son is dyslexic and dyspraxic. In order to get by, I remember my school reports always said, "Could do better if she tried harder." I just couldn't try any harder, so I found other ways of getting by in order to survive. And because of that, I adopted—and I know that some of your speakers have spoken about this—unhelpful ways of getting through life. I kept running into brick walls and dead ends. Until eventually I got to a point—and again, I describe this in the book—it was just shortly after my son Sam was born, and I just couldn't keep running any more. Because when you've got a little one, you're stuck. You're in a place where you've got to be at home, and you're forced into facing up to things. Then it began to threaten—the behavior and the attitude and so on—began to threaten everything that was important to me.

There came a point when I just realized that things had to change. And the thing that had to change was me. It wasn't the people in my life, the job I did, or even the color of my lipstick. I could keep doing all of that, but it didn't actually make a difference in what was going on inside. At that point, I embarked on a journey of self-discovery and healing, and it took many years and much training and re-training. My background is in education and training and psychology. But it was my work as a stylist, strangely enough, that highlighted the fact that I had women coming to me who were merely hiding their wobbles with a wardrobe fix. You know, tweaking the outside when they were hurting on the inside.

So what I've done is, I've condensed all that I've learned into this three-step process, which helps women to reconnect with their core identity. That's the first step, and that's the bit I want to share tonight. It helps them use tools that will help them understand what their unhelpful rules for living are. Then it moves them on to begin to develop and grow their inner—and their outer, because I still do the self-image work—self-confidence. So it's a three-step process to help women on a wobble fast-track their breakthrough, really, but it can only happen when women are ready for change.

I'm hoping that out there we've got tuned in lots of women who are ready for change and who are willing to take a step. It doesn't have to be a massive step; it just needs to be a little step in the right direction to help them identify some of those things. Tonight we are going to be focusing on the whole thing about core identity.

When you go through the three-step process—what one woman came to me saying was, "I thought this was going to be a lot of mumbo-jumbo and probably not very relevant to me." But she said it was completely different. She said, "I came out with a sense of 'Wow, this is me. This is who I am and what I can achieve.'" If they have been lonely, frustrated, bored, not fulfilled at all, the process can leave women feeling like a light has gone on in a darkened room. What I want to do is to give some insights into that most basic of steps in that process, which is all around identity. Anybody who's listening can begin to make choices that will work for you and will help you to think about how you can move forward. When you can do that, you find that certain things about yourself, your relationships with other people begin to make sense. That's the beautiful thing about this little tool that I'm going to use with you. As one friend said to me, "Oh," she said, "It's not that my husband is wrong; it's just that he's *different*."

You can begin to deal with the tensions that arise, therefore, out of those differences in a more coherent way and really begin to understand how to make decisions that better fit who you are and to identify what's really important to you so that you can start to move forward in your life with some confidence. At the

end of the call, I want to give everybody access to some free tools and resources, so do stick around to hear about how you can get hold of those. And I'm going to be offering you at the end of the webinar a chance to connect with me in person and continue your growth at a very low cost. A practical way, really, to move yourself forward.

In a moment, you'll all begin to see why I'm racing the way I am. And you'll begin to see why some of you race, some of you putter, and some of you proceed in a really stately way. It will all make sense in a while. What we need at the moment is a pen and paper; that will be really useful to have to hand. I'm going to give you my website address, and I may give it to you again later, but at the end I'm going to give you a different link. If anybody wants to connect with me, the website is not ready today. This is a new website, and it's probably going to be up and running in a week or so. Let me give you that detail: it's www.fivin.co.uk. So take a note of that, and keep your pen and your paper at hand, and we'll be moving on at a rate shortly. To begin with, I just wanted to talk a little bit about the notion of wobbles. And then we're going to move into some very practical work that I'd like you all to take part in.

Just to say firstly, and this was reminded to me recently by a colleague who is male: Wobbles aren't specific to women. Men have them too, but I think that probably because as a woman, if you were to begin to write down all the different roles that you do, you would find there's a lot. Again, this is another exercise that's in the book, where I get women to write down all the roles that they have: mother, sister, daughter, somebody's friend, somebody's carer, somebody's employee, somebody's aunt, somebody's support, etc. There's loads of them, loads of them. And I think that sometimes, without our choosing to, those roles get taken from us. As a result of that, I'm sure, that that's why wobbles happen. Because we are largely nurturing beings as women, so there's a greater likelihood of wobbles happening. Would you say that's true, Dee?

DR. DEE ADIO-MOSES: Yes. You know, a lot of times we take on more than we can chew.

FI IVIN: Yes. I think that's right. We tend to pick things up, don't we? I think you'll begin to see shortly how certain types, especially, do that. So Dee, it will be interesting to see what you think you are when we've done what we're going to go through shortly, and what you identify with. I think too, there's something about expectations around this. It would just be so lovely if we all arrived in life with the smoothest of journeys. We'd completed all the necessary functions, the stages, the tick boxes—we'd ticked them all and come through our early lives with perfect synchronicity, just as the textbook said we should, and our life ride was really smooth in whatever manner best suited us. For some people, it's about tearing through life on a motorbike, you know, racing here and there and having lots of fun and enjoying the risks. For other people, it's about pootling, it's about stopping to have a picnic, having a little conversation over the picnic. For other people, it's about getting from A to Z with purpose, and for other people, there is the whole thing about enjoying, exploring, adventuring.

I tend to think most of us don't find that life is actually quite like that, although we would like it to be. We're never taught how to make choices based on the people that we really are. If you've never got to grips with your identity, it can be really quite difficult. Many women are molded by the roles that they're expected to take on in life, and they happily oblige, as you just said. It's what we do. And for some women, I think, it's especially what they do, for a while. Then they get to a point where, in fact, they begin to query that. Because things aren't quite working out as their deeper sort of self tells them it should, or as they would like it to. One of the interesting things is, there has been a piece of research done by two women, Patricia Olott and Marian Rudiman, which identifies five things that have to be in place for women to

actually feel connected and OK with life. They usually become increasingly aware of that, kind of post-35. They're things like connectedness, being in control of your life, having a sense of wholeness, clarity over who you are. If those things aren't in place, then very often life becomes questionable for individuals.

Just an example, I had a client, Patricia. She was a real high flier. She had a really good job, she was getting towards the top of her tree—suddenly it was all taken from her and she felt quite empty, quite useless, very pessimistic about her future because her job had disappeared and there was her sense of purpose. I recognize that for each person listening, there will be wobbles that are happening in different ways, because you're each different people. Not understanding some of those differences, you can easily feel quite isolated in your pain. Other people are a little bit different to you, and it's hard for others to completely understand the nuances of all that you are.

DR. DEE ADIO-MOSES: You know, Fi, when I had my own wobble, it was both—the marriage failed, my business failed, everything. So it was like having an avalanche just follow me from every angle. It was big, really huge. I found myself just naked. I still had to pick up the wobble, because I had three children to take care of. I really understand.

FI IVIN: And was that what gave you the incentive, was it the children that gave you the incentive to get back up, Dee?

DR. DEE ADIO-MOSES: Yes. The children gave me the incentive. I had no choice, first of all, because I knew that they didn't ask for this. It was my decision to leave. I moved from where I was, and I started living in London, actually. I came back to live because I went to school there. Just being in that environment, I knew I had to start from zero. I had to find the pieces and pick it up little by little and just, you know, start doing it all over again. But in a different way, because I wasn't the same person anymore. That's why I'm so excited to see what you're going to teach us today, because it's so at home with me.

FI IVIN: Yes, and I think different people will recognize, when we get going with this, where their strengths lie. And that's the bit to focus on. It may be that for you, your children were your focus. I think for most of us they are. But I think also, for other women who would be seen by others as being a bit more complex, again, there will be other things that will trigger them to think. I don't know.

But I do know that if you didn't grow up in a family that prepared you to live as a confident, independent adult able to make those choices for yourself, it's very easy now to find yourself living with the consequences of decisions that you made for all the wrong reasons. That was very much what happened to me. I'm just going to briefly share that with you, and then we're going to move on into the practical work.

For me, and I don't know what it's like for other people, my life choices were made on the basis of what my father, in particular, thought were safe and sensible options. He was a very different person to me, and at that time I didn't know enough about myself to stand up for what would have given me a greater sense of confidence and fulfillment and an ability to know what I needed for me. And that's not a selfish thing; that's about if you're not able to stand on two feet confidently and feel fulfilled, eventually you are going to fall over. And then you're no use to anyone. To me, the career path in which I found myself took me on a downward spiral for many years. It was my father who pushed me into teaching. He persuaded me to give up my spot at a very prestigious college of arts and take up teaching because he thought it would be safe. That was an important thing for my dad, that life should be safe. But it was less important to me, and it's not uncommon for women to make choices based almost completely on the needs of other people around

them. But eventually, that leads to states of tension, it leads to mild depression, and it challenges emotional and mental health and well-being.

What I find is that many of the women I work with don't understand themselves sufficiently well to make choices that work for them. I do think, obviously, it's important to put others first and to balance our own needs with the needs of people who are important to us. But if you constantly subjugate your own needs, you're going to find that you're not being true to who you're created to be. And for me, I think that's almost a betrayal of God's creation. And I think when you act out of everybody else's expectations, it's not the best place for you or the people around you. I know that you can be well-off. I live in an area where, roundabout there's lots of very well-off people who can afford to have everything done for them. They want for nothing. But if you've no sense of your value or your purpose, life can really suck. When you become that doormat, that's often when the other half walks out. Because there's something greener and more exciting on the other side.

I find that people who don't understand their identity, they exist at what I call a low level in their world. I'm starting with the premise that everybody on this call has been deliberately and uniquely formed, even if they're in a bit of a wobble at the moment. They're not a mistake. None of you are a mistake, and it's possible to remove the things that create your obstacles by thinking differently about how you do life. If you're not going to be stretched a little bit, then change isn't going to happen.

What I want to give you in this session is an opportunity to reconnect with your core identity, and the resources I'm going to give you at the end of the call will help you to take that further. As I said earlier, this will help you to make decisions that are congruent with your deepest needs. When you do that, you stop living life at a low level and you begin stepping toward the role that you were created to be. When you find that happening, I think you'll also find that you're beginning to create some happiness around you. Apart from anything else, it begins to give you an understanding of how other people behave, helps you to communicate more effectively, and improves your relationships with people who are different to you. Wouldn't you agree with that, Dee?

DR. DEE ADIO-MOSES: Yes, that's wonderful. Of course. That is a good place to be.

FI IVIN: It's kind of a two-way process, but you need strength at your core to be able to do that. So Dee, I want you to listen up, because we're now going to start this practical exercise. I might be testing you at the end, OK?

Everybody now, I would like you to take a piece of paper, and I'd like you to divide your page into four quadrants, OK? I want you to label the first quadrant "Red Sports Car." And then the next quadrant is going to be the "Little Blue Love Bug." The third car, it is a stately car. It is the "Gold Vintage Car." The fourth one is the "Green Discovery Vehicle," OK?

They're in this order for a reason. It will be interesting to see if you can spot why at the end as we've gone through them. What I'm going to go through now is, I'm going to go through the characteristics of the type. When you hear something that resonates with you, you can write the words down and you can use those later—if we've got time I'll get you to do another little exercise with those. But you write the words down in the appropriate quadrant. I call this my "car-o-cope." It's not a horoscope, it's a car-o-scope. All of this is based upon, really, Jungian psychology and the Meyers-Briggs profile, which many people will be familiar with. It's a very fun, interactive way of being able to very quickly and easily identify where you sit.

So what I would say is that everybody has an inclination toward each of these models, but there will be one that is a definite preference, usually. It's the one that indicates where you are most comfortable behind the wheel for your life journey, and which you would prefer to drive or be driven in, and you'll give your best performance in this one. The one that gets the most, that you find you most identify with, is the one that most reflects your primary characteristics. If we were doing this for real, I'd have some little colored cars and I'd have some word choices that you'd be working with. But this is what we're going to work with at the moment, and I'm just going to talk you through them. So see if you can work out where you sit.

The first one is the red sports car. The reason I've come to this first is, if you're in this category, you've probably been sitting there saying, "Vroom, vroom, vroom! Get on with it, girl! I'm waiting for what you're going to give me!" In fact, you may even have turned off by now, and it's likely that you're sitting there bored, waiting to be spoken to. You're not good in traffic jams because you're not doing anything. You're very hands-on. You're up for fun, like taking risks, and you enjoy attention. You love using your skills to help other people, but it's using your skills—it's less about the people and more about the things that you can do. If you've nothing specific to do, you're likely to get bored, you might become moody, you might even become self-destructive, saying and doing things that really, you probably know deep down aren't in your best interests or in the interests of relationships and people around you. You're highly creative. You're very often the entrepreneurial type. You take the initiative to make things happen. Sitting in silence—I wonder, actually, if we've got any on this call, because sitting in silence may cause you to want to do something to break the monotony and seriousness of it all. If you could unmute your button, right now, you probably would. You're easily distracted, you're easily bored when routine sets in, and you want to move on.

It's for that reason that this particular model can really struggle with long-term relationships. I've known a lot of men in this category who find it very difficult to settle down. If you've been married to one of these types, you will understand what that's like. It's quite tough. They're always looking for something new. When we do this on a scoring system, the higher the score is, the more they have to be on the move and on the go and in control and doing stuff. They can be tough to live with, but they're also huge fun. Always the center of attention, and if I was to give you some key words, they'd be things like activity, spontaneity, freedom, excitement. The way in which they tend to learn is by getting stuck and undoing something. Don't give them a manual to read, because they want to be doing it. They don't have to read through the tiny print of the manual. I have also known—as this is funny, but it's also quite shocking, actually—I've known several of these red sports car types who in their hurry, leave things behind. I've known them to leave children behind. They forget that they're supposed to have picked up the children from somewhere or other. Because they're so desperate to go on and get doing.

Something else about them is that they don't always take care of their high-maintenance vehicles. They are themselves quite high-octane. They often live in that kind of stressed state, and they don't always pull over to make the necessary repairs, and that can mean that from time to time they end up in the garage a bit, needing to be repaired. Mandatory, as it were. Being different, not conforming, standing out from the crowd, getting things done now, are all part and parcel of who they are. Very achievement-oriented. That ring any bells?

DR. DEE ADIO-MOSES: If they don't take care, does that mean they get sick?

FI IVIN: Can do. They are the ones most prone to substance abuse. You'll often find them—because they need the variety, they need the constant stimulation—you'll find them with alcohol, shopping, substance-abuse addictions. That's often their type.

Now, the next one is the little blue love bug. They share similarities, but they're different. Little blue love bug people, they enjoy uniqueness and harmony and community. Looking for meaning and significance. Those are really important if you're in that category. They don't do conflict very well. The red sports car—vroom, vroom! get out of my way—can often be a bit in your face and will often spill things out, not because they're being nasty, but because everything's on the instant with them. It just pops out and they can hurt without meaning to. But the little blue love bug people will mind their tones. They're all about harmony, and they're about avoiding conflict. They believe in negotiation and resolution. They'll often find themselves stuck in a place where they're always trying to make things be all right for everybody.

But if they really lose it, they really lose it. They can be as rude and as nasty as the red sports car, and they will feel the consequences of it because they'll probably feel a lot of guilt afterwards. They're not big and brash, with "look at me" plastered all over them, but they do like a bit of acknowledgement. A pat on the back now and again is important to them, and if they don't get that, if you take advantage of their good nature, they will blow. They very much see a world where if only people talked to each other, life's issues could be resolved very much more easily. They're very happy to chat; they share warm and intimate feelings as they go through life, and they're very keen on connecting with other people.

Other models, it has to be said, might find the little blue love bugs' need for closeness and chattering a little bit irksome sometimes. So a little tip here is just to watch, when you're talking. Are you talking too much? Are you really listening to the other person? Because listening is hugely important. To get a red sports car to slow down and to stop revving and to get into a mode where they can sit on the starting grid along with the other cars and actually to begin to think about the others cars and to listen in at a proper level is quite challenging. For the blue love bug, it can be challenging just because they enjoy talking.

They do feel rejection very strongly, even when it's not really meant. But they are a huge source of encouragement to many people, because other people know that you'll understand and that you'll speak with compassion and that you'll care. Problem is, you expect the same from everybody else, and of course other people aren't always driving their models in the same way. You may well get hurt. You're slightly creative, because drama, poetry, romance, they all excite you. You can be lost in what you're doing when you're helping other people. I could go into something about career choices here for each one. I won't, because we need to move on, but there is a lot here about career choices, too.

The third model is the gold vintage car, and this person, if this is you, you've been patiently waiting. You're very respectful of other people, and so you will wait your turn politely. You're inclined to start at A and work through to Z. If that's what the instructions say, you're not going to veer off the route. You want to be helpful and useful, but in a slightly different way to the little blue love bug, which is a little bit more funky, a little bit more unique, a little bit more off the wall. You, if you're driving the vintage vehicle, it's important that you're on time. You'll find that you're somebody for whom tradition, history, the past, is important.

One of the challenges for this model is actually about taking where you are and moving forward. Looking into the past constantly is actually going to keep you in a place that's not healthy. So the challenge for the gold vintage vehicle is to be on the starting line now and to be taking steps to move forward. Safety and securing are important to you, so moving on is going to be tough. You're not going to want to break down at all; you're not going to want to get stuck and find yourself in need of help. Pride won't easily allow for that. But the rules and the directions are helpful to you as you plan your way. If you're in a place at the moment where life has thrown something at you that doesn't sit with your model of the world, and this is

a tough time for you, you may need somebody to whom you can be accountable and work through your plan for what's going to happen in the future together. You're very unlikely to take short cuts, because it's not written in the plan. You follow the rules, and if it says 50 miles an hour, that's what you go at.

Stopping to admire the scenery is not vitally important for this model, because it's too abstract and you're much more rooted in the structure and processes. These kind of people are really the glue of our society; they're often found in administration, banking, financial planning, those kinds of areas where processes are really important. They are often the people who keep family relationships going. But this model and the previous model don't easily do leadership. They're not hugely comfortable with it.

The final model is the green discovery vehicle. Now, this is an unusual model for a woman, because as a woman, if you are driving this car because you love discovering and exploring and you love knowledge and thinking—all that kind of thing, really, is your life blood. You have a lot going on in your back garden, as it were, that you don't easily open up and show to other people. You're inclined to be introverted, so you won't easily do small talk.

I have a very special, dear younger friend who finds life quite lonely because this is her model and yet, because her second choice is the little blue love bug, she wants desperately to connect. The green discovery vehicle can seem to be in a little bit of a world of its own. Hard, maybe, for other people—other women particularly—to relate to. I come to you last because you will have been wanting to examine all the options before choosing which one is you. Your mind is constantly thinking ahead, analyzing all the possible problems, mulling over the information on the inside. Analyzing, figuring things out, asking why, wanting to be very just, very fair, very honest, constantly. And so you have a huge amount of stuff to take on board before you make a decision. For the sports car revving beside you, that's really irritating. Equally, the sports car revving beside you can be very irritating to you. You may see them as being somewhat immature and not having things through properly. So the green discovery vehicle, their intuition and their creativity will give them the ability to think ahead.

Now if this is you, as you think ahead it may well slow down your start a bit, but when you get going it's really impressive. There are no breakdowns en route for you in general. Once you've worked out what you're going to do, you get going. Faulty thinking—not in the plan. You know you've sorted all the possible problems out beforehand. Your view on change is different from that of the sporty red vehicle. For them, change is necessary because variety is good. As the green discovery vehicle, you will maintain progress until you see that what you're doing needs to change. And then you'll break the rules, if necessary, to get that happening. Very often, motivated by a strong sense of justice and fairness.

So if you've been in a relationship where something has broken down and it's just not fair, it can be tough to get over. You do need time to do that. You have to recognize, too, that change is important for you in order to move on. You're self-assured. You look like a swan—often paddling away madly underneath—but you look like a swan gliding along the stream. Authority, titles, they're not enough to put you off your stride. When you finally get on with a job, it's because you know what needs to be done. It's hard for other people to read your sense of direction, because you do tend to cover up your emotions and you don't easily allow others to get close. You don't easily do small talk. As a woman, you therefore can end up feeling that you're a little bit on the outside. But you do, too, need companionship of like-minded women. You may well miss the stimulus and thinking environment of work if you've chosen to be at home with children, and if you do have a little blue love bug as your second option here, you probably, along with being intelligent

and articulate, are a sensitive person, easily hurt. But others may not realize that because you keep things to yourself. If you couple your green discovery vehicle with a red sports vehicle as your second choice, you're going to be a strong-minded lady. You would do well in business, especially working for yourself.

DR. DEE ADIO-MOSES: Let me ask you a quick question. What you're supposed to do is look at which one is closest to your behavior, the way you think, and then you pick the second one, that will be number two?

FI IVIN: I think the thing to do is to look at the one that you can immediately identify as being you, look at the one that is least like you, and then try to put the other two into order. If you're struggling with this, and you're saying, well I could be that, there's a bit of that in me and there's a bit of that, then it's quite likely that you're the green discovery vehicle, weighing all the options and finding it difficult to make a decision. When I do this exercise at a workshop, we have the corners of the room decorated with the different colors of each, and we have different things to entice each type in. Then I give them an exercise to do, and the green discovery vehicle people, when time is up, they are still deciding on what they're going to do.

Also, when the site comes up, when the website's done in a week or so, there are some free resources on there that you can access that will help you to do this a little more accurately. Those can be downloaded. But something you could think about would be, if I was to say to you, Dee, let's go on a journey. I'm going to take you tomorrow to X place. I'm going to give you four answers that you could choose from. Would you say, "Yeah, let's get going?" Would you say, "Who's going?" Would you say, "What time and when will we be back?" Or would you say, "Tell me more—I need to decide and think about it a bit more first."

DR. DEE ADIO-MOSES: It depends on who is asking me, really.

FI IVIN: Ah! That's very much the blue love bug. Who is asking me? All about the person, and that's very much the language of the little blue love bug. That was interesting, because earlier in the call, you said, "Well, we women pick up all of those things, don't we?" That's very typical of that little blue love bug who wants to make sure that everybody's OK. They are the women who often can get really overwhelmed by all that there is to do and all the needs, because they've taken on so many needs. So that's interesting, Dee. If you'd said to me, "Oh yeah, come on, Fi, let's get going," that would definitely be the red sports car. If you'd say, "Well, I need to know what time we're going and when we'll be back," that would be the gold vintage vehicle. Very conscious of time, very conscious of the past and needing to plan. And if you'd said, "Well, I need to know a bit more, really, I can't just decide like that," that's more than likely going to be the green discovery vehicle there.

DR. DEE ADIO-MOSES: That makes it very easy for people to put themselves in one of them. I can really see that blue bug being me.

FI IVIN: I'm sure. That's why you're doing this—that's why you're doing what you're doing.

I had a lady—let's call her Mary—she was the driver of the green discovery vehicle. But she was being pressured by her family to drive the vintage vehicle. That was her family's vehicle of choice, but it was also her second choice. Now, as a child, she'd been propelled into taking lots of responsibility for her family, and when she was at home she used her technical competencies to help the family business. When she moved away—she actually moved abroad—the family still expected that level of support from her. Loyalty is hugely key to the gold vintage vehicle drivers, and because that was a strong second for her, she felt obliged

to do what was required of her. So at work, she was constantly being driven to work long hours to maintain levels of achievement. She was this green discovery vehicle, achieving was important to her. She wanted to get work done, she wanted to maintain her own appearance of competence, because being competent, having planned it all out, is really important to the discovery vehicle drivers. But with this gold vintage bit as well, she felt that she had to be loyal. So all the time, in her personal life, she found she was working hard at work and she had no time for her relationship.

When she began to realize what she was allowing to happen, she made some changes. We worked through this process and she made a determined effort to leave work 30 minutes earlier than she'd been doing, while still maintaining some overtime, so she felt OK. And then, using their interests and skills, she and her partner found an interest that they were able to develop together that gave them a common focus. So taking positive steps towards changing a habit that has become embedded can really make life a lot more enjoyable.

DR. DEE ADIO-MOSES: So what do you use this for? The listeners can use this to understand themselves much better, and then be able to see why they might have had a problem with their ex?

FI IVIN: I think there's several sides to this. I use this sometimes if I'm career coaching, so as people are looking to return to work or change their job it can be used in that way. But at a personal level, in terms of relationships, it can be very much used to understand "Who am I?" but also to understand what your expectations are of other people. And other people, if they're different, aren't going to be able to deliver on your expectations. For example, the red sports car driver, they won't plan. They'll always expect people to go in the moment with them. So if they suddenly come up with a bright idea: Ah! Let's just drop everything and go and do X! You know, if they're sitting alongside people who don't quite work like that, it's too big of an expectation.

DR. DEE ADIO-MOSES: And you know what, Fi? Most women will marry somebody like that and then try to change them into somebody else. And it doesn't work!

FI IVIN: No. If you're going to marry somebody like that, you have to remember that the red sports car disappears into the dust, into the sunset, because freedom is so important. And they are very attractive, because they are such fun and they are such risk-takers. They bring a whole light to life. But you have to decide what is it that is important to you.

What I very often do when I've done this exercise is, I move into a stage of identifying with individuals actually what is important to you. You might like the risk-taking, you might like the adventure, but actually what is it going to do for you when you have to live with it day by day? Where does it put you? And if you're somebody who needs safety and security, which the driver of the gold vintage vehicle—really, it's a precious car. It needs looking after. You can't just take it off-road and up dirt tracks and into places that the adventurer might want to go. You can't do that. So it can create the kind of friction that really makes you feel you are at risk in a relationship.

And that's where it's important: not just about understanding yourself, but also understanding the people around you so you can make choices to engage with those who actually are not necessarily exactly the same as you, but you can begin to see what their needs are, and whether that is something that you can manage to have in your life, because that is reality.

DR. DEE ADIO-MOSES: Yes. So this is a really good tool for those who are beginning again. I see this as a wonderful tool—looking at it, I can tell that my husband now is a gold vintage car. He's very patient; he wants to see everything. He wants to make sure everything is in order. He lives by order. So I can see that.

FI IVIN: That can be good and it can also be frustrating, because they don't always easily do change. It depends what their second preference is and how strong that is. But they are very thorough, sensible, punctual, stable kind of people, yes. What did you come out as, Dee, do you think?

DR. DEE ADIO-MOSES: I think I'm the little blue love bug.

FI IVIN: Yeah, I think you are.

DR. DEE ADIO-MOSES: I love harmony, but I think my second one—I don't know what my second one would be. I think my second one could be the red sports car. Now I'm older, I'm much more relaxed, but I was one of those who liked things very spontaneous. Things had to happen *now*. I will plan something today and tomorrow it's done.

FI IVIN: That sounds like it could be. They make a very people-oriented combination, those two. So it would fit with all that you're doing and all that I've known about you since we've met.

Should I let the listeners know what I've got available for them, Dee? Would that be a good thing to do now? How much time have we got left?

DR. DEE ADIO-MOSES: It looks as if they understand; nobody has put up their hand that they have a question, so they must understand. Or maybe they're waiting for you to tell them, and they will come to your website. They will link up with you to be able to ask you the questions. And if they send the questions to us, I always forward them to the speakers. So you can give us the information now.

FI IVIN: Just again, I'll redirect you to my website. I know I spoke at the beginning about the lady called Patricia who had had a job taken from her. It's those changing life roles that really lead to an almost traumatic crisis in identify for many women. But having got through that, she did about six sessions of these three steps with me, and she began to feel so positive and optimistic about what she had to offer.

On this site, you'll see when it comes up that there are some videos there of two ladies: Sam and Lauren. They're two women who came on the three-day program and who found that life began to change. If you look at those videos you may well find stuff that resonates with you, and there are some things that you can download. So that's at www.fiivin.co.uk.

But if you're feeling stuck with where life has landed you, what would it be like to be in control of your own destiny? Not just in one area of your life, but to be able to make those decisions that actually help you to live life in a much more grounded way, with strengths at your call? So for those who are ready to change, I'd like to offer some help that's going to move you forward. I'd like to offer you an opportunity to begin to move into the driver's seat, to take control of your vehicle, and to develop that inner strength. If you are at a point where transformation is not just desired, but really it's mandatory—because to survive you must thrive—and if you're one of those people who is now ready to find the diamond within, I'm actually running a workshop called Kaleidoscope on March 17. It's a daylong workshop; it will take you on a journey to find your special gifts. It's fun, it's highly practical, it's non-pressurized, and you'll walk

away with some practical ideas about next steps. You'll find yourself with like-minded women who are all waiting to open the door to new possibilities. One of the things that being in an environment like this does, which is what Sam and Lauren testify to in the video on the website, is that you're in an environment where you'll have time and space to think. You're with like-minded people—people who have similar issues. And the creativity around that enables you to resource solutions; you can share ideas and create new ways of thinking.

So I'm going to invite you all to take the first step now, to turn the kaleidoscope, and to join me on that day. I really want people to get started on that journey in advance. I've created a few free extra tools and resources to get people going, to get you started a bit quickly and to get you thinking and creating clarity. So I'm giving you for free my future mapping tool. And for the first four people to register on the one-day event, I'm going to accompany that with a free one-to-one 30-minute get-started call with me, which will help you to identify some specific areas of your life where you could make changes and begin to make the start of your journey easier. You may find that if recent events have just eaten you up, that anything that's to do with you becomes less of a priority and really you find yourself sitting at home day after day doing very little. This free future mapping tool is quite a creative approach to designing your ideal life. If you're really committed to reinventing your life, I'm going to build on that call in the form of the Women on a Wobble minibook, and together with the future mapping tool, that can help you uncover some of the roots of your wobbles and help to release the brakes before you get going.

So I'm making it very easy for you to obtain these. I'm going to show you how to do that now, so I hope everybody's ready. If you just go to your browser and type in the following: http://www.fiivin.co.uk/teleseminar_offer.htm. You can sign up there, it's "One-Day Event." The free resources will come to you very shortly. But more than that, I hope that you will connect with me at some point anyway, because I hope you've enjoyed this webinar.

DR. DEE ADIO-MOSES: And you're going to give me that, so we can put it on the replay. So when we send it out, they will have all those links in there. I also want to ask you, because I see that a lot of people on the call—the numbers look as if they're American numbers—is any of your program virtual? We can also add that to the replay.

FI IVIN: I don't have an Internet program as such, but what I do with clients who are at a distance is to use this tool by supplying them with the information and the material that they need and we go through it together. I coach them through that. So that's an alternative. The day course that I do is very practical, and the intention is longer-term to actually video that and accompany it with a workbook. But until that's done, the way to connect with me on that is one to one. There is a Facebook page too, there's a Women on a Wobble Facebook page.

DR. DEE ADIO-MOSES: That's what I was thinking about; if you can let them have the information about one-on-one, if anybody wants to work with you, you can give them that information, they can send you an email and you can connect with them.

FI IVIN: That's absolutely fine. There are always ways of working through things so that they work for the person at the other end. There's always some way that we can translate the material and we can work through it so they get benefit from it.

So Dee, I think that really is all that I have to say at the moment.

DR. DEE ADIO-MOSES: Yes, thank you so much! I have really enjoyed it, and I hope the listeners, all these wonderful women and maybe some men—we've had quite a number of men joining us, even though we talk about women all the time. Thank you for being here, and look through all this that Fi has said and think about it. I'm going to think about it. Thank you so much for being here. Say hello to all the Londoners! Thank you everyone for being here. Bye-bye.

HEAL THE INNER GIRL TO HEAL YOUR LIFE

By Angela Harrington-Rice



Angela Harrington-Rice

Ordained Minister, Inner Child Expert and Award-Winning Television Producer

About Angela Harrington-Rice

Angela Harrington Rice is committed to open up gateways of communication for all people. As an Emmy Award television host and producer, she uses tools of her trade to help persons open up to their personal realities and forge a new future. As a minister and certified marriage counselor, she helps men and women realize that marriage is more than just two people coming together, but an opportunity for soul growth. Angela is a workshop leader, inspirational speaker and writer who believes that everyone deserves and can live a life that is filled with joy and purpose.

TOPIC: HEAL THE INNER GIRL TO HEAL YOUR LIFE

Within each of us is the little girl who believed in the fairy tales and the knight in shining armor. When we learn that the fairy tale was just that, a tale – it shakes us to our core. The little girl inside of each of us longs to be the princess who is captured by the prince; however, when our hearts are broken it can be a gift, because we get to re-examine the myths that we brought in to. Healing the Inner Girl helps us to re-examine the beliefs that have been our mode of operation and then begin to create a story that is real, nurturing and life transforming.

NOW TO THE INTERVIEW

Hello, Reverend Dee. It's wonderful to be here with you today. I'm just so excited about having the opportunity to talk about our inner girls, because we all walk around with this being within us who is sometimes navigating how we live our lives. I get to talk to everyone about my personal experiences, but some of the experiences, I know, seem to permeate the culture.

DR. DEE ADIO-MOSES: Before we start talking about that, we want you to just share a little bit about yourself. We know already that you won an Emmy Award as a television host and producer, but just tell us what you do there. I want all the people who are listening to get to know you a little bit more.

ANGELA HARRINGTON-RICE: Well, one of the things that I do—and I love doing it—is I produce television programs. I produce programs that I believe uplift the human spirit, that help people engage with people of different faiths. I work with Christians, Jews, Muslims, Buddhists, Pagans, everyone, because I believe that there is only one universal force that brings us all together, and many of us may call that force by different names. I did have the opportunity to travel to Turkey with Jews, Christians and Muslims, and I produced a documentary on our experiences and what we learned about each other and how we each see this divine being in our lives. I was very honored to be presented an Emmy award for producing that television documentary. I also have a lot of fun doing all kinds of programs—I've hosted a program for a couple of decades on women and women's lives, and I also produce a program called *The Circle*, where women of different spiritual traditions come together to talk about the issues of the day. I have a lot of fun, and I have a lot of fun as assistant minister at Hillside International Chapel and Truth Center in Atlanta, Georgia. We are a New Thought congregation, and we are a loving group of people who come together to enrich each others' lives and to help us move up higher in our conscious awareness of all that God is.

DR. DEE ADIO-MOSES: I know your life is interesting and full—you are also a certified marriage counselor. You work with a lot of men and women.

ANGELA HARRINGTON-RICE: That is one of my greatest loves. I like the whole idea of being a marriage educator. The men come in and they know I'm not trying to fix them, I am just helping them come up with some tools on how they can navigate their marital lives, how they can work with dissolving conflict, how they can show each other how much they care, you know? Just opening up gates of communication so people can really talk to the other people. I really love doing that, and we've been very successful with the couples that I have seen. I continue to enjoy that work and continue to be excited when they get married and continue to be excited when they have that aha! moment and they understand that coming together in a marital relationship is divinely ordained and that through that relationship, they are learning to be their highest and greatest selves. What they understand about that whole process is that they're really just married to themselves and God, you know? It's always exciting to see people come away knowing that this is a tool that's going to help them fly. I'm always excited to be a part of that.

DR. DEE ADIO-MOSES: That's wonderful. And for our listeners who are divorced now, what Angela is saying is that she is there when you marry again, and she can even do the wedding ceremony if you want to do it, and she can be there for you to make sure the second time—or whichever time—around, everything will really be working just as it is divinely put together.

ANGELA HARRINGTON-RICE: Oh yes, and I had the opportunity to work with a young woman who's been married four times. She's getting ready to go into her fifth marriage. One of the things that I get to work with her on is what lessons has she learned? What lessons does she think this fifth relationship is going to allow her to learn? Sometimes we kind of run away from the lessons, but she has an opportunity right now in this fifth marriage to learn all the lessons that she didn't learn before. I want to give her an opportunity and give her some groundwork so she won't be surprised when the lessons start to come, you know?

We grow up with this idea that someone is going to come and save us and fix everything, and the only person who can fix it is us. Getting to learn that is a life's lesson. Growing up, I remember thinking of the fairy tales, where Sleeping Beauty is asleep and the only way she can awaken is if the man comes and kisses her and then she blossoms and she gets to be his companion forever.

DR. DEE ADIO-MOSES: That's where the damage is usually done, those kinds of stories.

ANGELA HARRINGTON-RICE: Yes, and if you listen to music, it's in the music. I remember listening to a song and I was thinking, now that is something to sing. It's like, "Without you, I will never breathe again." Like our very lives depend upon our relationship with the person, and that this person is everything, this person completes us. This person is our reason for being.

DR. DEE ADIO-MOSES: That's horrible.

ANGELA HARRINGTON-RICE: It is, and if you think about it, so is how we continue to share this message in our music and in our literature with our children.

DR. DEE ADIO-MOSES: And in our behavior! When something happens, we say we want to die, and the children are there looking at their father and their mother. So what happens to them? They want to die, because they think that is how it should be.

ANGELA HARRINGTON-RICE: Yes, and the interesting thing about that lesson is, a lot of times until it happens, we don't even know that we have processed that information on that level. We have lived in this fantasy that this relationship will last, or this relationship will be here even if it's bad. Some women—who've been trained in a certain way by some of the messages in the media and as you said, some of their parental guidance—believe that they have to give everything for that relationship. Even if that relationship is bad, it's better than not having one. It's better than not being married. It's better than being alone.

There's so much that goes into separating or divorce—women often think of themselves as a failure. They begin to think that they're not attractive, that in some way that's something against their character. Many times, there are many of us who will stick out a relationship or stick out a marriage because we don't want that badge of failure attached to us. That's not the way the story ends. It ends with "They lived happily ever after."

DR. DEE ADIO-MOSES: In my own personal experience, one of the things I was told over and over again by people—I didn't really share my issues with many people, but even the few that I told, they kept saying one thing—it is a saying from my tribe in Africa: You use a man as a crown on your head. They kept saying stick it out, stay there for your children: "At least you have a crown on your head." It took me so long to be able to think, what sort of nonsense crown are they talking about? I'm in pain, for God's sake. This is not a crown, this is pain.

Angela, the Heal the Inner Girl program that you do, what is it that brought you to really look into that as a healing tool for those who have been in pain and have had trauma—not just divorce, but divorce is part of it. What is it that you saw in that program?

ANGELA HARRINGTON-RICE: I truly believe, from my own experiences and from the experiences from others who have shared with me, that in our childhood are planted some seeds that continue to be with us. A lot of times, these seeds are not necessarily very healthy seeds. There are times when we were kids that we can remember the first time we were hurt. We can remember things that our parents or someone else said that really damaged us. We carry around this damage within us, and we continue to attract those same experiences over and over again until we heal.

The issue that I mostly dealt with was the whole idea of abandonment. I was actually given away to my grandmother when I was young. As a child, the kids in the neighborhood would often bring that up and say, “Your mother didn’t want you,” or “You’re not wanted.” I realized that little girl was always there, and that little girl was pretty much leading me around.

DR. DEE ADIO-MOSES: I can just feel that all over me. That must have been really painful.

ANGELA HARRINGTON-RICE: It is, and I think about it—people sometimes trivialize the idea of bullying. But I understand how devastating bullying can be, having been the butt of those children’s jokes and the butt of their pranks. What happens with children is that we somehow find a way to cope. All of those feelings and all of that pain can get bottled inside of us. I think of all of the pain being inside that small girl or that small boy that’s within us, and all of that emotion kind of crystallizing and going underground or going within us. We’re trying to protect it, or defend it. Even as we grow up, it’s still what kind of influences our behavior.

It’s interesting—all of my life, I have met bullies. Everywhere, I meet bullies. When I meet the bullies, I remember the other bullies and I remember how I felt as a young girl. And then I remember how I deal with it today. One of the things I do is just take a moment to be still and look at that little girl, because I know it’s the little girl that’s still hurt. I look into the eyes of that little girl and embrace her, and let her know that she is perfect, whole and complete, and that she has the ability, through my adult self, to stand in the face of that bully and be OK. Those messages have to be channeled again and again.

A lot of times in our relationships we will begin to attract those people in our lives who bring up some of those issues of that inner child, that inner girl. It will help us to strengthen, if we can use whatever is going on and recognize that we have the ability in that moment to go within and to actually talk to that inner girl, to actually hug that inner girl, to love that inner girl, to let that inner girl know that she is all right, that she is perfect just the way she is, and that we are here as the adult person to protect her. As children, I often tried to protect my image by not really sharing all this stuff with my parents. A lot of the things that I was doing, or a lot of the things that kids did to me, I just took inside. There was no one to protect me. That little girl was without any way to protect herself. She had no protectors. Now as the adult Angela, I have the ability to protect the inner girl Angela. I can talk with her, I can let her know that she is OK.

One of the things that I do when I do the Inner Girl workshop is I have the women who gather, I have them to play. We go back into our childhoods, and we play childhood games and we do childhood activities. One of the things that I ask them to do is to draw their pain. To draw what hurt them, what really pierced them as little girls, and to write that down, to draw a picture of it. It is so amazing, the emotions that

come up. You know, the little girl or the woman who tells me that as a little girl she was told she was ugly. The little girl who was told that she didn't deserve anything good. The one who was abused, the one who was sexually molested. You hear all of these stories, and how that little girl has retreated within. This is an opportunity for that little girl to come out, to come out and really speak her truth. Speak her truth and say, "this is what happened in my life. This is how this made me feel. I felt alone, I felt abandoned, I felt like there was no one there to protect me."

Then what we do is to work with the adult to say, now you have the opportunity to protect her. You have the opportunity to love her and to allow her to know that you are always there for her. It is amazing how people's lives have been transformed. Some things are very simple: I had one lady tell me after the workshop that she had stopped wearing hats. She had not worn hats in years, and the reason why she didn't wear hats was because when she was a child she liked hats. But someone told her she looked really ugly in hats, and that she should never wear hats again. So she stopped wearing hats until she went through the workshop. I don't think I have seen her without a hat since then, and that's been years ago.

DR. DEE ADIO-MOSES: She feels the beauty!

ANGELA HARRINGTON-RICE: Yes, she feels like she is truly herself. A lot of times we don't understand, necessarily, how bullying and peer pressure and the words we speak to our children last forever. I know each one of us can hear, when we do certain things, we can hear our parents scold us. We can hear our parents say things to us. And there are children who will tell stories of how their parents have told them that they will never amount to anything.

DR. DEE ADIO-MOSES: I hear that a lot. And I cannot even imagine that.

ANGELA HARRINGTON-RICE: The interesting thing is, that little girl, that inner girl, if she's not healed, guess what kind of relationship she will find? She will find a relationship where this man will tell her she's nothing.

DR. DEE ADIO-MOSES: Nothing. Because that's what she's been looking for.

ANGELA HARRINGTON-RICE: Yes. Because she's trying to heal that child within. The way she heals that child within, if she is not aware and if she doesn't have the tools that you have been working to provide so many women, what will happen is she will collide with that person who's going to teach her that lesson, and not in the most positive way.

All of this begins with loving the inner core of who we are. Taking that opportunity to go within and say no. What that person said about me wasn't true. That is not my truth. That is not the truth of this little girl. This little girl is perfectly made. This little girl came into the world to do great things. This little girl was loved by God, and was created right here and now to do something magnificent and special in this world. To begin to affirm that over and over again. If we can't do it for ourselves as adults, think about how we react around children. We're so easy with children; we can tell children they're pretty, and we can tell them that they are lovable, and we can hug them. Often we don't do that with other adults.

DR. DEE ADIO-MOSES: We don't! And you know, what I also notice is that many people like to share with others sad stories and bad things. So when they even see another friend, instead of sharing the wonderful things that have happened, they are so used to the negative ones. Of course they don't see any nice things they can tell the friend: Look at you! Look at how beautiful you look! No, they're too busy sharing all the negative things.

ANGELA HARRINGTON-RICE: The interesting thing about women, a lot of times we have been taught that there can only be one beauty queen. There's only one queen, and two runners-up. So I can't be the beauty queen and you be the beauty queen, too. We can't both win the pageant! So we don't affirm that we all can be the beauty queens.

DR. DEE ADIO-MOSES: Yes, and there's enough room for all of us!

ANGELA HARRINGTON-RICE: Yes, and so we have to think about the way that we interact with other women. We have to know that when we affirm other women that we're also affirming ourselves, and that there is no competition. We should be about uplifting each other. I can be beautiful and you can be beautiful, too. Then the thing is, if we look at television now, all of these crazy television shows, particularly in the U.S., where there are women pitted against other women. It is not about cooperatively working together towards a greater good; it's about let me be better than she, or let me tear her down because she's not all that. And these are number one-rated shows. Imagine what this is telling us about our children. And the teenagers are involved with their own shows—it's really out there.

DR. DEE ADIO-MOSES: So there's a lot of work for us to do.

ANGELA HARRINGTON-RICE: It's all those little inner girls acting out, because they didn't get the love. They didn't get the love, they didn't get the esteem, they didn't get all the stuff they needed, so they act out now. I know when my little girl acts out, I'm like, OK, it's time for me to take a break and get in touch with that inner part of me. To let that part of me know that I'm ready to nourish it with some loving thoughts, with some affirmations, with some deep breathing, with embracing myself, with telling that deepest inner child within me that it's OK. That there's enough of everything to go around. That I am loved, I am lovable, I am loving, and so there's no need to act out.

But that doesn't happen unless we give it the attention that it needs. It's just like a flower or a baby—if you don't feed the baby nourishing food, the baby won't thrive. The baby may continue to live, but the baby won't thrive. There's actually a disorder called failure to thrive that comes from kids not necessarily not getting enough food, but not getting enough love. Not getting enough hugs, not getting enough affirmation, not getting enough of that sense of knowing that somebody is there for them and someone treasures them above all else. So for many of us, that failure to thrive just continues to reside within us and we continue to attract into our lives relationships that are more harmful than they are good.

I believe that once we get in touch with that part of us and love that part of us that has been hurt and bruised, if we can begin to love it back to life and let it know that it is the most magnificent gift that we will ever be given, and begin to embrace that, we will begin to attract the love that we really desire. First of all, that love comes from us loving ourselves. When we love ourselves to a great depth, we attract the love that we are and we are able to achieve the happiness and the peace and the joy that we all are promised when we come into this world.

DR. DEE ADIO-MOSES: Wonderful. I feel the universe saying, hey! I feel the energy just change as you're talking about how to get that power and be in that place. This kind of work—do you do it in a group, normally, or one-on-one?

ANGELA HARRINGTON-RICE: Either way. I've done some one-on-one sessions because sometimes women—I generally work with women—feel like what they've gone through is a little bit more than they

want to share in a group. You know, their stories of physical and sexual abuse, their stories of abandonment—I talk about being abandoned, but I was abandoned to a wonderful grandmother who loved me to pieces. Some kids are abandoned in different ways, where they really didn't have that type of love and that type of support.

There are those who like to work with me individually, and there are others who come out in a group session. One of the things that they love to do, one of the exercises, is I have them draw themselves. Everyone has to draw their inner girl. It's amazing, some of the things that have happened in just that drawing. It's not about drawing a pretty picture—some of the pictures are stick figures. But just the drawing, just reconnecting—because a lot of times we have disconnected from ourselves. We live these lives where we're so busy that we really don't have the time, and we really have not made the time to connect with ourselves. One of the reasons we haven't made that time is because we're afraid.

DR. DEE ADIO-MOSES: We're really running.

ANGELA HARRINGTON-RICE: Yes, we are running. And we continue to work ourselves to distraction. We become workaholics, or we become overly involved with our children. We become perfectionists where everything in our house has to be right. We become so absorbed in all of this outer stuff, and we're not taking care of the inner stuff. I've had women draw and just start breaking down in tears, because they had not connected. They were reliving that story, and they were going back and recognizing that they had been carrying this burden of hurt with them 30, 40 years. Here was an opportunity for them to look at the hurt and the pain and to begin to dissolve it.

DR. DEE ADIO-MOSES: It's so incredible—if you don't heal this inner child, how can you really be a wife, a good one? How can you really be a good parent? How can you be a good friend? All this will always be sneaking out to remind you or to tell you, "That's a lie. You forgot they told you you're ugly? Don't listen to him—he's lying. You're not pretty."

ANGELA HARRINGTON-RICE: And as you said, then we begin to tell our children the same thing that somebody else told us.

DR. DEE ADIO-MOSES: It is just incredible, and I know that this kind of program will really go far with our listeners. They really need to be able to look into it and see which part of it they want to do. It will not only heal the inner child, it will then heal your outer personality so you'll be able to have better-quality friends, a better-quality life, because you'll be a nicer person.

ANGELA HARRINGTON-RICE: Yes. And one of the things I would say is, anyone who is going through divorce, going through any challenge of separation, one of the things that we often hear is, "Take care of yourself." One of the things that I would say is, really reconnect with that inner girl. Think about all the messages you received as a child about who you are and then begin to re-teach yourself the truth of who you are. Begin to tell yourself, tell that inner girl how lovely she is, how beautiful she is, how strong she is. Begin to invest some time into really strengthening the core of who you are. We hear a lot about the core when we're exercising now—they tell you to strengthen your core and the pounds will come off. They give you these core exercises to do that are really going to strengthen you, help you tone up, really help you lose the weight.

I'm saying that you have to go to the core of your being, the inner girl, and really work with those messages, begin to pour into that inner girl the love that she did not receive, begin to allow the inner girl to know that you're there for her, to support her. As you do that inner work, and as you strengthen that inner girl, that inner girl is going to strengthen you to face any challenge that you need to face. Then you can move beyond that relationship that wasn't beneficial for you at that time. You can move beyond that and begin to attract the love and support you need to move your life forward. It really works the same way.

One of the things that the inner girl loves more than anything in the world is play. Play, play, play. A lot of times we don't get enough play in. Think about when is the last time you had fun and just laughed, and just did something really silly? I have some inner girl toys that help me when I'm going through any little period. I try to take some time with them. I have jacks—I don't know if you've ever played jacks and marbles—I have coloring books and crayons, I have music that I remember from when I was a child, I get out and walk in nature. Inner girl loves bubble baths, and she likes bubble baths with colored water. Just do all of these things—get some cute little slippers that only a little girl would wear—all of these things. A little girl loves color. She loves color, she loves music, she loves to dance, and she loves being with other women. Other little girls. Get a play date! Have some people come over. Get with some other people and do something that's really fun.

DR. DEE ADIO-MOSES: You could even do a sleepover! Can you imagine how wonderful that would be?

ANGELA HARRINGTON-RICE: Yes. We forget that. We get so grown up, and we do all of these grown-up things, and we forget that there's that little girl inside of us who needs some love, who needs some joy, who needs to come out and play. I get to see the lady with the hat often, and it just warms my heart that she was able to do that. Another lady had a book that she had wanted to write, and she started doing her writing. One lady renamed herself. She never liked her name—there are so many things, you know? Once she began to feel settled in knowing who she was, and connecting and understanding that inner girl as herself, life just changed. That's my healing word: let the inner girl come out and play. Take some time to nourish her with lots and lots and lots of love.

DR. DEE ADIO-MOSES: When women are facing, like after a divorce, that time of uncertainty—even if you don't know what your issue is, this can be a good one to just say, let me go to my inner girl and start caring for her.

ANGELA HARRINGTON-RICE: She will tell you what your issue is. If you will just sit and be still, and connect—you don't have to have an image of anything, just sit. Some of us can remember when we were girls, and we can remember how we looked, and we can remember scenes. But if you can't remember that, think of a color or an object, and the inner girl will speak to you and tell you what it is that you need to know to begin to move in that journey of healing. If you follow that, if you follow that path, you will begin to allow a lot of the issues that have plagued you to just fall away.

One of the issues that I had was that from the time I was a kid, most of the bullies who were in my life were women, other young girls. I got to the point where I didn't like girls. They were always troublemakers, they were always kicking up stuff. So I would always kind of shy away from relationships with girls. Then a very interesting thing happened—wherever I went, I would always have trouble with girls, other women. It would always be something. One day I had the opportunity to just sit and be still and begin to focus on that little girl who had been tortured and mimicked and mocked by other girls when she was young. What I realized was, I had to love the girl who was me. I had to find my way back to loving that little girl. Once I began to love that little girl, I never had any challenges with women again. It wasn't about the other

girls; it was all about me. It was about my programming. And it's not about the man; it's about us and our programming.

DR. DEE ADIO-MOSES: One of the ladies sent an email to us recently: she said her marriage was having problems, but now everything was looking OK. The tone of the email, even though she didn't say it, felt like, "I don't even need to do all this work anymore." I may be wrong, but we really need to know what you've just said, that the issue is us. The other person is just an extension of us. That's what we're looking for. That is what we're seeking, because that is who we are inside of us. Once you do this kind of healing, of course your problems will start dropping off. But it's still a lot of work, consistent work. It's not something that has been there for 30 years and you work on it for one week and it's all OK, and you're fine now. You can go out and start dating again, and it will be wonderful—no. It doesn't happen like that. Working with somebody like Angela, you will need to put some time in there and work with her..

ANGELA HARRINGTON-RICE: It's not an overnight thing. We live in a society that tells us we want everything at microwave speed. But we all know that microwaving our food takes away the nutrients. So we have to think about our lives like that. If we want to truly be nourished, we have to put in the time. We have to put in the time, and I can't think of an investment that is better than the investment we can make in ourselves. That's the best investment we could ever make, taking time to love ourselves, to do that deep breathing, to do the meditation, to be in a community of people who are there to support us.

I think Better Than Ever After Divorce has created a grand community, and to know that there are people all over the world who are supporting you in your efforts, I can't think of anything greater than that. Nothing greater. That's the beauty of this whole program, is that type of support. And this type of information! It's incredible. Can you imagine?

DR. DEE ADIO-MOSES: You shouldn't stay by yourself. If you have access to Facebook, be on Facebook. Link up with other people—we have a group on Facebook. Link up with the group.

Reverend Angela, it has just really been a pleasure having you on this show, and I know that you may have some last-minute words for our listeners. What it is you want them to go with?

ANGELA HARRINGTON-RICE: What I want them to know and what I want them to go with is that they are beautiful, they are worthy of all the good, and that they are here by divine assignment. It is the universe's plan for all of us to live a life of peace, love and joy. When we can get in touch with that inner girl and love that inner girl unconditionally, loving ourselves unconditionally, then we can love others unconditionally and it will give us everything we need to release what we need to release and to attract that which we desire in our lives when we need to attract it.

I believe that loving the inner girl is healing the inner girl and healing our lives, and I look forward to working with any woman who is interested in working with me. I can be contacted through my website at www.radiantvision.org, or through my email address: radiantvision@yahoo.com. I just want everyone to appreciate who they are and to know that they have a path that is designed just for them, and if they walk their path, they will be able to realize everything that they need in their lives.

I'd like to thank you, Reverend Dee, for your wonderful, wonderful work and for your commitment and I'm sure, somewhat, your sacrifice in getting this program done. I know that what you have given will be returned to you blessed and multiplied in ways that are beyond your comprehension, and I look forward to rejoicing in all the good that you receive. Thank you.

WILL IT EVER STOP HURTING? THE 24-HOUR SPECIAL THERAPY TO COMPLETELY GET OVER HEARTACHE

By Wendi Friesen



Wendi Friesen

Author, Powerful Healer, Teacher, Transformational Trainer, Mind Coach Genius, and Life-Changing Strategist

TOPIC: WILL IT EVER STOP HURTING?
THE 24-HOUR SPECIAL THERAPY TO COMPLETELY GET OVER HEARTACHE

About Wendi Friesen

Wendi is a worldwide leader in creating rapid change for life's difficult problems. Since 1994, Wendi.com has influenced the lives of millions worldwide and brought insight, wisdom and spiritual growth to people in need.

Wendi is described by her colleagues as a powerful healer, teacher, and a creative marketing expert. She is one of the most loved transformational trainers in the world.

She has created over 300 programs on CD and video that teach people how to really use their brains! The programs lead them through a process of changing their brain's neural networks, the chemicals of depression, and the habitual and compulsive thoughts that prevent them from being happy. She has been called a miracle worker and has been described as a Mind Coach Genius and a Life-Changing Strategist by her colleagues, clients and the media. She is known worldwide for creating dynamic mental strategies that have been used by executives, athletes, addicts, and students for the past 15 years.

She has appeared in *Financial Times*, had a 10-page interview in *Men's Health*, *GQ* magazine, *Fitness Magazine*, *Health and Fitness*, the *LA Times*, and hundreds more. She has been a featured guest on “Fox and Friends,” Fox’s “Strategy Room,” Comedy Central, Showtime, and GMTV in England.

Wendi is an intriguing and inspiring trainer who will show you your true potential. Healing from divorce is something Wendi loves to help people with — making you emerge powerful, successful, confident, and healed.

People struggling with divorce are released from the anger and guilt. Hypnotherapy is an amazing and transformational experience. Letting go and truly moving on is something you deserve. Wendi can help you to thrive!

<http://www.wendi.com>

Wendi's Special Offer: "Getting Over the Loss of a Love"

This special package from Wendi consists of four programs she usually offers separately, but has combined at a special price just for our telesummit attendees! You can learn more by visiting:

<http://www.wendi.com/betterthenever>

NOW TO THE INTERVIEW

Thank you Dr. Dee. I'm doing so perfect, and I just want to tell you thank you for doing this for the thousands and thousands of women who are going to benefit from this—and men as well, I'm sure—but I think that for the most part a lot of women out there just really need this beautiful gift that you're giving them. All these amazing speakers—I'm really excited to hear the other speakers as well, and I'm really very excited to be here tonight.

I've been really excited to do this because there are a lot of people out there who need so much help with their divorce trauma. You know, when I started working on this project with you I just started reliving and remembering—well not reliving specifically, but remembering how hard it was for me—it was just the biggest trauma of my life. So many people are really alone when they are going through divorce—for me, anyway, I lost most of my friends. My friends were all couples, and you're not quite a part of that circle anymore. I really had shut myself in, and I had two young kids and I had no money and I just got really, really depressed.

To think that's what we really have to go through after having had this marriage that has all of our hopes and dreams. And in a lot of cases children are involved. What we get out of it is the worst trauma of our lives. The other thing that I think about is I thought I would never stop being mad. I was mad all the time, having to have these arguments on the phone. Afterward, you spend sleepless nights and you are just angry for so long. I just felt like I was going to be mad forever.

There was a moment that really defined everything for me after spending so many months or maybe even a year being really mad and resentful and being full of guilt and blame and a whole lot of anger. I was on the

phone with my ex, and when I put down the phone after our latest fight I thought, you know, there is one way for me to not be angry anymore. There's one way—it matters to me to make myself be independent, successful, and making enough money on my own that I don't need him, I don't need his support and I don't need to be angry at him. I don't have to spend any emotion on his problem or his story. It's just for me. The moment I put down that phone I could remember really well. Even though I did not know how to do it, I just knew that I had to.

You know in the business that I'm in—when people are not really familiar with my work and I'm sure that many of you are listening—I'm a hypnotherapist, and I do a lot of work getting people over some really difficult life issues, some horrendous trauma and anger issues and all kinds of life problems. For me at that time I was not a hypnotherapist; I was just beginning to learn the skills and such, but I wasn't practicing or anything. I started thinking, there must be a way for me to use this to help myself get past that and to be really independent and to make more than enough money to do what I want to do. My kids and I were just really struggling, and I could hardly feed my kids, and that made me more angry. So I used those skills. I started figuring out how to get my brain to make that decision even though I did not know how I was going to do it. I wanted my brain to have that decision that I'm not going to be angry at my ex anymore. I'm going to create a strong and independent life and I'm going to be happy again.

I wanted that, and I know the decision was there, but internally I didn't really believe it. Those of you who are listening, if you have that feeling, that “Oh my God I want to be over this and I want to be happy and I want to be done with all this divorce stuff,” but yet you feel like maybe you never will? It's kind of a normal part for the evolution of it that there's a little doubt. There's a little feeling that I don't know how to do this.

One of the things that we need to understand about what happens with divorce and with something that's so traumatic: The brain makes some really serious hardwire changes. I know you've probably heard of PTSD—post-traumatic stress disorder—we hear about that in people who have been to war. Soldiers come back with horrible PTSD. The damage that happens to the brain is a result of trauma, and the trauma is generally very intense emotion. When we have really intense emotions, particularly the ones where we feel ashamed or embarrassed or humiliated or worthless—I mean all the ones that are the core negative ones—when that happens the brain hardwires it in a really specific way. For everybody listening, you know when you think about all the memories and the things that happened to you in your childhood and you go to these significant events in your childhood, chances are your brain takes you to the negative ones, particularly the ones where you felt worthless, humiliated or ashamed. It's really sad that that's how our brains work. Once the hardwiring happens, you get this post traumatic stress problem and then it's activated every time there's something similar emotionally that's happening around us.

So now in your divorce—it's months or years for some people, for me, 20-some years later—and I still have to deal with the father of my kids. For some people it can go over even decades. So here's this brain; it's hardwired with post-traumatic response. The other thing that happens is where negative emotions are held, there's a chemical of release from that part of the brain that's holding that negative, traumatic memory. That whole bunch of negative traumatic memories is flooding your body with chemicals. These chemicals are the chemicals that create depression, and this is something you're practically helpless to change.

Without knowing the tool that I am about to talk to you today, you're almost helpless to change it so, Dee, what would you say? What's the general length of time it takes people to get over the divorce? Do you have any idea on that, or have you done any research on that?

Dr. Dee: Oh yes, I have done some research and I've read a lot of books about people that have done research on it. On average they said it's about five years—it can be as quick as two years, but on average it's about five.

WENDI FRIESEN: Wow. That's so many years of your life that you have to give up.

Especially for men and women, it is usually at the time of your life where it could be the very best time of your life. People who are maybe in their 30s, you know, or early 40s. I don't know what the age most divorces happen, but I think it's such a huge, important part of your life that you have to be continually stressed in that way for years and years.

DR. DEE ADIO-MOSES: It's really sad, because you know, they even said in some of the reports that I read that for some it is taking them 10 years to get over it—for some, never.

WENDI FRIESEN: The thing is that when you have kids, it's like you're married to that person, man or woman. You're still married to them for all the years that you have those kids at home. So now it becomes even more important, if you want your life back, to find a way to change what your brain is doing when it puts you in that post-traumatic stress mode. It's just continually bombarding you with the chemicals of depression, and I bet that most of your listeners out there have felt like, "Oh my gosh, I've tried everything and I can't get out of this deep, dark hole."

You may notice that depression causes you to repress rage, and those "oh my gosh" situations in your life are almost guaranteed to cause rage. Divorce is certainly one where we have stuffed a lot of things down. Male or female, we've stuffed them down for all these years.

When I started learning about how the brain actually works—and this is about these neural networks that are created when we learn something or experience something or have life experiences—our brain is constantly wiring these neural networks together. So these are neurons, right? The neurons, what they do is they seek out similar neurons. Dr. Joe Dispenza taught a lot about these neural networks and how damaging they can be and also how wonderfully healing they can be. Bruce Lipton's *The Biology of Belief* says that what you believe actually wires your brain to support that belief.

When I started researching this—you know what hypnosis and hypnotherapy really is, and it was just so stunning—my research showed me that when we imagine something happening and we imagine it as vividly as possible with as many senses as possible and then we add a belief, the new belief creates a value. Once we do that, even though it's imaginary, if we do it with the most intensity possible our brain starts growing these neural networks. Our brain believes that this is a real event that's happening. I know that some of you probably heard that your brain doesn't know the difference between the real and an imagined event, and what that means is your brain knows that you're not skiing down the mountains right now, but if you got into a trance and I had you imagine having all these ski clothes and putting your boots on—your body is really relaxed, but your brain is on a ski slope. Now you are going up a lift, and you're feeling the exhilaration or fear or whatever you're feeling. Then I describe to you that sound of the crisp snow and the feeling of going down there and learning something new.

Well, your brain is actually wiring itself to support the physical abilities, the emotional steps, that you need to be able to do that—the smell, the sound and all these—and it's wiring that up. So now we look at something that we want to feel—in this case, after divorce, you want to feel good again, you want to feel

worthy, you want to feel lovable, you want to feel like you're not totally afraid of rejection. Or you want to feel that you're not going to have anger and blame for the rest of your life.

Your brain doesn't know how to do that, because for most people, they've never been divorced before. They've never felt so angry or full of rage or disappointed or fearful and unlovable. So what we have to do is, we have to build. It's like an entirely new set-up of memories. And we let the brain do its wiring, just like I was describing going down the ski slope. We are going to let the brain do its wiring and create the entire scenario. It's about you being worthy, being lovable, having a life that you built and you created that makes you feel really strong and also feeling that you are just set free from the anger and the blame and the negativity.

In relationships, the reason why letting go is so challenging is because so much of it has to do with what I just explained—like when we apply it to the inability to let go. If your brain has built this wiring over months and years, that is your comfort, your security, the place where you're still needed, the routine that you have that keeps you feeling safe and secured. Just think about animal nature—they love to have a territory and they like to have their nest or their place, they love to be like the other dog. He loves his one stuffed bed with his little stuffed animals, and he keeps them all in one place. Animals need that. We do too, so we spend all this time building our brain and our soul and our spiritual self to feel comfortable and feel whole in that scenario.

Then all of a sudden it's over, and they walk away. It was taken away, and we should feel fearful and we should be feeling our basic animal instinct, which is, "Oh my gosh, I'm in danger!" You should feel that fight or flight response. Then the chemicals that flood your body tell you that this isn't right, but you don't know what else to do. You don't know where else to go or how to fix it.

Where is your brain going to go instead? Where is your soul going to go? What are you reaching toward? There's nothing that you can conceive of that's going to make you feel complete and give you all the things that you need to feel secure and safe, in your awareness.

In reality, there is a lot of really unknown territory out there. I remember my ex and I had talked about splitting up and all that. Our kids were so young, and we had talked about that for a while. Finally I decided I had to somehow make it happen, so I wrote down what I wanted to happen. I wrote down the time that I wanted it to happen, and it was kind of interesting because I wrote down things like physically what I wanted to feel, where I wanted to be financially, and how I was going to have a business that was totally independent. I thought that I would have my own friends and I would be in a really good circle of friends who were women, mostly single, who would be able to relate to me. Even though I had no idea how to do this, I wrote it down. I put a fair amount of detail in it, and I put a time limit of six months on it.

At that time he and I were still living in the same house, but I needed to do something because the pain was just too great to stay there. I took up running, even though I've never been a runner. Every evening when I came home from work I would go for a run. I would run and run this loop in the neighborhood, and I'd come back and I was done and I was at my house and didn't want to go in the house, so I'd run another loop, stretch my back. I still don't want to be there, so I'd run another loop. It was great for my body because I didn't want to be home.

So anyway, six months later every one of those things I wrote down on that piece of paper had happened. I had opened a retail business. I was my own boss, and I had this group of women friends who were amazing,

supportive and very social, and that I previously hadn't even had any connections with. It just kind of fell into place. I was doing things and supporting myself and having this really fulfilled life. I won't say I was incredibly happy yet, but there were some pieces that were really falling into place. So much of it happened because when I wrote it down, the next thing I did was I imagined. It's not just visualizing, it's certainly not just affirmations—it's imagining it in a way that you are embedding it into a memory that is real and giving it time for the neural networks to grow and support it, and creating a belief and values so that you feel them as if they're real now.

In the process of helping people to get over their breakups or divorces—some people may not be married and they might be still going through horrendous life breakups—so, regardless of whether it's divorce or breakup, it is just really hard for the brain and the heart and the soul to mend and to move on. You asked me earlier about how do you let go? You know, I think that if you could remember the relationship that you had, not the current one that you're working on, but letting go of the previous one, like someone you dated for a while, a breakup that you had that was painful—it could be at a very young age, in your 20s or your early 30s or something—you think about the breakup that you had a long time ago. At the time, if you remember, it felt like you were always going to feel that way, you would never get over it, you were always going to be in pain, sadness, longing, jealousy and just unable to let it go.

Well, what you know now is you do have evidence that you were able to let go of that one. In most cases, you're not still longing for that person and you're still not hating that person, and you're not sitting there broken up and unable to function. You did get over it somehow, and it took a certain amount of time.

So the question is, how do we do that and does it have to take a long time? Does it have to take—let's say it takes you a year. With my clients, when I help people with this, I used to say, well, how long do you think it would be till you're not feeling bad anymore? You've done it before, you had relationships and broke up and you got over it, and you've completely put them in the past. You've let go, and they don't affect you anymore. How long do you think it would be that you no longer think about it, it's no longer an issue, there's no emotional attachment?

A lot of people say about a year—and what else is interesting, because if your body and your soul can feel that good and that free in a year, I wonder if it could feel that good nine months from now, instead of a year. Is it possible? They'd say, I think probably it could, and I say, well, what else you could do to feel that good in nine months and feel completely free emotionally from that person? If you were to see them it wouldn't anger you or trigger you at all and you would just feel like, wow, I still have my life? What if you could feel that good in six months, do you think that's possible? If you could feel it nine months, maybe, you could feel it in six. And they say, huh! Yeah! OK, maybe I could. Yeah! I think I could. OK, well, good. So now since you could feel that in six months, could you feel that in five months?

What I'm doing in this process—and this is actually something that's on a CD program that I have, it is so cool that it leads you through it very gradually. But I'm asking them to get their brain to accept the possibility and to create all the emotions, the scenario, and the belief to support it—that they're going to feel that good in six months, or five months, or four months, and then I get to the point where I'm saying, so OK, so if you can feel that good in three months is it possible that you could feel that good in two months?

Since your brain and your body and your soul already know how you feel, that freedom of having gotten over the hurt and the anger and the heartache and having restored your senses, value, and worthiness, of

feeling lovable again, maybe you could feel that way in one month. And so now, I'd take you all the way up to the point where I'd say, if you were going to feel that good in a week, could you feel that good in a day, tomorrow? Is it possible that you could wake up tomorrow and somehow your brain just gets it? You wake up and you realize and you go, wow! I let go!

Sometimes we don't have to know how we let go, because we set something in motion, we're implanting the ideas and values and thoughts and the experiences as if they have already happened. We implant them and instruct the brain and so to do this in a certain amount of time. And to do it the next day!

We have seen that it would take so much more time than that, but it happened for so many people. For the women I work with on divorce issues, it does happen. Maybe not exactly the next day, but within the next few days. The brain makes some adjustments; the spirit kind of follows that whole energetic process of, if in a year from now I'm going to feel healed, restored, strong, valuable, whatever—then bringing it all the way to the current time—of saying why couldn't you feel that tomorrow? Somehow people just get it. Their brain likes that, and it says, "Oh yeah! I could."

So that's one of the things that I want people to understand—you don't have to believe that you have the ability to completely be over your divorce, your heartache, your grief, your anger tomorrow. But you can do this to your brain, and here's how you can do it. For everybody that's listening, if you want to, you can go ahead and take a deep breath and close your eyes and just relax for a moment. I want you to just have a little bit of the experience, just for about five minutes of what it would be like if you were going to take yourself into this scenario.

What I would like you to do is you take a few deep breaths, let your body relax and imagine that from where you're at, from the present moment, there's a time line of your future. All of the things you're going to do, all of the experiences you're going to have, all of the shifts that are going to happen, the changes in your personality, the very core beliefs that you hold, all of those things will change. We all change, everything changes in our lives, and hopefully we grow and become better and stronger and more interesting.

Imagine from this present moment that you're moving forward on a timeline of your future. Imagine right now that you're taking a few steps forward in time. As you step forward, maybe you step into a few days in the future, or a week in the future, or a month in the future. Just let your mind imagine and pretend that you're going a month in the future, and feeling a little bit different. Your body is a little bit lighter and happier, you feel there's little bit of a spark there, you're doing some things that are actually for yourself, nurturing your soul, and allowing yourself to grow in way that you want to. Then on this time line, imagine yourself going out into the future another month, three months, four months. Float on this time line, or walk or run or skip, all the way into that future moment. Now you're six months in the future; just imagine yourself with your feet touching down at six months in the future and let yourself experience, as if it's just almost real, as if you're turning on a movie and you're in the movie and it's all happening right now, six months from the future.

You're doing some things that help you to feel really lovable again. Your divorce was so long ago it seems like it's almost years ago, even though you know it's just a few months. You realize that you have this worthiness. There's some strength that's coming back, and you kind of feel like you are lovable, that you are worth being loved again, taking care of yourself and being independent and strong.

Then I want you to imagine taking yourself even further into the future, so follow that time line and go

all the way to 7, 8 months, 9 months, 10, go all the way to a year in the future. Take a nice deep breath, and let your feet touch down right there in the year in the future, and just take a very still, quiet moment at one year in the future. The first thing I want you to notice, when you think about your divorce and all those feelings you use to have about it, what happened to those? Where did you put them? When did you let them dissolve? When did you let yourself let go of all those negative emotion and have yourself back? Just let your mind remember, as if it's something that you know very clearly has already happened. Notice how easy it is for you to put that far in the past and experience who you are now.

At this moment you're in the future. What is it that makes you a stronger, more independent person? What do you notice about being so content? If you're on your own, living a life that you really fully want to live, notice your attitude about relationships now. Notice how many positive things you've placed into your reality, about finding love or staying independent for a while, creating a business or a life of your own that you really do get fulfillment out of. Now, in this future moment, at one year in the future, I want you to notice who you are, and I want you to find some words that describe it, so you might feel in this future moment, "I am a strong, lovable, secure, content woman," or "I'm a strong, capable, lovable man who knows how to live an important life." Whatever it is, just put the words in there that it resonate for you.

Take a slow, deep breath and do that right now. Just know that's who you are now, in this moment, where you do have your life back, your thoughts of your own, you're actually feeling happy, you're making good friends, you're doing things that are important to you. Notice the contentment, and find the words that really describe who you are now. We know that we're all changing and evolving, we're learning and growing all the time, so at this moment when you're in the future, notice everything you can about where you are and what you're experiencing. Who are you with? What's happening with your family and your friends? How do you find the things you really love in life? Are you out there making them happen?

Putting yourself in the places, in the position so that you can experience life really fully, how does it feel, how good does it feel, to know that you were able to let go of all that old pain and anger and hurt and actually be stronger and more content as a result? How good does that feel? GOOD!

Now I just want you to send a nice wave of gratitude from the top of your head all the way down to your body, to the bottom to your feet. When I count to three, I want you to float right above that future moment and I want you just to observe it from a higher viewpoint, from your higher self. Ready? One, two, three ... float up, float up.

Good, and just observe it from a higher viewpoint; allow your higher self to learn something about what you're experiencing in this future moment, who you are, what you believe and what you know to be true for you now. Good ... and now let yourself come all the way back towards this present moment. As you do, just notice that there are some things that have changed on a very deep level. There are things that have changed about who you expect yourself to be, all you look forward to, who you're becoming. For some people it may happen all at once, and for some people it may feel that it happens gradually over the next few days, but just notice that there are things that you're bringing back that do change everything. Just bring that all the way back to the present moment now.

Good! Come all the way back to the present moment, all the way back. Beautiful! Let your feet touch down in this present moment and just really be grateful for what you just experienced, who you're becoming. Wonderful! Now go ahead and open your eyes and take another deep breath. So how you are doing there?

DR. DEE ADIO-MOSES: It is wonderful.

We have a question from Paula, from Dallas. She's saying "Thank you Wendi. I am a 27-year-old divorced woman and have been divorced for two years. I am still angry. I love what you are teaching us. My question is—this process that you're teaching now, how often will one need to do it to really get good results?"

WENDI FRIESEN: Thank you for asking that question. That is an excellent question, and you're such an inspiration to other people here. If after 2 years they are still angry, that's what this is all about. Now what we did was probably minutes, and doing that you had a lot of feelings and emotions. You imagined and set yourself into this future moment and everything. But the process of doing it, it does take some time. What we want to do is get your brain to hardwire these beliefs and values in place. We want your brain to create an entire future memory that is so solid and infused and embedded with the beliefs of worthiness and feeling content and realizing that, wow! That was long ago. That you know that your ex-husband or your ex-wife can't rattle you anymore. They're just someone who's on their own trip and doing their own thing, and you are clear-headed and in control and so on and so forth.

So now we did a little tiny piece. As I said, I do have this process on a CD program. When you do the process, you spend about half an hour on this, just this time line thing. Then if you were to do that every day, like each time you do it you're spending that half an hour and you're giving your brain the repetition to continue to build on what you experience each day. I hope that makes sense. You might keep doing this for a week or 2 weeks until you know that, Hey! I'm rock solid now!

DR. DEE ADIO-MOSES: Wonderful! So when one has done all these, the way I'm feeling about it is that all these issues about forgiveness will just find a way out naturally.

WENDI FRIESEN: Yeah! There is! You know for you, this is a big part. I'm sure many of your speakers are going to be talking about forgiveness. It is a huge part of this, because we just cannot continue to keep this anger inside of us. It is poison, it's so toxic, we all know this, but we don't know what to do about it.

So part of my program I have is called getting over a loss of love. There's a forgiveness process on there. That's really cool, and it takes you through this beautiful forgiveness kind of ritual, and a scenario where you get really complete and whole on forgiving your ex. And you know it. You know that you did it. You didn't just say, yes, I need to forgive him or her, but you know that you're complete on it, that it's just there and it's just gone.

So now the other part of this process that we don't have time to do today, but it's on the same program, "Getting Over the Loss of a Love" has several other segments to it. One of them that's really cool, the people listening could create this on their own if they want. It is a sacred room, and this sacred room will be full of memories, experiences, highs and lows and disappointments, and it will actually put things on it as well, like things that you did together, maybe the trips that you took or things that make you really sad about the breakup. You have this entire room in your mind that's sealed with all of these things that represent your relationship. On that CD program, I lead you through it step by step. This becomes a sacred room that you honor, and you hold it in a place that it is loved for all that it was, for all the pains, the disappointments, the joy, the beauty and all that it was. And now, what's really cool about this, and I know this is going to make sense to you, it's somewhere in your brain. You have put it somewhere. It's not just floating around all over you, tormenting you with this little pieces and bits of emotions all day long.

Your mind has put it in this place that is a place of honor and it's sacred, and when you do the process you close the door. You leave the room and you close the door and you really honor it. This whole beautiful process I do, I'm saying that you could go back there anytime you want. You could go back to that room and you could sit in the middle of it, you could experience all that if you want, but you may not want to.

It's not like you're closing yourself from it, but that you're putting it somewhere. It brings an immense amount of freedom, and it is the biggest deep breath you're going to take in your life, when you leave that room. So yeah, that's the really cool part of it. Then you talk about the spiritual part of it.

Do you have some speakers that are going to be speaking to the spiritual release of the relationship?

DR. DEE ADIO-MOSES: Yes, we will have one Tuesday, and we still have quite a number that will be speaking. But we would like to hear your own take on it. You never know, it could be the way you say is the way that will—really, even if it's just one person who could get that from you, it's just how much you've meant.

WENDI FRIESEN: But everybody has a different take on it. Yeah! You're right! We all have different ideas about the spiritual relation. Here's what I think, and I'm sure that there are some people that would agree with this. When we have sex, especially as a woman, our experience of sex, not to get too graphic, but there's something that happens energetically and spiritually, when we have sex it's different than when a man has sex. Energetically, we create what I think is a spiritual cord, and it's a lot stronger than what a man experiences in his bonding during sex. I can't go into great detail about that, but if you've heard of this spiritual cord that connects us—and I believe that it connects us as a result of having sex. That's when we share that energy, when the vibrations that are on an atomic level that we are made of, that vibration we shared, and it feels like oh, I've given him my heart and he has my heart. You've given part of yourself, and you don't feel complete unless you're with that person. Especially when you're getting a divorce, the feeling of not being complete is so profound. Think of it as a spiritual cord that comes out from that solar plexus buried around your belly; it's actually just like a cord of light. It connects you no matter how far away you are, no matter how long you've been apart. That cord shares information back and forth and after you get divorced. I think that that cord you've been sharing can also carry all that negative thought, emotion, hate and anger.

So I have a process that's also in this program, that's getting over the loss of love that is about cutting that cord. It's a bit of a painful process, because for most people when there's a breakup they want to have it back and they want to have back only the good part. They want it back so much that the idea of cutting the cord is a little bit scary. Once you do it you realize that you are doing this cutting the cord with love, giving that person back their power, giving you back your power. The way that I take you through it, it does give you a lot of power. After you're done with it, it feels really, really good. So spiritually, energetically, if we are sharing all that with that cord we're releasing our negative emotions as well, and that part I think is just really important. Even if you don't believe in it, if you think, OK, it's a metaphor, it represents how I've shared my body, my soul, with that person and I want to release it, it's used as a metaphor for eliminating the shared energy, intensity, emotions with that person. Make sense?

DR. DEE ADIO-MOSES: Wendi, this will even be very good for those who have been married twice or three times, because then you need to cut the cord with each one. Go through the process with each one and really be free at the end of it. I love it! I've heard about many people, one of the reasons why they cannot let go is the spiritual cord.

WENDI FRIESEN: You know, it's not like you do all of in one day. You give yourself a week or two to go through the process that I've created, and then allow yourself to really unseat and gel. You know the other thing that we haven't talked about yet is looking for love again. Do you decide that you're going to be independent and on your own, or do you set out to find the love of your life? That could be really confusing for people as well, but you've got to look at that. I think, like going into that future that we were experiencing, going that year into the future, you get to decide, am I looking for a new relationship or am I going to really find myself first?

If you're bringing that same dysfunction that made your relationship end in divorce—and most people do—and it's not that it's bad if you do, that's just how we are. We don't have a new set of tools or a new spirit or a new soul. Bringing all that damage into a new relationship, it will make it kind of doomed. The work that I've done on a program called "Love of Your Life, it's this seven-day program. You wouldn't do this until you've done the "Getting Over the Loss of a Love" program. But it's about healing the issues that have created resistance and kept you in denial about what's happening. Every day you're resolving another part of the issue about finding the love of your life so that you're not bringing in the damage and you're not living out of fear and desperation. You know after divorce how some people go on dates, and oh my gosh they're desperate. And you know, people can feel that damage and that desperation and that fear.

Do you know what I have done? Because I know how important it is for people and I know when I was first getting divorce, I had no money, I was so broke and it was just so scary. So I put several of my programs together for a really low price. When you're ready we can talk about that, and then I also have a free gift for everybody.

There's a program I created not long ago called "Wake Up Happy." I was going through a tough time a couple of years ago, and I realized every morning I was waking up with these recurring thoughts of all the things that were going wrong in my life. So I made this program called "Wake Up Happy." I made eight different sessions that you wake up to. First thing when you wake up in the morning, you will turn it on and it's me saying "Good Morning!"

And then I take you into the process of being energized for the day, being grateful, spending time with total gratitude, feeling like you are going to accomplish a phenomenal amount of work today. I have one of the sessions that's a free gift for everybody as well. You can have it to wake up to. The one session from that program is at www.wendi.com/freegift, and when you get there you'll see the link to the Wake Up Happy session. It's pretty cool.

In closing, I just want to thank everybody who's listening. If you're listening on the recorded one later or you're live right now, that's awesome. You are doing something, taking some actions to make your life different. There are so many people who are depressed and divorced and angry, and they sit there and they don't reach out and try to find a way to make a difference. So thank you, and be grateful for what you are doing.

The first program is called "Getting Over the Loss of a Love," and it is the cutting the cord session, the sacred room, the letting go that we talked about. There's several other sessions on it that are just amazingly healing, and that one regularly is a \$59 program. Then "Love of Your Life" is a seven-day online program that you'll do later. That one has so many sessions in it, and also has an entire book that is about hypnosis and love. It's a really cool book. That whole package, "Love of Your Life," is a \$319 value. That one has just so much good stuff. And then "Find your Dream" is a session that helps you find out what you really want,

find your path in life. A lot of people, especially after divorce, they are going, well, “I don’t know what I want, I don’t know who I am, where I’m going. I don’t know how to make a decision.” It helps you get in touch with your life’s purpose and get that higher self to help guide you, to show you the path. That one is a \$29 value.

Then another one is about honesty. I think that with divorce, some of us may have lost our ability to be really truly honest with ourselves and with others, know what I mean? Not because we want to be dishonest, but that’s our defense mechanism. That’s a lie to ourselves about what’s true and what’s not. So this one is called “The Truth Will Set You Free,” and it’s a raw personal journey, a journey about honesty, about learning what it means to be honest and being honest with yourself and being honest with others. That’s really healing as well. The whole program is \$460, but what I’m doing for your listeners is giving the entire thing to them for \$97. They can either download it or get a CD sent to them; either way, it is a great deal. We have a one-year money-back guarantee on everything that I sell. The website is www.wendi.com/betterthanever, and that’s one word on the “better than ever.” You’ll see the a link there to choose the CDs or the download, and there’s descriptions so you can learn a little more about them. So www.wendi.com/betterthanever, and I think that your assistant was also going to put it on the speaker page. It’s better to go there, because then they for sure get the full offer and the free gifts and everything.

I need to add something on to the offer just real quick. I did this once before and I loved it. The first five people who order this program, I’m going to give those first five a half-hour session with me, a private session on the phone. I don’t even have talking sessions anymore; I’m going to do this for free as a gift. Any time they want to schedule, I will schedule a half hour. So for the first five people that order, I will do a private session with them.

Finally, just keep remembering how grateful you are for the experiences, even if they’re horrible and painful and difficult. I guarantee that if you use the right tool, if you put yourself in that right direction instead of wallowing in it, you will emerge a better person—stronger, happier, more content, and you’ll probably have learned something about yourself you couldn’t have learned in any other way. I know it’s painful sometimes. But using the tools and knowing how your brain works and what you need to make that happen is going to be the key. Big hugs and gratitude to you, and lots of love to you for what you are doing.

BEGIN AGAIN AFTER DIVORCE

GETTING INTO ALIGNED ACTION AFTER YOUR DIVORCE

By *SHARON WILSON*



SHARON WILSON

Author and Creator of Spiritualpreneurs

ABOUT SHARON WILSON

Founder of Coaching From Spirit Institute at coachingfromspirit.com, Sharon Wilson is a Master Coach, Certified Spiritual Counselor and author. She guides struggling business owners to success as Spiritualpreneurs including those going through divorce through the principle that successful entrepreneurs rely on ONE business coach—themselves.

Founder of Coaching From Spirit Institute at coachingfromspirit.com, Sharon Wilson is a Master Coach, Certified Spiritual Counselor and author. She guides struggling business owners to success as Spiritualpreneurs including those going through divorce through the principle that successful entrepreneurs rely on ONE business coach—themselves.

TOPIC

Getting Into Aligned Action After Your Divorce—How to Make Six Figures or More Using a Time-tested Spiritual Selling System That Makes You and Your Prospects Feel GOOD!

Statistics show that many women lose on average more than 40 percent of their income after their divorce. One way to have financial freedom and peace of mind is to move into something that you have a passion for. Most people are afraid to sell because they think they have to be pushy or manipulative ... that is OLD SCHOOL! There are so many ways to create money by selling online and offline. You can add thousands a month, even just part time! And you will be able to have time with your children, too.

So open your mind to the idea of selling something you love that will serve others ... and if you have a business or sell for someone, you **MUST** attend this call!

In this call you will learn from a Master in Spiritual Selling:

- The simple way to **ALIGN** yourself and connect, leaving the pain of life out of your business.
- The two simple, easily avoided mistakes that will not only lose you the sale, but also drain your energy and theirs.
- The surprising reason you keep attracting people who say the lack of money is preventing them from buying your product or service, and how to change that (you won't believe what it is and how simple it is to fix).
- A powerful process to help your prospects overcome their own objections without your saying a thing (hint: this process will remove your fears about selling).
- How to authentically help people say yes to your products or services, even when they say they cannot afford it.
- The specific steps to my Spiritual Selling Process so you can have fulfilling, joyful, easy conversations that will generate 40 percent or higher conversion in as little as 30 days. (One client made \$6,000 in one week using this process.)

NOW TO THE INTERVIEW

I was wondering, for the sake of those who do not know who I am, if I can tell people just a little bit about how I began doing this work. I started my spiritual coaching business 14 years ago after having a dark time. I wrote about it in Jack Canfield's latest book, "Mastering the Law of Attraction." In that chapter I shared about how I had an encounter with the spirit of a very dramatic kind—like MGM sort of things. When I was considering taking my own life, I was given a system called the "Energy National System." It helps you change beliefs that are holding you back and teaches you to use these spiritual principles and goal-setting in all aspects of my life.

I was literally saved by that divine encounter, so I started using the system immediately and miracles happened. My marriage had been on the rocks—I could have been divorced, but I didn't end up getting divorced. I started to coach others using the system, and I was doing it for free. I didn't know I was coaching. I was just sharing to some people what I had been given through Spirit.

When I was 8 months pregnant, I already was in the corporate world. I was really kind of discontented, and was feeling like, "What can I do to make a difference in my life and other people's lives?" I had this calling through Spirit to start my spiritual coaching business and leave my high-paying job.

The thing is, we had only three months' worth of savings in the bank. I made a really good income—that's why my chapter in Jack's book is called "A Leap of Faith." I took the leap, and I was promised by Spirit, call that God or Source, whatever you want to call it, that I'd be taken care of because I had faith, that I would do what I was guided to do, and I would be able to help others, too.

When I did, that my first year covered my corporate income. I actually began to start working with people on the spiritual selling system that I had been given a few years earlier, from when I had the first encounter, when I was a sales person and I was about to get fired. I just really got down on my knees and said, "Help me to find a better way to offer people what I have so I don't feel like pushing them or manipulating them, any of that."

I know a lot of people here, some of you may have businesses, some of you may not have businesses, and that's OK. Whether you have one or are thinking of starting a business or maybe just financially you are saying, "How can I create some more money?"

Well, I'm here to tell you that if you do something that you absolutely love, you can do that. I have talked this process to people in more than 250 different industries who have never been sales people. For everybody here on this call today, they really can immediately use this process to have joyful conversations with people. Whether you are selling something, selling insurance or houses, or helping people find love, whatever you're thinking about, I want to open your mind to the perspective by having you understand this process and understand the prospect that you really could be doing something maybe part time, maybe you really like what you are doing. Now that's fine, but there's this opportunity for people to do things to really build a six- or seven-figure income even part time. That's what I think of here today. We are actually going to think about a six-figure or more income formula, and we will talk about that a little bit later.

I want to share with you another secret, which is, "What do you say to people when they ask you about your price?" This might be one of the fears that people have—you'll sell something they love, or something they're passionate about, so at the end of the call that's kind of a bonus. I'm going to offer that secret to people and tell you exactly what to say to that. That will be something that will never be an issue for you again. Just something I wanted to share a little bit with people before we get into our training here today. I'm going to take people through the exact conversation guide. I call it Step by Step. I teach it to people, and I've used it myself for more than 14 years now to sell everything from several hundred dollar products and programs to six of your corporate contracts. I just wanted to give people a little bit of a perspective. Kind of who I am, so they get a feel for that.

Dr. Dee Adio-Moses: The topic that you said you are going to talk to us about today was getting into aligned action after your divorce. Why this topic? What is the reason you think that somebody who has been divorced need this?

Sharon Wilson: Statistics have shown that women are much worse off financially after divorce than ever. You might think that would be improving because so many women are working, but it really is turning out that women are having a difficult time. On average, women lose more than 40 percent of their average income after a divorce. So one way I believe to really have financial freedom and peace of mind is to provide something to people that you have a passion for. I want people to really think about this, because you might have a product that you really think is great. I saw a story on Oprah recently about a woman who decided that she has had this passion, this hobby of making soap, this beautiful-smelling soap. Now it's a \$50 million a year business. It comes from the passion. That's what people don't really understand is

that so often when people are out there looking around for, “What can I do to create money?” Where do we really come from? What do I really love to do?

This does not sincerely mean that you have to leave your job; it doesn’t mean that you have to do that. You can do a part time, and when you have a passion for something—and often times it might be something that you’ve gone through—for example, one of our clients went through a divorce and really learned, needing to cut money because of expenses and really learned how to do couponing. All of us have seen that on TV, the coupon shows, and if you really sit down to do any of that, you complicate that. She teaches people how to do this couponing, and she’s adding another \$30,000 a year to her business. She’s a stay-at-home mom, stay-at-home single mom, but she can actually live on her \$30,000. So she had that, and if she doesn’t want to work she doesn’t have to from her perspective. She’s having additional incomes on that making about \$50,000 on just teaching people how to do couponing.

I want people to really get that. You may have gone through something challenging: maybe it is a divorce, maybe in your life. That’s kind of what happened with me. That’s why I wanted to share my story with people. I was ready to leave the planet, I was so miserable. There were so many things that were going wrong for me. When I received this experience with Spirit, I was kind of given this system to change my beliefs and turn things around. It wasn’t like it happened overnight. I had to apply those things for them to change, but then I was able to go and teach other people that because I had done that.

So what people think about things that they think might be a hobby, I have one student who used to make jewelry. She made these beautiful pins, and people always said to her, “Ashley, the pins are so beautiful.” She never thought about selling them. How am I going to do it? I don’t have any money. I don’t have any capital.

You know, the woman who has the \$50 million business started out with \$500. You know Spinks? The person who created Spinks, she started out with \$2,000. I want people to understand that there are multi-million dollar businesses—Mrs. Fields’ Cookies started out because she made great cookies. There are also so many stories of people who have connected with their passion and created extra dollars. They can take great vacations, send their kids to college, all kinds of stuff. You know, maybe that wasn’t really their path, to have an empire. Everyone’s path is not necessarily to have an empire.

I do things today that make it more possible for people to think of where they want to be. I wanted to open up the perspective instead of looking at it and saying there’s no job, there are no things out there that I can do. Instead, when you connect them with Spirit and really ask for assistance in what is your passion, what are you here to do? Everyone here is like a snowflake; we all have these unique abilities and skills. When you are in the middle of your brilliance, you don’t even know that it’s your brilliance.

Someone may be an amazing organizer—look at Mrs. Fields’ Cookies. She made these great cookies but didn’t think it could ever turn into a business. We just discount ourselves, our abilities and our talents. So I just want to really open up the perspective here today for people to think about. Maybe the answer to some of your income challenges or opportunities is really to consider the fact that you really could do something that you love, that you have the passion for and that there are people that would really want it. That’s really what I’m here to activate in people. And you know, it’s kind of why don’t people even consider it? They think, “I’m not going to go to selling,” or “I’m not sure what I’m going to sell,” or whether they can make it or not. And you know walking in, this four letter word” SELL.

It's so crazy, because to me, selling is serving. When you match up with someone who wants what you have, it's a match, people are excited, and they want what you have. Think about all of us who use Spinks as a staple with our garments and our wardrobe. That is such an amazing product. You can call it the passion and the love. I watched this special about a famous designer, Ralph Lauren, it came from his passion because he wanted to create clothes. So I want people to really understand that usually, when you have an idea or something, the biggest thing that holds you back is selling. How would I sell it?

People don't really get out of the starting block, that's what I want to talk about here today. It's a process, it's a spiritual selling process that I really was given that takes all of that fear and that worry and that energy out of three. You are not trying to push someone to do something. You are not trying to manipulate them to do something. You really are just having a conversation with them, and it's a structured conversation so that's what's great. You can do it the same way over and over again, but it's such a fulfilling and joyful conversation. That's what I really want to teach people about here today. I am really going to teach people on the call here—think of it as a training call. I'm really going to teach people this spiritual selling process.

We're going to go through five easy steps. It's the same process I've been teaching people and I've used myself over 14 years on my own business. I replaced my corporate income that first year because of this process that was given to me from Spirit. I really want to get through the process out there and help people to understand some of the mistakes that they make oftentimes when it comes to selling and to really go through the selling process so you can have 40 percent or more of people saying "Yes!" and you can be using this right after today. You can really be using this process right after today.

I do want to say to people that after the end of the call I am going to take you through a very special secret about what you do when people ask you your price too soon. This happens a lot in network marketing. What do I say when people ask me how much it costs? At the end of this—so you don't talk about the price, that's the first thing—I'll tell you what to say instead. We'll get into that. We do have a great offer. You've been asking all your speakers to offer something that people want to dig into a bit deeper and get some more support, so we will be doing that at the end of the call as well.

I'm really going to teach this to people, and I am going to go through five steps. You'll want to have some paper and a pen handy, or your iPad or something. I am just going to go through the steps. I want you to really write them down, and I'll tell you why each one is important. I want you to really get that. This is kind of like riding a bike. When you first learn to ride a bike, it doesn't seem so simple. I've got to get on, how I am going to balance, all that. I want you to just try this on; I want to tell you I've been doing this for more than 14 years. But once you really get this, just like riding a bike, once you really this, even if you weren't able to be successful selling what you had, you can use this process. Whether it's selling online or whether it's selling from the stage, it's the same kind of process. What we really will focus on here today is more if you are having a conversation with someone, a one-on-one conversation. Because that's one of the first streams of income that is most important, is really to be able to talk to someone about your product or your service and have them say "Yes!" 40 percent or 50 percent of the time.

No matter what other streams you plan to put in place—we'll be talking about that a little bit later—no matter what streams that you are going to put in place, this is oftentimes one of the biggest problems that people have and why their businesses are not being successful or even in their mind, like, "Oh my gosh, how would I even do that? How would I even start that?" So the first thing is you would first sell it to people one-on-one, right? You first have conversations and make offers to people. You know my student

who was selling the brooches, she started selling them to people who wanted them, right? Or the coupon person, she started to work one-on-one with people. Then you can move on and create other kinds, which we'll talk about later on, which is a part of the six-figure formula.

MISTAKES PEOPLE MAKE

I do want to make a couple of comments about mistakes that people typically make in selling in dollars. The first mistake is really that you don't have a process, right? You don't have a process, you really don't know what you are going to say to people. You really don't know how to leverage what you do, and that will naturally keep a lot of people from doing anything. It's like, "How would I even know? How would I even start? I don't even know what I would even say." That's what we are going to talk here about today.

Another mistake is that they talk too much. That one is going to feel like I am talking too much because I'm a presenter here, but you know, in a conversation you are just really holding the energy for the person and you're asking questions, so this is why it's more about the conversation.

And the third one, really three big reasons is, I can even give you four but the third one is really talking about the benefits too soon. Where some will begin to start telling you a little bit about their problem, oh yeah I want to save money a lot and I thought about doing this, I do coupons but, you know, it's really kind of complicated and takes a lot of time and then the coupon person says, "Oh! That's no problem. I have a program and you can just do it," and she starts going into all the steps she does. Talking about benefits too soon in the process is something where you haven't developed a good enough connection with the person. So we'll talk about what to do instead of that.

Also one of the things I mention that we'll talk about in the end is talking about the price way too soon. Also, having people coming from an intellectual standpoint, right? So those are some of the big mistakes. I want people to kind of check in, if you do sell for someone else, and certainly this is very appropriate for salespeople. I mean, this is how I really was able to become a corporate executive: I became successful first on how to sell in a way that felt good to me, and the other people didn't feel pushy or manipulative. That it really my spiritual approach to selling. So let's jump in, and I'll go through the five steps.

STEPS TO SPIRITUAL SELLING

So the first step, I call "aligning your energy." Aligning your energy is just, before you have a conversation with someone personal on the phone, you really want to intentionally partner with whatever you see as your highest guidance and ask to have that conversation be for the highest good of all concerned or to be the highest good that serves them in this conversation. I actually did this before we got in a call, just have an intention and ask to partner with my highest guidance and Spirit and ask for the highest good to be served from anyone on this call, that the highest good will be served for them. So I really am putting the energy out there ahead of me. Also, transcending this idea with "It's just me doing this," that I'm really

partnering with Spirit with the inner guidance with this process. What's really important about that is that I can be detached from the specific outcome, just as I am here. I'm not questioning any outcome here today. Just really here to serve, and if something really resonates with people, if they want to dig in deeper, I'll tell them how to do that.

This is really about serving and being detached from the outcome and truly letting spirit lead this conversation here today, and that's my intention. So the same thing, and this makes a huge difference, just doing this first step. I want people to write that down: Aligning your energy is partnering with your inner guidance and asking for the highest good to be served. Asking for Spirit or God or Source, and in that conversation you can be free from being attached to the outcome. So that's the first one. It makes a huge difference.

What happens is that, because you surrendered, you've now asked for something bigger than you, something more powerful to be with you, to partner with you. This is going to be great if you are going to have a root canal or you want to talk to somebody about selling, whatever, you know, to really partner with your inner guidance and everything. It's really a part of the energy management system I teach people in my coaching.

Step two is what we call setting the energy stage. This is where you'll share your intentions with the person and are going to ask them to share their own also. Now, this immediately is going to feel so different than anything you have ever experienced before. You need to do it in a way that it feels good for you. Depending on your market, you can create this to fit anyone. I've done this, starting from 250 different industries, to planners, marketers, CPAs, attorneys, chiropractors, plastic surgeons—I mean, you name it, all across the board. So the intention, I like to start up sharing my intention with you, giving you a kind of example:

My intention is really that we really have a great conversation today, that we can explore what's happening for you and really see if this is a match and my intentions are a catch to any specific outcome. I really think that is important to say, of who you are. So there's a couple of intentions I recommend that you put in, and they immediately put you in a different place with the person that you are talking to. They can feel your energy and sincerity. Wow! You're not attached? Oh great, well, that means you are not going to try to sell me? You are not going to try to push me? You are not going to try to convince me with anything? No, we're just going to have a conversation here.

The other thing, you can use before we ever have a meeting. In any of my coaching sessions, in my programs, I always start with intentions. I ask other people to consider their intentions as well. If I'm leading it I'm going to do that, and so that's something that should really be great. You could incorporate not only into the selling process but in your life: What's my intention for this experience? How do I want to experience it? To be detached from the specific outcome, to ask the partner with your higher guidance. These are the two crucial spiritual steps in this process that really start everything out, so that's step one and step two.

Now, step three is surfacing the problems and the implications and the feelings. Surfacing problems, implications and feelings. Now, this is a really powerful step. Remember, I teach this step the whole day. We are giving people information that they can use right now. I want people to really just try it on and know that you can get really good at this. Step three is where you are going to move into what are some of the problems that your potential personality to call them "vibrationally called ones," or VCs instead of prospects. We call them VC's—"vibrationally called ones." They may have some problems that your product or service could serve, so you could start out in a more general way.

Let's start working in your life right now: What don't you want? Say you are offering something that was health-related—tell me a little bit about your health challenges. What are some other things that are happening for you now? Say you are helping people to lose weight—what are some of the challenges you are having with losing weight? It's a challenge or a question you start out with, kind of in a general way, so that you can open up the door and have them talk. Remember, this is about them talking. You are just kind of guiding the process. The key thing here is for each problem that you find, you want to ask them questions to sum up the implications of those problems. The implication is kind of like the ripple effect of the first problem—what happens because of that problem.

For example, before you say you were offering people something about weight loss and they were talking about their challenges. One of the challenges they mention is that they have no energy. So that's the problem. The ripple effect of that problem will be what happens because of that. What happens when you don't have a lot of energy? They might say, "Well, you know, when I come home I just slouch on the couch and I'm not spending any time with my family. I'm so exhausted." Well, what happens when you're not spending time with your family?

You're digging in and you're helping the person to see the ripple effect problems that are occurring from the original problem. This is to help them recognize what is affected by those problems. There's a lot of "aha's" that could happen from people. This is where we begin to help them see for themselves the ripple effect problems that are occurring. So you know, in step three the results are that the person trusts you because they can see and feel for themselves the problems. Now they are going to feel like, "Wow! I really need to do something about it! I didn't realize that this was so far-reaching in my experience."

This is where you are really using what I call more of a coaching approach with people to really help them to recognize for themselves what their problems are and what the ripple effect of those problems are. What's great about this is when you have a structure like this—as we are going through step one, step two, step three—you can relax and allow yourself to be truly present. When you're fully present, Spirit can feel through you. People react in a whole new way when you allow Spirit in the experience, through the experience.

So let's go to step four. Step four is activating the possibilities. In this step, what you are going to do is you are going to help the person see a new vision. So everything that they talked about in step three, all their problems, all their issues, you are going to kind of turn them around and help them see it in a new way. I'll give you an example: I'd like to start out by saying, OK, we have gotten really clear on all this stuff that you don't want. All the problems that are happening, we have gotten really clear on that. Let's shift the energy here—which is really what you are doing—let's shift the energy here or turn the page, whatever word or image works for you, and paint me a picture, tell me a story about your idea or experience. What is your idea on what life looks like? What does your idea or experience in this particular area look like?

What we are going to do is help them see a vision for themselves, all the things they said that were happening now solved, right? So this is their vision. What is really important about this vision is that you dig into the specifics. A lot of times when people create a vision, it's very, very broad. I am living a happier life! What does that mean? What's going on that you would say, I have a happy life? This is where in step three it is really important to take a lot of notes, because you can help them create the visions. For example, by helping people lose weight and solve some other problems—you know, they're not having a lot of energy and it was causing challenges with their family, they were arguing and obviously they are not as good as they want to be.

I would be turning that all around and saying to them, so let's see your ideal life. What do you see? Do you see yourself being fit? What happens to your ideal life when you are fit? It's like a person of ripple effect, specifics. The effect of what you want to do is you want to help them get the specific vision, You're going to help them do this, so you're building it together. After building it, you're seeing and feeling for them.

This is another part of the spiritual aspect of that. You're asking for the highest guidance to support them to those results. You are seeing them in that vision as they want to be. There's a real thing that happens. They can feel you holding that vision for them, they can feel that. You can feel that authenticity and they feel that trust with you and you really are feeling for them, you really are seeing for them.

So why is the step so important? When your prospect—or your vibrationally called one—sees and feels the challenges and then sees and feels the vision, then it will be easy to see that you can help them bridge that gap. But if you, one way or the other, are missing that energy connection—and that's what sometimes people will do. They are so excited about a product or a service and will talk all about the great stuff and all what your life would be like, and they tell them all about the things that happen for them—but the person never really got in touch with the challenges, the issues for themselves so they can't really see that there's really any match there. So what you are doing, if you miss either one, the problem in step three or the vision in step four, is that you are missing the chance for Spirit to intercede and support them, lift them up from where they see they are now to where they want to be. Accepting where they are now is an important part of them taking an action or creating something else.

What I want people to understand is that in this vision you really are in that vision with them. You're inside the vision in a virtual reality, a possibility for them. You can feel it and see it for them, because it really is at some level already done, right? If we think metaphysically or spiritually, it really is already done. You're seeing it for them, already done. This really transcends any industry. Everybody wants to see and feel their vision done. They want to feel it in their body, they want to feel it in their self, and this supports them to do that.

Dr. Dee Adio-Moses: You know, this is for me like a higher prayer, just lifting everything up to that higher level.

Sharon Wilson: It is a prayer, and that's a beautiful way to see it. This is really a sacred experience. I don't know if anybody would ever think of selling as sacred. But I do. I think it's a sacred experience. I'm really there for that person, and if they are matched to what I have to offer, what you would have to offer, then you will be serving them in the highest possible way and you are an answer to their prayer. What we have to do is move past the old perceptions about selling and look at it from the perspective of answering people's prayers, about giving back what you have to offer, about serving them in a way that can really support them to be able to live their vision, whatever that is. That's where the sacredness of it comes in. You are really helping them go higher—it is a prayer, and can you imagine going through this process? You have a structure that you're in the middle of that prayer, of that sacred experience. It's a beautiful feeling, a powerful experience. I always say to people, be detached from the outcome, because it will come back to you whether that person purchases what you have or not. That energy, you cannot put that kind of energy out there and not expect it to come back to you; it's not possible.

Dr. Dee Adio-Moses: You are working with the universe, and the universe is supporting you

Sharon Wilson: You're in the flow. For 14 years I have said I'm on God's payroll. It's a great place to be. Great benefits, the best boss to work for. I want everyone here to feel that way, whether you have a job now or not. You can still bring that energy into what you are doing. If you want to do something additional, perhaps start a business of your own, then you need to recognize that when you partner with God or Spirit or Source you are going to be given an idea of something that you don't have the ability to do. Also, if you partner with the Spirit, Spirit will bring you all the resources that you need.

It's no accident that people that are listening to this call. That's Spirit answering their call and saying, "Hey, you know, I do want to do something that makes a difference. Maybe I do want to add some income for my family. I do want to move past this idea of feeling stuck. I want to stop expecting someone else to give me a job or hand me extra money." You can partner with Spirit and be creative, because we live in a prosperous, abundant universe and you deserve to have prosperity and abundance.

So let's talk about step five. Step five is what I call "activating my solution." Now that we have identified the problems and helped the person verbalize that, and then we've seen the vision, now is the time to talk about what you have to offer. Now is the time to lay out your system, your product as a solution. I want people to understand this. Every product, everything you have to offer, has a system to it. That's what people are looking for. It is a system. But you need to be clear on what the system is. Oftentimes when people tell me they have problems, verbalizing what they are doing, if they have a business or they have fears about doing something, they'll say: "I don't know how to talk about it. I don't know how to verbalize it."

That tells me immediately that they just really are not clear on their system. Once they get clear on their system then they can easily describe it. I'm going to help people get clear on that. For those of you who have a business now and those of you who are thinking about doing it, this is how you get clear on it. Each part of your system leads to identifying what is that part of the system? Why is it important? And what's the benefit for the person? So, each part of your system—say for example I'm going to teach people this process or program that teaches people how to have a six-figure or more income using spiritual principles. When I would lay out the system I would identify with them, say, the first thing would be, I will give you an example, but in our system we teach people how to create and customize what we call the spiritual selling system.

That's what it is, right? That's the first piece of the system. Now, why is it important? Well, it's important because when you have a clear understanding of how to offer this one on one to people, you're going to have high percentage of people saying yes. You will have a more consistent income flow more easily, and then you can apply that to other income streams as well and you are really going to feel just more joy.

That's kind of what it is and what is important and what is the benefit of all of that. This is how you have to roll that out when you're talking about your products or your service or your program. You do it step by step, and for each step you go through what is that step? Why is that important? What's the result?

For our student who sold water filters, I helped him to really identify that there really is a system with this water filter. It supports the oxygenation in the blood. That's one piece of the system, right? Why is that important? Well, when cells are starved of oxygen that's where disease occurs. The result is, if you're drinking water that is more oxygenated you could actually prevent disease or even reverse it some cases—things like diabetes and high blood pressure because they are needed in the cellular structure. It was such a

surprise to him, because he thought it was just a water filter. But there really is a system of why that water filter is useful to the person. When you can help the person see that it supports the immune system, you can help them see each of those pieces, why it's important, what it is and what the benefits are.

Now you can easily describe what you do, but what you are also doing is you are helping them to understand how the system of your product or your program or your service will solve their problems. Without your really having another hype with it, because that's what typically what people do. Let's say, oh, you've got this problem? You've got high blood pressure. I know how to solve that. We've got a water filter and it gives you more oxygen and so that's going to solve your high blood pressure. Well, when you start telling people what to do, they dig in and they will tell you it is not that much of a problem, it's not that high, it's really not that much of an issue. As human beings, we don't want someone to tell us what to do if we haven't asked them. We will argue for our limitations because we don't want someone to tell us what to do.

OK, here's the last part, and I call it step B. This is really a fun part. After you've gone through the system, then you want to go back and you want to ask the person, "So what's resonating to you most about what I've shared about this system?" When they do, you want to dig in and ask them questions like, "Why would that be useful? Why would that be helpful?" It's the same thing you did in step three with the problems, but now you are going to help them see how each part of the system ties into what they are looking to create in their life, in their work, whatever it is, specific to your product or service or program. This is where you let the vibrationally called one see for herself that this is a match. You don't need to convince them they need this for themselves as you guide them to see the connection. The whole process all the way through is about supporting them. The result is that a person feels that this is a match; they are excited. They see the logic of how this could work for them and also the vision of what they want.

You've been listening at a deep level, and they feel your sincerity and your real desire to serve them. They want to allocate resources to this; they see that this is an answer to their prayer. So then you just need to ask for a next step. You can just be so simple: "I'm sensing this is a good match. What do you think?" This is an opportunity for them to tell you where they're at and for you to see if there's any more questions or how you can support them. Now I tell you, just going through this, I know we want to do this quickly, when they teach us in a whole day that I wanted to get people this information. You really can be using this immediately. A large percentage of people will feel so engaged that they feel the guidance to do it right away—40 percent to 50 percent, typically.

I was talking to someone a couple of days ago, her name was Alicia, and she was talking to somebody the next day about how she found Mr. Right after years of dating Mr. Wrong. She used the process, and I said, Alicia, make sure that when you do this you actually use this process step by step. Take in the information they are telling you, step by step. Take these steps, put them in the word document and really use this. I had used this with corporate people, just taking notes right? But I'm still in the process. Do this exactly as I have given this to you. Don't skip a step, don't mix the steps up, do it exactly the way I am doing it.

So the next day, she talked to someone. The first time she was offering a \$7,500 program, where she worked with the person one on one to create a whole plan to find Mr. Right or Ms. Right, right? They signed up. It was the first time someone had ever signed up right then and there. She had offered it before, but this was the first time she had used this process that way. It was such a very first time, and someone paid her \$7,500 and said, this is absolutely what I have been looking for. I didn't even know that it was out there, that someone could hold my hand and do this.

So you are just feeling so confident that you have a process that works that really serves the person you're talking to as well, and that you really engaged the spiritual principles and the process. Imagine the good vibes coming back to you.

So I wanted to give time here because you would ask me to show people how they can make a six-figure income. We hear that bandied about, don't we? Six figure, six figure, six figure, and well, how do you do that? It sounds like poetry. I know from many people that I worked with, it just sounds crazy that way. I want people to really get the logic of this: I want to give you an example. This is so perfect, because this person did become better than ever after divorce. Her name is Mary and she gained a hundred pounds in her divorce. She also started a unique process to get fit. Because she really looked at divorce and gained a hundred pounds.

Now, many of you have learned amazing things by going through your divorce that others will be interested in learning. But Mary was working a job and she decided to take my course on how to build a six-figure income using an inner-outer formula. So she learned the inner formula for changing beliefs, getting her confidence up. We started up by doing a free workshop at her local church—this was after she learned the selling and serving process. That was the first thing, and I gave her the templates of how to set up a free course, what to say to have the church people promote it for her. I gave her a hand, she gave me 20 percent of the sales she made; she shared. So we started, and at the end of this free workshop, this 90-minute free workshop at this church, she's going to offer a five-week course that she did over the phone, like we're having this conference now.

She was just going to do it on the phone, and she was going to charge \$297. She had 75 people come to the workshop because the church promoted it for her, and she actually had some local businesses do it as well. We showed her how to do that. After her free workshop, 35 people signed up for the teleseminar. Think about it, that's \$10,000, right? About \$10,000 she made, that one Saturday. So check! That sounds good. I proposed that she do this every month at this church, because that church was getting 20 percent, right? The church was so excited, and that first year she made over a hundred thousand dollars just working a few hours a month and giving back to her church. She soon left her job, and then we set up more income streams.

When we did this, we did a call, added some more to the telesummit. We also did a teleseminar where she talked and did a training like I'm doing here and then again, offered people to come in to that five-week program. We raised the price a little bit, but between the workshops at the church and then the teleseminars, and because she created a product out of it, she made more than \$200,000 that year from just learning to use the income streams.

There's more that you can do. You can offer mentoring like what Alicia did, where you work with people one on one. They say hey, I want to get fit but I don't want to go to any of these class lessons. Or let them go to your class for free and work with you. There's all these possibilities, and I know it can sound kind of crazy for people, but if you just know the formula and have step-by-step information on how to do it, it's simple. If you have someone coaching you and mentoring you, it's simple.

I know we promised in the beginning that we would tell people a little bit about how to dig in deeper about this. Can we share a little bit about that? This goes in over more detail on how to build this six-figure income or more and some of the things we talked about here, so they can go and watch that and it's at www.coachingfromspirit.com/divorce. OK, that's a special page just for you guys. I also wanted to

mention that we're doing a program in a couple of weeks. We'll mentor people on how to apply this six-figure formula, how to apply this inner and outer formula to make six figures or more. What you get with my templates and step-by-step instruction is the course that I'm teaching. There are also mentor questions that you answer with me, that's really mentoring you step by step. This is really one of the most affordable things that I have ever done, so you can go to www.coachingfromspirit.com/divorce.

I also want to share couple of bonuses I've got that you can see on that page. The first one is that for the first five people who sign up—you are going to get six months of e-coaching with me. That means you can e-mail me every day, if you want, about anything. About starting your business or helping you to get clear on what your passion might be, helping you with your conversation guide, helping you with your follow-up conversation process that we talked about. You know, we teach in the program, the second step is you need to support people on how to really move past any of their money fears or anything like that, we teach that. That is a \$6,000 value. I do charge people a thousand dollars a month, so I really can say it's a \$6,000 value. If you sign up and I've got five spots available that I can give away for you folks, then you can get that extra coaching with me. I'm also offering an early-bird discount on any of the payment options. I actually created a payment option that extends beyond the time that it goes for. I don't know anybody who does that—that is just beyond when the course airs. But they can get that today as an early-bird special that folks can get if you go to www.coachingfromspirit.com/divorce. You can watch my video and see all the information on that page.

I think what I want to do now is just tell people about what to say when someone asks you about price too soon. Then we can follow that up with anything else, since we did say we would do that.

What you need to do is definitely talk about it here today, say I want to find out how much you charge. That could really make people feel like, "Oh! What do I say?" This is easy, because you have a conversation process, so just relax. You can say something like this: "You know I'm really happy to answer any questions you have, and this process will help you with clarity and help you see if there's a match. I'm not attached to the specific outcome, so what I would like to do is take you through this clarity process and I'll make sure to answer any of the questions you have, okay?" Then you take them through the conversation process I just taught you. That's really how you do it. It sets you perfectly to be the guide and engages the conversation process. You just try that the next time that it comes up. It really is amazing, and it really puts you in this strong place. You do have a process and you are going to take people through it with clarity. They love to get clear on processes, so that would really support them as well.

I do want to encourage people to go to www.coachingfromspirit.com/divorce and watch my video and just really see what resonates with you. There's no accident when you're listening to this, there's no accident. I've been teaching people how to make six figures or more using spiritual principles. You will see a lot of testimonials in there—several of my clients want to make six figures in six months. I mean, the whole idea is to be able to support you so you can get back to the work. You can do work that you love. So whether it's part time or full time, the processes we teach you, you can choose which one's best for you. If you really want a full-blown empire, you can create an empire, too, using this process and be better than ever after divorce.

If you want to do that, you can easily email my assistant, Stephanie. Just email her directly. I will send you through the website—just email my assistant, Stephanie. It's Stephanie@coachingfromspirit.com if you have any questions after you view the video. And I'm happy to answer any questions that I can. So we'll give you a direct access.

I really want to say, Dee, that when I left my high-paying corporate job I really thought about the idea of being a spiritual coach and all that. I have some of these same fears that people may have when they think about moving forward. When you have a process, a system and a mentor to support you, you really can take a leap of faith; you really can, because you're not alone. You're not alone, you've got someone who's supporting you. That's why I'm teaching this program. I don't always teach this program—probably the next time we do it I won't be teaching it. I have instructors who teach. But this time I'm teaching it, so go and see if it really resonates for you. It's going to be recorded, so if you miss any, it's not a problem. We've got 24 chapters of templates, formulas and specific step-by-step information. This is a great way to get started and really have a direction. Here we are; we are going to be moving to a new year. It would be great to have a direction and get started on something so you can say, "I'm being called." I know I have a passion, so I'm here to support you.

If you have any questions, send me your questions. We certainly can provide you with any support that you need if you need that support and say, "Can I really do this?" If you want to send me your idea, your information, I'll make sure that gets to me and I will certainly support people. I know we couldn't stay on for five more hours and talk about it.

I want people most of all to know that you really can do this. When you partner with your inner guidance, when you partner with Spirit, with God, with Source, you won't be given the calling, you won't be given the feeling unless you really can do it. There are people out there who you are called to serve. They're asking for you, they're asking for your product, they're asking for your service, they're asking for your program. Now what we need to do is just help you get lined up with them and understand that it really is a simple formula. Once you understand it, it's just as easy as if you were riding a bike.

Thank you, and I appreciate all of you and just see you living a life of love, enjoying peace and prosperity.

Website for special: www.coachingfromspirit.com/divorce

“MOJO IN THE FINANCIAL DOJO”—FINANCIAL SELF DEFENSE FOR DIVORCING AND DIVORCED WOMEN

By Hollis Colquhoun



Hollis Colquhoun

Financial Expert, Author and Martial Artist

Hollis Colquhoun is a financial expert, writer, speaker and martial artist. She worked on Wall Street for 20 years as one of the first female institutional traders. She married her co-worker, the head of the trading department. Together they became a very successful professional team, and as a family had three daughters.

After being married for 20 years, Hollis went through a totally unforeseen, heartbreaking, two-year divorce process. When her divorce was finalized, she needed to return to the workforce. Using her financial background, Hollis became an accredited financial counselor for a nonprofit credit counseling agency, where she counseled thousands of people. Most of her clients were women who were in serious financial trouble after divorce or death of a spouse because they had no real financial education.

To help rectify this situation, Hollis and a co-counselor wrote a simple book: *Women Empowering Themselves: A Financial Survival Guide* to teach women the basics of budgeting, net worth and credit. It has since become an Amazon Bestseller and won a 2011 National Indie Excellence Book Award.

For the last five years, Hollis has written columns and articles for many online sites, such as Technorati, the Newark Examiner and Wisebread, and for magazines such as Personal Excellence, More and Self. Focusing on helping women, she has conducted financial workshops, provided one-on-one financial counseling and developed a program called *Design Your New Life Before You Divorce*, which financially educates and empowers women before they enter the divorce process.

Hollis' other passion is martial arts. Having practiced for more than 17 years, she has earned black belts in Karate and Tae Kwon Do. Hollis is passionate about showing women how to harness the power of

their mind, body, spirit and money. She likes to mix financial education and empowerment with martial arts philosophy and training techniques so women can master the basics of personal and financial self-defense.

Hollis has created a new website, www.HollisC.com, to financially empower her online community of women. She also has a YouTube channel, www.YouTube.com/HollisColquhoun, called *Money Mojo in the Dojo*, where she discusses financial topics with the help of martial arts weapons. She also hosts a weekly radio show on BlogTalk Radio called *Wednesday Afternoon F.E.S.T.* (Financial Education and Survival Training) to combine financial news and advice with easy self-defense techniques to ensure women's personal and financial survival!

TOPIC

Mojo in the Financial Dojo—Financial Self Defense for Divorcing and Divorced Women

You will learn:

1. Goal setting and financial organizing tips
2. Financial terms and concepts
3. Basic net worth analysis
4. Budgeting and savings tips
5. Debt and credit report analysis
6. Financial considerations before and after divorce.
7. 7. Resources for financial information and assistance

THE INTERVIEW

That was such a great introduction, and I am very pleased to be here. I've just come from the dojo; I still have my *gi* on and my black belt.

Dr. Dee Adio-Moses: It's so nice to have you here, Hollis. You and I have worked together in the past, and it has always been a great joy having you, because of just feeling that commitment that you have. When I see all the work you've done, it's something that makes me feel very warm inside. You know, I want to really just leave the platform for you; I know you have so much to teach us and to tell us today.

Hollis Colquhoun: I would be happy to; I've got tons of things to talk about. As you said, I am passionate about educating women, both personally and financially, for their survival. There are 9 out of 10 woman who are going to be in charge of their finances at some point in their lives, and there is a really stark financial reality for women. So many don't even think about what their financial life is going to be like in

5 years or 10 years or if something bad happens—will they be prepared? I'm just so struck by the statistics that 75 percent of our country's impoverished are elderly women. And that's a combination of women living longer than men—on average, women are living into their mid-80s—and 50 percent of us are getting divorced. I'm one of those divorcees. It's a very difficult time to adjust, and when women do not take control of their financial destiny, they really get into some serious trouble.

So I am just incredibly motivated to bring the message to women in particular—I'm also focusing on young people coming out of college—but primarily to women who are married or about to get married, and they need to focus on money. There are so many young women—I'm just going back a little bit, but I have three daughters. They're now aged 23, 25 and 27. I try to say that I had my first child when I was 4, but I'm not really getting people to believe that one these days. But they all are learning from me. Obviously, they've gotten the message for quite a few years about being financially empowered. And yet it's a difficult discussion to have with their fiancés or for young people to have with their husbands if they've never really sat down and talked about how they feel about money—what their financial goals are and what their credit reports look like. What kind of financial character do they have? Are they a spendthrift or a tightwad? I would say 95 percent of people, when they're getting married, do not have a financial discussion.

And that's kind of where problems start, but obviously my focus now is on women who are thinking about getting divorced or are in the process of divorce. Some are already divorced, but I am trying to impart to all of them that even if you don't understand about finances or you haven't had the power over your financial life during your marriage, you need to take control. You need to be empowered. I talk about getting your money mojo. It's something that is like a magical power. It's a quality that's going to attract others, and it's going to attract money if you take ownership of your financial life. It's kind of funny; when you are thinking about your family, about everybody else, but not thinking about yourself, then you are going to get into trouble later on in your life. You want to use your power; you want to be prepared. That's one of the main tenets, actually, of karate, which goes back hundreds and hundreds of years. It's incredibly important to be prepared. To be personally prepared, to be financially prepared, for your own self-defense.

Dr. Dee Adio-Moses: How did you mix these two, the finance and the martial arts? How did you connect them and start using them as something that will help women understand better?

Hollis Colquhoun: Well, martial arts is really the study of self-defense and harnessing your own power to protect yourself, and to protect others if they're in danger as well. But it's a feeling of self-worth that you have the strength, you have the power. Being a martial artist, you learn techniques—I was just doing some punches, I was doing some kicking, practicing on a giant pad where I'm trying to get increased power with my arms and my legs and my body, and using the energy of all of my body parts to get the best power to come out of my body. And at the same time, martial arts is very much a spiritual exercise. You have to be totally focused on what you're doing. Your energy comes through your mind, and then it goes into your body, into your muscles, into your hands and your feet. I can tell you today, when I was just doing some regular practicing—we were going back and forth, doing a series of punches and kicks—I lost focus for a second, just a second, then I lost my whole bodily function. I was out of kilter, I was not doing the right combination, I wasn't focused. I didn't have the use of my full body powers.

So that is one thing that I believe is so important when you're also responsible for your finances, and with money. Money is very powerful. It's a powerful force in our society. If people don't have financial power, if they don't have control over their financial lives, they're going to be in serious trouble. They're going to have

a problem in defending themselves, in guaranteeing their own financial security going forward. I believe that women need to understand how powerful they can be financially as well as physically and spiritually. They're certainly powerful—nobody has a question about women being so strong when it comes to having childbirth. I mean, that is a super painful experience that men don't go through and probably wouldn't be able to go through. If a woman is focused on giving birth to this child and going through the pain and being able to come out of that with so much pride, confidence and power in her capability, I want her to have the same feeling of power, empowerment, in just learning some of the basics of personal and financial self-defense.

A lot of the problem, I feel, is that women are intimidated because they don't understand the language of the financial world. But really, financial power is just understanding a math problem. Not difficult. I'm not talking about investment strategies or how you're going to beat the market, or how to strategize for a new business model. That's not what we're talking about here. It's just being willing to open up and learn some basic financial concepts that you need to know throughout your entire adult life in order to survive.

There are some very simple concepts for personal self-defense that I believe are extremely important for women to know to physically, personally survive. I've taught self-defense classes for women, and I know sometimes you see guys on the mixed martial arts, when they're having tournaments and matches, and they're doing all these snazzy flying side kicks, and they're doing takedowns with these twists and turns. But financial and basic personal self-defense really only require very simple techniques—basic techniques that I can teach people to do who are pretty much at any age, any size, any height, any weight. You will have the tools where you can personally defend yourself and also financially defend yourself.

Dr. Dee Adio-Moses: Already I've been jotting down things, because what you're saying is if somebody's not prepared, if you take your eye off the ball, don't expect to find it there where you left it. So every dollar, everything that you have, you have to plan and look at different sides of the coin and take charge of your own personal life. Why do so many women lose their money mojo, as you call it?

Hollis Colquhoun: I think it's because when they get married, they don't have a discussion, as I said before. There is a division of labor that occurs in a lot of marriages, particularly when the couple decides to have children. Maybe the woman did have a career at one point early on in the marriage, and the husband has a job, but then the wife decides, well, if we're going to have children that is my responsibility: to raise the children, to have the children, to take care of the household for the family. And the husband continues to work and be technically the financial provider. So there is an inclination, if it's not discussed from the very beginning of the relationship, for the wife—because she's not actually physically bringing in a paycheck—to disassociate herself from the finances of the family and household.

The husband takes over that role, because he has ownership of this paycheck. He says, well, I'm earning it, so I'm going to take care of the finances. If there is no real, concerted effort from the two of them to sit down maybe once every couple of weeks or once a month and go over their financial situation together, to see where they are, see what the budget looks like, the cash flow—we don't like to use the word *budget* anymore; it makes people cringe—look at their cash flow. The money coming in and the money going out, and whether it is balanced. Hopefully, ideally, there should be some money left over during the month so they can put that into savings, or they can put it into an emergency fund if something unexpected happens—which it usually does.

But if they're not sitting down together on a regular basis and going over the money together—not only what's happened in the past, in the recent month or two months, or quarter—they also need to come together to determine their goals and what they're going to be using their money for. What they're going to be working toward as a team, as a family, as husband and wife. It's much better, it's much more efficient, if they're together in the goals that they identify. If they say, well, we want to have a comfortable retirement—which really is something that takes priority over, say, saving for their children's college tuition. There are many ways for a child or the family or the parents to save for college or get funding for college, whether it be college loans or scholarships or gifts. There are a lot of different ways to tackle the college tuition issue. But really, in terms of retirement, only the husband can save for his own retirement. And only the wife can save for her own retirement. But of course, if she's not working any more, then it becomes a goal that they have to work on together. If she doesn't have her own income, they have to sit down and say, OK, how can we get a secure retirement fund started together to maximize what we have down the road?

Now, in a lot of cases, the wife doesn't do that. They don't sit down and have that conversation. So what happens is, at the husband's workplace, they have a retirement account. Maybe it's a 401k account that he's contributing to for his own retirement. What she doesn't realize—it's not well-known—is that there's a non-wage-earning spousal IRA that he can also be contributing to for his wife, up to the same amount—\$5,000 each year—that he can contribute to his own IRA. The wife doesn't know about that, and there's no real savings mechanism for the wife if she doesn't do it herself, if she doesn't take it upon herself as a priority goal. And most of the time, when I was a credit counselor, it was the woman who called because of a divorce or the death of a spouse. There was a huge amount of debt, there was no savings, really, and there was very little retirement savings on her part. She had to rely totally on her husband's resources to survive going down the road, and didn't really have any input, or didn't make sure she had input, along the way so they were in sync, helping each other survive financially in case certain things happened.

You know, there's a really favorite quote of mine from Sun Tzu, who wrote “The Art of War.” Sun Tzu was this philosopher who lived in China in 400 B.C. His book, “The Art of War,” is still read by military strategists, generals, politicians, leaders. It maps out strategies for winning some sort of confrontation. The best quote, I think, is when he said, “The art of war teaches us to rely not on the likelihood of the enemy's not coming, but on our readiness to receive him. Not on the chance of his not attacking, but rather on the fact that we have made our position unassailable.” What he's saying, basically, is be prepared. You have to be prepared in any case for whatever might happen. You can assume that a person is going to be supporting you, is going to be taking care of you, but you have to be in a position to protect yourself no matter what the situation is. No matter what happens. And that's what women need to embrace.

Dr. Dee Adio-Moses: Those who are already divorced may have already made this mistake. I did the same thing. I didn't really take care of me, even though I was working. Everything just went to the home; everything went to the family. You just don't think anything will happen. But now that we find ourselves single and we have to fend for ourselves, it is so important to pass this information to the people coming behind us. We know so many people it's not too late for. The enemy may never come, but you still have to be prepared. The question I want to ask you is, you talk quite a lot about credit reports. Here in America that's so important, and I'd like you to talk a little more about that.

Hollis Colquhoun: It's one of the most important things in any person's adult life these days. The credit report accounts for so many things that you will be judged on. Your approval rating. It influences so many aspects of our life. The credit report has an impact, of course, on your job, and most people know that.

Most people know that employers will check a credit report to find out whether or not you are a reliable employee, a responsible employee. If you have a lot of debt, they may think you're not only irresponsible, but you're more likely to take money from the company. If you're in dire financial straits, you might steal money. The credit report also affects landlords; they will look at your credit report in a lot of places to find out if you're going to be a good tenant. Of course, the banks are going to look at your credit report and your rating to find out how much debt you have if you're looking for a new loan. It also affects your utility rates. If you are going to a new place and you're establishing new service, depending on what your credit report says, they might ask for a bigger deposit. They might have higher fees, or they might be less likely to allow you to have the type of service that you want. Also, insurance companies. You're going to be judged on that. Your car insurance is affected by your credit rating as well as your driving record. So, it is a profile of really so many different aspects of the way you handle your finances.

The scary thing is, so many adults are embarrassed about their financial situation. Or they know they have some problems and they just don't want to look at that credit report, because they're going to get upset and they don't know what to do about it. But really, everybody has the ability and should get their credit report once a year, minimally, for free, from each of the three major credit bureaus—that's TransUnion, Experian, and Equifax. You go through their website, their main portal, which is www.annualcreditreport.com. If you go to a site like www.freecreditreport.com, it's not free. So you go to www.annualcreditreport.com and then you pick which credit bureau you want to go through to see your report.

My suggestion to people who are looking for the first time during the year is to stagger them. Get one report every three or four months, because they're going to be slightly different, but what's on them should be pretty much the same. They'll have different scores. Some of them have different scores altogether, like Experian, but it will give you a snapshot of your credit profile. Eighty percent of credit reports have errors on them to begin with. You need to look at them to make sure that it's you and your activity that is actually on that report. You need to make sure all the personal information is accurate. There is a part that says whether you have any kind of negative things on there, whether there is a potential discrepancy. There will be alerts to tell you if something isn't jiving, or if there is a possibility that there is some sort of identity theft going on.

It will tell you if you have any financial offenses or items that would hit on your financial record, like if you had a bankruptcy, that would be showing on there. There would be collection items on there, which you may or may not even realize. I had so many clients who when they looked at their credit report with me, there were two or three outstanding medical debts that were in collection that they didn't even know they had. I personally went through a surgery that resulted in a gazillion different bills and doctors and hospitals, and it's very easy to lose track when you go into a hospital of all the different charges that you have.

Most of the time, the doctors or the doctors' offices or the hospital, they'll only give you one invoice. One bill. Not like credit card companies, where you'll get them every 15 days. If you miss a medical bill, after 30 or 40 or 60 days, it may go into collection. If you have a collection item, then that can actually snowball into some sort of a debt where they can actually take you to court. You don't want that to happen. You want to be on top of your financial situation. If you're behind on some of your other credit card debt, or a mortgage, that will also be in the collection items. Generally speaking, those collection items will be with the issuer for a longer period of time. As I said, they will give you statements. They will tell you, they will call you, that you have a debt outstanding. You will probably be aware of that, and you need to take care of

that, because that will have a big impact on your credit score. And it will tell people whether or not you're responsible with what you owe.

There are then the loans that you have that you're current on, that you're making payments on regularly every month. And that will be showing you say, your mortgage, your car loan, if you have student loans, credit card debt, personal loans, and it will also tell you what kind of a loan it is. If it's a loan where you are jointly responsible for it, it will say "J" for joint, or some of them now are spelling things out even more clearly. If you are going through a divorce or you did go through a divorce and you split up various types of debt through the separation agreement, sometimes if you actually don't go directly through the creditor to change the title of the loan they're not going to recognize a change even if your divorce agreement says there's a change. There are so many people I know who say, well, the wife wants to have the house, so she'll take care of the mortgage. And the husband says, I'll take care of the credit card debt. And the wife says, OK, that sounds fair, the money is the same, but it actually isn't. If there are joint ownerships still on the loans as far as the lenders are concerned, if the husband doesn't stay current on the credit card debt, keeps racking up the credit card debt, ultimately she could be responsible for that even if the divorce agreement says she's not. If the ownership of the account hasn't been changed, you could be in serious trouble there. It's important to look at your credit report for that reason after your divorce.

Dr. Dee Adio-Moses: So how do they change that?

Hollis Colquhoun: You have to go through the original creditor, and it's very difficult to do that because of course they would rather have two people on the hook for the loan instead of just one. It's very hard these days to get the creditors to change the name on the account. You can tell, if you get a bill for your mortgage or credit card. It will have, on the title of the account that you can see in the window of the envelope, it will say "Mr. So-and-So and Mrs. So-and-So." Or it will say, "joint account for Mr. and Mrs. Last Name." If there are two names on there, that means you both are responsible still. Ideally, you change it before the divorce is finalized.

Dr. Dee Adio-Moses: You said you change it before the divorce is finalized. How is that possible?

Hollis Colquhoun: What you actually have to do is, you have to close the old joint account, with the permission of the creditor, and reopen new ones in the individuals' names.

Dr. Dee Adio-Moses: So it has to be agreed on before.

Hollis Colquhoun: Yes. That is agreed on as part of the settlement agreement.

Dr. Dee Adio-Moses: So if there's anybody listening who is in that position now, the ex-husband is not doing their own side of the banking and she is doing her own, taking care of the home and whatever she's supposed to do, what can she do?

Hollis Colquhoun: If they're not taking care of what they're supposed to be doing? The only thing that she can do, really, is to go to the creditors directly. Well, she can try to go through the court to make the ex-husband pay for what he's supposed to pay for. However, that takes a long time, usually doesn't work, and has legal costs involved. So if that's the case—and of course there's alimony and child support that gets into the equation too, which can be a problem—my advice is, if you're going through the process, so many women decide they want to keep the house, and they take the mortgage. They do it for the sake of the children. They split it up; the husband does the credit cards and the husband has the assets, the investment

account and the retirement account. Now, if there's a problem and it ends up that the wife can't handle all of it, then there's a possibility that the only way she can get rid of the unsecured debt, if she doesn't have the income to support everything herself and can't get it changed, is to consider filing for bankruptcy.

A lot of people kind of give a gasp when they hear that word, but if you don't have much income and you are in a situation that you can't get out of with unsecured debt—which is things that aren't attached to a piece of property—like a mortgage is attached to a house, so that's a secured debt. Car loans are attached to cars, so that's a secured debt. A credit card debt is not attached to anything, so that's an unsecured debt. If you meet all the criteria—you're not making a ton of money, you don't have a whole lot of asset value, meaning you don't have a lot of valuables that you could cash in and pay for all these debts—then it's possible for you to file a chapter 7 bankruptcy, which is a liquidation of all the unsecured debt. It's like starting over with credit cards and personal loans. If they get forgiven, you are probably going to be in a situation where you are allowed to keep the house. These days, not too many people have a lot of net asset value, meaning their house is worth a lot more than the mortgage or their car is worth a lot more than the car loan. So those are things you can hold onto, but you can get a fresh start and get rid of part of the debts if they're in your name. And of course your ex-husband is going to have to agree to it as well, if his name's on it.

Dr. Dee Adio-Moses: In this scenario you've given, why does the husband need to agree?

Hollis Colquhoun: His name's still on the loan. Unless you can decide to change all the loans over into your name, and then file for bankruptcy. But there are laws for that, too. You can't just rack up your credit cards and then the next week declare bankruptcy.

Dr. Dee Adio-Moses: I think you have to give yourself six months or something?

Hollis Colquhoun: Yes, that's exactly right. But if people are in that kind of situation, what I really suggest that they do, because there are so many different factors involved in all this, but that's what nonprofit credit counseling agencies are really for. For anybody who has tons of debt and doesn't have much income, doesn't know what to do, they can go to the nonprofit credit counseling main site, which is the National Foundation for Credit Counseling, it's www.nfcc.org, and you'll be able to get phone numbers for nonprofit credit counseling agencies. They don't necessarily even have to be in your area; I spoke to people all over the country by phone when they called our main number.

Get a credit counselor who is trained and accredited to look through your situation with you. Get a few suggestions on how to change some of your main expenses, how to possibly get out of your house, or if they think bankruptcy is a good solution. They will be able to walk you through it and give you some solutions so you can get more of an order in your mind on what you should do financially.

Dr. Dee Adio-Moses: That's very empowering, to know that is available. I heard a friend of mine say one time that when she filed for bankruptcy, she called one of her credit cards and they gave her another credit card. They transferred the money and then she kept using that card; I can't remember all the details. But the bottom line is that you don't have to lose all your credit cards. You may still be able to have one if you connect with each one of them separately and discuss your situation. They may be able to say, OK, you have \$500 on it. We'll give you another, maybe \$800 credit card, and you can keep using that. Something like that.

Hollis Colquhoun: Normally, if you're with a credit counseling agency and you want to go through their debt management program—which has become more flexible in recent years because people are in such dire financial straits—what they try to do is put you in a program where you're working through them. They have relationships with the creditors where they will get an agreement with them to really lower your interest rates. Most of your accounts will be closed, because the whole purpose is for you to get out of debt without having to file for bankruptcy. You can't file for Chapter 7 bankruptcy, which is the liquidation, you can't get rid of all of your credit cards in a bankruptcy except for one.

There is another kind, which is a Chapter 13 bankruptcy, which is where you go through each creditor and negotiate a repayment program. Maybe it's only for 50 percent of the debt that you owe. You make an arrangement with them directly; they will agree. You have a payment program with them, and you have to make regular payments and pay off whatever the debt is that you two have agreed on, at the interest rate, but it is a repayment program. With the debt management program at a credit counseling agency, they have agreements for lower interest rates where they're trying to get you to pay off most of your debt in a manageable way and also keep from getting back into debt. If they give you three credit cards that you can still use, you're not really changing your behavior. You're still relying on your credit cards more than you should, because you really need to be on top of your cash flow. You really need to be a manager of your money on a regular basis. Some people get in trouble with credit cards, and once you give them a couple of credit cards that they can use, it's not enough to change the behavior.

Dr. Dee Adio-Moses: You know, last week we had Sharon here, who really spoke with our participants about how to begin again in your life. Next Thursday we have Deborah, and she's going to talk about starting afresh and going for it. So all that you're talking about now can still be transferred to the personal life—the discipline, the budgeting, the goals, everything. Keeping a record. Before, we had a husband to blame, but now when we start a new life, we're doing the new business. You still have to put all this in place. It's so important that we learn all these steps now.

Hollis Colquhoun: It is, and what I like to tell people now is that budgeting and cash flow management doesn't sound like it's fun or something you want to do. But if you start by thinking about your goals—what you want to do in the next year and what you want to do in the next 10 years—what are the most important things that you want to have your money do for you? Where do you want to go? Start with your goals and list them in order of importance to you. Put them on a mirror in your bathroom and put them on the refrigerator door, so that every day you're going to see that list and it's going to be motivating and empowering. Then when you sit down and take a look at what money is coming in and what is going out, it's going to be much more motivating for you to start saying, hey, I can make some changes here. Or maybe I can make use of some resources. We discussed some earlier, and I have a pretty extensive resource list online that people can take advantage of to get information, to get help, to lower their budget expenses. It's a good place to start off with a positive mindset: that you are powerful and you have the ability to move forward and reach those goals if you can take control of your money and your financial life.

Dr. Dee Adio-Moses: And you have been so generous to make a list of so much information that can be accessed. You also have a gift for everyone, and you have a special. We only have seven more minutes to finish the call. If you can just tell us how to connect with you and where to go—I know it's www.hollisc.com and they can find you, but which products do you have for our listeners, and what do you want them to do?

Hollis Colquhoun: Well, on www.hollisc.com, there's a free article on how to get yourself empowered financially, to understand what your worth is even if you don't have a job that's paying—all those things that you do for the household and what they're worth. Also, in the products section, Programs and Products, I have special prices. There's my book in a pdf form, which you have to download, because there are graphs and charts and things that I want everyone to fill in so they can keep track. You can get that for 99 cents. There's a "Mind and Money Mastery" program that is on special; it has tapes you can listen to that cover some of this same information but in more depth. And if you are just entering the divorce process and you want to get your bearings, there is an "Empower for Divorce—Design Your New Life Before You Divorce" program, which is a combination of counseling sessions with me and CDs and a workbook. There is a free consultation with me in the beginning, and it's also at a special price. Go to www.hollisc.com, and I would love to help you if you would like to find a way to get your financial empowerment.

Dr. Dee Adio-Moses: That is so wonderful to know that you have so much for them to access. And we will be sending, probably later today, the replay. I think every one of us needs to listen to it again. You can get your notes together and know that this is such an important part of the future. Go to www.hollisc.com, and get the free items, and you can buy any of the products that you want there. You will get the link when we send you the replay, as well.

We have one comment that just came in, from Juliet in New York: "I just want to say thank you so much for this class. I've gained so much, and the part about the credit reports—I've been one of those who never cared about it. I know I'm just kidding myself. So thank you."

Hollis Colquhoun: Oh yeah, that's so important to do that, and I didn't talk about credit scores—you do have to pay for them, but they should cost about \$15 each. You go to each credit bureau to get your scores, but stagger them. If you go to TransUnion first, they use the FICO score, which is what is mostly used by employers and all the other people who are looking at your report. The score range is from 300 to 850—850 is perfect, but I've never seen that one. But you want to know what your score is if you're thinking about getting a loan, buying a car, buying a house, getting a job, getting an apartment. You need to know your score, and you need to know your credit report. You also need to send something in writing if there is an error. The credit bureau has to correct that within 30 days or else they automatically take it off your report. So if there's an error, make sure you're on top of that and get rid of it or question it.

And I just wanted to end, because Bruce Lee is one of my favorite martial artists of all time—he was unbelievable, the things that he did. My favorite saying for the things that have happened in my life and the difficulties I've had—I've overcome nine surgeries and a divorce. I'm coming off my ninth surgery. One of the karate sayings is, you want to have 9 times down and 10 times up. So as long as you're up more than you're down, things are OK.

Bruce Lee said, "To hell with circumstances; I create opportunities." So even if you are in a difficult situation—you have questions, problems—you do have opportunities. There are ways for you to have a great life going in the future if you take control, if you get some help where there is help, and you pay attention, believing that you have the power to control your financial destiny and your personal destiny.

Dr. Dee Adio-Moses: I really love that: "To hell with circumstances; I create opportunities." Really, really empowering to have that as our closing saying. So let's everybody go with that, and leave the circumstances alone! You can create the opportunities. Let's all go for it.

Thank you so much, Hollis. It's really been a wonderful hour. I can't believe it's gone so quickly.

Hollis Colquhoun: I know, I have all these other things I wanted to say! But definitely, the resources are going to be available. Make use of them. There are lots of things that can help you balance your cash flow if you just check into them.

Connect with Hollis at www.hollisc.com

HOW YOU CAN START OVER, BECOME THE NEW YOU, AND CREATE ABUNDANCE WITH YOUR LIFE EXPERIENCES

By DR. DEE ADIO-MOSES



Reverend **DR. DEE ADIO-MOSES**
Life Transformational Strategist

Dr. Dee Adio-Moses is a visionary, author, life strategist and educator. An ordained minister with a Ph.D. in Philosophy, specializing in holistic life and spiritual counseling, Dr. Dee is the founder and spiritual leader of Healing Centre of Christ International and the Better than Ever After Divorce Community, (part of her 501(c)(3) nonprofit organization). She is also the host of the popular radio show “Spiritual Laws of the Universe with Dr. Dee.”

Dr. Dee is a modern-day key proponent of Oneness Consciousness as a healing strategy, and provides step-by-step programs to help you on your oneness journey, teaching you to master your emotions, your body, your relationships, your finances and your life. She teaches that “Over-flowing abundance (which includes peace, love and good health) is your birthright, and your life must reflect this. If not, the awakening of the soul to the realization of the Divinity within and thus the greatness is the work that needs to be done.”

A passionate and committed spiritual and life teacher and mentor, her passion, her innate gift and her ability to take the spiritual and translate it into the practical, have been the foundation of the success of her ministry.

Before her divorce, Dr. Dee was a successful financial sector entrepreneur. The whole business collapsed along with her marriage. After this trauma and devastation of her divorce and business, Dr Dee clawed her way back, found her gift, and went back to school. She became an ordained minister and earned her doctorate.

She is the acclaimed author of many life-changing books, e-books, home-study programs and audio books, including “You Are Enough—Twelve Healing Steps to Your Wealth, Health, Love, and Happiness.” She has travelled extensively through Europe, Africa and North America helping women discover their inner power, find their gifts and create the life they truly desire, especially after a traumatic experience.

Dr. Dee's personal devastating divorce experience and her journey of overcoming as a single mother of three sons is the reason she is in the forefront of mentoring and empowering divorced women and their children, helping end the trauma and devastation of divorce and helping them pick up the pieces and create "Better than Ever After Divorce" lives for themselves.

Dr. Dee has been happily re-married for more than 16 years. She is also a grandmother, and her sons are all successful adults in their own rights.

TOPIC

How You Can Start Over, Become the New You, and Create Abundance With Your Life Experiences

Starting over after any major life trauma, such as divorce, can be very challenging. Dr. Dee knows this too well. She had to start over from "minus zero." She believes that there is always a gift somewhere in your trauma. She found her gift in her own trauma; became a spiritual leader, author and life strategist; and now helps others do the same.

In her presentation, you will discover the secret expert strategies Dr. Dee uses to help her clients become the experts that they are. We start from scratch and strategically position your expertise for using your gift. You will change lives and be able to get people all over the world to be excited for your services, products, trainings, speaking, as you step into your authentic power. We will also work with the mindset that you need to be able to truly excel, helping you move through any hindrances that may be holding you back from manifesting your gift.

www.healingcenterofchristinternational.org

THE INTERVIEW

Thank you for being here. It is a great honor to be with you for the next hour sharing my story of how you can create a new life for yourself with a new you after your divorce or after any trauma or devastation.

Let me tell you first a little bit about myself. My first marriage ended in divorce after more than 16 years of marriage. When the marriage ended it was a very traumatic experience for me, because my business empire failed at the same time. Not only did I have the breakup, my whole business collapsed. You can imagine how devastating that was. I became a single mother of three boys. Before the divorce, I received advice from some of my family members and friends that I should not leave my dead marriage. They said, "You should not even think of divorcing your husband because of your three boys," and "How can you take care of three boys?"

But I knew deep within my heart that for me it was a marriage that had ended a long time before the horrific event that put the final nail in the coffin. This was when I had the courage to say, "Enough is

enough.” I knew it was time, but because my business failed at the same time, that meant there was no money. I was broke, a single mother and scared. A lot happened at that time that I do not want to bore you with, but first I had to move. Not just move homes, but move from one country to another. I was living in Nigeria, West Africa, then and I moved to London, England. My children were in school in England. I joined them, and we began living in London. It was a very stressful and challenging time.

Let me fast forward and tell you that the best news I have with all those experiences, all the devastation, all the loss of money, all the brokenness. The best news is that I survived it. I not only survived it, I created another life for myself. A new me was born. Even though I went back to school, became an ordained minister, got my doctorate in philosophy, you do not need to do all that to create a new you after you have experienced trauma or devastation. For most people, though, experiencing serious life changes is usually the beginning of a brand-new life and a new career. I am so grateful that I finally learned and embraced what I was born to do and started doing it.

Moving from the financial sector, with all the money and glamour, to being a spiritual leader and a life strategist may seem as if I moved from one extreme to the other. What I feel is that I moved into myself. I found myself. I am happy to be here, working and assisting people from all over the world and from all walks of life who have gone through the valleys of life, to pick up the pieces and create an amazing life for themselves. Moving from the place of trauma and devastation into the place of freedom. And my job does not end with the parents. I include the kids too. Remember, I was a single mother with three sons. My three sons made it through also and are successful men in their own rights. We share our joint experiences with families.

Do you also remember my advisers? Advising me to stay in a dead marriage? I think about it and I say, what if I'd not listened to my inner voice and made that step? Where would I be today? I am grateful and so humbled that I listened and I am here. I'm here to share with you that even though it was a hard road to travel, even though it was difficult, it is possible.

For those that have read my free ebook “Live Again after Divorce” at our website, www.betterthanneverafterdivorce.com, you have read what I wrote about beating a dead horse. Be sure your marriage is dead before you jump ship and then regret it. But if it is dead, do not beat a dead horse. It is time to move on. Do not look back with regret about what should have been, what could have been, if only something was done differently. Do not allow yourself to be burdened with the past, sad memories, sad experiences. Let me tell you, what you need to do is to look the other way, forward not backward. Living regretfully in the past holds you to the past, and it will pull you back from advancing towards greater power and greater joy. Let all of us make a decision from today that we are going to leave the past where it belongs—in the past, behind us—so we don't pay the price, we don't drag around a life that is already dead. That life is gone, it's dead, it's behind. That dead life didn't do much for us anyway. Why do we want to carry that burden or that pain? Let's just leave all the regrets behind and not allow it to make us grow old and weak when we should be enjoying our youth and living it up. Because if you don't do this, what do you think will happen?

1. Not letting go destroys your advancement in life. You get stuck, and getting stuck usually means no money, no joy, no good things of life.
2. Not letting go ages you.

3. Not letting go deprives you of the pleasures of life.
4. Not letting go is burdensome; it is heavy on the heart.
5. Not letting go affects your health negatively.

In order to let go, what we are going to do now is to unload. We start the unloading process right here, right now. Make the resolution, with the aid of the Creator, the Supreme Power, to throw off the remembrance of everything in the past that has betrayed you, annoyed you, everything you regret, everything you have mourned over. Every regret, every mournful thought, takes so much out of your life.

It takes energy to pile on more misery. It takes energy to strengthen the habit of regretting. It takes energy to make the mind color everything with a tinge of sadness. This feeling, constantly indulged in, will bring on some form of physical ailment. The ailment belongs to a condition of mind that we should be done with forever. If we are looking forward, we can shake it off and be in better health than ever. If the predominant mood of our minds is that of looking backward, the ultimate result will be serious to the body.

A big healing process that we have to do right now is the forgiveness ritual. This is a great tool in releasing the past. Indira Ghandi called forgiveness “the attribute of the strong.” The best part of this ritual is that afterwards the major benefit is that it will allow everything we will learn here today to flow more, and your spirit will be clear to receive everything better.

FORGIVENESS RITUAL

The inability to forgive is the largest most toxic thing in the world. For anyone to truly be able to move into better and greater things in their lives, they must be able to release and let go. Negative energy blocks the flow of your good. Forgiveness is for you, not for the other person. This process will free your mind that has been cluttered with negative energy, free it up with the space to usher in all that you desire in your life. The heavier this baggage, the more difficult it is to be an achiever.

The forgiveness ritual needs three pieces of paper, 8x5 in size. I am going to stop for a short while to give you time to start this process. You already have your paper—if you are listening to this as a recording, just pause and start writing.

On the first piece of paper, write the title: *All the Things I Need to Forgive Myself For*.

Begin to write down all the things that will need forgiveness from you to you. Write, “I forgive myself for ...” Reach back into your life and list all the things you have held against yourself. Decisions that you believe have caused unpleasant results. Things you may have done that you believe affected others in a negative way.

On the second piece of paper, write the title: *All Those I Need to Forgive*.

Begin to write down all those people who will need forgiveness from you. Write “John, I forgive you for ...” Reach deep inside of you and write all those you hold in un-forgiveness. Write their names and the emotion that you associate with the experience.

On the third piece of paper, write the title: *All Those Who Need to Forgive Me*.

Begin to write down all the people from whom you will need forgiveness. Those for whom you believe you have caused unpleasant results. Things you may have done that you believe affected others in a negative way. Write, "John, for my being ..., you forgive me."

You then take the three sheets of paper and either burn or tear them. During this process, be very present in the ritual. Stand alone. Take three deep breaths and say, "I see myself and all of us free and moving on to our own higher good. In the power that is in the name of Jesus The Christ, and so it is."

When you are finished, know there is no more looking back. Nothing in Nature, nothing in the Universe is at a standstill. Nothing goes backward. A gigantic incomprehensible force and wisdom move all things forward toward greater and higher powers and possibilities. You are included in and are a part of this force.

My intention for this hour together with you is to give you the tools to be able to start the process to:

- Be the master of your own life.
- Overcome life's obstacles.
- Develop the success mindset.
- Move to the next level of your life.

The process is for you to learn to operate at a higher vibration.

Trauma is a life-changer; for many it can be for the worse. After my divorce, I was so completely shattered that I lost my bearings. With divorce, you are likely to lose your friends. I did. Many become broke; I was broke. The sad part also is the fact that sometimes there seems to be no help coming from anywhere. In finding my way back, this tool was very effective and I still use it till today. This is a tool that will help you to find your way back quickly.

I learned that to live undisturbed by the past you must first find your own center. You must then be firm in your own center, and so rule the world from within. Failed marriages derail us as women; we lose ourselves because we lost ourselves at the beginning of the marriage—we become "somebody's wife," or "somebody's mother."

From now on, find your center and live in it. Surrender it to no one from now on. In the degree that you do this will you find yourself growing stronger and stronger in it. The question is, how can one find her center? The answer is, by realizing your oneness with the Infinite Power, God, and by living continually in this realization.

If you are one of those who need some work done on this, who are not ruling from their own center, the first thing you must do is clean out the window of your soul. I had to do that. If the windows of your soul are dirty and streaked, covered with matters of divorce and issues and problems, then as you look out your windows, the world will seem dirty and streaked and out of order.

You have to stop complaining, stop the pessimism, clean the windows of your soul and allow the sun to come in. Instead of longing for some other world, you will discover the wonderful beauties of your world. Once you are OK and in order inside, you will carry this brightness. It will show in your tone and disposition; you will carry an atmosphere that others will want to be part of. Your vibration will be at a higher level, and you will attract the right friends at this high vibration.

Embrace the omnipotence of God into your consciousness—understand all there is to know about God, understand who you are in relation to God, understand how to be close to God—everything about you and God.

Learn how to strengthen this relationship by prayer and meditation. Continuously manage this relationship with God by stepping into the next level of higher consciousness and manifestation where you can then start manifesting all that you want. You become a vessel of God and become that person through whom God can manifest to the world.

If you keep your thoughts turned toward the outside world, the external part of yourself or others, you will see only the things that are not real, but of time, and which pass away. All the faults, failures, or lacks in people or circumstances will seem very real to you, and as a result you will be unhappy and sick. If you turn your thoughts away from the external toward the spiritual, and dwell on the good in yourself and in others, all the apparent evil will first drop out of your thoughts and then out of your life. That is when your being a vessel will start becoming a reality.

The fact is that being a vessel means God is manifesting in you. But the question is, “How can God be manifested in you?”

When you are quickened to spiritual understanding and fully realize the true character of God and your own nature as the image, or idea, of God, you will perceive the true character of God and His attributes. You will grasp your relationship with Him and realize that His attributes are your attributes. His power is your power. His character is your character. You are not limited in life. You have existed with the Father always.

Imagine a great reservoir out of which lead innumerable small channels. At its farthest end, each channel opens out into a small fountain. This fountain is not only being continually filled and replenished from the reservoir, but is itself a radiating center that gives out in all directions that which it receives, so that all who come within its radius are refreshed and blessed.

This is your relationship with God. Each one of us is a radiating center. Each one, no matter how small, is the little fountain at the far end of a channel, the other end of which leads out from all there is in God. This fountain represents the individuality, as separate from the great reservoir—God—and yet as one with Him, and without Him we are nothing.

Each of us, no matter how insignificant we may be in the world, may receive from God unlimited good of whatever kind we desire and radiate it to all about us. But remember, we must radiate if we want to receive more. Stagnation is death. It is necessary for the simplest mind to grasp the idea that the very wisdom of God—the love, the life, and the power of God—are ready and waiting with longing impulse to flow out through you in unlimited degree. This is the “I am” consciousness.

I earnestly urge upon you to cultivate this “I am” consciousness—that you may realize the power within you. Then there will come naturally to you the correlated consciousness that expresses itself in the statement, “I can and I will,” one of the grandest affirmations of power that man can make. This “I can and I will” consciousness is that expression of the something within, which I trust you will realize and manifest. I feel that behind all the advice I can give you, this one thing is the prime factor in the secret of success of the new you.

BECOME A LIFE TEACHER

Because of what you have experienced, you have been through the university of life. As you overcome, you graduate. There are different levels of graduation, but after each level, I have a great suggestion for you. Sharing your experience and helping others overcome is the best part of your healing. Believe me, when you take this new role and diligently work at it, you will be surprised at the joy and sense of achievement you feel. I know many who found a new career as part of this new way of life. This may at first seem daunting, but trust me, this will be a career that can reflect the true you. It will bring you in alignment with the universe. I call it being a life teacher. Whatever name you give it, start by seeing this as a project through which God can bless the world. With that mindset you can give yourself time to have quality training from Spirit and from the other teachers who will come into your experience, like those of us you are listening to from this Telesummit. Sharing your story and how you overcame is already down your alley, you know the ins and outs personally, and you know what? Your prospective students, the ones you will share your stories with, are just behind you and you are their chosen teacher. You have walked in your future students’ shoes and understand what they are going through. You are an expert on this subject and a good one for that matter. Do not belittle your life experiences. Continue to be connected with your creator and see yourself as the vessel for God to bless the world. When you do this, I feel it is saying yes to your Creator.

I am an advocate that every adult should have a ministry or outreach program that they are involved in, especially people who have had extraordinary life experiences and survived. This is the gift from your survival. Helping others to learn from your experiences and supporting them to overcome. Becoming centered and being empowered by your experiences instead of being broken by them. There is a reason you are listening to this right now; there are no coincidences. Start today and start writing down what comes to you that you should do. I have seen people who came out of ill health become the best health coach, for instance.

For those who are hesitant, I want to talk about some inner power that you possess that will help you to be all that you desire.

THE WILL FACULTY

The will to do is the greatest power in the world that is concerned with human accomplishment. No one can determine its limits in advance. The things that we do now would have been a few ages ago impossibilities. Today the safe maxim is: “All things are possible.”

The will to do is a force that is strictly practical, yet it is difficult to explain just what it is. It can be compared to electricity, because we know it only through its cause and effects. It is a power we can direct, and to the extent we direct it do we determine our future. Every time you accomplish any definite act, consciously or unconsciously, you use the principle of the will. You can will to do anything, whether right or wrong, and therefore the way you use your will makes a big difference in your life. Every person possesses some will to do. It is the inner energy that controls all conscious acts. What you will to do directs your life forces. All habits, good or bad, are the result of what you will to do. You improve or lower your condition in life by what you will to do. Your will has a connection with all avenues of knowledge, all activities, all accomplishment.

Genius is but a will to do little things with infinite assistance. Little things well done open the door of opportunity for bigger things. The will accomplishes its greatest results through activities that grow out of great concentration in acquiring the power of voluntary attention to such an extent that we can direct it where we will and hold it steadily to its task until our aim is accomplished. When you learn so to use it, your will power becomes a mighty force. Almost everything can be accomplished through its proper use. It is greater than physical force because it can be used to control not only physical but mental and moral forces.

There are very few who possess perfectly developed and balanced will power, but those who do easily crush out their weak qualities. Study yourself carefully. Find out your greatest weakness and then use your will power to overcome it. In this way eradicate your faults, one by one, until you have built up a strong character and personality.

How can you improve your faculty of will? A desire arises. Now think whether this would be good for you. If it is not, use your will power to kill the desire. But on the other hand, if it is a righteous desire, summon all your will power to your aid, crush all obstacles that confront you and secure possession of the coveted good.

Slowness in making decisions is a weakness of will power. You know you should do something, but you delay doing it through lack of decision. It is easier not to do a certain thing than to do it, but conscience says to do it. The vast majority of people are failures because of the lack of deciding to do a thing when it should be done. Those who are successful have been quick to grasp opportunities by making a quick decision. This power of will can be used to bring culture, wealth and health.

Some special pointers: For the next week try to make quicker decisions in your little daily affairs. Set the hour you wish to get up and arise exactly at the fixed time. Anything that you should accomplish, do on or ahead of time. You want, of course, to give due deliberation to weighty matters, but by making quick decisions on little things you will acquire the ability to make quick decisions in bigger things. Never procrastinate. Procrastination is referred to as "the thief of time." Decide quickly one way or the other, even at the risk of deciding wrong. Practice this for a week or two and notice your improvement.

The lack of initiative, too, keeps many people from succeeding. They have fallen into the way of imitating others in all that they do. Very often we hear the expression, "She seems clever enough, but she lacks initiative." Life for these people is one continuous grind. Day after day they go through the same monotonous round of duties, while those who are "getting along" are using their initiative to get greater fullness of life. There is nothing so responsible for poverty as this lack of initiative, this power to think and do for ourselves.

You are as good as anyone. You have will power, and if you use it, you will get your share of the luxuries of life. So use it to claim your own. Don't depend on anyone else to help you. We have to fight our own battles. All the world loves a fighter, while the coward is despised by all. No matter what you have gone through, never allow anyone to kill your will to be all that you were born to be.

Every person's problems are different, so I can only say, "Analyze your opportunities and conditions and study your natural abilities." Form plans for improvement and then put them into operation. Marriage failures happen on two-way streets, both parties having a part to play in it. Now, as I said before, don't just say, "I am going to do so and so," but carry your plan into execution. Don't make an indefinite plan, but a definite one, and then don't give up until your object has been accomplished. Put these suggestions into practice with true earnestness, and you will soon note astonishing results. Your whole life will be completely changed.

An excellent motto for one of pure motives is: *Through my will power, I dare do what I want to do.* You will find this affirmation has a very strengthening effect.

PROSPERITY CONSCIOUSNESS

There are a lot of statistics about poverty and divorce and how women are at the receiving end. I know that too well: In my own case, I lost both my marriage and my business. Poverty was right there steering me in the face; I was broke and emotionally shattered.

My life coach many years ago after my divorce was very emphatic about my prosperity consciousness. I believe using the spiritual laws and learning about prosperity consciousness saved me from a life of poverty and brought plenty back into my life.

The first step toward acquiring wealth is to surround yourself with helpful influences of wealth, as much as you can. Wealth is usually the fruit of achievement. It is not, however, altogether the result of being hard-working. Thousands of millions of people work hard who never grow wealthy. Others, with much less effort, acquire wealth. Seeing possibilities is another step toward acquiring wealth. A woman may be as industrious as she can possibly be, but if she does not use her mental forces she will be a manual worker, bossed by others who are able to use their mental power.

As a life coach, there were times that some of my students found it challenging to understand why they should move from the surroundings where they moved to after their divorce and why they must try, even during their down times, to take care of their appearance, dress nicely, give away all the torn T-shirts and worn-out clothes, and keep their surroundings looking good at all times.

These students did not realize that their thoughts and their surroundings exercised an unfavorable influence. I explained that thoughts are moving forces, great powers; that thoughts of wealth attract wealth. Therefore, if you desire wealth you must attract the forces that will help you to secure it. Your thoughts attract a similar kind of thoughts. If you hold thoughts of poverty, you attract poverty. If you make up your mind you are going to be wealthy, you will instill this thought into all your mental forces, and you will at the same time use every external condition to help you.

No matter how sad you feel, no matter how devastating your experiences, your fastest way to overcome and start turning things around is to turn your thoughts away from the devastation. Be aware of what you are doing to your mind with your thoughts and what you are doing to your physical body by the environment you are living in.

The truth that the Spirit of God is the Spirit of infinite plenty, the power that has brought, that is continually bringing, all things into expression in material form. When you realize this and you align yourself with this realization, you are one with God and miracles start to happen. First and foremost you will get the spiritual solution to all your problems. Being one with God, the Infinite Power, you become a magnet to attract to yourself a continual supply of whatsoever you desire.

If one holds herself in the thought of poverty she will be poor, and the chances are that she will remain in poverty. If she holds herself, whatever present conditions may be, continually in the thought of prosperity, she sets into operation forces that will sooner or later bring her into prosperous conditions. This law works unceasingly throughout the universe, and the one great and never-changing fact in connection with it is, as we have found, that *"like attracts like"*. If we are one with this infinite power, this source of all things, then in the degree that we live in the realization of this oneness—the "I am" consciousness, in that degree do we actualize in ourselves a power that will bring to us an abundance of all things that it is desirable for us to have. In this way we come into possession of a power whereby we can actualize at all times those conditions that we desire.

As all truth exists now, and awaits simply our perception of it, so all things necessary for present needs exist now and await simply the power in us to appropriate them. God holds all things in His hands. His constant word is, *"My child, acknowledge me in all your ways, and in the degree that you do this, in the degree that you live this, then what is mine is yours."*

The Lord will provide; He giveth liberally to all those who put themselves in the right attitude to receive from Him. He forces no good things upon any one. True godliness is in a sense the same as true wisdom.

The supply is always equal to the demand—equal to the demand when the demand is rightly, wisely made. When one comes into the realization of these higher laws, then the fear of want ceases to terrorize over one.

Now that you are out of a bad situation, do not allow your mind to expect another bad situation. Whatever the circumstances, you must realize that you have within you forces and powers that you can set into operation that will triumph over any and all apparent or temporary losses. Set these forces into operation and you will then be placing a magnet that will draw to you a situation that may be far better than the one you have lost, and the time may soon come when you will be even thankful that you lost the old one.

Recognize, working in and through you, the same infinite power that creates and governs all things in the universe, the same infinite power that governs the endless systems of worlds in space. Send out your thought—thought is a force, and it has the power of unknown proportions when rightly used and wisely directed—send out your thought that the right situation or the right work will come to you at the right time, in the right way, and that you will recognize it when it comes. Hold to this thought. Never allow it to weaken. Hold to it and continually water it with firm expectation. You in this way put your advertisement into a spiritual newspaper, a paper that has not a limited circulation, but one that will make its way not only to the utmost bounds of the earth, but of the very universe itself. It is an advertisement, moreover,

which if rightly placed on your part, will be far more effective than any advertisement you could possibly put into any printed sheet, no matter what claims are made in regard to its being “the great advertising medium.” In the degree that you come into this realization and live in harmony with the higher laws and forces, in that degree will you be able to do this effectively. This is the law of prosperity: When apparent adversity comes, be not cast down by it, but make the best of it, and always look forward for better things, for conditions more prosperous.

To hold yourself in this attitude of mind is to set into operation subtle, silent, and irresistible forces that sooner or later will actualize in material form that which is today merely an idea. But ideas have spiritual power, and ideas, when rightly planted and rightly tended, are the seeds that actualize material conditions.

Never give a moment to complaint, but utilize the time that would otherwise be spent in this way in looking forward and actualizing the conditions you desire. Suggest prosperity to yourself. See yourself in a prosperous condition. Affirm and decree that you will before long be in a prosperous condition. Decree and affirm it calmly and quietly, but strongly and confidently. Believe it, believe it absolutely. Expect it—keep it continually watered with expectation. You thus make yourself a magnet to attract the things that you desire. Don’t be afraid to suggest, to decree these things, for by so doing you put forth an ideal which will begin to clothe itself in material form. In this way you are utilizing agents among the most subtle and powerful in the universe. If you are particularly desirous for anything that you feel it is good and right for you to have, something that will broaden your life or that will increase your usefulness to others, such as your life experience coaching, simply hold the thought that at the right time, in the right way, and through the right instrumentality, there will come to you or there will open up for you the way whereby you can attain what you desire.

There is an advice with this law—don’t fold your hands and expect to see things drop into your lap. Set into operation the higher forces and then take hold of the first thing that offers itself. Do what your hands find to do, and do it well.

If the work you are doing is not thoroughly satisfactory to you, then affirm, decree, believe, and expect that it is the agency that will lead you to something better. The basis for attracting the best of all the world can give to you is to first surround, own, and live in these things in mind, or what is falsely called imagination. All so-called imaginings are realities and forces of unseen element. This is not pining, or longing, or complainingly wishing. It is when you are down in the world, calmly and persistently seeing yourself as up.

Know that:

- The desire to do implies the ability to do.
- You have within you the power to gratify your every wish.
- Your happiness and success depend upon your ideals.
- You can be happy every step of its way or miserable as you please.
- The mightiest power in the world is free for you to use.
- There is somewhere in every brain the energy that will get you out of that rut and put you far up on the mountain of success if you can only use the energy.
- You know that gasoline in the engine of an automobile doesn’t move the car until the spark comes to explode the gasoline.

So it is with the mind of all of us. We are not speaking now of anyone who is a great genius, but of average, able citizens. Each one of them has in her brain the capacity to climb over the word *impossible* and get into the successful country beyond. And hope, self-confidence and the determination to do something supply the spark that makes the energy work.

The new you must embrace all that we have talked about. Do not be the person who says, “It can’t be done,” but the one that goes ahead in spite of adverse advice, and shows that it can be done, the one who gets there.

We have read or heard that “the Lord helps those who help themselves.” Believe me, it is a true saying. We climb the road to success by overcoming obstacles. Stumbling blocks are but stepping stones for the person who says, “I can and I will.”

PERSEVERANCE

There is nothing that can resist the force of perseverance. The way ahead of all of us is not clear sailing, but all hard passages can be bridged if you just think they can and concentrate on how to do it. If you think the obstacles are insurmountable, you will not of course try, and even if you do, it will be in only a half-hearted way—a way that accomplishes nothing. The answer to perseverance is spiritual awakening.

Once you are spiritually quickened, you cannot live the low life of lack and limitation, eating with the pigs and going deeper into the muck. The awareness awakes a part of you that is ready to see life differently, that is tired of being tired. Your spiritual mind will be your tool of perseverance. It will hold you up strong and remind you that there is no other way but the higher way; there is no place anymore in your old life. You are free and you have the tools of your mind to make it happen.

There are different levels of awakening, and no two people are the same. Work on your spiritual awakening and development, your oneness consciousness, and you will have the power to persevere to any level that you need to go. Success is the only word you know, and success will surely be yours. Because once the spiritual mind has once commenced to awaken, nothing can stop its further waking.

Think, speak and act just as you wish to be, and you will be that which you wish to be. You are just what you think you are and not what you may appear to be. You may fool others but not yourself. You may control your life and actions just as you can control your hands. If you want to raise your hand, you must first think of raising it. If you want to control your life, you must first control your thinking. Easy to do, is it not? Yes it is, if you will but concentrate on what you think about.

For she only can who says she will.

Connect with Dr. Dee at the [betterthenever membership community](#).

VISIONBOARD 'N' BEYOND: MOVE THROUGH DIVORCE TO YOUR IDEAL LIFE, USING YOUR VISIONBOARDS ALL ALONG THE WAY

By LAUREN DIBIASE



LAUREN DIBIASE

Life Visioneer and International Holistic Life Coach

Lauren DiBiase is an International holistic life coach. She supports her clients with a whole-life approach toward balance and fulfillment by teaching her powerful method of Visioneering™ to engineer the vision for your life. In addition, her clients also develop a strategy and level of accountability by which they will ultimately, attract their ideal life.

Lauren is the founder and president of Life Visioneer Inc and the Visionboard 'n' Beyond process. She holds a B.A. in economics, an M.S. in mental health counseling and is a certified personal and executive coach. Additionally, she is a business partner of Bob Proctor's, (a featured expert in the movie "The Secret.") She is trained and licensed to represent his organization and teach his material.

Lauren's passion in life is to share from the heart in a way that can help others unlock their true desires and to stand by them as they discover their unique path to abundance.

TOPIC

VisionBoard 'n' Beyond: Move Through Divorce to Your Ideal Life, Using Your VisionBoards All Along the Way

Three simple steps to get your VisionBoards working for you now! One little secret that when shared will help you to activate your VisionBoard.

Exercises to apply immediately to bring relief and get you moving toward the life you were meant to live!
Promotion: Visionboard 'n' Beyond: Six-Week Teleclass.

www.lifevisioneer.com

NOW TO THE INTERVIEW

Lauren DiBiase: Thank you, Dee! It's a blast to be on this call with you. I know we had such a powerful conversation just sort of on the off chance, so I'm really looking forward to this one.

Dr. Dee Adio-Moses: I want you to tell us, what are vision boards? How do we use them, and why do we use them?

Lauren DiBiase: Right. We're surrounded with people who are talking this language all the time, and we forget that there are a few people out there who don't know what they are, or what "The Secret" is.

I like to tell people who have never—and I do come across folks who haven't heard of it. I'll tell you a little bit later one of my favorite vision board stories, around just someone like that. But what I like to tell people, very simply, is that vision boards work with what we call the Law of Attraction. And that's a lot of what the movie "The Secret" is about, that you referred to earlier. Bob Proctor is one of the featured speakers in the movie. Basically, in a nutshell—and this is a very basic nutshell—what it talks about is "like attracts like." Like I said, this is a huge oversimplification of the concept, and I have a whole list of recommended reading that I would be happy to forward on to anybody who's listening here. If you want, you can email me at Lauren@LifeVisioneer.com. In the subject write "Law of Attraction Reading," and I will send you a list of reading material and movies that you can watch to really get a full understanding of what the Law of Attraction's all about.

For today's purposes, the vision board: why I really love to work with it is, it can be very simple. It's a simple way for us to shift our vibrations, to shift our feelings from one level of emotion to the next highest, or maybe we even skip a couple levels. The idea is to get us in a better-feeling state and to keep reaching higher and higher for that. For today's purposes, we're going to talk about it in terms of that. I created a workshop around that, and we'll talk a little bit about that as well later. Hopefully I'll be able to guide some of the callers through it and get them jump-started on it.

Well, just to get back to the explanation behind it—we talked about the movie "The Secret," and people ask, "So, what is the secret?" Honestly, if you think about the material, there actually are many secrets. So it can be simple, but it can be complicated at the same time. The major takeaway from that movie is that you, in fact, are the magnet. You are the one that will attract all that you desire. And if we're not conscious about it, we're going to attract less than what we desire. The tricky part, for most of us, is to figure out what it is truly that we do desire. What is it that we want? I've found that in order to know what you desire, you have to know who you are. And truly, I like to think of it as just simply remembering. Remember who you truly are. I love working with the vision board because it helps us tap into that creative part, which I believe is the closest to the Divine. It can help us remember who we truly are, and what we came here to be, do and have.

To that end, I designed, as I spoke about earlier, a class around a particular board. I call it the Divine Identity Board. There are many, many ways that we can use our vision boards to help us shift our energy to a place of hope, excitement and participation in the life that we want. So a vision board, basically, is a pictorial representation of goals, hopes and dreams. And by looking at them, even by creating them, we can really shift the vibrations in the direction of those goals.

I think back about going through my process of divorce and you know, feeling all those really heavy feelings that we all feel. It's a tough time. I used my vision board a lot to help me, in the moment, shift that energy. To shift up; to help me start moving more in the direction of who I wanted to be, what I wanted to have, and what I wanted to become.

There are many vision boards. You can work with them in multiple different ways. You can use one vision board to create what I call an umbrella board, to cover all the areas of your life. Or you can pick specific areas of your life: a new love, a new home, so on and so forth. What I like to tell folks is to really start with what I'm calling a Divine Identity Board, to help you remember who you are at your core. When we can remember that and we can pull that up front and center, we'll come back to ourselves. We'll center ourselves, and the vibrations will automatically shift. Then we can get into the external. But if we can keep remembering, "Who am I? Who am I?" the Divine Identity Board can be a huge aid to help you remember. I remember being in a place—and this is when I actually designed this board—during my divorce process where I forgot who I was. I know it happens to all of us. Not just people who are divorcing, but it happens to a lot of us. We'll hear spiritual leaders call it spiritual amnesia.

It's funny, I was just on a call with Neale Donald Walsch, and he was talking about this spiritual amnesia and that it happens even to him. What it has to do with is forgetting that we are a child of God. It always reminds me of Marianne Williamson's beautiful poem, and I'll just read a piece of it here for you:

"We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do."

Now, what that looks like or feels like is different for each of us. But really, at the core of it, that is truly who we are. Particularly when we aren't being pressured all over from these external circumstances. Or being triggered—and nothing can trigger us like a divorcing situation. And so I created this board to help us keep coming back to ourselves. I'll tell you a little more in a minute about how I created that and how I help other people create it.

But back to Neale Donald Walsh's story—I find it fascinating—the idea of spiritual amnesia is fascinating to me. I liken it to walking around with a cloak with a big hood on my head. I'm walking down the street and I can see the light and I know who I am. I remember who I am and what that means for me. I can see the light, and I know I'm going to be fine. I feel strong and I feel empowered, and all of a sudden it's like someone comes in and pulls the hood down over my eyes. I can't see anything anymore. It's dark. I forget. Chaos sets in; I'm afraid, I'm anxious; I can't remember. Again, I designed this board to help me remember. The board is almost like lifting the hood of the cloak up so I can see again. I can remember. I come back to myself and I know that all is well and I'm not afraid. And I keep on going. Then the other boards are helpful as well. Whenever I could remember who I was and that I was safe and protected at all times, and all was as it should be, I could do anything. I could take that next step. But when I was in fear, I was paralyzed. And I used to go through this process of, "Why does this keep happening to me?" And this

is why I loved hearing this conversation with Neale Donald Walsch, and I was so grateful that he shared it. So Neale Donald Walsch, who he is, is the author of many books; the series “Conversations With God.”

I thought, this is a man who lives and works in this world of spirituality and has had intimate contacts with God and has thought through the words, and he was telling us a story about how this spiritual amnesia affects him often. It’s a struggle for him, as it is for a lot of us. He told us a story about one night he was in bed with his wife, getting ready to go to sleep, and he turns to his wife and he said, “Honey, why am I doing this again?” His wife said to him, “You’re helping people, remember?” He said, “Yeah, but do you think I actually am?” and she said, “Well, you’ve sold 15 million books. I think something’s working.” And he said, “But what if I’m making it all up?” And she said, “I don’t think 15 million people would buy your books if it didn’t resonate with them on some level.”

And it was hysterical! And such an honest thing to say. I so love that he shared it right then. It was just so raw. And all of us go through it. We all forget, right? When we’re under pressure and stressed and triggered, like in a divorce situation, I really feel like this is a wonderful place to start, with the Divine Identity Board. Some people call it a character board—whatever you want to call it—but basically the idea is to create one board that represents the beauty of who you are. That child of God, that magnificence that you are. That big, bold, beautiful self of yours. And hopefully it also will remind you that this divorcing situation, whether you’re in the beginning of it, the middle of it, the end, even 10 years past—gosh, I know people who are 30 years past and are still feeling the process of it. If you can remember that it’s part of our journey; it is our past. There is good that can come from it. The learning can be invaluable.

And when we look at this board and we remind ourselves who we really truly are, it helps to put everything in perspective: “This isn’t necessarily happening *to* me, but *for* me. I will be more because of this, not less.” There’s a gift, and it’s my hope for everyone that we can really exhume the gifts out of this; every last one of them. Not only for ourselves, but for the world and for our families. The biggest part of ourselves that we can bring to this planet, it serves everybody. I think if people knew—the ripple effect and the energy, and all is one. I know this is a lot of your teaching, around we are all connected and we are all one. And that power of bringing that to the world; bringing our best, beautiful self to the world. It’s not just serving us; it’s serving the world. And it’s a powerful, powerful thing.

So, to actually create the board, spend some time thinking about the words that describe your essence: the core of who you are, and what characteristics are important to you. When you’re feeling your best about yourself, who are you? What words come to mind? This is one approach to creating this. I often ask people to think about a time when you felt your absolute best. You were full of self-confidence; you knew you were in the right place at the right time. Just sit and conjure that up for a moment, and feel that energy. It’s very important to feel into this space. Feel into that energy, and start to jot down the words that come to you. Think about people you admire. What words come to you when you think about them? What it is that you actually admire about them? Jot all those words down. I ask people to limit it to 10. Usually they’ll come up with a big list—hopefully they’ll list 20 or 30 words. I tell them to limit to their top 10; narrow that down. That’s one step.

Another way to use the vision board is to help people get stuck. Another suggestion I make is to shut the intellectual portion off for a second. Sit with your magazines and just start to flip through them. Anything that calls to you, any picture that resonates with you, gets you excited—yeah, that’s me—rip it out. You don’t have to understand why. Don’t worry about the intellectual, where is that going to go, how am I

going to fit that into my affirmation, don't worry about that. Really pay attention to what's resonating with you. What's getting you excited? Use those two processes together to really get a clear picture of who it is that you are at your core, at your center, when you're your best. And stretch a little, too. Even if something feels like, "I'm not quite there," rip that out. Get that down. That's where you're going. That's where you're remembering.

After you collect this language, these pictures, start to collect more and more pictures that would represent the language. So when you look at it—and it can be words, too, that come out at you; it doesn't necessarily have to be a picture. But as they say, a picture is worth a thousand words, and they really can be very powerful. What you're looking for, as you look at your vision board and you're using it, you want to feel it. You want it to get you excited. You want to look at it and say, "Yes! That's me. I can feel it. I know it's there. That's my truth." I call it the Truth with the capital "T." "That is the Truth of who I am." You look at that and you remember instantly: "That's right, I'm a child of God. That's right, I'm brilliant, gorgeous, talented and fabulous, and the world needs me. This is just a temporary setback; these are just external truths; these are just stories; these are just whatever. The Truth is who I am. I'm going to be OK. I'm going to get through this, and I'm going to be more."

You want to be able to create a board that pulls out those feelings for you: that Truth with a capital "T." So you gather the pictures that represent these words. And you can clip out words. Magazines are great, you know—they're made in color and in fonts to grab our attention. That's what we want. I'd just like to say a little aside: There are a lot of wonderful electronic vision board-creating tools out there, and from what I've seen, most of them are phenomenal. Especially after you've created your initial vision board—I'll tell you what I mean by that in a second. They're phenomenal in terms of keeping your vision alive and keeping the energy alive for you. In the end, you want your vision boards, you want to make copies, you want them everywhere. But before they use the electronic versions of the vision board, I like to encourage people to do it the old-fashioned way. The cut and paste way. The actual touching of the magazine pictures, the pages, looking at that full color. There's nothing like full-color magazine pictures. To really be flipping through and having the experience. And then the ripping and the cutting and the pasting. There's something very magical that happens when we engage our fine motor skills. And there's also something special that happens around the cutting and pasting. It's almost a hearkening back to our childhood years. To that time when we had unlimited creativity, when people weren't telling us to stop fooling around! Stop daydreaming! Get out of the sandbox and let's get serious! Usually around the age of 6, when the programming begins to tell us that imagining and dreaming are not really quite productive.

Well, the cutting and pasting, I love it. I love looking at a workshop and seeing these very serious people who came in, you know, kind of nervous, to see them really just go back to the childhood things. It's amazing to see the transformation that happens. I know that software can get people excited, but I haven't seen it like I've seen it with a group of adults who are cutting and pasting and making collages. I like to really encourage people to start there. Just try it; you be the judge of it. But from what I've seen, something really truly magical happens by doing it the old-fashioned way. Magazines, the cutting and the pasting, and creating the physical board in and of itself. From there, you can type in so many different things, color copy them, shrink them down. I've made key chains out of them, laminated them, I have them in my car, my bathroom. All different places and all different things that you can do with them. But to start, go back to the basics, keep it simple, try to feel into the moment and really listen and feel for "Who am I?" and remember.

And then after you create the board, you use the same words to create an affirmation—an affirmative statement that then you can recite. I use that in many, many different ways. I try to do this in the morning and at night—that’s another piece of advice I would give. So first thing in the morning, if you can have a copy of the vision board and the affirmative statement right there, just to set your day, set yourself up for success. So that’s how you start, and you read, “I am. I am all of these things.”

It can be short or its long; some people use a few words. Mine’s three paragraphs. Some people do even longer, several pages. Whatever feels right is right. And so you read that out loud while looking at your board. And again, really feeling into it and resonating with it. Just to start the day, and then again to end the day. So you start your day, you shift if up, you start it off with a nice strong “I remember. This is who I am,” and end the day with the same. Then allow it to sort of permeate your dream time, if you will, or your sleep time. Those are two ways to use the board.

Then, as I said before, I make copies of them and I keep them everywhere. I use this affirmative statement, too. I’ve committed it to memory, and in those moments when I’ve been caught off-guard, when I have forgotten, when I’ve been challenged, when my self-esteem has been cut down temporarily, I recite this over and over until I feel my center coming back. Until I remember, “That’s right. This is who I am. This is my Truth.” That’s how I’m using that board, and personally, it’s tremendously, tremendously powerful for me.

Dr. Dee Adio-Moses: I’m sure it will be very powerful for many people. I’ve used it myself, and for me just even saying what I create—because for me, once I’ve created it, it’s done—it’s only a matter of time before each and every one will happen. That has been the case over and over again.

Lauren DiBiase: Right. You mean on your specific boards. How have you used your vision boards?

Dr. Dee Adio-Moses: Well, usually I do them when I have a project. So I have everything surrounding that project, and I do the vision board for the project. Whatever, wherever, how much, everything that needs to go into that. And it just becomes so much easier from that time on, because I can be like, “the food is already cooked,” you know? All the ingredients are there; it’s already cooked. I know what it’s going to be.

Lauren DiBiase: Which in fact we know it is, right? It’s just waiting for us to get in alignment.

Dr. Dee Adio-Moses: Yes, and it really pulls one into that alignment. And you remember Lisa, the one on “The Secret,” she had a vision board too that she brought down and on that vision board she had it that she was going to come to Oprah and she had her picture there and everything. That day, she was there and everything was happening for her. She was just so happy.

Lauren DiBiase: Right, it’s amazing. I’ve had similar experiences myself, as have many clients. I had one client, I thought this was particularly interesting: She was looking for an apartment. She knew the town that she wanted to be in, and she made a copy of the map of the town. She had no idea about which area she wanted to be in, but she said, “I like this general area,” and she drew an arrow on the map. It was just a general area, she wasn’t overly focused on any one particular thought, just the area. She went out looking for an apartment, she saw a sign from the sidewalk, she went in, and the gentleman said, “It’s so funny, I just put the sign up and you’re the first one to look at it.” Loved the apartment, took it. Later, she checked her map on her vision board—she kept it in her bedroom, and she said, “I’m lying in bed, I look over, and

don't you know I am living at the tip of the arrow!" She was right at the tip of the arrow. You know, you hear stories like that all the time about how they do come to fruition, particularly when we keep them front and center and we keep staying in the vibration of it. It's very, very powerful.

The second way I like to tell people to work on it is in terms of more specifics, particularly in a situation like divorce or another sort of trauma, when it's very, very difficult to see your way out. It's very difficult to see yourself on the other side. It's another wonderful way the vision board can help you; you can start to create that process where you are looking at where you want to go instead of being hyperfocused on where you are. Sometimes it can be very difficult to even see beyond your own nose. It's a wonderful exercise to keep you focused on "Where am I going?" You can do this with a new home, a new way of living: peace, calm serenity, a beautiful nest, a new love.

And I'll just say a little aside here about a new love, too: You know you hear folks' advice, to first work on yourself, to heal from your divorce before looking for love. Most of me agrees with that line of thinking. But here's what I do believe. We will attract what we are. And when we get crystal-clear about what we want, even if it's not what we are now, the vision board tool can help us conjure up the energy to move us toward that space and place. When I find myself going to that place of fear, loneliness, loss—what never was or will be—I would sit with the board and remember what was coming. There's a new way to live, to be, to feel, and it does not have to be determined by my current circumstances. It gave me hope, and it helped me to start imagining the future for myself.

I just remember being so stuck at times—this is another simple exercise that I encourage people to do. I remember being so stuck at times, to the point where I couldn't see beyond my own nose. I couldn't even imagine it being any different than it was right then and there. Until I opened up the pages of a magazine and found that place, you know? I said, "Oh, right. I like that!" Even if I couldn't believe it at the time, it doesn't matter. It starts to crack open the shell of defenses that we build around us. What we mistakenly believe is our safety net. But cracking open, letting a little light in, allowing our imagination to flourish, we start to say, "OK, right. it's coming. It can be. If I keep stepping out, if I keep aligning with who I am, my true divine identity, if I keep stepping out in integrity with that, I will keep moving in the right direction."

Jack Canfield talks about this in "The Secret," in terms of driving from the East Coast to the West Coast in the dark. He says you don't need to necessarily see the entire way that you're going. You have a general idea, you've mapped it out, and all you need to do is see as far as your headlights can shine. You get a little further, your headlights shine a little further, you drive a little further. The headlights aren't necessarily lighting the entire path. Life is a lot like that too. Even when we can't see the whole way—"I have no idea what my life is going to look like next year—but I can get myself through this divorce and work through things."

When we start to dream, when we start to vision, we start to sit with it—and again, a vision board can be a wonderful tool for this. It's simple, it's easy. You start to crack open that imagination, that dreaming again. And from that place, more will come. Your vibration reaches out. You step out. Something else happens. Somebody meets you. Somebody helps you. A new way is shown. You get a little further on your trip to the West Coast. California's getting closer and closer. The next step and the next step. Just stay in the process and keep working with it and keep coming back to yourself. It'll happen.

I like to tell people, a very simple exercise, particularly when you're feeling stuck, is to just sit and clip. You don't have to wait for the board, you don't have to get it together. Even as simple as this sounds—and this is why I actually created the vision board workshop—people don't get them done. We talk about what a great thing it is, and they say, "You know what? One of these days I'm going to do one of those." And that's why I do the workshop, to actually help people complete them. And then what do they do with them? "Oh, mine's sitting in my closet."

How's that working for you? "I haven't looked at it since I made it." Well, has anything happened? "I don't know; I can't remember what was on there."

But regardless, I tell people, don't get bogged down with that. It comes back to creating this shift. Keep reaching for the next emotion, that feeling. Create that sense of peace and hope for yourself, and keep stepping out. Keep stepping toward the sense of yourself; who you truly are; who you're truly becoming. Keep remembering. Keep staying in the process. Keep moving forward. If creating the board is too much, sit and clip. Or flip and clip. However you want to think of it. But sit yourself down—I used to set a timer, because I always had a wonderful excuse as to why I shouldn't do this work, why I shouldn't take the time: "I'll get to that when all the dishes are done." I'd like to urge you to forget the dishes, forgo the housecleaning, and come back to yourself. It's the biggest gift you can give not only to yourself and your family, but the world.

Just set the timer—you know, half an hour, I'd do an hour if I could, but honestly, if it was 10 minutes it was good—set the timer and sit down, get a cup of tea, put on some classical music. I still do this, to this day. Do a brief meditation, as much as I can do, even a couple of deep breaths, close your eyes, center yourself, bring yourself into the room, and then just start flipping. Grab a handful of magazines and start flipping and just ripping. Some people like to clip it right then and there; I like to just—anything that grabs my attention, anything that resonates with me, anything that gets me excited—I don't even worry about what board it's going on or where I'm going to put it—I'm going for the energy shift here. I'm going for the increase in vibrations. I'm going for feeling better. I'm going for hope. I'm going for the dream. So whatever it is that jumps out at me on that page—I don't have to know, I just rip it. I keep a folder, and I keep them all in there. You can clip them later if you want; some people like to rip it and then clip it out nice and neat—whatever works for you. The idea is to stay in it and stay in that positive flow.

Another thing that you can do in this process is keep a journal and write down any thoughts that might come up for you as you're doing this process. Sometimes we'll look at pictures and even though they look like positive things, our negative thinking will come up. Our negative programming. This is an ideal time to take a few moments and journal about it. That's work that you can do later or even in the moment in terms of shifting and remembering, "OK, that is not who I am. That's ego talking to me. Who I am is on my divine identity board. That's who I am. That's my truth."

Again, just another simple way to help shift the energy and bring you back. It's all about bringing us back to ourselves and shifting, raising the vibration, putting us in alignment with our true identity, our divine identity. Who did we come here to be, do and to have, so we can step in the flow and attract, or welcome in all of those wonderful things that we're looking for and maybe putting on our vision board later on. Does that make sense?

Dr. Dee Adio-Moses: Of course. It's very clear. Is it common for people to use vision boards for their children too? I have done it before when my children were younger, just putting it together with them and being able to play around with that.

Lauren DiBiase: Oh, it's wonderful to do with your children. Kids don't have all the programming that we have as adults, and they take to it like a fish to water. They don't even have to understand all of this vision board stuff, the Law of Attraction—that reminds me of a story I want to tell you, my favorite vision board story about Uncle Jack—kids are the same way. It's fun! They love the pretty pictures, they love to dream. It's what they do naturally. My kids have them all over their rooms. We actually wound up getting our dog because my son put one on his vision board. That's a hysterical story, that whole thing—because Mama was sure we weren't getting a dog. Well. Max had other ideas, as did somebody upstairs, so that took care of that issue. All sorts of wonderful things have to come to fruition for them, and they've had their friends come over and do them as well.

Some of the ways I've worked with them with kids is, you know, "What do you want your summer to be like?" We'll do them at the end of the school year. "What would be some of the things you'd like to do?" It also helps to introduce goal-setting with them, which is crucial in terms of working with this type of energy. And it's very empowering, especially for children, who at times can be accustomed to being told what to do and led and so on and so forth. It really engages them in their own life. Another way I've used it is at the end of the summer: "What is this year going to look like for you in school? What would you like it to feel like? What would you like it to be like?" Of course the obvious in terms of grades, but I try to go for "What do you want it to feel like?" You're standing at the end of the year with your report card and you're reviewing the year—how does that feel for you?

There are a couple of ways we've used it. Any sort of transition is very powerful for us and for them. College kids, it's fabulous to work with them. The same thing—helping them decide on a major, making decisions in terms of changing majors—I've used it a lot with that. And again, they're a wonderful age to work with, very receptive to the process, and it works for everybody.

This isn't something that you have to have watched "The Secret," dissected "The Secret," now I get the whole Law of Attraction and now it's going to work for me. It doesn't have to be that way. Again, it's like attracts like. It can be as simple as going from a positive to a negative emotion of healing. And once we've shifted up, all of a sudden, we're attracting more positive thoughts, more positive people, more positive experiences. We feel better.

My favorite story to this end is about Uncle Jack. He was in one of my earlier vision board workshops. He came in, and we typically do a teaching portion of it in the beginning, what I call the intellectual portion of the program, and we finish and then we create the boards and we share afterwards. We had come to the time when we were about to build the boards. I walked over to Jack, and he was just sitting there. I said, "Are you going to make your board?" and he said, "Honestly, I don't even know why I'm here. I'm really just the chauffeur; I brought my wife and my sister. I don't even know what you're talking about, and I'm just going to sit and wait."

I said, "You know, we're going to be here for an hour; if you want, I have extra material. Why don't you give it a shot?"

He said, "All right," being the good sport that he was, and he started. We did it in silence, and anyway, Jack got to work. And let me tell you, Jack was a busy man. He created a board like you've never seen. He really got into the whole process. At the end, as I said, we finish up and then we share. Well, who's the first person standing up? It's Jack. He's waving his board, and he's exclaiming, "You know, you're onto something here! I have to tell you, this is very positive! I am not a positive person!" This gentleman is 70 years old and he said, "I don't come from positive people! You don't understand—this is amazing!"

We're cracking up; his wife is nodding her head, going, "He's not a very positive person." The whole thing was a riot. I could not get him to stop talking. He was so excited. He had his vacations, where he was going, his six-pack abs, the whole thing. His whole entire board was covered. There wasn't a space left. We'd go around the room and Jack would stand up again and say, "here's this, and here's that." I'm looking at this gentleman, saying he doesn't know anything about anything, with regard to the Law of Attraction or Visionboards, but this man is excited, and he's recognizing the difference between positive and negative, and he's liking it. And he's going to keep on keeping on.

He actually was an uncle of a friend of mine, so I periodically would bump into her, and she'd say, "Uncle Jack still has that board hanging on his wall. He's still talking about his six-pack abs, and he's still excited." And, for me, that's what it's all about. It was a wonderful, wonderful experience.

Dr. Dee Adio-Moses: I know it's probably something that you don't see very often with men; many wouldn't even show up at all. But those who can show up like that will really benefit. I will just say that we should invite all the men we know, who are going through things—even those who are not going through anything—everybody has something. We as women, we should introduce vision boards to men. They would love it. Not just our children.

Lauren DiBiase: Well you know, Dee, I would say that half of my workshops are men. You'd be surprised.

Dr. Dee Adio-Moses: Really? That is so encouraging.

Lauren DiBiase: Yes. I think part of it is because it's not intimidating. They can get to that place that they're not necessarily—of course we're making blanket statements here and generalizations—but as a rule, women are more comfortable talking about their feelings. This is a proven introduction to that. When they work with the vision boards, it helps them tap into that softer place that in some environments it's not safe to go there as a man. You know, particularly with programming: A man does this; a man does that. In doing the vision boarding, as I talked about earlier, the cutting and the pasting, it brings out a childlike quality that you just wouldn't see otherwise, I think. Oftentimes you'll see it with men too, who are playing with their smaller children, or grandparents playing with their grandchildren—there's something that comes out. A playfulness, a remembering of that place where they used to dream. It used to be emotional freedom was OK. It was encouraged. It sort of helps us to tap back into that space. Once they create the board and then we do some sharing around it, then they're talking about their board. And it creates a little bit of space between I'm talking about my board and my dreams versus I'm talking about my feelings right now. And so it's a safer next step, is what I've experienced.

It's a wonderful thing for families to do together. I've seen husbands and wives create boards together; create them separately and then create them together.

You know, on the topic we're talking about now, absolutely creating a board around—a divorce board, if you will. You can create "What is my life going to look like afterwards?" You can include all these different things: a new love, a new environment, how will you be feeling? Pictures that will elicit that sense of feeling peace, serenity, fun, adventure, excitement. Whatever it means to you. There are numerous ways that you can use them, and you're only limited by your own creativity. It's really about what it is that will create that feeling, that wonderful excitement or that peace, whatever feeling you're going for. Whatever kind of board is going to create that for you, that's what it's all about. That's where the focus should be.

Dr. Dee Adio-Moses: So we're really in our last few minutes, and the time has gone so fast because we've been having so much fun with you, and learning all about the vision board. I can just imagine how busy we're all going to be tonight and the next few days, doing vision boards with our children and our partners, our friends and families, it's really wonderful. I know that you have brought some nice packages for us in case our members want to get to know more about this and expand their knowledge base and learn more.

Lauren DiBiase: Actually, there's one other thing too that I wanted to mention. I'm in the process of finishing my "Vision Board and Beyond" book; it's basically going to be a workshop that you can do at home. I'm collecting pictures and stories to include in the book. So I would love any of your listeners who have had them, or who build a board in the next couple of months and have experiences, I would love for them to submit them to me so I could include it in the book. Again, my email is Lauren@LifeVioneers.com, and you can reach me through there, and send those to me along with the stories.

Just by way of accountability, even if you're interested in being in the book, if you want to be sure you get the vision board done, feel free to just snap a picture of it when you're done and send it to me, and I'll be your accountability partner for that.

I would encourage you to do it in the next few days; now is Sunday, by the end of the week. The weekend is the perfect time for you to take that couple of hours. At the very least, as I said, to flip and clip.

Dr. Dee Adio-Moses: Can you just tell us the website again?

Lauren DiBiase: Yes, thank you: it's LifeVioneer.com.

Dr. Dee Adio-Moses: That is so wonderful. And we have work to do! All of us, we have work to do. It's been very exciting.

Lauren DiBiase: Stay in the moment!

Dr. Dee Adio-Moses: Yes, to use this, because it's easy and one can do it and be able to find that space to move forward. We just want to say a big thank you for bringing this and explaining it; the way you've done it is very clear. It makes one really feel that this is what I need to do now, not something you need to do next year or next month. It's now. All of us will get working. Thank you so much, Lauren. I look forward to having more interviews and more things for us to do together. Thank you so much.

To connect with Lauren

Lauren@LifeVioneers.com

<http://www.LifeVioneers.com>

STARTING OVER SHOWS

By Suzy Miller



Suzy Miller

Non-Adversarial Breakup Expert and Starting-Over Coach

Suzy Miller is the founder of Starting Over Shows, the original “divorce fair” in the U.K., which provides information and inspiration (along with tea and cake) to those going through major life changes such as divorce, relationship break up, redundancy and bereavement.

Now the information and inspiration from these events has been condensed into the world’s first SOS Divorce in a Box. Not just an online version, but a real box that looks good and includes more than £500 in vouchers for expert one-to-one advice; a media DVD with videos and audio; and SOS booklets about mediation, collaborative law, divorce coaching, and how to stay out of court, protect the kids and save money. www.sosdivorceinabox.com.

The Starting Over Shows combine mediation and collaborative family lawyers alongside divorce coaches, photographers, redundancy experts, massage therapists, and the “Mystic Housewife.” It is the first U.K. event to help people bounce back from divorce, relationship breakups and life crises. On the day, we create a safe haven in which you can take professional advice to build the confidence and skills you need to go it alone.

Suzy is collaborating with the Ministry of Justice in promoting non-adversarial breakup. Divorce is an emotional and psychological journey, not just a legal and financial one.

The question that is usually asked is, “Why did it take a woman to make the first “divorce fair” in the U.K. a success?” The answer is that Suzy organized the show with a holistic approach, which brings an expectation of emotional courage in the visitors. The other question is, “What makes SOS different from other European “divorce fairs?” The answer here is that there are no private detectives or DNA testers exhibiting at the show.

ABOUT SUZY

Suzy and her partner ended their 10-year relationship in 2003. Their three children were aged 6, 4, and 1 at the time, and it was the most painful and traumatic experience of her life. However, as the years passed she soon became grateful that her ex had the courage to end a relationship that was not truly feeding either of them, and they now have a healthy respect for each other. It was tough getting to where they are now, Suzy admits. Sometimes it amazes her how they got to be in such a good place despite some very difficult times getting there.

It takes courage, vision, and a determination to believe in a positive future when life seems nothing but a struggle, but the joy of children is that they provide a massive incentive to make that extra effort. It is not a journey anyone needs to make alone.

NOW TO THE INTERVIEW

Suzy Miller: I'm very excited to be part of what you've created here. I think it's fantastic. It's going to be an amazing set of interviews; I've listened to some of them myself. You've had some brilliant speakers, and it's very exciting to be part of it. I'm honored.

Dr. Dee Adio-Moses: Thank you. And so Suzy, tell us a little bit about yourself. What brought you to be in this line? What is the story behind it?

Suzy Miller: It was a major—to me, the most major—event that has ever happened to me. I was standing at 39, approaching 40. As a woman that age, with three very young children, I thought that was my life, really. Suddenly I found myself on my own. I didn't see it coming, so I felt a bit stupid. I had no idea how my life could suddenly bring me to this place. It was a real life crisis for me, and I was absolutely terrified. I didn't want to be a single mother: my youngest child was 18 months, my oldest was just 6, and I had one in the middle. I felt incredibly guilty, because there they were with their parents breaking up, and I didn't even know why. I didn't know what had happened. I just had my head down being a mum for the past few years and was kind of oblivious, I think, to everything else around me. So it was a massive wake-up call. I remember standing outside my house, which at the time was being sold for debts I didn't even know we had, and thinking not just “how did I get here?” but “how can I make sure I never, ever put myself in this position again?”

Which of course was a ridiculous thing, because you can't. The longer you live, the more you know you can't plan any of these things. Stuff happens to you, and it always happens for a reason. Over the next few years, the process I went through to deal with the pain and the grief of this whole lost life and future that I thought I had—which had just gone up in smoke—and to try to maintain a healthy relationship with my children's father when of course I was in pain, I was angry, was the best learning experience I've ever had.

For me it was particularly powerful because it was the first time in my life that I opened up to other people and let people help me. Looking back now, I was such an island. I was very capable; I could always make everything work. It took an event like that for me to realize that actually I can't control my life. Anything can happen to me; I have no control. I need to be able to open up to what else is out there that can help me. And that was in practical terms, like friendships—some of my best friends that I have now came from that time, because I was vulnerable and open to friendship in a way that I'd never been before. And also I think spiritually as well. It opened me up to all kinds of things I just wouldn't let in before.

So it turned out, within I think six months' time, that I was beginning to sense that this might be not only the worst thing that had ever happened to me, but actually the best thing that had ever happened to me. I started to see that I was embarking on a new adventure in my life that would never have happened otherwise. I almost felt a bit guilty: I was starting to look forward to it. I was like, is this right? Am I allowed?

It's been a very exciting few years, and it's now got to the point—I was on a radio program earlier today talking about the Starting Over Show and Divorce in a Box. They were talking about Christmas, and what a difficult time it is for people, families—any family, but especially one that's been through a breakup. I was able to say, you know, even though it's taken eight years since I broke up with my kids' dad, we have worked really hard to overcome all the inevitable difficulties of keeping a good relationship when you've got kids and you're not living in the same house. It's very tough, but we've actually got to the stage where I'm hoping that he's going to be sharing Christmas with us, and our kids' stepmum as well. They haven't accepted yet, but I know they're considering it very seriously and actually it would be great fun.

It's just got to that point where it would just be really cool. I wouldn't have said that in the first two or three years. It would have felt a bit weird, but we always tended to do that Christmas breakfast together and then we'd go off and do our own separate things. It's a process; things change year by year. But one thing I have learned, and it's my key message for my Starting Over Show events: You need to keep all opportunities open. It might not feel right to you now—and you have to be honest with yourself; you can't be friends or best mates with someone when you still have pain or anger. But it does move, and it does shift. When you get to that place, it's such a relief. But you have to work for it.

Dr. Dee Adio-Moses: So the Starting Over Show—how did you come to put it together? What is it all about?

Suzu Miller: I spent the first couple of years finding my feet again, and I'd started a business with a friend who was also a single mother. She was very into Anthony Robbins, and she dragged me along to one of those seminars. That was very powerful. I have to say if I hadn't done some form of personal development and life coaching, I certainly wouldn't be doing what I'm doing now.

But the way the Starting Over Show came about is because I got to meet some financial mediators through my website that I had at the time. They explained to me how you can actually get divorced without having lawyers in the room all the time. You can do a lot of it amicably, but you need to have the right experts to help you. And then I met collaborative lawyers—they are lawyers, and they work with people who are going through divorce, but they can't go to court. In fact, if they go to court the process will stop. So there's a huge incentive to find a sustainable solution. They would often use, as with mediation, the fact that the couple may have children as an incentive to stay on track. Obviously it is a very difficult thing to have what we call an amicable divorce. It's much easier to shout and scream in court, and take out all your anger and

your pain. It's important that these are the roots, like mediation and collaborative law. They take a lot of strength and determination and support, but they are so worth doing.

I became aware of these things and then realized that it wasn't just me who'd never really heard of them. Friends of mine were going through divorce, and it was getting quite messy and expensive and painful. I realized that not enough people knew about the choices available. The next thing I knew, I was putting on the first Starting Over Show, the first ever U.K. divorce fair. I'd heard about one in Austria, and I was very concerned that it was just about divorce. They had private detectives exhibiting, they had DNA testers exhibiting—which makes sense, if you're just about divorce. And I thought, someone's going to do it here. It's such a good idea, but what a shame to do it that way. I knew I had to do it quickly; I just knew. It became a bit like a mission, really. It was insane—I was really not in a financial position to do anything like put on this event. I'd never put on an event in my life, but it was—you know, you get up every morning and you just know that's what you should be doing. I found that I had enough support from people all around, even if just emotional support, that I felt I really needed to keep doing it.

When I put on the very first event, in Brighton, it was fantastic. We had world media and were splashed all over the national papers, and it was all very positive. That was very exciting, and I felt, how can I really carry this on? I'm not really in a position to do this. But then three days after the event, on the radio we had a program—Terry Wogan is one of our most famous deejays. At the time he did a morning show, and they always had a “Pause for Thought” segment. The Rev. Chris Morley had been down to spy on the Starting Over Show. He thought a divorce fair sounded pretty dodgy, so he'd come to have a look at it. And he was so impressed with it that he spent the whole of “Pause for Thought” on the Terry Wogan Show—BBC 2, national radio, millions of listeners—talking about my event and what I'd created. I remember listening to it and thinking, wow. Better carry on, then. And so I did.

That's really how it began; a kind of mad idea that this was something that was really important and could help people. And you were saying earlier in the introduction that it's significant that the event was created by a woman. Up until that point, I really do think—and still do to some extent, even though many family lawyers are women—we have a very masculine approach to divorce. Legal, financial—it's not often treated as an emotional process. It's more of a practical process. But of course then there's huge frustration from the lawyers when the emotional stuff gets in the way because it's not being dealt with. What I discovered through the shows is that when you work with mediators and collaborative lawyers, they want their clients to deal with the emotional side. They want them to find out about coaches and counseling and to look at business startup opportunities and look forward in their lives. Then they're going to be in a much better space to be able to deal with the rigorous process of going through divorce, which is a completely emotional process.

A lot of the problems I found when I talked to the Ministry of Justice, with the courts being clogged up with people going through litigious divorce, it wasn't necessarily just the divorce. It's after the divorce, when people keep going back again to fight over the money, to fight over the children. It's kind of strange, keeping that connection with each other because they haven't really let go, but causing enormous harm to the children in the process. So it was clear to me—and this is backed up by the legal profession who work in non-adversarial roles in divorce—that somebody really needed to focus on the emotional, psychological side of divorce.

So really, as a woman, what I was able to be was a facilitator. There were already—and there are many more now—excellent divorce coaches, excellent counselors, well-being experts who were particularly skilled at working with people going through really difficult life changes. Bringing them all together, literally in a room with tea and cake, and inviting people to meet them just seemed like the most natural thing in the world. That's something I'm still very passionate about continuing to do. I want it to happen all over the country.

Dr. Dee Adio-Moses: I think really more all over the world. I know we don't have it here; I've never heard of anything like that here.

Suzy Miller: There is a divorce expo coming up in March, I believe, in New York. That would be the first one in New York, and there was one in Canada recently. They're more like exhibitions, and they do have workshops, but nothing's quite like the Starting Over Show.

Dr. Dee Adio-Moses: We need a Starting Over Show here.

Suzy Miller: I think so. It's the tea and cake that does it for me.

Dr. Dee Adio-Moses: I'm sure our listeners, they're shaking their head and saying thank you, Dee, for putting that in! What interests me about this is—I know people who went through divorce. How do you get them to have this feel-good factor we're talking about? You know, Christmas and all these holidays that are coming, it's very difficult for people going through divorce. How do they get to that stage? How do you do that?

Suzy Miller: It's a big step for people to even come along to an event, no matter how friendly and relaxed you make it. It's one of the reasons the last four I've done have been much smaller, much cozier, on a local level. That's the way I'd like to keep them. It does take a lot of courage—people have to be almost at that point where they just say, "I'm fed up with this. I want to move forward now." It's an amazing time, and the energy in the room is fantastic—it's full of people who are shifting their lives forward. Some come just in a state of confusion as well.

One thing about the well-being side: I often found when I was putting on the events that some of the financial and legal experts were a bit confused about why there was a Mystic Housewife and why there was a photographer at the show. And I used to explain to them that they were there because they're about hope, and they couldn't quite get their heads around it. The Mystic Housewife—Jane Orr—she's also a fully qualified psychotherapist, but if she called herself that, she says, they'd run a mile. She's a very spiritual, lovely lady. She and other people there were not dealing with the nitty-gritty practical stuff, but they were equally important. One of example of that: At two different events, most of the people were really happy, having a lovely time. But I had a lady at each event, different ladies, who got there and just dissolved, basically. I think they were just able to let go and have a good old cry in the corner. Then my lovely staff gave them tea and cake and brought them into the room—the events always have an area where there's comfy seating right in the middle of the room, so you're right in the heart of it all—and waited until they were ready. Before the end of each of the events, in both cases, I remember looking up and seeing these ladies literally drying their tears, having makeup put on, and having their photos taken.

The first time, I thought, wow! And when they left they were shaking my hand and saying, "Thank you so much." The second time, I thought, that's it. That's why I always have the photographers at the show and

the well-being side. Once they're able to just let go—and they did talk to the useful people who could give them good advice and felt very empowered, and that was important too. But what was really important was to have someone pay some attention, show them looking beautiful—which our photographers do very well—and it's all about hope. That's what these events are really about. Offering a genuine route to hope. People find their own way through.

What I do with the events, and with the boxes as well, is provide a map, in a way. Give people an overview of the choices that are available to them, many of which they really don't know exist, and show that there is a better way forward. Shamelessly say, especially if you have children, you need to at least try this other way forward. Be very honest about it—there is going to be anger, there is pain, and you need to deal with it. But there are people who can help you do that, and that's a process that you go through that will pay dividends for the rest of your life, not just getting through that particular life crisis.

That's what I love about the events, is seeing people come in—in all kinds of different situations and stages—and accessing the information, but also the inspiration. That is, I would say, more important. You can give someone all the information in the world, but if they can't relax and take it in and look forward in their life, they can't do anything with it and it's no good to them.

Dr. Dee Adio-Moses: You know, Suzy, I am with you on that. When I was putting this show together, that was why I brought in so many different, diverse speakers. I was thinking, when I was going through my pain, it was nice for me to be able to hear about things—as you say, hope—that would happen in the future. How I could get back my sexuality, how I could have relationships, dating, all those wonderful things. Even though some of them might not have anything to do with divorce, they have to do with your life. As long as there's hope, as long as you see it, as long as it's available to you, it just gives you that warm feeling that people care. If I can get up now, fine. If not, tomorrow I'll get up and take advantage of that. That's why I put all this show together. It resonated with me so much when I heard about what you do, what you are giving, the platform you're providing. It's so needed, and not only for the mothers—if the mother is healed, the children are healed.

Suzy Miller: Yes. I heard a very interesting thing—anecdotal, but it felt very true to me—the other day. Someone was saying they'd gone to a school reunion, and all their fellow students who are now adults, all their parents had gotten divorced. All of them—except for one kid whose parents weren't married, strangely enough, and were still together. All the others had divorced over the past few years. All these early 30-year-olds, they were only just starting to be able to form healthy relationships. In fact, most of them were still single. She really could see a correlation between parents getting divorced in ways that are antagonistic and where the pain is never really dealt with.

I've got a lovely girl, I think she's 20 or so, she did an audio for me on my SOS Village website. She was saying to me—and I asked her to record the interview to put on the site—that it wasn't until she got older and started to form relationships herself that she realized how much her parents' acrimonious divorce had affected her. When I heard that, it made me feel even more motivated to carry on with it. It is really important that people with children do not allow themselves to be pushed down an adversarial route. They have nothing to gain and everything to lose, but there's not enough people telling them that, clearly. I'm quite happy to jump up and down and scream it from the rooftops.

Dr. Dee Adio-Moses: I'm so happy that you're saying this here, because we have a lot of people signed up. I feel their pain, because I've been there, and you've been there. My prayer for them is that they just get that

energy to listen to the audio. To hear it twice, three times, four times, because the first time you may not get everything—we have a lot. But after the second time, you will see that your brain starts to take in that information. It's so important; you're not doing it for yourself alone. You are doing it for your children. And those that don't have children, you are doing it for your future, not your present. It is to make the future wonderful and great. That's what it is all about.

Suzy Miller: And it makes such a big difference to everyone around you, as well. If you're unhappy in your life, if you've not really moved forward, people feel awkward and unhappy for you. The trouble is when you get depressed or sad, you cut yourself off from people and don't realize how much unhappiness you cause. Most people—everyone really does have somebody who does care about them, even if it's just acquaintances. We all want other people to be happy, really, and I think we all have a duty to pursue happiness for the sake of other people. It makes such a difference. And it's hard work—sometimes it's very hard.

I'm always quick to respond to people who say well, that amicable divorce stuff, that wouldn't work for me. They're very dismissive, as if it can happen to certain people, and I say that's rubbish. It's how you choose to be. Sometimes you can have one person in a breakup who is very adversarial and very angry and not at all amicable, but that doesn't mean you have to follow suit. I've seen cases more than once where one person—interestingly, in both cases it was a man, actually through contact with the Starting Over Show—opened up to the idea that there is another way of doing things. Because they got into that space, they somehow managed to communicate that to their exes who were being led down a very aggressive and very adversarial path by their lawyers. They got them to change their minds and resolve the situation without having to go to court, without having to fight.

It is like a kind of magic; it only takes one person to really open up to those possibilities. Not always, but it can work. It's not straightaway, it takes time for people to absorb things and to change. But I do believe that you sow the seeds when you look at a way of doing something that's ultimately a better way, that's good and wholesome. It's a very strong way—this is something I always stress with people who aren't familiar with mediation or collaborative law processes. It is not a case of sitting in a room and just making compromises and giving in and submitting; it's quite the opposite. It's actually very tough to hold your line and be true to yourself and what you want, but at the same time to listen and understand the other person's perspective and to find a way that's going to work for both of you.

That can happen, but it's very difficult to do it on your own. Obviously, if you had that level of trust and communication you probably wouldn't be in that situation in the first place. This is why it's so important to work with divorce consultants—whether it's legal, financial or well-being—who truly believe that the ultimate goal is that you end up with a healthy working relationship with your ex, particularly if you have children. I think that has to be their basic agenda. That's important, because if you're working with someone—even if it's just your personal trainer—who had a very bad time with their divorce and is still holding bitterness and anger, that's not going to help you. I would always encourage people to seek out positive role models, even when you can't quite believe that you're going to be in that place yourself because you're still very angry and in pain. Seek out people to be with who represent where you want to be in the future, and miracles do happen, really, if you just stay at it and keep believing. My experience is that it really does happen.

Dr. Dee Adio-Moses: You know, Suzy, I implore people who are going through things now—maybe bereavement or divorce, but there are so many other things—to seek what you're saying. To seek it and get

it. I really commend those who come on these calls and are listening, or who listen later. You know, even signing up is one step. They should pat themselves on the back that they signed up. There's so many people who got divorced 10, 15 years ago, and their lives are in ruins now. They don't know that it was because they never took care of their pain all those years ago. Now it's so far away, they can't connect what is happening now. Maybe they've been married three or four times, or they don't even have a relationship any more. They're angry, their children and grandchildren don't come near them anymore. If they're teachers, their students don't like them. If they're working, their coworkers don't like them. Everything is just downhill. But they cannot connect it. What I want to say to people is, it's so long ago!

Suzy Miller: Yes, but to go back there and re-experience the pain is a big thing to do. And I think that people should still do it. As you say, they'll never move forward otherwise. But don't do it on your own. Whenever I've had to deal with my pain, some of it I've learned to do on my own, but I've done that using techniques I've learned from other people. There's processes, there's tricks you can use.

Dr. Dee Adio-Moses: You've got to share some of those techniques with us. We'd love to share some of the techniques you used.

Suzy Miller: Oh, some of them are very basic—there's booklets I've created for the Divorce in a Box—I was talking to a lovely lady the other day, she's going through a divorce after a very long marriage and she said, "I didn't know it was going to be so painful. I didn't know it was going to be so bad." No one knows how bad it is until you actually do it. What she said was, she kept going back and reading a bit about how—because I often use my own story in the booklets to personalize them—there was a bit where I kept listening to this radio station that played love songs, and of course I cried and cried. I used to think, am I mad, doing this? I'm just making myself even more miserable. But something inside me told me I needed to let this out.

And I've ended up laughing about it, listening to these love stories that have gone wrong and then gone right. And even though I was in a really cynical state, I think your instincts, when you're in a really bad way, your instincts are actually very healthy. She was finding the same thing—she said she was watching weepy movies and thinking, why am I doing this? I said no, it's great, you've got to let it out.

Crying is a fantastic form of stress release; that's why children do it. They're very smart. You can really relax and let things out, and we should all have a really good sob once a week, really. I'm not very good at it; I don't make the time. But it is a fantastic way to de-stress. It's better than jogging.

Dr. Dee Adio-Moses: You know, I used to de-stress myself because I didn't like crying in front of my children. I would just run the bath, and that was the time to cry. I'd pull all the candles out, play slow music—that really makes you cry, that love music—and then some nice warm water, with some lavender in it, so nobody will know you're crying.

Suzy Miller: It's so hard, with children. It's so hard to find a space. And that's one of the things that really shocked me—I realized I didn't have anywhere to really cry properly. You know—wail. There wasn't anywhere I could go that was far enough. I've never felt so hemmed in, I think, as when I realized that. As you say, we all need places where there's nobody around where we can have a good wail and let it all out, because there is so much pain. Whenever you have anything major happening in your life—divorce or bereavement—of course they're very similar processes that you go through emotionally. You just need to let it out.

But what often happens, I find, is all the other stuff in your life, where you've kept that pain and never dealt with it, all comes back as well. So every time you have a love affair that ends, you feel the pain of all the other love affairs as well. It just piles up. But once you become conscious of it, you can kind of laugh in between it all and think, oh yes, this is what's happening.

Dr. Dee Adio-Moses: You know, Suzy, what I think is that at the beginning, if you can give yourself the time to mourn and really do all your crying, then you just tell yourself that from this time on—on Thanksgiving day one of our speakers said what she used to do was just give herself the time. She would say, I'm doing that on Saturday between this time and that time. And she would do it. After that, she knew she had to wait to cry until the next time. I thought, that's so smart!

Suzy Miller: Very smart. It's about making time for yourself, basically. That whole thing is, if you don't love yourself, why would anyone else? But it's true; if you don't treat yourself with respect, if you don't give yourself time to heal, no one else is going to look after you as well as you can look after yourself, if only you would. I find that when I do—which I have to say is not as often as it should be—but when I do make time for myself and look after myself, I'm always amazed at how it seems to bring out this great stuff from others. Other people start treating me so much better.

Dr. Dee Adio-Moses: They do! They can feel the energy. The energy is different. When you take care of you, people will know that they cannot mess with you. If you don't take care of you, the energy that you emit is really the energy of low self-esteem. You're looking for somebody to tell you you're OK; you're looking for somebody to encourage you. But if you take care of yourself, you've done all that. You've encouraged yourself, you take care of yourself. You walk taller, and you smile, and you probably look prettier because you've taken care of your skin and you're probably wearing nice clothes and nice perfume and everything. They all go together. It's really interesting that the social impact of what you do, what we're talking about here, women do not even know how much they affect the world. How much they affect their communities, how much they affect things when they are in that state forever and ever.

Suzy Miller: Yes. It's like a disease, almost. I completely agree, and that's why I do think it is our personal responsibility to pursue happiness and to care for and love ourselves. It has such a profound effect on the other people around us. And it's the only thing we have any control over. We can't go around making other people happy; we don't have that power. But what we can do is influence them, and the easiest way to do that is just being happy ourselves, or being forward-thinking and getting up in the morning and doing things that we believe in. Which may sound very optimistic, but I do believe that it works.

Dr. Dee Adio-Moses: It really does, because this whole universe, each one of us have what we came here to do. Each one of us. So why would we then allow a situation, an occurrence, to derail us from what we came here to do. If we don't heal, we cannot bring out the best of us. If we don't perform on the world stage, we cannot be all that we're meant to be. Among the people who are listening, some of them are probably supposed to be divorced. Maybe some of them are supposed to be doing what we're doing—coaches, everything. Do you know how many people are waiting for you? The earlier you can get up, join organizations, listen to your audios, and get people to help you, so that you too can do what we're doing. You have a job waiting for you. When I got divorced, Suzy, my business failed. I was broke! And I know that happens to many people. Their whole world just comes apart.

Suzy Miller: Totally. Absolutely. It's very scary. It's not just about putting ourselves at center stage and taking responsibility for our lives and moving forward. Particularly with divorce, there's so much pressure

from other people to shrink and hide away. Even today, I had somebody who herself has been through divorce, and she saw a flyer for Divorce in a Box. Her first reaction, because it had to do with divorce, was “Oh, what a shame.” And I said, no, it’s fantastic. It’s all about how to stay amicable, how to protect the children. She said, oh, OK, and I said yeah, it’s a good thing.

I think I was a bit naïve when it happened to me. I didn’t realize how much social stigma there is attached to divorce and breakup. It’s massive. I was kind of oblivious to it initially, and then I started to realize that I’m supposed to just quietly get on with my life and accept the failure of my relationship. And then I thought, nah. That’s not me. But I was quite shocked that even now there’s still a lot of pressure—people are uncomfortable. It’s like bereavement. I mean, death is all around us, it happens all the time, and yet we do not know how to deal with it. We don’t know how to deal with anything where there’s a big change and where we are reminded how powerless we are in some ways.

Dr. Dee Adio-Moses: Instead of how powerful we are.

Suzy Miller: And we learn our power through these difficult situations. That’s how we discover it. Unfortunately, we don’t learn it in everyday life. We kind of have to have these horrible things happen to us in order to learn our power, and I think also our purpose, in many cases.

Dr. Dee Adio-Moses: Do you know that when I put this event together, Being Better Than Ever After Divorce, I heard questions like, “Are you encouraging divorce?” I said to them, this has nothing to do with encouraging divorce. This is a healing process. We’re going to be better than we used to be. The way we’re talking about it is a healing process. When you heal from something you don’t become worse; you become better. I even received phone calls to tell me that I shouldn’t be doing this. That it was encouraging women to leave their husbands. I said, “Why don’t you say that to the doctors who help heal people, that they’re encouraging people to have car accidents?”

Suzy Miller: I was asked today in the interview on the radio if I think it’s too easy for people to just get divorced. I said it’s never easy. It’s the most horrible experience. Nobody does this lightly. People have often spent years of being absolutely miserable and trying everything before they finally give up. And then to accuse them of giving up, or insinuating that they’re taking the easy way out is the most awful thing. I know sometimes people come to a Starting Over Show or even buy a Divorce in a Box and they may not end up getting divorced. Actually, what can happen is that when you empower yourself, when you start to move your life forward, sometimes you find that it’s you and not the relationship that’s a problem. So once you sort you out, the relationship can work. I know that happens, and of course that’s lovely when it happens. But I also know that a large amount of the time, that relationship is not happy, it is not working, and they have really tried. That has to be respected, so the outcome of whether people get divorced or not is almost irrelevant. What is relevant is that they as parents have a good working relationship with that other parent, and that they both go forward in their lives and they both are happy. Whether they live together in the same house or not is not really the issue, and that’s my standpoint. Trying to squash people and make them so that they have to live in the same house or you’re a failure, or if you don’t keep it together for the children, is really not helpful and not realistic and actually causes a great deal of harm. I don’t find that kind of attitude very helpful.

I’ve got a little note I just wanted to read you—after my radio interview today, it came up that I’ll hopefully be spending not just breakfast but Christmas lunch as well with my kids’ dad and their stepmum as well as the rest of my family. I got this message on my blog shortly after the interview. The lady said, “I’ve

just heard Suzy Miller speaking on the radio show. Her approach is so spot-on. Just what I would have benefited from, I'm sure. All power to her this year, sharing Christmas with her children and her ex and his new wife. Nine years on, this is where my ex-husband and I are heading, despite both of us having remarried. It was not an amicable divorce; we have worked hard to build a new relationship since for the sake of our sons and our memories of a long marriage which had many happy times."

I just thought that was lovely. What a brave, wonderful woman. Not just that she's made it, but that's after having a really rough time with a divorce. She hasn't even had the benefit of the kind of people that we want people to connect with, and yet she still made it work. And also then able to just go out there and share it with people on the blog. I think she's amazing. And there's a lot of people out there. So for every one person who might tell you that you're encouraging divorce, there will be a thousand other people who will be thanking you.

Dr. Dee Adio-Moses: You know, just having the people sign up and make the time to come on the call, for me it's just enough. It's because of them that I did it. It's because of them that I've put in many sleepless nights. You know, sometimes I don't sleep all night just trying to put all these things together. It's enough to have as many of them as possible move to that place of freedom, move to that place of joy, of peace, and be able to feel they're OK. They've done all the work.

Suzy Miller: It's so lovely to get to that place. And it's impossible to imagine it when you're in the thick of it early on. I say to people, you cannot imagine this, but it is possible. So just believe. It's about faith. I think I've learned more about faith in these past few years than I ever realized. Now I know what faith means. It's about believing in something that you really want to be the case, but you don't have any idea how you're ever going to get there. So what you need are role models. When you see enough people who've been there and have done it, you say, ah, then it's possible. And that's basically what I think most of your speakers provide and what the Starting Over Show and the Divorce in a Box provide, is that ability to have faith by saying this can work this way, and these are the ways that you can make it a lot easier for yourself. This lady on my blog, she's a star to have got this far, I suspect, with very little of the kind of support that we're able to encourage people to take up now.

Dr. Dee Adio-Moses: You now, the SOS Divorce in a Box, what do you put in side that box?

Suzy Miller: Well, the box came about partly because sometimes people buy tickets for the Starting Over Show and still don't come because they're still in that place of confusion and fear. They haven't been to one before and they don't know how lovely it is. I thought, what can I do to provide a stepping stone for people when they haven't even told anybody yet and they just need that first reaching out? Wouldn't it be great to take some of the expertise that people get at the events, so people can experience a bit of coaching, experience some counseling, and be opened up to mediation and collaborative law and have a sense of what it's about? Wouldn't it be great to put it in a box? And not just any old box. It doesn't have to have a bow, but you can have it with a bow, or it can be different sizes and colors. But something that was nice and that was rather nice to look at.

You could keep it on a shelf and go back to it whenever you need to dip back into the booklets or listen to the DVD, which has got videos and audio. For me, one of the most important videos on there is an American documentary about collaborative divorce. It's a real couple going through the process, and the woman is very angry, very distraught, cries a lot, but it still works. You think, how's this going to work collaboratively? But it does. It's just so powerful because you see real people talking about how this can

work. Even though I knew about collaborative law, when I watched it fairly recently, the documentary, I thought oh, we've got to have this on the disc. It's very powerful. Right through to meditation on forgiveness and on empowerment. I've been listening to the relaxation ones, and I've never slept so well in my life. If you're having sleepless nights, these are some good meditations.

It's a very broad base of resources. Information and inspiration, things that I've personally found extremely useful. You kind of need a toolbox of all these different things to help you get into a space where you can deal with everything. So the box combines hundreds of pounds' worth of vouchers for people to experience in their own time, in their own way, key experts so they know what they do and how it works. It's very hard to explain these things; I think people have to experience it. And they've got access to video and audio so in their own time they can get a real feel for some other ways of doing things. And actually looking after themselves and nurturing themselves is really important. And it's something they can physically share, as well. They can share it with their partner they're breaking up from, they can give it to a friend who's going through the same experience. I just loved the idea of something physical and real that was a bit precious as well, that you could hand over to someone else.

Suddenly I had a gap where I could create it, and that's what I've done. I've only just started it, and I'm very keen for feedback. I've got some lawyers, some collaborative lawyers who are buying some because they see it as a great way to encourage their clients to take a non-adversarial approach and provide them with a wide range of support beyond their existing referral networks. Most people in this country have never heard of collaborative law, so this is a great opportunity for them to get it promoted in an interesting way that's very relevant, and really enforcing this idea that people need to not just turn up and expect the lawyers to do everything for them. They need to take responsibility for the divorce. They need to take charge of their own divorce and their own breakup, and here's a range of people who can help give them the inspiration and the courage and the strength to do that. And that's what the box is about.

Dr. Dee Adio-Moses: Wonderful. Can you just give us your website?

Suzy Miller: Yes! To find out about the box or to order one—if anyone in America wants one, actually, I am going to do a U.S. version. Aside from some of the links, I wouldn't have to change very much for it to be used in the States. It's a fundamental experience for everybody, irrespective of where you live. It's www.sosdivorceinabox.com. They can have a look at the box and pictures and have a look at who's in there, and if they're interested in knowing more about the events, particularly if it's anyone listening from the U.K. who would like to put on an event, I have a link on the homepage at www.startingovershow.co.uk to encourage people to go through. There are particular places where I'd like to put on shows, and if that doesn't suit them, then there's another box where they can let me know where they want an event. As I get more demand for these shows, then I will put them up. I want to respond to people with demands for shows, rather than just set them up and say come on in. I want people to say that they want them, and then my commitment is to put them on for them.

Dr. Dee Adio-Moses: There are a number of members that I know are going to contact you, because I feel the excitement—she's from London; she's not far from me! Those are the things that come out of organizing things like this. The system is already there; we're just grateful for the internet, for us to be able to be on the phone and be able to speak to thousands of people at the same time. The work that we're doing here, we don't even know how far it can go. One person can buy it, and from that one person, that person gets healed, and many thousands of people can get that message and it just keeps going. Our wonderful

listeners, I know that you have had a lot of information today. Spend time and just go to Suzy's website, www.sosdivorceinbox.com.

Suzy Miller: And www.startingovershow.co.uk is the other page to learn more about the events.

Dr. Dee Adio-Moses: OK. Do you have some last words of encouragement before you go?

Suzy Miller: My last words are for anyone who is facing divorce breakup of any kind in a relationship: Don't let anyone tell you it's not a tough time, because it is, but it can become a catalyst for amazing change in your life if you just access the right people to help you. You will know who they are. Trusting your instincts is really important during these times when life throws things at you. The worst thing that's ever happened to you can actually turn into the best thing because of the way it changes you and allows you to grow and become the person you've always wanted to be.

Dr. Dee Adio-Moses: Thank you so much. *Catalyst*, I love that word. I pray for each and every one listening that this, even though you think it's the worst thing, will really turn around and become the best. When you look at yourself sometime down the line, you will say wow! You'll be speaking like Suzy and I are, and there will be many people saying, "I know it's going to be a good day, because I've been there." Thank you so much. I really appreciate your coming.

www.sosdivorceinbox.com

www.startingovershow.co.uk

DIVORCE SECRETS FOR WOMEN

By *CHRISTINA ROWE*



CHRISTINA ROWE

Author, Divorce Recovery Expert, Life and Business Coach

ABOUT CHRISTINA

Christina Rowe learned the hard way about the perils of divorce. She was a happily married woman with four children. Then Christina caught her husband cheating and her life spiraled out of control. What followed were two years of hell. She went through it all: money problems, dealing with a deadbeat ex-husband, navigating the court system, corrupt lawyers and more. Eventually Christina's Life got better. She made it through the storm. In her hard-hitting, tell-all book, *Seven Secrets to a Successful Divorce: What Every Woman Needs to Know*, Christina shares her own personal divorce story and gives specific tips and recommendations on how woman can protect themselves and not be taken advantage of during their own divorce process. She teaches down to earth survival skills that can save women time, money and heartache during their divorce.

She is a respected and sought-after media guest who has appeared on The Morning Show with Mike and Juliet, CBS 4 Miami, NBC Miami, Channel 7 News, Fox 29 in W. Palm Beach, WXEL TV in Boynton Beach and was featured in South Florida's Sun Sentinel and Palm Beach Post and many other publications. Christina has also been a guest on many radio shows across the U.S. and is one of the stars of the 2 Blondes and a Redhead Internet based TV show.

TOPIC

Divorce Secrets for Women: How to Take Control of Your Divorce, Dramatically Reduce Your Divorce Expenses and Find Out How to Protect Yourself and Your Children

The reality of divorce is that many women are caught in a vicious divorce battle that destroys their children, their finances and their emotional health. Divorce can be a long, drawn-out nightmare for those women who do not take action and prepare.

- Find Out the 7 Steps You Must Take Before Asking Your Husband For A Divorce—Critical information every woman must know. Protect yourself financially and ensure a fair financial divorce settlement by following these crucial steps.
- Secret Tips On Finding The Right Attorney—Learn the game divorce lawyers play to keep your retainer and prolong your divorce. Find out how to hire the best attorney in town
- Learn How To Win In The Courtroom—Discover the biggest mistakes women make in the courtroom. Protect yourself from the sneaky divorce tactics your husband and his attorney will use to destroy you in the courtroom!
- How To Deal With The Emotional Aftershock Of Divorce—Mourning the death of your marriage is a difficult but necessary process. Learn how to heal emotionally and recover from your divorce without anger and bitterness

THE INTERVIEW

Dr. Dee Adio-Moses: Hello, everyone. It's my great honor to welcome you today. I know that this is one speaker whom many divorced women have been looking forward to hearing from. She just nails it on the head. Her book, *Seven Secrets to a Successful Divorce*, helps women dramatically reduce divorce expenses and protect themselves and their children. She is not fooling around, because she has been there. I'm so excited to have with me here today Christina Rowe. She is a respected and sought-after media guest. Christina has been a guest on many television and radio shows and has been featured in many publications. She is one of the stars of the internet-based show *Two Blondes and a Redhead*.

She has been there. That is why she's able to be here today to talk to you. She learned the hard way about the perils of divorce. She was a happily married woman with four children, and then she caught her husband cheating and her life just careened out of control. For the next two years it was just hell. I know that many of us know exactly what she is talking about—money problems, dealing with a deadbeat ex-husband, navigating the custody system, everything just happened. But do you know what Christina did? She turned it around, made it through all this, and then wrote a book: *Seven Secrets to a Successful Divorce—What Every Woman Needs to Know*. In that, she shares her own personal story and gives specific tips and recommendations on how women can protect themselves and not be taken advantage of during

their own divorce process. She teaches down-to-earth survival skills that can save women time, money and heartache during their divorce. It is my honor to introduce Christina. How are you? Welcome!

Christina Rowe: Thank you so much, Dee. Thank you for the introduction and for having me on this call.

Dr. Dee Adio-Moses: I'm so happy that you are here. We've all been waiting to hear what you have to give us, and I just want you to start. If you just want to tell us a bit about all the things that you do, and who is Christina Rowe? I know you're an author and divorce recovery coach, but there's so much more to you than that.

Christina Rowe: Well you know, it's funny; it's been a journey. It really began because of my divorce. I used to be, like you said, a happily married wife with four children. At that time I had a hair and nail salon with my ex-husband. When the divorce happened, everything pretty much fell apart, and it made me re-evaluate my life and change directions completely. I never thought I would be an author. I moved to Florida and began a new career—I do branding and marketing. I also have a woman's organization, women helping women mastermind, and we do events. I have a course I created on social media. It's been an amazing journey, and it all started from this divorce that made me re-evaluate and change my life for the better. I love living here in Florida; it's just great. It's a whole new beginning and a new life.

Dr. Dee Adio-Moses: That's wonderful. When I went through my own divorce, I know exactly what you're talking about. Everything was just out of control. I started a new career, too. I was in banking and finance, and now today I'm doing this—I'm a minister and life strategist and author—those are completely different from being in the financial world. The way I look at it is that those are the gifts from the pain.

Christina Rowe: Exactly. We can't see the future, so at the time everything is incredibly painful and we don't know how we're going to get through it. But there's a reason for it. It gives you strength if you view it that way. When you're going through a divorce and you're in the pain, it's so hard to see that. You think well, this is the end, but it's really the beginning. It opens up so many new opportunities for you, and you can only look at that by being removed from it, looking back. And saying, wow, if all this hadn't happened, I wouldn't be here now, like you're saying with your own career now. We have to be grateful for those gifts.

Dr. Dee Adio-Moses: That's wonderful. So what does your book entail, and what are the main divorce secrets for women?

Christina Rowe: I wrote the book because after being 18 months in the court system and really going through a very dramatic, very painful divorce—it started with my husband, actually—he twisted my arm and threatened to kill me, so he was removed with a restraining order. It was a very unexpected divorce, and I wasn't prepared. So after being in the court system for a year and a half and my ex-husband deciding he wasn't going to pay any child support, I had to really get on my feet and learn fast and take control of the situation. So I wrote the book because I didn't want any other women to go through that.

I figured, women really need to take care of themselves. There are many things you can do. One of the most important things—and with my divorce coaching, I meet women all the time who've been married 10 years, 30 years, whatever—they have no idea what's going on in the finances. It's shocking, in this day and age. We have women's rights—shouldn't we know? But so many women have told me, oh, my husband, he's controlling. He handles the bank accounts. He doesn't let me see what's going on. One of the chapters in

the book outlines exactly what you need to make copies of. You need copies of pay stubs, tax returns, bank statements, pension plans, IRAs, the monthly bills, properties, any assets, anything related to investments. When you get a divorce and you go to get a lawyer, they're going to ask for these things. But often it's very hard to get those once the divorce has been filed.

Dr. Dee Adio-Moses: Even when it's not a divorce, we should know all this. We are partners in the relationship. Even for those who are saying I don't want to know it, there's not going to be a divorce. First of all, you don't know. Secondly, even without a divorce you need to know.

Christina Rowe: Absolutely. What if your husband dies? How are you going to make any financial arrangements if you don't know where the money is? You don't know what you're worth, what your family's worth. How are you going to take care of your children? Let me tell you, Dee, it is baffling how many women, even after being told this, even those in an unhappy marriage, will still say to me, well, I'll get around to it. You really have to demand to know—you're part of the marriage, and you have every right to know what's going on with the finances. It's a way to protect yourself in the future, not only from divorce but from any of life's circumstances.

Dr. Dee Adio-Moses: One of our speakers talked specifically about this. It was such an eye-opener for many women. She was really talking also about how unbelievable it is that women don't get it.

Christina Rowe: I think, Dee, it's more than just not getting it. I think we know. I think it's more the state of the relationship. If you're in a relationship with a controlling man—and you run into this with a lot of these nasty divorces. The man is very controlling—he doesn't turn controlling, he's been controlling the entire marriage. A lot of women are fearful—maybe there's abuse involved—and they're scared to ask what's going on with the finances. And maybe there's a really strong-willed spouse who says, well, you're not getting access to that. I'm not putting you on the bank account. There are a lot of emotional issues, I think, that prevent women from standing up for themselves.

Dr. Dee Adio-Moses: If the husband is controlling, how can the woman get around that?

Christina Rowe: That's the thing—if you're married to a really controlling husband and you're not happy, when he's not home you really need to go see if those things are available. If you're signing a tax return with your husband and you don't have a copy, first of all, you can get in trouble for that. You don't know what your husband's doing, legally. There's that innocent spouse law, but still, you really need to have copies of these things and you need to try however you can. When he's not home, make copies. Give them to your sister, your friend, somebody you can trust. Go through the bills, make copies, do the best you can in that situation to find out as much as you can, and just keep that on the side. It's better to be prepared than unprepared. Let me tell you how many women—and I've spoken to those who are wealthy, who aren't wealthy, who have nothing. I had a client once whose husband made \$19 million and she had no money. He hid everything, he took everything, and refused to pay her the money the court ordered him to pay. It's very, very scary, and it's something we really need to be able to prove, especially when children are involved. When you come down to child support, your income and his income will be calculated. Each state has different rules, but if you can't prove what your ex-husband's making, it's going to be difficult to collect the proper amount of child support.

Dr. Dee Adio-Moses: Another reason I think women don't take control in the financial sense is that we're told all our lives that oh, men do that better. It's a kind of indoctrination. When you get into the marriage,

it's like, oh yes, men do that better. Maybe your dad did that better, but it doesn't mean your husband will.

Christina Rowe: Absolutely, especially certain generations of women. Maybe younger women now are going about it a little differently, but women who grew up in the 1960s, 1970s, did see that maybe dad controlled the finances and mom didn't work. It depends on how you grew up. Luckily for me, I was involved with the bill-paying and I was aware of the bank accounts. Since my ex-husband was removed from the house suddenly, I had the benefit of having all the paperwork. That was one thing, in the discovery process—I'm the one who had the advantage because I had all the documents. Had I not had that, it would have been—oh my gosh, it was a battle as it was. It went on for 18 months—it would have gone on even longer.

That's why some women have to hire forensic accountants, and they're very expensive. If you're married to someone with a small business, that's very hard to prove. If you're married to somebody who works for a corporation, it's easier to get the records and see what he makes. But if you're married to someone who owns a cash business, those are the most difficult divorces to prove. Suddenly, a lot of these men, as soon a divorce happens they're broke. They can't make any money anymore because they don't want to pay. The message is empowerment. Empowering yourself. Not being a victim. Taking positive action to protect yourself.

Dr. Dee Adio-Moses: You also spoke in your book about some tips on finding the right attorney.

Christina Rowe: Yes. It can be very difficult. My third attorney was the good one, but I went through two attorneys before that. My ex-husband hired the most despicable, horrendous, stereotypical shark that you can imagine. What usually happens is, unfortunately—this is how divorce attorneys work—depends on how much money is in the marriage, how many assets. If you're upside-down on your house and there are no assets, you're going to have a very quick, fast, easy divorce. The divorce lawyers don't want to bother; they're going to tell you to settle. But what will happen is, if there's assets and money involved, one or both of the lawyers who get involved will make your divorce last as long as the money lasts. They want as much as they can get. This is really a harsh reality of what happens. You say, how can a man who's been married for 30 years tell his wife, oh, you're not getting anything. It's ridiculous, right? But it happens every day because the lawyers encourage this bad behavior. They know their client's going to lose at the end of the day, but they're going to get more money. It's very difficult to know, when you're dealing with these divorce attorneys, who's going to be on your side. You may have a wonderful lawyer, but if your ex has a shark, they're going to drag it out in court.

The first thing I tell everybody is to use mediation. In New Jersey, where I got my divorce, it's not mandatory. In Florida you do have to go through one mediation session before you get a divorce. Each state is different. But if you can settle your divorce, if you can go to a mediator, if you can not go through having to hire attorneys and go through a brutal divorce, jump at it. It's really not worth it to have a long, drawn-out battle.

That being said, if you have a spouse who's ready to attack you, you have to protect yourself. You don't want to sit there and be a victim. You're going to have to lawyer up. You're going to have to fight. If your spouse is the one saying I'm not settling and you don't get anything and being unfair, then you want to go and ask around. You want to ask people who've been through a divorce. Also, and this is a tip in my book, go down to the local county court for your district where you live and ask the clerks, ask people who are there

who they recommend. It's the same thing as when you're in the hospital--the nurses are going to tell you who the best doctor is. They deal with these people; they know. Word-of-mouth and recommendations is always the best way to find a good attorney. Talking to people who've had a really great experience with their lawyer and also who are in that business, you know, people who are familiar with it. Law enforcement or any of those related fields who can guide you toward a good attorney, those are the ones you're going to want to interview.

Once you hire your lawyer, this is a huge mistake people make—your lawyer is not your therapist. You will be charged when you're on the phone—they're going to charge you in increments, 10 minutes, 15 minutes, 30 minutes, a lot of money. You really want to do as much as you can to prepare any paperwork they need without calling them constantly. They'll talk to you, because they're going to charge you. You have to keep that in mind. The bill can get very expensive very fast, and your retainer can dwindle away. I had one lawyer with a \$5,000 retainer—within two and a half weeks, it was gone. I was like, what? I was shocked. How could that be? But you don't realize. You're emotionally upset, you've got your attorney, you want to ask them all these questions because you need to know, but you don't realize that attorney's charging you a lot of money. Minimum, \$300 an hour. Some places it's maybe \$250, \$200, but on average, that's a lot of money per hour to speak to somebody.

Dr. Dee Adio-Moses: Would you say that it makes sense to first of all go to a divorce recovery coach, or you know, a relationship coach? Maybe even a counselor first?

Christina Rowe: Yes, I really do. It's too bad there's not more of them. When I speak to someone on the phone, we do a strategy session. I try to guide them, and I'll tell them what to ask their attorney or what strategy they can take. They always say, why doesn't my lawyer tell me this? I always tell them, you need to talk. You have all these high emotions, you need to vent, you're feeling awful. Find a counselor, find somebody you can speak with, and when you do go to your lawyer, have a very direct list of questions so you're not wasting your money.

Dr. Dee Adio-Moses: You're not using your attorney as your counselor.

Christina Rowe: Exactly. It's just too expensive. You know, you have to watch what your attorney's doing. They work for you, not the other way around. If you're not happy with them, you have to call them out on it. A lot of people are intimidated by lawyers. We think, oh, whatever they say, but maybe your gut instinct is saying something's not right here. I asked you do this and you didn't, or you didn't file this, and why is this taking so long? It's OK to ask them. Another tip is to talk to the lawyer's secretary or clerk, the person who works in the office. The paralegal or whoever they have assigned to help. That person's not going to really charge you; it's the lawyer who's going to be able to charge you. If you can work with that person, the paralegal on the team, it's probably going to save you some money.

Dr. Dee Adio-Moses: Just befriend that person.

Christina Rowe: Exactly. Befriend that person. Befriend the office staff. They can be very helpful to you. They're the ones doing all the work anyway. The lawyer is having them do all the legwork. Be nice to those people in your lawyer's office.

Dr. Dee Adio-Moses: If a couple try mediation and everything, but they still wind up in the courtroom, what are the mistakes women make when they get there? They're now in the courtroom; what happens?

Many people have only seen it on TV, and it's not the same. This is real life. This is your life and your children's lives.

Christina Rowe: Absolutely, and when you reach the courtroom, you have to understand, court is not fair. Especially family court. It's overcrowded. I remember being in court, paying my lawyer all day. We were supposed to be there at 9 o'clock to be heard by the judge. Four o'clock came around and we were told, no, you're being rescheduled for another day. Can you imagine? It cost me like \$1,500 for the day. Do they care? No. They kept bumping us and bumping us, and that type of stuff makes you want to go crazy. Or you'll have a court date and your lawyer will call you the night before, and you've been waiting months for that court date. But no, it's been adjourned. And you're just devastated. Especially in cases where you're not getting spousal and child support, and your lights are about to be turned off, or your mortgage is due, and does the court care? No. They're a system, and they have too many people in their system and it's clogged up. Go with the attitude to expect this; you're going to be disappointed in the court system.

The other thing is, control your emotions. I have a chapter in the book about this, and it's very hard to do, but in the court, it's a must. When you do get in front of the judge, even though your ex may be making faces at you and the lawyer may be saying things that are totally untrue, you are not allowed to speak. If you have an attorney, you need to take a pen and paper and write notes to your attorney. Keep your emotions in check. Be a poker face. You cannot shout out, or say, "That's not true!" These are the type of things that make you look very bad in front of the judge. When you go to court, the judge doesn't know you or your husband. He just knows these are two more people in his courtroom. He doesn't know who's the one who doesn't want to settle or who is uncooperative and who isn't. How you behave in that courtroom is going to determine—the judge is going to form an opinion very quickly. You want to dress very conservatively—you don't want to go in there wearing a low-cut blouse or chewing gum or talking on your cell phone. You want to present a really good image to the judge.

Dr. Dee Adio-Moses: Especially where children are concerned.

Christina Rowe: Oh, absolutely. And if children are involved, a custody case, it is crucial that you present a really great image to the judge as being the calm, level-headed spouse. Let your ex be the one who's going to blow up and say things or act out in the courtroom, not you. Believe me, it is going to be difficult. The judge is probably going to say things you don't like, the lawyer's going to say things, you can't speak—it's such a frustrating experience. You want to tell the judge, but you can't unless she asks you directly. Your lawyer is your mouthpiece when you're being represented. It can be very frustrating when you're in that situation to not lose control, but it's very important that you keep your control, especially in the courtroom.

The worst thing about the court system is you wait outside of that courtroom for a long time. You're sitting in a crowded space, and there's your ex and his attorney and you get to stare for a couple of hours at each other. It's tense, and emotions are running high on both sides. The person who keeps their cool is the one who's going to prevail. If your ex is trying to portray you as a crazy woman and you start yelling—even if you're outside of the court, those bailiffs who stand outside, they talk to the judges inside. If you're sitting there screaming at your husband, making a scene outside of the court, if you think the judge is not going to get wind of that you're wrong. People talk—everybody in that courthouse.

It's so important that you do try to muster your strength. I would suggest speaking to a counselor or somebody. You're going to have anger, and I think what's really important is to understand that. You're going through the emotions, it's mourning the death of your marriage, and it's devastating. All these

emotions are going to be coming up, and it's very hard to know how to handle them. Talk to a therapist or a counselor, or even take a bat and hit your pillow. Get your anger out, scream in your own home, do anything you can to release those emotions in a safe place where no one gets hurt. Then when you go into the courtroom, you maybe do a little meditation beforehand so you'll be more relaxed. Don't go in there with it all bottled up inside, because that's just like a match and a firecracker—it's ready to go off.

Dr. Dee Adio-Moses: You know, we had another speaker who was saying that she became the friend of her ex-husband. They became friends and business partners. I asked her, how did this happen? And she said the turning point was when she realized that nobody can do anything to you unless you give them that power. You have to find a way of seeing your ex in a different light. Seeing the situation in a different light. As we said, finding the gift in it. Even when you can't see that gift, you have to find a way to be able to see it differently so you're not torn apart. You don't feel all broken up. Because even when you're trying to control yourself, it still shows.

Christina Rowe: Well, it's like any grieving process you're going to have to go through. First you're in shock, then you're angry, then you're sad. I think it's important that people move through that process. It's the people who don't move through it who get stuck. Then they become vengeful. There are people who stay angry the rest of their lives and never speak to their spouse again, and that will go on for years and years. It's so important to be able to move through those emotions so you can get to the point where you can see the gift in the situation and see your ex not the way he's acting but as the person he really is. I think if you get stuck in that dark place, which so many women and men do, it can go on for years.

It's important to work on yourself. You can't change anyone else but yourself, and you can't make your ex behave the way you want him to behave. You can only control your own actions and your own thoughts, emotions and perspectives on the situation. It's what you tell yourself—you can tell yourself this is going to make me stronger, I'm going to have a better life, this is a blessing, thank God for this, because this is what I needed in my life, even though it hurts now. Or you could say, well, I hate that bastard and look what he did to me and you can remain a victim. I think it's really crucial what you are telling yourself now about your divorce. Are you a victim, or is this going to make you grow and be the person you were meant to be?

Dr. Dee Adio-Moses: It's like dealing with the death of your marriage.

Christina Rowe: Absolutely. It is a death, it really is, and it's a death with a person still running around torturing you. It's not a death and you feel sad but it's OK, that person's gone. When you lose a spouse it's the death of all your dreams. You had plans. You thought you were going to grow old together, you thought you were going to be with the grandkids and you were going to have all these experiences. Your whole life is like, whoa, wait a second. That wasn't supposed to happen. Or you thought it wasn't supposed to happen, but then again, looking back—personally, I look back now and I'm like, wow.

I wrote a story, a thank you to the other woman, as a blog post. I'm like wow, thank goodness she came and took him away. I look back and think if everything hadn't happened, even with all the pain, I just can't even imagine. I wouldn't be that person that I was back then. I changed in so many really wonderful ways and my life evolved so much from that. It's really amazing, and I know people have a hard time seeing this. Right now they're like, this guy did this to me or this woman did that to me, and they get caught up in being a victim. You really have to treat it as a death and mourn it, mourn what you thought was supposed to be, as opposed to what is and what will be.

Dr. Dee Adio-Moses: I have some questions that were sent in before, and this is from Linda in Ohio: What was your experience, Christina, with friends? How did you handle your friends?

Christina Rowe: I have an entire chapter written just on that. That really can be devastating. Friends, it's really hard. In my personal experience, what made it more difficult was we owned this hair and nail salon in a town where people mostly knew each other, and my divorce, you know, everyone in town knew. Other salons knew, people in the supermarket knew, and people took sides. I lost friends who went with my ex-husband, he lost friends who went on my side, and our families divided. Of course, my family stuck with me and his family stuck with him. It was very painful. There were people like his best friend growing up and his wife, who were friends of mine, and all of a sudden I couldn't speak with them anymore. You have to expect that. I would say it's going to be very painful.

If you have mutual friends, it's rare for them not to take sides. Look at it from their perspective, too, so you don't feel as hurt. If your ex is talking to this person and having their ear all the time, they're only hearing one side of it. Hopefully, what will happen is that as your relationship with your ex mends through the years, if it does, those friends will feel less threatened, too, and be friends with both of you. They're really caught in the middle, when you think about it. It's a hard position to be in. It's easy to get mad at these people and say they were never true friends, they left me, they went with my ex, but when you look at it from their perspective, they're really caught in a delicate situation and they're only seeing one side of it. You have to forgive them and move on, and you'll make room for new people in your life who will be even better friends to you.

Dr. Dee Adio-Moses: Also, in that position, it depends on who moves away. If you're the one who moves away, even if you just move to the next street, all the people around where you used to live, if your ex still lives there, they probably will be with him because they still see him.

Christina Rowe: Exactly. They're going to rally around the person in their neighborhood. Another thing, which is a little unrelated, but I think it's important to bring up: if your husband does move out, and you've lived in the same neighborhood for a while, you have to watch—other men in the neighborhood who are still married will offer to help with lawn work, or if you need anything fixed. They're being nice. But what you have to watch out for is the wives don't really like that. There's jealousy stuff that goes on. If your friend across the street's husband is coming over, you might want to say, you know, I'll hire somebody. Now you're the single lady on the block, and you don't want to have a problem with your friend, who's thinking why are you having my husband come over to hang pictures on your wall. Usually the men who say this are doing it with the best intentions, but it can be misconstrued. That happens a lot, believe it or not.

Dr. Dee Adio-Moses: I would suggest, if you can, just keep away from married people for the time being. You're nice to them, you're polite, but keep away from them. Most of the women, they don't want you around. Especially if you're pretty and you're looking good, they don't want you around. Just stay away and start looking for new friends.

Christina Rowe: It's true; they feel threatened by newly divorced women. I have friends now—I have lots of friends who are married and it's no problem. But when you're first going through a divorce it's a little bit different. You're going to want to find new friends. One good way to do that is through meetup groups. There's lots of divorced meetup groups, where you can meet other people going through the same thing you're going through. They do a lot of socials, and you can go out and meet other people who are single and in the same situation as you.

Dr. Dee Adio-Moses: Another mistake women can make, I feel, is dating too soon after divorce.

Christina Rowe: Yeah. I go over that too, and I call it the “rebound man.” We all have our rebound man, and he usually doesn’t stick around. Emotionally, you could get really hurt. You’re not in the right emotional frame of mind to be taking on a new relationship. What’s dangerous, too, is dating someone who’s just coming out of a long-term relationship. Then you become their rebound woman, and you could be easily hurt. Give yourself time to enjoy your own company instead of jumping into the first relationship that comes along. You can date and go out and have a nice dinner, but if you get in a serious relationship and your divorce hasn’t even been signed yet and you’re in love with someone else, you haven’t dealt yet with all the emotions with your husband. You’re not ready to commit emotionally to someone else. In most circumstances, I really believe that’s so.

You may have a delayed reaction—I did, with my divorce. I got separated in October, and my father passed away on Christmas Eve. I was dealing with that, the divorce, the kids—I didn’t really give myself time to grieve the marriage. It took me like a full year afterward to really break down and feel it. You don’t want to be involved with somebody during that time and then all of a sudden you’re going through all the emotions. It’s not healthy for the relationship.

Dr. Dee Adio-Moses: With your clients, do you see those who start having relationships with their ex again?

Christina Rowe: I don’t see it a lot, but most of the people I work with have been through really traumatic divorces. I can see it happening more with a friendly divorce, where people would get back together and still have feelings for each other.

Dr. Dee Adio-Moses: I had a client who did that—they had been divorced, and as you say they became friends again. But what she told me was that each time she needed something, he was the one with the money. If she really needed something big, more than what he was supposed to pay in the court system, he would say, OK, let’s go out and have a drink. Let’s do this. Let’s do that. She said at first she would just go ahead and do it, and he would give her all this money. And he was already married again! He had another woman. She said it used to kill her.

Christina Rowe: Well, she was really selling part of her soul to get money, and he was still controlling her. You know, that’s a really interesting point, Dee, that can happen way after the divorce. You may not even realize it. Your ex will still try in different ways to control you, even though the divorce is long over. Often they’ll do this with children, they’ll use the children to try to get to you. You may not even see it happening; it’s subtle things. Maybe it’s alienation, or making jokes about you to the kids, or being controlling and demanding. Using the kids as pawns. This happens when one person hasn’t recovered and they’re still holding on. They’re still desperately trying to get attention from you. When they use the children, that’s a tough position to be in. People have so many problems, even way after divorces are over. I see that also.

Dr. Dee Adio-Moses: You know, there was a woman I met, and she and her husband got back together after 19 years of being divorced. A few months after, she knew nothing had changed. But then she said she couldn’t get out again. It was just a disaster. Going back and forth with a man, you really must be very careful. He hasn’t changed; he’s still the same person. Be on your guard. Whatever it was that you had before is still there.

Christina Rowe: That is so true, and I personally had this happen with my own ex-husband. When you read a lot of books and do a lot of work on yourself, and you want to view people in a different light. I really tried with my ex-husband to talk to my kids very positively about him, to be very nice to him, and tried really to be his friend. His true colors, though, he did some things that kind of shocked me. This was years after the marriage, and I was really shocked. But I shouldn't have been, because this is who he is. He hadn't changed. Maybe I'd changed and wanted to send him love and light and have a nice relationship, but he's still not really. Now, my reaction is to detach from him—I'm not reacting to him. When he sends me angry text messages, I just ignore it. I can choose my own reaction. I can wish him the best, but I don't need to engage in that. When you have an ex who still hasn't recovered from the divorce, they may still be trying to get your attention. It's very important to see the person for who they really are, not who you want them to be.

Everybody's on their own path. They're really where they should be in life. You may be on a different path, you may have evolved, and that person may still be stuck. For whatever reason, that's where they still need to be. You're not in the same place. Your friend, after 19 years she was probably seeing him in a different light, and he was the same person she divorced in the first place. It was her illusions about him, thinking he was something he wasn't, that doomed that.

Dr. Dee Adio-Moses: Another thing I see that you may have come across is people who use drugs and alcohol to deal with their pain. A lot of women, it's so sad when that is the path they take.

Christina Rowe: You know the pain, and anybody who's listening to this knows. I remember waking up in those first months and just feeling like I'd been punched in the stomach. Remembering that he was with this other woman, he had taken off, it was one of the worst pains in my life. I think it was the pain, too, of the person I trusted most in the world betraying me the most. That pain is so deep. It's like being stabbed, it really is. You're feeling this tremendous pain, and you're desperate. You think, should I have a glass of wine, or go to the doctor and get a pill? But you can't run from the pain. The fastest way out of it is to sit with it and not try to suppress it. The quicker you can cry and release and just be with it, accept it, the quicker you'll get over it.

Writing my book was so therapeutic for me. It was a way to put my emotions down. Even speaking to people and knowing what they were going through, it was therapy. Journaling was great, too. It's a cliché, but it's helpful to write down your emotions. Instead of reaching for a pill, get out your journal and cry and listen to sad songs. Give yourself that time. Too many times we say we have to be happy and put on a happy face, and get back to work, and you have to do everything. So often, we just cut that part out, but it's still there. If it's not resolved, that's when some people turn to substance abuse. It's self-medicating.

Dr. Dee Adio-Moses: Once you start going down that path, it's a very horrible road to go. We've mentioned it before. Counselors, life coaches, your pastor, other friends, people that you trust—it's better to go to those people. Better to do journaling. Better to do your vision board—start envisioning your future. We have so many techniques that you can do that will not let you go down the road of sitting in your house and finishing a bottle of wine and another bottle and another bottle. Or thinking the headache is so much that you have to be on medication forever.

Christina Rowe: Well, it's numbing it, and I think numbing is part of trying to run from the pain, trying to avoid the pain. You do need to face that pain, look it in the eye, but not stay there. Move on. You want to be able to move through the pain, and that often requires, like you said, getting some professional help. If anything, groups are great—get into a divorce support group where other people can help you.

Dr. Dee Adio-Moses: And having more fun—going out and enjoying yourself.

Christina Rowe: There's so many fun things to do. When you find some girlfriends who are single too, you can have such a great time going out with the girls, doing some dancing or seeing a movie, whatever you want to do, or just having coffee and talking. Really, it's good for you and very healing. When you laugh again, you bring more of those positive vibrations into your life.

Another thing, limit yourself on who you talk about your divorce to. This is a tough thing, because when you're going through it you want to tell everybody. You want to tell people in the supermarket about your divorce. You're always dumping, dumping, dumping because you're in so much pain. It's important to give yourself a limit. Say OK, I'm just going to talk to my friend about this for 15 minutes, or I'm going to write in my journal. The rest of the time, do something positive. Volunteer at an animal shelter, visit a nursing home. Do something positive to counter-balance all this negative energy that surrounds a divorce. Even in the most horrendous divorces, you still have to find time to have some fun and get out of your own head. And helping others is a great way to do that.

Dr. Dee Adio-Moses: I believe that. That is one of the best ways. After you've done that, you come back home feeling really good about yourself. You can say wow, my life is not that bad. Let me just make it better.

Christina Rowe: Absolutely. A lot of times we cause ourselves such trauma because we're living in the what-ifs. What if he gets everything and leaves me with nothing? What if I become homeless? What if I'm this? What if I'm that? We live in that space, and most of those things are not going to happen. Most of the time you will get a fair settlement and it will eventually be over with. I remember thinking, this will go on for the rest of my life. But it will end. But think positive. Envision what your life is going to look like. That's one of the things I did during my divorce. I said, I'm going to move to Florida. I didn't know anyone in Florida, but I had a customer who always came into my salon and talked about this wonderful place in Florida where her son lived. During my divorce, I took a trip to Florida, to this town, and I fell in love with it. My ex-husband, I didn't know if he was going to sign the papers to let the kids go to Florida, but I had this dream, something positive, a new life. Luckily, it all worked out. I now live in that town, it's beautiful and I love it here. Have something to look forward to, even during the darkest times.

Dr. Dee Adio-Moses: That is wonderful advice. Envisioning the future is a powerful tool. Nobody should forget to use it.

Christina Rowe: Absolutely. It gives you hope and it makes you happy to think about it. Don't think about how you're going to get it. That will just make you feel bad. Think of what you want, and see yourself having it, and feel good about it. Let the universe work it out for you. Don't make yourself nuts.

Dr. Dee Adio-Moses: How did you work through looking good and eating well and exercising when you don't feel like it at all?

Christina Rowe: You know, it could go either way. Especially women who've had husbands who have cheated on them. It almost motivates you to look your best. You know, success is the best revenge? When you have kids, you're married, it's not that you let yourself go, but you're not as aware. Once you're single again, you're more aware of your appearance. Not that you have to go out and meet somebody right away, but you start paying more attention to yourself. You have more energy to give to yourself. It's really important that you do that. Like you said, take care of yourself. Take time to exercise, take a walk, maybe

treat yourself to a massage. If you can't afford that, go to the drugstore and pick out some new makeup, some little things just to make yourself feel good and pretty again, especially if your self-esteem has been damaged by being cheated on. It's a horrible feeling, if your husband left you and you're feeling like you're not attractive. Don't sit home and eat a tub of ice cream. There are bigger and better things waiting for you out there, and you need to put your best face and body and foot forward and be ready for it to come to you.

Dr. Dee Adio-Moses: Those experiences also brought out my spirituality much more than it had always been. I went really inside of myself and became more spiritual. I prayed more, I really started meditating, learning how and doing it.

Christina Rowe: Because of the divorce, this is what the gift was. It made you search for answers. Isn't that amazing how that happens? You probably wouldn't have gone to that level had the divorce not happened. It's just amazing. So many things lead to so many other things. My writing this book led to my studying internet marketing and becoming a speaker and having the women's organization. But this whole path would have never happened had my ex-husband not done what he did, so I have to thank him. It's really true.

Someone said to me during my divorce, "Did you ever stop to think that maybe before you and your husband came to earth, when you were souls, that you had an agreement that this would happen in order for you to grow?" I was shocked by that. I thought it was so profound. When you think of it in that light—a book I recommend is by Neale Donald Walsch, *Little Soul in the Sun*. It's a children's book, but it goes into this whole thing of how we all have soul agreements with each other. So maybe if your ex-husband is torturing you now it's for your own benefit, it's for that gift you're going to get.

Dr. Dee Adio-Moses: There are so many ways to just be able to go inward and develop yourself and face the world and know that this is for your own growth. Seize that chance and run with it.

Christina, it's been really wonderful. The hour has gone so fast.

Christina Rowe: It's been wonderful, Dee.

Dr. Dee Adio-Moses: If you have some final words to say, and tell us about your website, and how to get your book.

Christina Rowe: I just want to say, whoever's out there listening to this, know in your heart that things are going to get better. I promise you they will. You're going to become a stronger, happier, more positive person because of this experience.

My book is available at www.secretsofdivorce.com. You can read a free chapter there. I also have a 40-minute coaching session that I do if you purchase the book. I do a divorce strategy session with you on the phone. We can go through some strategies and help you get through this tough time.

Thank you Dee, so much. It's been a pleasure being part of this, and I just pray for everyone out there to stay strong. It's going to get better.

Dr. Dee Adio-Moses: Thank you so much, Christina. We're very happy that you came here today. I know a lot of people will sleep better tonight.

<http://www.christinarowe.com>

<http://www.secretsofdivorce.com>

ESSENCE OF WOMANHOOD

STOP DIVORCING YOURSELF: RE-AWAKEN YOUR AUTHENTIC FEMININE ESSENCE

By Susie Heath



Susie Heath

Author, Mind Master, Hypnotherapist. Relationship and Intimacy coach, Biodanza teacher

About Susie Heath

Susie Heath is from England, a pioneer in the area of masculine/feminine dynamics both in the workplace, and in relationships and intimacy. She is an inspirational speaker and facilitator of workshops both in the corporate and public sectors using the power of music, dance and movement, NLP, mind technology and coaching. Best-selling author of “The Essence of Womanhood – re-awakening the authentic feminine;” “Little Gems - selected from “The Essence of Womanhood;” “The Potency of the Feminine in Business – the 7 secrets of success;” and co-author of “Written in the Rainbow – a woman’s secret to self-esteem”.

Rather than promoting assertiveness-training and the empowerment of women, Susie encourages women to explore and embrace the true potency and intrinsic strength of their feminine energy. In turn, this empowers men in their greatness again rather than the macho, passive-aggressive or over-feminised behaviors that are all too commonplace.

Susie’s work came about primarily when she found herself being the “Man” and the “Father” as she became a single Mum during the teenage years of her three children following a very traumatic divorce, when as she said, her “femininity flew out the window.” As a result of the stress and overwhelm, she was constantly unwell, and felt her spirit was squashed into the size of a pea. Her journey was long, intense and immensely challenging, but she has emerged as a woman of joy, love and inspiration, with so much to share.

Her professional career spans teaching languages and working in large corporations including the fashion industry, marketing and relocation, and as a production assistant in the film industry. While bringing up her children, she founded a conservatory horticultural consultancy, which led to her creating displays at Chelsea Flower Show, running workshops, writing, making guest appearances on TV and radio, becoming an after-dinner speaker, and being featured in many top national magazines and newspapers. Clients ranged from film stars to royalty. She was a popular speaker for the Royal Horticultural Society.

Trained as a Corporate, Executive and Personal coach, and Coach the Coaches qualified, she is also an Educo™ Mind-Master, and a Clinical Hypnotherapist with NLP, specialising in stress, sexual therapies and related topics. She is a qualified Biodanza™ teacher (music, movement and dance) as well as a Relationship and Intimacy coach, and a trained TV presenter.

Alongside her coaching, she runs workshops focussing on interpersonal and communication skills; mind-mastery; personal growth; workshops for women; stress relief, as well as an experiential programme called “The Physiology of Success”™ for mixed groups, and “Dance Your Way to Success”™ for women in the corporate market.

Susie is also in corporate training and coaching and her works include Mine Your Own Business™; The Awareness Principle™; The Transformational Selling System; Successful But Something Missing? Powerful Presentations; Effortless Marketing; Transforming the Bottom Line; Vision and Purpose; How to Use More of the Mind.

Susie is author of “The Essence of Womanhood – re-awakening the feminine” and has co-authored “Written in the Rainbow - A Women’s Secret to Self-Esteem” both of which are first in a series. She is also co-authoring a series of books and coaching and training programs for women in business.

TOPIC :

Stop Divorcing Yourself: Re-awaken Your Authentic Feminine Essence

- What would you do if you knew that you are far more powerful than you ever imagined? How to reclaim the power and potency of your feminine essence
- It’s time to stop divorcing yourself – we divorce who we really are by taking on programs from other people and society, as to who we should be and how we should behave. Did you know that about 97% of your thoughts, feelings and actions don’t even belong to you! Susie Heath shows you how you can let go of them.
- Where is the love? How would your life be if you learn to love yourself? Susie shares delicious exercises to transform your daily life
- Connecting with that Divine feminine essence that is you.

Susie is looking forward to sharing so many tips with you, that will surely take you to a higher growth dimension.

Connect with Susie Heath: <http://www.essenceofwomanhood.com>

NOW TO THE INTERVIEW:

I'm so thrilled and honored to be with you all this evening. This is such an important area. I think this telesummit is so vital at the moment—we haven't got the luxury of spending years in therapy anymore. I think the world needs healed women to be leaders and role models. We really need to do it quickly, and you've got some wonderful speakers here. I know that immersing themselves in the knowledge and wisdom presented here will literally transform the way divorced women look at their lives.

It's a very turbulent time, going through divorce. I'm sure most people on the line probably have been there. There's always a hangover from it. But the beauty of it now is that women have got much more of a voice nowadays. I know there are places on the planet where there's still violence and abuse and disrespect of women, but for the places where that's not happening, we need to take responsibility now for clearing away all the stuff that's holding us back, that's stopping us from living fully, so that we can honor ourselves and other women instead of perpetuating some of the behaviors that have been so common for us.

This is, I think, where that wonderful quote from the Dalai Lama comes in. I'm sure a lot of people have heard it—he said the future of the world lies in the hands of the Western woman. I don't think he meant the Western woman copying the Western man—when I look at what he said, for me it feels deep down that he meant we need to reconnect with that extraordinary beauty and compassion; joy, love and tenderness; self-expression and playfulness; potency and passion; connection to nature; and that strong desire to lead our children to a happy, healthy world. We've got the voice, we've got the power and we've got the freedom to change the way we behave in our lives. We've got charge of our bodies, which I want to talk about more later, and our choice is how we are going to behave.

This telesummit comes at an enormously important time of year. We have autumn at the moment, which is the most beautiful time. It's got the juicy fruits on the trees, we've got pears and apples, and we've just finished the blackberries, and the nuts are coming in. There's just such an amazing energy of celebration and harvest—it's like it's the fulfillment of the year. We're preparing to hunker down inside, prepare our nests for winter, and rest a lot more. As women, I think we need to take notice of the seasons so that we can function properly. It's absolutely stunning at the moment.

So connection with nature is so important for us: going out for walks in the autumn sunshine. It's a favorite time of year for me because I love bonfires and fireworks and the colors of the shedding leaves. It's about the plants getting rid of all the toxins that they've collected over the year, and they do it in such a glorious and abundant way. It's a great message for us, I think, to play full out and be colorful, if that's what it takes. So we're going to be doing a little bit of shedding our leaves this evening on this call. Trees, of course, they heal the wounds and then they get on with the job of self-nurture. They rest and relax, preparing very quietly for the next season. There's a lot we can learn here from nature.

When I was putting some of the information together for tonight, I found a brilliant quote from Buckminster Fuller. He said, “You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” So that’s incredibly powerful for me. I think what we’ve been doing, as women, is fighting the status quo. We’ve been fighting in our relationships. We’ve been fighting in every area, really, of our lives. My belief is we do need to actually change and create a whole new model to work from.

There’s been a great disconnect because of the way we live, with city life and technology and the loneliness we’ve created. I find that fascinating—the Internet supposedly has brought us all together. The Internet started out by being a very feminine creation, really—this idea of connecting and communing and creating communities of friends. But I’ve read some very interesting articles recently and seen people—particularly young people, actually—discussing how they feel about it, and there’s a tremendous disconnect. We can see each other, maybe, but our conversations are very short, or they’re texts, or shortened versions of how we would normally converse. We can’t touch, and that human touch, the loving touch, is what we’re missing. People are getting lonelier and lonelier, and I think this has an effect as well. When we talk about divorce and how it affects us and how we can move our lives forward in a way that really works for us, we’re actually out of harmony, because we’ve lost that real connection. You know, babies die without touch, but adults die emotionally and physically and sexually and spiritually without touch.

I also wanted to thank you enormously for doing this telesummit at this time of year, not only in autumn, but also because—I don’t know what the statistics are like in the States, but statistics say that the stresses and strains of Christmas reach breaking point for men at 11 o’clock in the morning on December 27, and for women, at 8 p.m. on the same day. Breaking point can soon turn to breaking-up point, with January 7 cited as the day most people are likely to file for divorce.

Oddly enough, I think I fell into that category. I remember it so clearly—my ex-husband and I were having a lunch party on Boxing Day, which is the day after Christmas, and we had another family over. The mother, who was elderly—she must have been about 83, I think—came and she said, “It’s so lovely. Isn’t it beautiful sitting here knowing that opposite you is the beautiful man you’ve chosen to spend the rest of your life with?”

And I went, “Oh! Heck! And I rushed upstairs and was horribly sick. I couldn’t cope with the idea—I know that sounds horribly dramatic, but it was around Christmastime, and it was that moment when I thought, “No, I can’t spend the rest of my life with this man.” It just wasn’t working on so many levels, and I really couldn’t cope with it.

I’ve heard so many people—and obviously the statistics are proven now—I think probably because—well, for a zillion reasons, actually—but because we’re pushed together, the stress and the strain of Christmas and it’s all being taken out of proportion.

It pushes people apart, because suddenly we’re stuck together with somebody we actually don’t know very well. Certainly in my era, when we got married, we never spent any time discussing what we wanted from our marriage. It was just I love you, you love me, would you marry me? Yes, OK, that would be lovely, thank you very much. And we went on and had this amazingly beautiful wedding, and then what? We hadn’t ever taken time to discuss our desires, our design, our heartfelt wishes for how we wanted to spend our lives.

I think there's a whole generation of women who probably went through that era of expectation that you just got married and stayed there, as in the marriage ceremony, for better or for worse. And very often it has been for worse.

I do a lot of work with couples at this time of year to help them survive the festivities without anyone deciding they really don't want to go on together.

I wanted to talk about what happens very frequently after divorce. I've called this talk "Stop Divorcing Yourself." The reason I wanted to talk about that was, very often we divorce ourselves when we go into marriage. I've talked to so many couples when they've come for coaching, individually and together. I have this wonderful sofa in my apartment—one person sits at one end and the other person sits about six feet away on the other end—just talking about how they work together. What one of them has done—it's usually the woman who has given up so much of who she is to go into the marriage or to stay in the marriage. I know women who've decided that they have to take a geology degree so they can keep up with their partners. Other people have suddenly become football fans to stay in a relationship, to keep it going. A very dear friend of mine—I'm sure she wouldn't mind me mentioning this—she's actually just split up with her partner. He has a pest control business, and he flies hawks to chase the pigeons and things away. It's a fascinating business, but bless her, she's been having to feed these hawks with little bits of animal that she wouldn't normally have wanted to do. She found it really tough, but she divorced part of herself to stay in that relationship until it became unbearable. Does that make sense?

Dr. Dee Adio-Moses: Oh, of course. I can relate to that, and I'm sure many women on the call can, too. It happens so much, but it's an unconscious thing. You don't even know you're doing it.

Susie Heath: Absolutely, you don't know you're doing it, and it becomes part of who we are. But our self-expression of who we really are gets very much diminished. It's normally the women who do it; it doesn't tend to be the men. It's normally the women who divorce themselves. So what happens after divorce is that instead of going, "Right. Who am I? Who do I want to be? Who's the real me?" Very often we've got so many other pressures in our lives—maybe we've got children to look after, we've got a household to run, we may have a job, we've got to bring money in—life can get very demanding again. We continue to divorce ourselves. What we do is, we start to take on the role of the male—again, I talk from personal experience, but also from the experiences of the hundreds of women I've coached over the past 10 years who've become very masculine. They've taken on the role of mother and father in looking after the children and disciplining the family as well as trying to keep everything else ticking along. The problem is, we've overused that masculine part of ourselves. When I got divorced and I was living in a house with my two boys—my daughter had gone off to university and I had these two teenagers who were doing sex, drugs, and rock 'n' roll—it was very challenging for me, and I became more and more masculine. I found that I was on the roof, or under the car, or chopping logs, or up a ladder, or doing really quite heavy manual labor.

One thing I've learned is just because you *can* doesn't mean you *ought to*. We've become very, very capable as women. There's nothing we can't do. We can be fighter pilots—and I know a few of those as well. We can be lorry drivers, we can be engineers, we can be scientists, we can be tree-cutters—there's nothing that we can't do, because we've become so capable. I'm not saying stop the capability; I'm just saying let's try and do things that we're choosing to do, using that feminine side of ourselves. When we're using that

very strong, masculine side, which works with goals and drive and determination, we're causing such a lot of problems, not only within our bodies but also within our relationships. Because we're the mother of men, we're passing that behavior on through the generations, so that our children won't see us as women anymore, I fear.

I see this over and over again, that young women are missing out on some of the beautiful times that I'm sure you had and I had growing up. It seems to me we had a lot more elegance and graciousness; we enjoyed being women. I think a lot of that enjoyment seems to have gone. When you and I started talking, when we first chatted over the phone, you said to me that it seems in the States, the police have become the grandparents now. Every time there's a dispute within the family, where we used to sit around the table and discuss it with auntie and uncle and Mum and Dad and brothers and sisters to try to pull the relationship together, that seems to be bypassed now and the police are called in. It seems so tragic to me that we haven't learned how to communicate with our men in a way that really works. I know there are all sorts of circumstances that make it very difficult, there's still a lot of abuse, there's still a lot of disregard, there's still a lot of disrespect. But I find it tragic, now, that that sort of scenario is happening.

What I'm not saying is let's surrender and become all girly and fluffy and weak and feeble—that's not what being feminine is. There's something very strong and extraordinary about us as women. In fact, I've just written a book called *The Potency of the Feminine in Business*. I love that word, *potency*—it's very magical, you know; it's got something really dynamic and juicy about it. I don't like the word *power*—I find that very aggressive, because power tends to be “power over” and “control over,” whereas *potency* has that juicy, mystical quality that has a great depth and charge to it. That's what I call it now, is *potency*.

Dr. Dee Adio-Moses: That's a wonderful word.

Susie Heath: It is, isn't it? It's lovely. It's a beautiful word.

I had a chat with a business colleague the other day, and he wanted to know how come I was a relationship coach when I was also a business coach. He thought it was rather incongruous. I told him that a lot of the businesspeople who were coming to me about business weren't able to function properly, usually because of their relationship issues. It tends to be the first thing I look at when people are struggling at work—how are their relationships going?

I'm staggered by the number of women who walk out on their marriages—or maybe I just attract the men to whom it has happened. Maybe they all come to me because I can help sort out how they need to move on in their lives. But it's very, very fascinating, the number of men who are left holding the baby or holding the teenagers. The number of women who won't let their ex-husbands see the children, which I think is a devastating thing to do—I'm seeing the male side here. So many of the men are devastated at not being given permission to see their children. And it's not that they're bad men—I know I haven't lived with them—but they're not intrinsically bad men. They might have been men who made slightly wrong choices, but I find it really scary when women are preventing their former husbands from seeing the children. Children need the role model of a father in their lives, and I would ask women to look into their hearts very deeply as to whether it's right for the children to not let them see their father, depriving the man and depriving the children. I find it really very sad.

Dr. Dee Adio-Moses: We had Rosalind here last Thursday, and she spoke about that at great length and gave us some tools. I will ask all the women on the call and all the people who signed up—if you have children, you need to listen to that. There's so many mistakes we as mothers make. We keep fighting the man by using the children as pawns, which is not right at all.

Susie Heath: Some years ago, when I had my two boys at home, I used to come down in the morning and find 15 bodies of young men in sleeping bags all over the floor. My youngest son used to bring home all these lost boys to be looked after by me, which was very sweet. They were kids of broken homes, and children who'd been really struggling. I started a workshop, which I ran for a number of times, actually, called "Everything You Ever Wanted to Know About Life But Weren't Taught at School." I taught these for teenagers from 15 to 22, and I remember very vividly these big guys, enormous hefty guys with tattoos all down their arms and piercings in places you wouldn't want to know about, sobbing that they hadn't been taught a lot of the stuff that we're talking about now—how to create a relationship, how to communicate with other people, how to love, how to touch somebody, how to express yourself, how to use language, how to understand energy, how to create a life that you really want rather than falling down into the ways that a lot of people do.

We've got an enormous number of soap operas—which I'm sure you probably have, too—on television here. So many people sit and watch these things religiously, night after night, so that they feel they almost belong to these rather miserable lives that they're watching. What they don't realize is they're actually taking it into their bodies and literally embodying some of this grief and despair and thinking that that's normality. It's not normality, it's a soap opera. My daughter-in-law, in fact, was working as a props buyer in one of these—it's called *EastEnders*, which is one of our most popular soap operas. I said, "I don't know how you can work with such miserable people," and she said, "Oh, Susie, they're gorgeous! You should see them afterward. They're nothing like their characters. They're fun and loving and joyful, and such enormous fun to be with." But we see them on the television and we take that for granted, as if that's how life is.

Dr. Dee Adio-Moses: They're just acting.

Susie Heath: They're just acting, yet we're being programmed all the time by what we're watching, by what we're listening to, by the news, by the newspapers. We get programmed at such a subtle, unconscious level. We get all this misery going on around our bodies all the time, and we don't realize the harm and the damage it's doing to us. There's also this feeling of guilt and fear and "What if I don't find another partner? What if I haven't got enough money? What did I do wrong? What was wrong with me, that I wasn't loved enough?"

It's time to let go of all that, because when we tell our story over and over again, we become like the soap opera. When we keep telling other people about our dramas, everything that went wrong and how awful he was and all the bad things he did—and I know, because I used to do this—we take it into our body-mind system. It becomes embedded in our selves, deep down in our selves, and we don't realize how vital it is to learn to let go of all this. With your permission, I'm going to do an exercise in a moment, or just talk about a couple of things, ways we can learn to let go of some of the baggage.

OK. This first exercise I want to talk about is how we're going to get rid of the baggage that we're carrying around. If we're full up, we just can't take in any other useful ideas for our lives. We can't receive, we can't

give; we're just really filled up with all this stuff. As I said, we tend to tell all this stuff to anybody around who's listening. Our memory gets distorted. We tend to be a little bit drama queen anyway; we tend to embroider it a little bit more for effect. I know we've all done it, even though we say no, I wouldn't do it like that. Often we'll be part way through our story to someone and they'll go, "Oh yes, that happened to me too," and off they go on their story, and it becomes a little bit of a competition as to who's had the worst time. It just keeps promulgating the problem. It keeps going on and on and on. What happens is, this story gets re-recorded into the unconscious mind, but it gets re-recorded through the new memory, so this is how the old memories get so distorted.

You know when you go and see something and you talk about it with somebody—if you go and see a film, they say, "I don't remember that bit. Were we even in the same movie?" We've trained ourselves; we have this thing called a reticular activating system that allows us to see only what we want to focus on, what's uppermost in our mind. So if we're feeling or looking for all the reasons to blame our partner for the things he did wrong, that's all we will see. We will forget about the lovely bits that we had, the beautiful bits, the loving bits, the sexy bits, the friendly bits and the funny bits. We just focus on the blame, so that's all we see. Negative emotions mean we're holding on to fearful beliefs that don't serve us. And they hold back that authentic essence and energy we've got.

What I'm going to ask you to do—not now, because we don't have time—but at some stage, if you haven't got rid of this emotional baggage, is to find a friend who is prepared to just be there for you. Who won't interrupt and who will be the sounding board for you to let it rip and rant at. I talk about this in my book, and it's such a wonderful exercise. You just open your mouth and *blech*—out comes all the yuck. "He did this, and it wasn't fair, and I was so hurt, and it was so awful and it was so painful, and how could he do that." Just really let rip all the stuff that nobody's actually allowed you to say before. Because when we can really let it go, and feel that we're being listened to—not answered, not this sort of, "Oh you poor thing, how dreadful that must have been," but "OK, tell me more. What else? What else made you sad? What else hurt? What else makes you frustrated? What else do you want to kill him for? What else really upset you? What else was so awful you hardly dare admit it?" Really get it out—it's like detox, if you like, a verbal detox of everything. What were you ashamed of? What do you dare not say? This time, you can.

At the end of this, when there's nothing left and you've said everything, go for a walk. Go out in nature, or have a big beautiful bubble bath with candles and oils in the bath and pamper yourself. This is like major surgery, really getting it out.

I do this with my clients, and quite often I take them out somewhere. We've got the ruins of a beautiful little castle near here—literally five minutes' walk from my apartment, so I go there and they yell at the wall. Or we go down into the forest and we find a beautiful tree that just lovingly absorbs all this angst so that they can really get it out and be heard for once and for all. That's such a good thing, to be actually heard. Once you've been heard, you don't need to do it again. This is a once-off. Once it's out, it's out. There's nothing left unsaid.

Now the other exercise I would ask you to do is to write a letter to your ex-husband. Write a letter. Sit down, glass of water, plenty of fresh air, and sit and write a letter. In it, you're allowed to say all the things that you want to say. You can be rude, you can use naughty words, you can swear violently—just pour it out: "I hate you because you did this, that was dreadful, how could you do that." When you finish that one side, turn the paper upside down and write the other way up, so you're writing upside down over the words you've just written. When you get to the bottom of that page, turn it sideways and write sideways over the

paper. And then diagonally, until the whole page is completely covered. Again, you're completely emptying out. When you finish doing that and there's nothing left—just ask yourself, what else am I angry about? What else am I hurt about? What else makes me sad? What else makes me angry? What else have I not dared say to him? You scribble all over it until there's absolutely nothing left.

You have a choice then. You can either tear it up into tiny little bits and flush it down the loo—do you call the loo a loo? We call the toilet a loo; what do you call it? Flush it so it's gone, completely gone. Or another lovely thing that I like to do with my clients is actually make a ceremony out of it. Get an old shoebox or a little box; put this scribbled letter—you're never going to send it—put it into the shoebox, put in any bits of other things that you need to get rid of. I'm not talking about the wedding photographs, if you've got children, because I don't think that's fair to get rid of those. But some of the memories and mementoes you've got that really don't serve you. Put them in the box; put some flowers on top; write “rest in peace” on the top, and give it a funeral fit for a queen. Set fire to the box—safely, somewhere—in the garden or in a fireplace. Just allow it to transform. Fire is so cleansing and so transformative.

You may find there are lots of tears as you're actually letting go, because letting go when you've been holding onto this pain and hurt for so long is really quite challenging. But just let it go. Just allow your life to be without the heaviness of all that. How does that feel?

Dr. Dee Adio-Moses: Oh, I'm sure the ladies on the call already feel they have some solutions. Thank you; that is so wonderful. One of the things you mentioned the day we were talking was, you asked some questions: What would you do if you knew that you were far more powerful than you ever imagined? Where is the love? How would your life be if you learned to love yourself?

Susie Heath: I'm going to do another little exercise in a moment. Our energy gets very scattered when we've been dealing with all this sadness and trauma and we feel we've lost the love. I'm going to ask you actually now just to shut your eyes, if you will. Everybody on the line or wherever you are, can you just shut your eyes for a little moment? We're going to call back all the energy that we've leaked out into our marriages, our relationships, into our sadness, into our despair. All the love that we've scattered but felt we weren't nurtured with. If you'd just take a deep breath, and as you let it go just allow your body to sink into the chair or the bed or the sofa where you're sitting. Just with each breath, allow yourself to relax even more.

I want you to imagine now that your energy is expanding out into the universe, and you're going to be like treasure seekers, discovering all those places where you gave away your energy or you lost it, collecting all the parts of you that have been scattered, all the energy that got lost through hatred and blame, through justification, through judgment and self-judgment. Reach out now and call it back to you. That's right.

Now collect the energy that went into the hurt, the pain and the misery. Keep going out further and further to collect all the energy that you expended. The energy you lost through bitterness and regret, through guilt and shame, through sadness and despair. Now expand even more, and collect the energy you lost through telling your story, while you shared it with solicitors and lawyers, teachers and friends, outside authorities, the courts, the schools, your family. I want you to collect all those lost parts of you that you've abandoned out there. All that love that you perhaps gave away. All the bits that got lost. It's wonderful to give your love, but maybe there were parts that got lost.

I want you to hold out your arms and call it back. Ask it to come back home now. Gather it all together and reclaim all that lost energy now. Pull it gently back into your open arms. Start to come back into the present now; gently pull that energy back into your body, that's it. With your left hand, put some of it back into your heart, placing that hand on your heart. And with your right hand, pull it back into your belly, just underneath your belly, putting your right hand there. Take a deep breath, and let it go. Very gently now, just coming back into the room.

Women store every negative event emotionally. We store anxiety in our ribs, in our heart, in our chest. We store all these other miserable, painful events in our lower organs, particularly in our sexual organs, interestingly. Our broken heart is literal in a woman; there's a part of the heart that actually physically dies when we have what we call a broken heart. So yes, how would your life be if you learned to love yourself? It's a very difficult thing—we hear this so often, about learning to love yourself, and yet we're so critical of ourselves.

What I want to do is help to bring you back into your body. I work a lot with the body. As you know, I'm a Biodanza teacher—it's a dance system, there are quite a lot of teachers in America and around the world who teach this system. It's almost like personal development for the heart, personal development through dance. It's fitness for the emotions, if you like. I work a lot with the body—I adapt a lot of things from Biodanza with my coaching practice, my hypnotherapy, and all the other things I do. I use our physiology—the way we walk, the way we stand, the way we breathe and the way we move—because the way we move affects our emotions, and our emotions affect the way we move. So it makes sense to change all that for the better.

We can learn to love ourselves—a beautiful exercise that I do with my clients is one of literally loving our bodies. Touching the different parts of our body as we're in the bath, for example, and maybe putting on a bit of music and touching each part of our body. In fact, I'm going to ask you to do it a little bit now. Just put your hands on your face and touch it with delicacy, really loving that beautiful face of yours. Just holding it and caressing it. Caressing your face very gently and very softly with your hands. Instead of doing the usual thing we do of criticizing, just loving that beautiful soft skin with our loving hands. With a lot of gratitude for your eyes that see, and your mouth that smiles.

Move your hands down and across your chest, starting to really appreciate these other parts of our bodies, particularly our breasts. As women, we've been taught to criticize our bodies so much. We criticize that beautiful, loving part of ourselves. Our breasts are our nurturing part, the part we give with, the part we love, the part we raise our children with. We've got to learn to love that part again. When we learn to love our bodies—love ourselves physically, just by touching, just by being grateful—everything changes. It's so easy to say yes, but I'm not clever enough, I'm not thin enough, I'm not young enough, I'm not white enough, I'm not black enough, I'm not whatever enough. We do it all the time.

But when we do it all with a sense of gratitude, you'll be amazed. Just run your hands very gently down over your belly, giving gratitude for that part of our body that has given us such pleasure. It may be the place that we birthed our children from, the part that we've made love with. The part that we use to bring out our creativity—our sexual area is our creative area. When we tamp down our sexuality, we tamp down our creativity, too. Just thanking that part of the body, just learning to love it through gratitude. And our legs and our thighs, and even our bottoms, our butts. Just give thanks for it.

Can you feel that difference? It's not a mental thing; it's actually a physical thing, when we're connecting with the cells in our body with gratitude for the life that we have. Gratitude that our body is able to work the way it does; it does so many things. From that, you'll be amazed how we learn to respect ourselves, how we learn to appreciate ourselves again. And how we can learn to look at other people with gratitude and with more tenderness and appreciation.

I think what's happened in the last number of years is that there's this awfully competitive element about how we should look as women, the size of our bodies and the size of our breasts, our faces and how we mustn't have a wrinkle. It's got so distorted, and in fact I find it very masculine—I've been looking on the web at some of pictures of what's going on in Hollywood, where everybody's working so hard at making their bodies so perfect. It's a very male energy; we've lost that feminine energy. Shoving our breasts in a wired bra and wearing a thong isn't feminine, oddly enough. It's actually a very male way. It's very aggressive; it's very outward. It's pushing; it's an outward energy. The feminine energy is very receptive. It's inward, it's soft, it's gentle, it's potent. Again, I use that word potency—there's something very strong there. It's not about being weak. It's about strength.

When we start to love our bodies, we stop doing all these awful, competitive things. Very interestingly, I've taken a number of clients to singles clubs to help them learn how to approach men. We've done some training, and then I've taken them out in the field, as it were, so they can experiment and play. You see women—beautiful women, beautifully dressed, amazing figures—being very aggressive. The men are not drawn to them. They're actually quite repelled by them. The softer, gentle, more feminine women, who actually aren't out there being aggressive and competitive, are the ones they're drawn to. They're drawn to them like moths, because I think that's what men are wanting from us, a softer, more loving, tender person. But we teach people how to treat us, and unless we learn how to love ourselves first, we're teaching people to not respect and honor us.

Dr. Dee Adio-Moses: Is this what you refer to as the divine feminine essence?

Susie Heath: It really is. When we connect at that level, we connect very, very deep inside. To me, there's an energy that connects with something that's much more powerful outside ourselves. When we connect to the Earth, there's an incredible strength that comes from the Earth when we can get out into nature. I walk around without shoes as much as I possibly can, unless I'm in a business suit. So I have this odd dichotomy: I'm dressed up to the nines in my business clothes, and then when I'm at home I take my shoes off. As often as I possibly can, I have my feet on the bare earth—not so easy over here, because the weather's not so good. Really connecting with that divine energy—that energy is flowing through everything in nature. It flows through the Earth and up into our bodies. We can breathe it up, really breathe it up into our bodies, all the way into the core of our body, right up and out the top of our heads. Just breathing it in all the time we're out in nature.

That divine connection is incredibly powerful when we have the chance to listen. We're bombarded with so much these days. When we go to a shopping mall, we're bombarded with sights and colors and noises and sounds and advertising, and our system gets overloaded. For women, when we get overloaded we can get really quite unwell.

We're also very psychic. Women have this tendency; we've always been like this. We're very psychic—we pick up energy from other people. You know, when you walk into a room and you know exactly when somebody's had a row. You can feel that thickness of the energy. Sometimes you walk somewhere and you come out with a headache that may not even belong to you. We've picked it all up from other people. We can cleanse all that energy and just send it back and reconnect in a quiet time. As women, we need to find some quiet time so we can reconnect with that still, small voice in ourselves.

We've learned to use our heads so much that we've had this disconnect from our bodies. I'm urging everybody on the line here to step into their body more. It makes a difference. If you're not sure about something, you can ask your body. Your body's like the cat's whiskers—it's able to sense everything around it. It can tell you whether something is good or bad for you. And what you can do, a lovely way of trying this out, is if you stand and put your feet together—I do this when I'm shopping. I will walk around the supermarket and ask my body what it wants to eat in order to nourish it. My head or my personality or my ego might really fancy having a chocolate cake, or something that's not particularly good for me. So my head is going, ooh, I really like that. But I stand in front of the food, with my feet together, and I ask my body, do you want this? If your body goes forward, it's your energy going yes! thank you! That would nourish me right now. If your body sways back a little bit, your body is saying no, that's not going to nurture and nourish me right now.

It's wonderful—it makes life interesting if you're making a shopping list. But you can go and stand in front of vitamins in a vitamin store and go, OK, body, which ones do I need? Do I need those, or those? It saves that guessing, because your body knows. It has such incredible wisdom. This is knowledge that has been handed down—it's in our DNA. It's been handed down from generations of wise women, the sages of old. Our body knows. And you can use it—will this piece of music be good for me? Will this book be good if I read it? It will save you a fortune in buying the wrong books. I actually hold books to my stomach and say, body, do you want me to buy this? Will this nurture me? Will this nourish me? Will this give me something extra in my life? Your body will move backwards if it's not what it wants. It's like your life force, your divine essence there, is responding. It's saying yes, this is what I want right now, or no, this is not what I want.

Dr. Dee Adio-Moses: And that is really what kinesiology is all about.

Susie Heath: It is, absolutely. But to me it's more than just muscle testing. It's actually checking with the wisdom of your body. It's the wisdom of your body that's requesting that you listen. The more we can do that, the more we connect with that life force that actually teaches us how to work, how to live, how to love. You can do it with—body, do you want to spend time with this man? Is this man going to be good for you?

Dr. Dee Adio-Moses: That is so interesting, and I'm sure a lot of women need to know that. Spending time with friends and asking them, when those friends don't even know where they are going. You can ask your own body and get your own answer, just really tapping into that divine feminine essence.

We're really short on time now, but I'm sure we'll be able to take a couple of questions if there are any questions. We also have the option that you can email us at info@betterthanneverafterdivorce.com, and we will get those questions answered for you and send it to you. We're going to have our membership site open also, and you'll be able to interact and ask your questions there later as the telesummit goes on.

While we're doing that, I can just tell you about the programs that Susie has as a special package that she has put together. If you're going through a divorce or you're on the mend, this program is for you. It is a wonderful program that you will be able to access. She really has done a lot of work for you to be able to work with this program, and it's tailored to your specific needs. It's www.essenceofwomanhood.com/better-after-divorce. We will also send that to you through email.

Susie Heath: Yes, and I've got a special offer on that one, Dee. It's normally \$297, but I'm doing it as a special offer for \$197 through the whole of this telesummit. The first 10 people to sign up will have a very special bonus of 40 minutes one-to-one with me on the phone or Skype. That's normally actually valued at \$297 for that call. So the first 10 people to sign up for that will have some time with me.

Interestingly, I talk about bonuses on that page. I don't know if it's happened to you, but very frequently when I go and look at courses that people offer, I think oh, I'd like that, and then I look at the bonuses and there are about 120 bonuses. That really puts me off. As a woman, I want time. I want rest; I want relaxation. I want some time out. So my bonuses are just little things that I put in with the package that will nurture you and make you feel even more wonderful, rather than more stuff that makes you still feel that you're not good enough.

That's the other thing—if somebody's giving a package away and they give 500 items from other people, it makes you think maybe that product wasn't very good in the first place if they feel they have to have all these other bonuses on top. It feels like we're having our time robbed from us. The things women need more than anything are sleep, relaxation, time out for themselves so they can connect with what we call with the divine essence, their authentic essence. We don't need more stuff to put in our head. It's too much. We're overwhelmed, we're overstressed, we're overloaded.

What happens, again, we go into our masculine mode. We go into this yang energy, this strong, powerful, yang energy. And it's too much. We get adrenal fatigue. Our adrenal glands just get worn out, and we get so exhausted. We're having a lot more incidence now of illnesses, immune deficiency illnesses. My understanding—and I spend a lot of time talking to different doctors and specialists about this—is it's because we spend too much time in our yang energy, our male energy. We do have to have male energy, otherwise we'd never get things done. We'd never get projects done, we'd never get our books written, we'd never get phone calls made, we'd never get our websites done. We have to use yang energy from time to time, but not live there. Our yang energy is actually our emergency energy; it's not the energy we're supposed to live from. We should be living 70 percent from our yin energy, our feminine energy, and only about 30 percent from our masculine energy. We need to learn how to come back to this authentic, feminine essence. As I said, it's not weakened and pathetic, that energy; it's beautiful and juicy and potent and exciting.

The other thing you'll find on my website, on www.essenceofwomanhood.com, in the top right-hand corner I'm giving away a new little book I've written called *Little Gems*. It's all the little jewels taken from my main book, *The Essence of Womanhood*. You can download that now for free, and also an audio relaxation. Also on the page, "Free Stuff," you can download an excerpt from *The Potency of the Feminine in Business*. So there's loads of free stuff there for you to download and enjoy.

Dr. Dee Adio-Moses: Susie, we can listen to you all day, all night. It has just been so wonderful. But we're really out of time now. This has been much more than what people expected. I really apologize to all the people raising up their hands that we couldn't take your calls. Send us an email and Susie will answer all the questions. We'll also arrange for you to meet with her on the members page later on—not today, but we'll let you know when. And all those wonderful gifts that Susie talked about, if you don't have it written down, we will be sending you that information.

Thank you so much, Susie. We're really grateful to have your wonderful, awesome, warmth and love for mankind and for women especially, and that you're here and all that you have taught us. You have given us a lot to work on, and we will work on it. Thank you so much.

Susie Heath: You're so welcome. Thank you so much too, for giving me this opportunity to share some of this work that I'm so passionate about. It really matters. This is my legacy.

Dr. Dee Adio-Moses: And it's a beautiful one. Thank you. And bye-bye, everyone. Good night.

RECLAIM THE 'REAL' YOU! HOW TO LET GO OF STRESS, RECONNECT WITH YOUR AUTHENTIC FEMININE POWER, AND RELAX INTO THE JUICE & TRUTH OF WHO YOU ARE AS A WOMAN

By Lisa Page



Lisa Page

International Speaker and Women's Coach

Lisa Page from Australia is an Expert Women's Coach and International Speaker, who guides women to create the success they want without sacrificing the juice and truth of who they are, as an authentically empowered, sensually alive, and deeply fulfilled woman.

With her deep insight and practical approach, Lisa has coached women from all walks of life for over 10 years — from highly successful business women to refugees and stay-at-home mums to entrepreneurs. And through her workshops, coaching programs, and products she has helped them to finally let go of whatever has been holding them back from having the depth of connection, passion, love, and fulfillment they really want in their life and intimacy.

LISA'S TOPIC

Reclaim the 'Real' You! How to Let Go of Stress, Reconnect with Your Authentic Feminine Power, and Relax into the Juice & Truth of Who You Are as a Woman

In this class you'll discover:

Essential information you must know about how women are “wired” for stress, including cutting-edge scientific discoveries about stress and your feminine body, brain and hormones, and what really causes stress, overwhelm and exhaustion in women (because it's NOT what you think!) ...And how YOU can avoid it!

The dynamic of masculine and feminine energy, and how it profoundly affects your success, your stress levels, your relationships and your personal fulfillment.

How to reawaken your authentic feminine power to reconnect with the love in your heart, the aliveness of your body, the strength in your soul, and the ‘real’ meaning of self esteem.

How to break free of self-sabotage and open fully to ‘receive’ in your life – so you can enjoy the financial abundance you desire, the support you need, and the deep love your feminine heart yearns for... (and even a good man, when you decide the time is right!)

The power of pleasure, and why it's so important to your health and well-being, your full recovery from divorce, your success in life, and your ability to move forward as an authentically empowered, sensually alive and deeply fulfilled woman.

This is not just about ‘stress management’. This is about relaxing into the juice and truth of who you are as a woman... so you can move powerfully forward, free from the past, empowered about the future, and totally loving the now!

NOW TO THE INTERVIEW

I've been coaching women for 5 to 10 years now, and I absolutely love it. It's without a doubt my passion. I think where I'm at now is a culmination of not only all of my professional study and experience and my experiences with the women I've coached, one-on-one or through workshops or online programs, but also of my own experience. Each time we learn something within ourselves, we integrate that in everything we do. Undoubtedly everything that I experienced in my own marriage and in my own current relationship is all intertwined.

Who am I as a woman? Well, I'm a mom. I have a 10-year-old son and a beautiful man with whom I've been in a committed relationship for over four years now. But my experience of relationships wasn't always easy, that's for sure. I've experienced the pain of separation in marriage to my husband of 12 years at the time, and then losing him—after we separated, he passed away. So experiencing that and weaving that into my son's life, which has caused massive change. Today, while we're talking about divorce and divorcing and

separation—really, what underlies that is change. It's massive change when you're going through a divorce, just as death is a massive change. Throughout my life I've also experienced the frustration of earning great money but getting totally burnt out. I mean, I was an A student and intended to carry that on throughout my life. That's part of the reason I got into yoga—through necessity. I was recurring burnout chick. So yoga for me has been incredibly insightful and beneficial. And then I've experienced the opposite, of feeling deeply fulfilled and living in a spiritual community and only focusing on my sense of fulfillment and contribution and having no money whatsoever. You know? So I've experienced being in great relationships and being in incredibly challenging relationships. I've practiced sexuality; I've practiced celibacy.

I guess now I'm in a place where I have an amazing business where I get to work with women every day who I'm in awe of, really. I can't believe I get to work with such amazing women from all walks of life. And I get to do what I love without the stress and the burnout; that's a thing of the past. I'm in a long-term committed relationship with a man with whom I get to share the sacredness of life through intimacy, through sexuality. The passion and connection of love that we have is not only totally alive, but it grows deeper every day. That touches everyone, I think. It touches my son very deeply, for us as a family, and my extended family and obviously impacts my work as well. So that's kind of where I'm at, at the moment.

Divorce has its own flavors and its own dramas and intricacies, as does the passing of a loved one have its own intricacies and dramas. But essentially what we're coping with is massive change. There are so many different factors in our lives that create massive change, and let's face it, everything is always changing. We can never control what is changing. The only thing that is unchanging is that which we really are at our core. The truth of who we are is unchanging, but everything else is always changing. So my intention for today is to talk about how women are wired for stress. I feel that when we have an understanding of our feminine body and our feminine mind and our brain and our hormones, it makes a big difference in how we begin to actually appreciate ourselves and begin to actually—if we want to make internal change, how we can create that change. The thing is that oftentimes what's really causing us stress is not what we think. The same with being overwhelmed and exhausted, because they're symptoms of stress, really. So I want to talk about that, and I will also talk about the dynamic of masculine and feminine energy and how that profoundly affects your success as a woman, your stress levels, your relationships, your personal fulfillment. And also we're going to be talking about how to open to receive more in your life. If you can get a feel for it already, as we let go of tension there's an opening that happens. And in order to receive in our life, we need to be able to relax into that opening. Often we think that life isn't giving us what we want, but there are probably places that you and I and everyone are blocking receiving what we really want on the deepest level—we're blocking it unconsciously. That's where this idea of tension becomes a lot more subtle than just tension in the shoulders.

If you want more financial freedom, or to have more support, or to experience more love or joy or fulfillment or pleasure, being more receptive is key. So we're going to be talking about that, and of course one of my favorite topics, which is the power of pleasure. What I want to give you is not just understanding and information—if you go through, there will be these light-bulb moments, not just a light bulb in your head, but you might feel something in your body, like in your womb, that says, "Oh yes! Now I get it." You feel it. And also to give you practical ways that you can lead a life that is in alignment with the juice and truth of who you are as a woman.

Let's start exploring ways that stress or tension might be impacting you at the moment. Like I was saying, sometimes it can be really obvious and sometimes it can be quite subtle. On a more obvious note, stress affects how you feel, your sense of well-being. Part of that is it actually takes a whole lot of energy to carry stress. You know, if you've ever gone bush-walking and carried a heavy backpack—or even, you know, your handbag. I don't know about you, but my handbag has this habit of filling. And so what happens is, you're carrying this handbag—I'm kind of careful of spine alignment and all that—my handbag isn't on my shoulder, it's on my back, right? All of a sudden I notice my handbag's feeling a bit heavy, but actually I've not added anything to it for a while. But you get used to the heaviness of that handbag. And all of a sudden when you do a clear-out, you think, "Oh my god, it's so much lighter!"

Oftentimes in retrospect is when we actually see how much tension we were carrying, how much stress we were carrying. And that takes a lot of energy. We wonder why we're tired, but we may not associate it to the obvious or the more subtle layers of tension or stress that we may be carrying. You notice it if it's in your shoulders, or maybe muscle pain, headaches. It can affect your hormones, your menstrual cycle—and again, sometimes it's very obvious. "Oh, I've got a splitting headache," and you know that it's because you're a bit stressed, or very stressed. But other times, your body can kind of become used to running at a homeostasis of a particular level of tension. It's like carrying that handbag; you just get used to it and that's why over long periods of time, it affects your well-being and it does mess with your hormones; not just your physical well-being, in terms of heart and all the organs of the body, but mental well-being and emotional well-being, because it's incredibly emotionally draining to carry stress all the time.

What it does is, it reduces your capacity to cope with something that on another day, when you're not feeling so stressed, wouldn't have really bothered you. I mean, have you ever been in a traffic jam one day and it didn't bother you at all, and then on another day or another period in your life the stress of being in a traffic jam just seems too much? It's not so much the external circumstance, it's really what's going on inside. The other thing is, obviously it affects your work. All these parts of your life, all these layers of your being are so intertwined. If your work is affected, that affects your home life. If your relationship is affected, that affects your work life. Just in terms of your brain, as a woman, you have right-left brain. When you're stressed, your right-left brain stops talking to each other. The right part of your brain is the intuitive, creating side—this is a very basic description—and the left side is the logical, calculating side. But when right-left brain is really talking to each other, if there is a problem you can so much more easily come up with a creative solution with a logical plan, if that makes sense. But when you're stressed, it's like—you know if you're running late for somewhere and you're really stressed, and you're about to walk out the door and you think, "Darn it! Where are my keys?" and you can't find your keys and your brain's not working to find your keys. But it's really because right-left brain have just cut the cord—they're not talking to each other, which is part of that survival mode.

I want to talk a little bit about fight or flight as well, how that affects your nervous system, and ways that you can bring yourself back to that ... ahh, OK. This is happening, yes. But you allow life to flow through you rather than being tossed around by it. It's kind of like, you know sea grass, on the bottom of the ocean? It's really firmly rooted in the ocean, and even with all the currents it just kind of flows back and forth. But if it's unhinged, it would just float around and be tossed around whichever way the ocean was carrying it. Life is the ocean, really. If we can be really grounded in the juice and truth of who we are, then life just kind of flows through us much more easily.

There are also more subtle ways that tension tends to manifest. We're talking more specifically for women here, but if you think about it, when you're really stressed, that's when you tend to react rather than respond. Part of that is when you are stressed you revert to old emotional patterns—old patterns in your nervous system. Let's say you have a habit of trying to do too much. You've got an hour, and you put 20 things on your shopping list. Well, realistically you're only going to get to five of them. If you've done a lot of personal work and you've gotten to the point where you no longer do that, what happens is, in moments of stress something happens and you're more likely to revert to those old habits, those old ways of doing things. That's particularly relevant to relationships. When you're stressed in a relationship—you know, for all the mothers on the call, you hear yourself saying something to your child and you think, "Oh my god, that's what my mother used to say to me and I swore I'd never say it!" But it's part of what's ingrained in your nervous system. Even though throughout your life as an adult you've created new habits, when you're stressed it's very easy to revert to those old ways. So that's kind of a more subtle way that stress affects you.

The other thing with women is, if you look around you you'll notice that women have an innate capacity for endurance. We can keep going—obviously, we give birth, and you need endurance to give birth and to nurture this beautiful new baby despite the fact that you're incredibly sleep-deprived and all of those things. As women, we're used to not only multi-tasking, but also we have this capacity for endurance. Which is again the way that our nervous system, our brain is wired. Even our hormones play into that. And that's a wonderful thing, unless it's not. That mechanism for endurance, when we're not acting consciously, can keep us in that loop of the never-ending to-do list. I'm sure you've got one of those; most women do. In fact, there's a really good reason why most women have this never-ending to-do list. It's because as a woman, the way your brain is wired, you have what is called expanded awareness.

Have you ever heard the joke about how when she goes to bed it takes her half an hour; when he goes to bed, he goes straight to bed? Well, that's because when we walk through the lounge room, the kitchen, and past the laundry, we see the clothes that need to be put away, the dishes that need to be washed, the curtain rod that's been broken for a year. All of those things, as we walk through a room with this expanded awareness, add automatically to our to-do list. We have this "auto-add." And so that never-ending to-do list is very different to the masculine, because when he goes to bed the masculine is more about focus, and what we call focus vision, he doesn't see that stuff unless he's practiced to expand his awareness. For us, it actually takes practice to move from just the lounge room to the bedroom without paying too much credence to all those things that are in our peripheral vision. So as women, because we have this never-ending to-do list and we have a greater endurance mechanism, we can sometimes loop in this "I can keep going, keep going, keep going," until something falls away. We get a migraine, or something just gives out and we have to stop. I can't tell you how many women I've spoken with who, when they've gotten really ill, have said, "I realized when I got ill, it was because I needed to stop. Finally, I was listening to my body."

My partner always says "you get a feather, and then you get a brick". When are you going to pay attention? Are you going to wait for the brick, or can you hear the whispers of your body? The whispers of your heart, the whispers of your intuition, when she says, "You know what? I might just lie out on the lawn for 10 minutes before I go out." It's a very different feeling.

As women as well, one of the more subtle ways that we hold tension, or one of the subtle symptoms of it, is if someone tries to support us, we go, "No no no, I'm fine!"

I don't know if you've ever heard yourself saying that, but if someone else can see—"Hey listen, you need some support. Can I look after the kids for you for a couple of hours?"

"No no, I'm fine!" That's when we're stuck in that loop.

So if you find yourself saying "I'm fine," and then later thinking, "Why did I say I was fine? I'm really not fine," then you know you're just in that loop, and it's a really good step to that awareness. Even if you're aware afterward, pretty soon you can bring that awareness.

Then the next time someone says to you, "Hey listen, I thought I might take the kids to the park for a couple of hours," you'll say, "Yeah! That'd be great! Thank you!" And that's receiving.

So I guess the next thing is really deepening that understanding of how sometimes women create more tension than is necessary for ourselves. Obviously, we're dealing with life; we're dealing with divorce or whatever the major life change is. There are obvious things, like more movement helps. Deeper and more sleep helps. I'm avoiding high sugars and caffeine and getting more minerals and more water, sort of avoiding extremes of everything. All those things help to balance the body, the nervous system, and that does impact on how you feel and your capacity to cope.

One of the other things that is really pivotal, that often women tend not to look at—but a lot of the work that I do with women is this, and I feel it's crucial—is emotional tension. An unexpressed emotion. So often we experience in our day-to-day life something that causes us to feel something. It might be pain or anger or insecurity or vulnerability or fear—whatever it is. But as women, especially in today's society, and especially because most of us are working in masculine environments—I'm going to talk more about masculine and feminine later—what tends to happen is, we suppress a whole lot of what we feel. I notice in myself, when I was experiencing separation and trying to work out how do you deal with the kids—you're going through all this stuff, but you want to make sure that you're not dumping it on the kids—how do you move what you're feeling through your body so you're not suppressing it and still respond to life?

The bottom line is this: The degree to which you can feel the pain in your life is in direct proportion to the degree to which you can feel the bliss, the ecstasy, the pleasure, the joy of your life. That can be a bit of a hard pill to swallow. We want to be able to feel the joy, but we often times don't want to go near the pain. But learning to move how you feel through your body is really, really important. Otherwise, let me ask you, Dee—has there ever been an occasion where your husband has done something or not done something—let's say he didn't take out the bins, and he promised to take out the bins, right? You feel yourself going off the deep end about the bins, but there's a part of you that knows it's got nothing to do with the bins. Does that make sense?

Dee Adio-Moses: Oh, yes. Especially in my first marriage, I used to feel that a lot. I didn't want to complain, and I knew I was unhappy, and I had all these "what is expected of me" kind of things. I had a lot of rage inside, and every little thing, it wouldn't be what was really making me angry, which was the marriage. Feeling trapped. But I would just go for the excuse. So I really understand what you're saying.

Lisa Page: Yeah. So here's the thing with women. Most of women's anger actually comes from unexpressed pain. If your man does something that hurts you—and it could be something subtle, or it could be something

overt—you don't express it. Very quickly, within minutes, really, it turns into anger. And if you don't express it, it turns into that bitching, nagging ... you know. It moves. It moves into anger very, very quickly. For me, one of the things that I work on with women is first of all, being fully aware of how you're feeling. For a lot of women, that's a whole new ball game. They've suppressed it for so long, and all of it is necessary. If you didn't suppress it, what would have happened? So now, in this moment, how are things different? It's practicing awareness of how you're feeling, for feeling how you're feeling, for expression of how you're feeling, and then letting it go. I give my women practices to do that, so all the buildup of past stuff, you can move through your body and then you're free to respond in the moment.

And that means for example, women who are going through a divorce, wouldn't it be an amazing thing to be able to respond to your ex, whether he's completely collaborative and cooperative or he's totally the opposite? Wouldn't it be amazing to be able to respond to that rather than react? Part of being able to do that is freeing your emotional space by really moving all of that old stuff through your body so you can be fully present, to be aware, to feel it, to express it, and to let it go. And then it's done, and you never have to look at it again.

The other thing for women is boundaries. Again, this is an even more subtle level. Oftentimes we think it's the environment that's creating stress for us, but actually a lot of times the tension or the stress is coming from the fact that we're doing or saying something that is not actually in alignment with our truth. We're saying yes when we actually mean no. We're saying no when we actually mean yes. And part of the growth to be not only in a healthy relationship, but in a healthy relationship with yourself, is—first, we kind of do things, either consciously or unconsciously, to get what we want. For women, it's normally love. The underlying yearning of the feminine is love. We'll talk more about that in a minute. A lot of times we do things to get love, or to get a form of love. Attention, approval, whatever it is. Sometimes we do it consciously, and sometimes we do it unconsciously. An example of an unconscious way of doing it is you don't realize it, but when you do something for someone and then they don't do it back, you feel kind of pissed. Well actually, it's because you were wanting that something in return.

That's one stage, and when you move into this second stage, you don't try to get anything from anyone else because you know you're responsible to take care of yourself. You know you're responsible for your own well-being, to create and sustain your own boundaries, and then—for women in relationships, that's where they shift from attracting either needy men or men who are manipulative to attracting men who are fair and equal—when you have your boundaries really clear, you know that you're responsible for you, he's responsible for him, and there's an even exchange. You have to move through that self-growth in order to be able to give unconditionally, to love unconditionally, and to receive love unconditionally. It's essential, because otherwise you think you're giving unconditionally but actually you want something in return. When you know that you are responsible for you, then you can give unconditionally.

An example that I always give my ladies is—and again this is an example from being in a relationship, but it's really an example from life. If your man came home cranky, and normally you would say, "Well, you're responsible for you, and I'm responsible for me, so you go get yourself sorted. When you're ready to be polite, then I'll speak with you." You know that you can't sustain that anyway, right? Then, in that moment, you choose instead to feel into his deepest heart and go oh, he's really stressed and burdened by something, because that's the masculine thing, burdened. And then, I don't know—shoulder massage, cup of tea, whatever it is that you give unconditionally, and all of a sudden he's free. You kind of can't give that unconditionally to anyone, not even yourself, unless you're clear on your boundaries.

Knowing that physical tension affects emotional tension, which affects mental tension—they're all intertwined. How you feel affects how you hold your body, your nervous system. If you notice, depressed people tend to slump forward. Well, that actually activates a part of your nervous system that makes you more sleepy. Just realigning your spine allows your nervous system to be relaxed and alert.

This is where we move into hormones. I just want to explain a little bit about hormones. A couple of essential hormones for women, that make a huge difference to your stress levels, your capacity to cope and your ability to experience what's happening in your life without being tossed about by it: The first hormone is cortisol. Your body creates cortisol to cope with an emergency. Cortisol is what, in that instant when there's a fire in the house, it gives you the strength, the physical strength and the wit, to grab someone from a burning house or to pull a child from a river. It's all part of the fight or flight response.

I'm sure everyone knows this, but the fight or flight response is the response that your body gives in a moment where you know you need to either fight or flee. Stress, tension, fear—all of that activates the fight or flight response. But the thing is this—your body is built so that cortisol is pumped into your system so you can physically exert energy to fight or run away. But we experience stress, especially in modern day, where we don't get to move and exert energy. If you're running late for the meeting, and the boss is going to be really angry, you might get fired, there's a traffic jam and you sit in your car—you've got all this cortisol pumping through your system but you can't run and you can't fight. What happens is, there's a buildup of this cortisol, this chemical in your body and it becomes toxic. If ever you're in a situation where you're really stressed and you were in your car, and you couldn't move, when you get out of the car just move your body a bit. Jump up and down, wiggle and jiggle, whatever you need. Help it to move through your body. As a woman, when you're constantly producing cortisol, your adrenal glands get exhausted. Then your cortisol levels decrease and you've got nothing to fight the fire with anyway, and then you stop producing oxytocin—which is the next hormone, and it's going to be your best friend from now on. I've worked with so many women who experience adrenal exhaustion, and most of it is because of recurring stress. We all react to things differently, and how you react to one situation may be completely different to me. But that's because it's how my nervous system is wired. Every one of us, we have our own personal stress patterns. Each woman has a way that she creates stress in her life and ways that she deals with stress in her life. They're all patterns of stress, and it's how your nervous system is trained. This is about kind of rewiring your nervous system.

So, oxytocin, this is the most divine hormone in your body. I'm sure there are plenty of others, and people will argue with me, but it's the best hormone known to womankind. It's really easy to keep a steady stream of it in your system, and I'll tell you why it's so important. Oxytocin is a feel-good hormone, and when your body is flooded with oxytocin, you not only feel good, you feel connected to yourself and to whomever you're with. Oxytocin is the hormone that you produce when you have an orgasm. How good does it feel when you have an orgasm? When someone loves and supports you and nurtures you in some way? When you experience something incredibly pleasurable? It could be sexually pleasurable, or it could be just, I don't know, lying out on a warm sunny day on the beach and hearing the waves and smelling the salty air. It's just so pleasurable to you. A lot of times you'll notice when you feel pleasure in your body, as a woman, your nipples become erect. Well, that in itself is showing you oxytocin is in your system. When you breastfeed—oxytocin. If you've ever been in a room full of breastfeeding mothers, they've got kids, all the other toddlers running around, they're going crazy, and nothing is fazing them. They've got all this oxytocin running through their system and it expands your capacity to cope with anything and everything. It really reduces your stress levels.

This is how oxytocin works as a general rule. When you receive nurturing and pleasure, you build oxytocin. Someone loves you, gives you a shoulder rub, pleasures you in some way, offers to support you—of course, the trick is you actually have to receive this support—but when you're receiving nurturing and pleasure, you build oxytocin levels in your system. When you give nurturing and pleasure, you release oxytocin. Now you know why, on a physiological level, when you give give give, you're basically using up all the oxytocin. You're releasing it all. It gets all used up, and essentially you run out. So not only do you run out of that feel-good hormone, you also reduce your capacity to cope with stress when it comes up. This is why pleasure is so important for women. The way that we deal with coping with stress is different than a man. A man—we won't go into this too much, but basically a man uses up his testosterone all day, and to regenerate his testosterone in order to deal with stress, he needs to kind of sit in his man cave. And we've all experienced that. Or to sit in front of the TV with the remote clicking and ignoring everybody, as frustrating as it is. But if you get that a man uses his testosterone all day—and when I work with couples, the first part of the call for women is understanding that if you give him, or he takes, 20 minutes' space when he gets home from work, he's going to be much more present, much more able to cope with what's happening at home, because he's regenerated what he needs to cope with stress.

For women, you need to have your oxytocin levels nice and full in order to cope with stress. So, pleasure is the key to having good, healthy oxytocin levels. And I have to say, I've experimented with this through my own practice, because that's the other thing—everything that I'm saying today is everything that I live. Everything that I teach, I practice and integrate into my own life and my own relationships. When I first started studying oxytocin, I thought OK, well let's have a little practice with this. I did days where every hour on the hour I set an alarm, and I would have either an orgasm or an incredibly pleasurable experience. And I'm telling you, on those days not only did I feel fantastic—I felt incredibly connected with myself, with everything, with everyone—but also, my capacity to cope, and my clarity for my work were far greater than on the days when my oxytocin levels were really low. You can play with that—I highly recommend it.

So then, you have to look at what thoughts and feelings come up for you when you think about pleasure. For some women, you mention the word *pleasure*, and depending on how you've been raised, it might be, oh, not necessarily sinful. I don't know—we all have different beliefs and values around pleasure. It's good to explore your relationship to pleasure, and really to have a look at your life. Where would you rank pleasure on a scale of importance in your life currently? If you don't value it unconsciously—because it's your unconscious mind that tends to drive your behaviors—even if you say you really value pleasure but you don't actually give yourself pleasure, then clearly you don't on an unconscious level. So if I say to you pleasure is the key to your well-being—do you know that high oxytocin levels reduce breast cancer? It's huge. If I said to you it would help to maintain your health and your well-being, it would give you a more satisfying relationship with yourself or with an intimate partner, you'd be more successful at work, you'd feel more fulfilled—then would you kind of go oh, maybe I need to explore the pleasure thing a little bit more. And integrate it into your life. Really, the only way to really get to know and trust and believe in the benefits of pleasure is when you start to integrate it into your own life.

I mean me, for example, I've got up, I've done my yoga, I've done my pleasure practices, so that when I move into my working day I have the capacity to deal with whatever comes up. And you deserve it! So definitely explore your relationship to pleasure and your resistance or your openness to pleasure. One of the things you can do even right now is notice how you're breathing. If I talk to you about pleasure and I

say to you, so how do you feel about pleasure? Notice your breath. Are you still breathing fully, all the way down to your belly, or does your breathing contract at all? Is there any tension in your body? Do you notice anything in your body? Do you feel more open when you think about pleasure, or do you feel neutral or do you feel a bit closed? It's so worthwhile exploring your relationship to pleasure and where you may be blocking it. Because most of it is habitual.

It makes sense to look at pleasure, and then of course, receiving. Obviously you need that balance for your oxytocin levels, the balance of giving and receiving. I want to talk about receiving for women because this is so essential. But first, very quickly, a brief scenario on masculine and feminine. This plays an integral part in why receiving is so important for you as a woman. A lot of my work with women is around masculine and feminine, and basically—we all have masculine and feminine within us. It's a universal energy; it's not esoteric and woo-woo, it's a fact. Just like a magnet have a plus and a negative pole, same thing. Within you, you have masculine and feminine, and there are many layers to this. We're just going to look on a very basic level, in terms of what we're talking about here, with you as a woman, and relaxing into the juice and truth of who you are in this context. The masculine part of you is the part that's focused, directional, and purposeful. Even if you listen to my voice: "The masculine part of you is the part that focused and directional and purposeful." I mean, you can feel that, can't you? It's like, bang bang bang bang. It's much more intensive, really, and outcome-oriented. Whereas the feminine part of you is the part that is flowing and creative and is all that feeling and love and movement and life force.

As a woman, you know when you're in your masculine if you're in doing mode. If you're feeling good about just having got something done on your to-do list, or you're on task, you're speaking to the point; you're acting to achieve an outcome. You're focused, not flowing. You get the picture; that's when you're in your masculine. You're in your feminine when you're in the realm of creation and creativity and flowing. You're not in your head; you're in your body. And you're giving and receiving fully. An example is, if you put on some music and your body started to just move and sway to the music, there's no thought in that. It's just flowing and being moved by life, by the pulse of life through that music. That's when you're in your feminine. Whereas if you were learning a new dance step, you'd be in your masculine, right?

At the deepest level, the underlying yearning of the feminine, as I was saying before, is love. Whereas the underlying quest for the masculine is freedom. You'll see this in lots of ways: women stay in relationships far too long because of love. Men leave far too soon because of freedom. Men get freedom in lots of different, superficial ways, as do women try and create love in lots of superficial ways. But if you know at the core that the underlying yearning of the feminine is love, you can start to understand why you do and say and feel the things you do. In order to nourish your feminine, what you're doing is experiencing more pleasure, nurture, support—anything that allows you to flow more, create more, love more, give and receive more, feel more deeply—that's nourishing to the feminine. So let's now have a look at your own life and notice—where do you block receiving? Just as in physical sex, obviously, the feminine body is built to receive the masculine. In life, energetically, as a woman you're built to receive.

And yet I really think it's one of the hardest lessons for us to learn as women, is to receive. I remember a really dear friend of mine who was a giver giver giver, and she got breast cancer. And she said to me, "You know, Lisa, I'm overwhelmed with how people are so supportive of me, and I'm finding it really hard to receive. And yet I have a feeling that the lesson in my breasts is about receiving." Interestingly enough, your breasts are all to do with nurture, and nurture of the feminine.

Another very close family member of mine has pancreatic cancer, and she said to me, “Oh god, I’m still getting used to this receiving thing.” For you, why not begin to open to receive now? Don’t wait until you’re sick, until you have a migraine and someone’s got to do something for you. Open yourself to receive now. And notice—where might you be blocking receiving in your own life at the moment? Do you block compliments? If someone says, “Wow, you look gorgeous,” do you say, “Oh, so do you,” or “No I don’t”? Do you block receiving of compliments? Do you block receiving of support? If someone offers to look after the kids or to do something for you, or to give you a shoulder massage? Do you block money, the receiving of money?

One of the practices that I give my women, actually, you can try it now. One of the practices I give the women that I work with, to begin to open you to receive more fully and more deeply, is this: If you just sit still and breath really full, down your belly, down the front of your body to your belly and then out your spine, just circulate your breath ... breathing down the front of your body, all the way to your pelvis, and breathing up the spine ... and just let that flow naturally. Notice your face: how’s your jaw? Is there tension in your jaw? Just kind of move it around. And what about your lips? Are your lips pursed? Is there any tension? Just try really softening your lips. And when you really soften your lips, notice how they feel more plump, right? And behind your eyes, and then move your awareness down to your throat. Swallow gently and notice your throat. Is that tense, or can you swallow and release it and make it sort of softer? And your breasts, allow softness into your breasts and your belly. And all the way down into your pelvis and your lady lips, and even your vagina and your inner thighs, all the way down to the tips of your toes. And notice, how does that feel? Where is there more tension? Because softening the front part of your body really opens you up for receiving on a deeper level. It’s a lovely practice. I do that with some women, and some women actually can’t feel a difference at all. If that’s the case for you, you need to kind of physically screw up your face. Tighten your jaw, tighten your eyes, and then release it on an out breath and notice. It’s kind of like the handbag; you don’t realize how much the handbag weighs, how much you’re carrying, until you clear it out and it’s lighter. Same with the tension in your body. It’s not until you really tense it and release it that you realize how much tension you’re actually carrying.

Now listen, I just want to give you all some last things to actually go with in your own life. That practice is a beautiful one, in order to soften the front of the body to receive more in your life. But I have what’s called the three Ps, which is a really great way to work when you’re in that mode of oh my god, yes I am aware of the fact that I’m very tense; I’m overwhelmed. Or I’m exhausted. It’s called the three Ps: pause, pleasure, play. Whatever’s happening, even though you’re really stressed and you feel like you have to do more because you’re in that loop, if you can press pause, do something that brings you pleasure, get that oxytocin flowing again, and then press play and attend to what you need to, it makes a huge difference. So, pause, pleasure, and play.

The other thing is, being on the Earth—and again, not only does this nourish and nurture your feminine—but you know, they’ve done studies where, when you keep your feet on the Earth for 40 minutes, you’re in nature, it actually changes your cells. Your cells, in 40 minutes or so, become more round and plump, they can receive more oxygen, they release toxins, you get better sleep, it balances your hormones. So being out on the Earth is really, really important.

And your breath, how much are you breathing fully on the in breath and how much are you letting go fully on the out breath? Whenever you do a relaxation, they get you to breathe in and out very fully. That’s

because you want to breathe in life force; breathe in oxygen, breathe in energy. But you also need to let go fully. So notice: do you tend to breathe in more or breathe out more? My free gift to all of you on this call is a program I created called “Breathe, Baby, Breathe.” Do that audio recording—there’s guided breath practices in there. The power of your breath is profound, and it will make a huge difference to your stress levels and to so many other areas of your life. Do check that out.

But even other things that are pleasurable for you: music—they’ve done studies where just anticipating listening to your favorite music creates dopamine in your brain, which is a feel-good hormone. All of these things are ways to create more pleasure once you know your personal stress patterns. You may need to work with a coach or someone who is unattached to your life to work out what your personal stress patterns are. Sometimes it’s hard to see your own eyeball, you know? But once you know what they are, then you can have a prevention practice so you know, daily pleasure or whatever it is for you. And then you’ve got an emergency kit as well. I have a list of all the things I love doing that bring me pleasure, and if ever I have to hit pause and use my emergency kit of pleasure, I look in there and go, “Oh yeah, I love a long bath with candles and lavender. I’m going to do that.”

What we’ve gone through is a lot today, but actually the bottom line is that the simplest things make the biggest difference. If you just practice pause, pleasure, play. If you just incorporate more pleasure into your life, or you breathe more fully—anything from what we’ve talked about today—you don’t have to add anything to this huge to-do list, but what you can do are simple things that make a profound difference. It’s about permission. When you think of *permission*, it’s a bodily word. You need to give yourself permission, because no one else can do it for you.

When you begin to say “yes” to yourself—sometimes we feel guilty because we think it’s taking away from what we ought to be doing, but actually when we say “yes” to ourselves, we have so much more to give to those we love, to the situations that are challenging for us. So when you say “yes” to yourself, you have so much more to give, in every aspect of your life. Whether it’s giving to a challenging situation, or to your children, or to yourself or whatever it is you’re dealing with.

It’s been such a pleasure. Thank you so much for having me.

Lisa’s special for you can be gotten here.

http://www.soulsatisfactionforwomen.com/lifeloveintimacy/womens_homestudy_program

OPEN YOUR HEART: ENLIVEN YOUR SPARK AFTER DIVORCE

By NATALIE LAMB



NATALIE LAMB

International Relationship Coach, Sexuality Expert

ABOUT NATALIE LAMB

Natalie became an AIDS Counsellor at 19 in South Africa. This opened her to frank and open conversations on sex, sexuality and healthy ways to get our love needs met. Studying a Masters in Ken Wilber's Integral Theory has given her an overall map of how everything fits together from evolving, diverse and conflicting perspectives and how truly complex we all are with delicious nuances and contradictions. Training in Psychodrama made her wonderfully crazy, audacious, and had her taste the magic in group transformation. A degree in Psychology has given Natalie understanding and passion to empower your life. Her mission is to transform the quality of love on the planet through growing empathy, improving orgasm, healing abuse, teaching parenting and improving attachment in couples and families.

Having a degree in Drama had her pushing limits of fear and exploding in wildness, dance, creativity and spontaneity – this enables her in taking people into parts of themselves that they couldn't go before. Being an individual, group, and family therapist stretched and pounded on her heart and mind expanding her Vision in serving more in the Universe. Being a Networking Coach taught her the art of requesting boldly, and having integrity. As a home provider/fosterer for years to emotional challenging and Autistic teens stretched her to find new ways of healing with empathy, embodied presence, laughter and love. Becoming a Master Certified Singles and Couples Coach has spoken to the power of purpose, the joy of love, and the importance of honing down to specifics. Being a mother to two precious beings, has allowed her an intimate channel for patience and play, devotion and celebration, rhythm and consistency.

TOPIC:

Open your Heart: Enliven Your Spark after divorce

Would like your next relationship to Spark with love? Do you ever wonder what hurt your connection and damaged your chemistry? Do you want to know how to create your next relationship to be a Juicy Heaven? In this presentation you will know:

- What kills off chemistry – in you, your man, your relationship and the outside world;
- What enlivens Love – in who you are BEING, what you are BELIEVING, all you are DOING, and the depth you are FEELING; and
- Beautiful ways you can open to loving yourself and enliven the spark within.

<http://natalielamb.relationshipcoach.org/>

Hello, Dee. It's just such a delight and joy to be with you. We were just saying that what we would love this call to be is juicy and delicious for all of you. My very humble intent is that in this call you get to see the parts of yourself that maybe you don't like, and you learn to absolutely fall in love with yourself. That you come to know your soul's past and you awaken to the true beauty and gift that you are to the world.

Rather than share more about me and what I do, what I would love you to do is just twinkle your toes. Just feel your toes and wiggle them, and feel the life force that starts to pulsate up your body. You might want to stand up; I was sitting down, and I stood up so I can really feel and be present to all of you.

As you wiggle your toes, see if you can feel the energy, kind of dancing and delighting around you. Do you feel the energy lightening as you become more present to yourself? Maybe you think that I'm mad and quirky and bizarre, and all I can tell you is yes I am. What I would love you to explore is what is behind the social mask that you put on to look good. That you put on when you're scared of what other people might think of you. I want you in this call to fall in love with yourself and drop that face value so that people really come to know the real, authentic you. Because ultimately, that's the sexiest thing alive.

I want you to just breathe into your body. As you breathe into it, I want you to see where that breath gets to. Is it just your throat, your chest, your belly? How about your pussy, or your knees, or your toes? What do you bless with your breath? Try again and have a look and see, just naturally, without forcing it. If I ask you to breathe now, how deeply are you connected to yourself? Does your breath touch and taste infinity?

Now what I'd like you to do is take a breath and not force it, but just take your awareness deeply into the divine cell—every single cell in your body. Just create the intent that this breath will go into every cell in your body, and feel the light and love entering the cells. Now I'd like you to imagine that you're breathing a breath into all the love relationships that you've ever had: sexual, non-sexual, bisexual, any-sexual, any spark, even looking across the road where you saw somebody smiling at you. Like maybe on a bad hair day, somebody smiles and you can't believe they're not noticing. Any of those—just breathe in and feel the tingle in that spark of connection. And breathe love and light to all of that.

And now, your final breath to be present to this call. I'd like you to breathe into the whole universe, the whole solar system, with the sun and Jupiter and Mars, and beyond that. Just see the sparkly stars as mirrors of your own cells within you. Feel your whole body sparkling as a mirror. In some sense we are so small, living our little lives, but in another sense we are so great and so connected.

What I said to Dee is that I would just tune into the call, rather than me coming with a whole range of stuff that I think other people should know. I want you to send out to me what your intention is for the call. One thing that I'm getting is that there are people who are scared of their own sexuality. Maybe we could just speak on that. They're scared to be themselves—if they are truly who they are, they'll be rejected. Maybe I could share with you very quickly the story of Cinderella, and this will give us an example of being true to ourselves versus being false.

As we all know in the story of Cinderella, Cinderella's father dies and she is brought up by her wicked stepmother and these evil stepsisters who have this pretense that they're lovely and nice and dress beautifully. But they constantly invalidate Cinderella. They don't listen to how she feels. They don't treat her as somebody special. And those three things are so fundamental to who we are and to who we become. If we're invalidated and our emotions aren't heard and we're not treated as special, we grow up with a warped sense of self.

Maybe some of you can relate to that—that in your life you were put down or not heard or ignored. In spite of your deepest desire to be in a loving, amazing relationship, that programming prevents you from having the deepest love that you could. Like Cinderella, with no friends, having to clean the house while her stepsisters had this pretense of being happy and wonderful. But I'm sure in themselves—whenever you treat somebody badly it eats away at your soul because you're not being a good, loving, beautiful person.

We know the story of how Cinderella prays and calls on her fairy godmother. The fairy godmother arrives and says, "What is your deepest wish?" which of course is to go to the ball. What's interesting, and what I really want you to see, is the things that the fairy godmother helps her to embrace and use to get to her prince. She says, "What you need is a pumpkin, a rat and some mice." A pumpkin for the carriage, a rat for the driver and the mice for the horses. If you look at Halloween, at what a pumpkin is, a pumpkin is the ghosts of the past. What Cinderella has to be able to step into and be in is the ghosts of her past.

So often, we think the way to be sexual and gorgeous is to put on a pretty face. But in fact what is really sexy is when we are fully embracing all that we are, the good and the bad. That we embrace and integrate our past. That we face the demons of who we are. If you think of mice, what happens when people see mice is, they shriek and they get scared and they run and they jump on the table. The things that make us just go, no! I can't face this! The neglect or the traumas or the sexual abuse that an estimated one in three women have had. We need to be able to embrace those things, because if we don't, we can't step into finding the vision of the man that we really want. Those demons will haunt us.

And finally, that rat—so many people have such disgust because we see rats as dirty, running through the undergrowth and the dungeons. Those things that we are repulsed by within ourselves, that we are embarrassed by—maybe it's the shape of our vagina that we don't like, or our fat tire that lives around our belly, or maybe it's our sagging breasts. Or maybe it's the contempt that we speak about other people. Whatever it is that repulses us about ourselves, that we haven't yet learned to love and bring into a sparkling

vibration, where we love all of us. When we love all of us, we become violently happy, because we feel deeply connected to all of our past. We can be present without being ashamed of ourselves, without making ourselves wrong. And that, ultimately, is the deepest and most sexy thing.

When people can walk fully raw and real with themselves, with their own pain, then they can be with others' pain. That's where the true, juicy connection comes in. Because we're able to be present with that, versus the ugly stepsisters, who in order to get to the prince were willing to cut off their toes or saw away their ankles and put socks on so they could fit into the glass slipper that didn't belong to them. So often when we go into a relationship, we try to cut off parts of ourselves and hide them away—you don't share what you really feel, what you really think. You don't want somebody to dislike you.

But if we are not true to ourselves, then we're living a sham. That's often why divorce happens, because we're not being true to who we are. Ultimately the whole marriage is like a house of cards that just crumples and falls down. It's a gift when the divorce happens, because we haven't been true to our essence and we're not living the truth. We hide it and we present to everybody else that we're happy and our marriage is great, and our lives are great, when actually sometimes the truth is that it's not. The more we can be vulnerable or real or amazing, the more accepting and connected other people are.

As Dee knows, my ex-partner, my kids' father, spent the last three days with us. He hasn't been in my home for five years, and the kids haven't seen him for eight years. Wherever we walked, people would say, "I want a relationship like them. Look how happy they are. They walk around holding hands." But at home, he resented me and he hated me and he looked at me with these eyes of resentment. This last eight months, I said to him that he needed to get therapy to be able to face that. He had resentment to me because I'm the messiest woman on Earth. I'm terrible at housecleaning, and he's brilliant at it. He did it all, so he resented that I wasn't doing as much as I could. But he got to face, through doing therapy, the demons of his past. Why he looked at me with resentment throughout our relationship, rather than facing the issues of what was going on. And for me, then, I could also face what is within me that has made me feel so incompetent. You know, how did my childhood abuse affect me in a way that I wasn't able to do that, to be able to clean and to be able to function in tidying?

The first night he was here, I cried for like an hour, expressing to him how it's been for the past eight months without him here. He was crying too, and the connection and the sweetness between us the next day, we were skipping around and laughing because we had been so awesome and authentic and vulnerable with each other. Not making each other wrong for the choices we've made, but really supporting each other. In trying to find our true selves, I said to him, "You had to leave England to be able to face yourself. I know that that was the best thing for you." Sometimes we have to go on paths, like stepping into a pumpkin. Playing with the rats that we don't like in ourselves.

As part of that, maybe, you could—I'm trying to decide where to go in this phone call with you—one of the activities that I'd like to do in this call is for you to look in a mirror. If you are able to move around, or even if you're sitting in front of your computer, you can use the screen as a mirror—sort of blank out what is behind it, or actually bring a mirror downstairs to be able to look. I want you to take the mirror and put it somewhere you find really uncomfortable to look at. I want you to look at that part of yourself—like Cinderella, stepping into the ghosts from her past, or the rat that disgusts her, or the mice that she fears, being seen or being known—take it to the part of yourself that kind of makes you shudder in yourself.

When we feel uncomfortable in ourselves, that affects our relationships. Anytime somebody comes near that uncomfortable place, we find ourselves clenching and pulling back on a subconscious level. The other person won't know why we're pulling back, but they pull back too and it diminishes the chemistry.

So I want you to just look at where in yourself—maybe it's your bum, or maybe it's your belly or your boobs or your face or your teeth, or your chicken armpits, or maybe you have a rash somewhere, or cancer, or maybe it's just that you have a nice, sweet smile that actually you know is not true all the time, that you put on, that you don't actually feel authentic. Just put it there. What I want you to do is rate, from 1 to 10, how loving you feel towards that part. Ten is like, oh my God, I just love this part of myself. It's so beautiful, so amazing, so gorgeous! And one is, I feel repulsed. I just don't like this. I want you to look at the part—just be with that part for one second—and thank it for sharing how much or little you like it.

Now I want you to go to a part of yourself that you love, and I want you to smile at it and rate yourself, again on a scale of 1 to 10, on how much you love that part. I want you to just fill your whole body with that energy. Just breathe that love into every cell of your body. I want you to capture some of that love in your hand, and I want you to place it on the body part that you don't love so much. Rub and touch that love into that body part. Imagine yourself kissing it or licking it or rubbing it, or pouring chocolate on it and licking it off, or cream on it, or maybe almond butter if you're allergic to all things sweet. Just imagine pouring your favorite food that is likable onto that part. Imagine licking it off, and imagine saying to it how much you love it. Just say to it that you appreciate it, you appreciate the function that it has. Feel into how it changes within you. Does it block the words that you're saying? Does it resist the love that you're giving it, or does it absorb the goodness that you're feeding it?

Some of us might have grown up with parents who were dismissive or abusive, or intrusive or neglectful, and so it's hard to let in that goodness. If it is, what I'd like you to do is kind of get up and move around a bit: dance, wiggle your bum, shake your breasts, and smile at yourself. As you do that—if you're sitting down, I'd really like you to get up—I want you to just feel into yourself and allow that part that you don't like in yourself to share its wisdom with you. Sometimes when we sit down we get stuck, so I'd like you to try a movement that is engaging with it, that's nurturing. I want you to ask it when you stopped liking it, and what it needs from you now to fall in love with it. When we have a resistance to our own body, it blocks us feeling fully sexy and beautiful within ourselves. I really want for you to be feeling like a star in the sky that sparkles, and seeing where the light dims inside of you so we can find out what you need.

Maybe if you're overweight, you can talk to your weight and find out what its function is. For some people who've been sexually abused, they use the weight to protect themselves. But then that reduces their ability to communicate, because they can't say, "No, I don't like being treated like that." They use their weight as a form of expression. So I'd like you to communicate now why this body part is like it is, and what its gift is to you. Ask what it needs from you, and rub some more love into it. Ask it now, on a scale of 1 to 10, how much love it feels now. Smile at it and thank it for being willing to share with you.

Dr. Dee Adio-Moses: It is just so wonderful, and we have a good number of listeners on the call. They know if they have a question, they can just email it. I have a question from Janet from Atlanta. She says, "Can you please tell me when is the best time to do this meditation? Is it something I need to do every day, or just once in a while?"

Natalie Lamb: Janet, every person I work with is different. Some of you wake up in the morning, some of you work night shifts, some of you don't work at all, or you're too depressed to work. What I ask you to do is connect deeply to yourself. I'm not the sort of coach, generally, who imposes what I feel onto you. What I would like each of you to do now is to tune into your body and ask your body when is the best time for you to do this? What time of day? Morning? Afternoon? Night? And how long would it like you to do a meditation? Is it five minutes? Half an hour? An hour? Is it once a week for a three-hour session, where you just dance and fully feel loving towards yourself? Is it an hour a day? Is it five minutes every morning? When you have that clear, I would write that down.

Now what I'd like you to do, which I do with my clients, is to find a way—because often we lead such busy lives that our sexuality and our bodies don't take priority; loving ourselves doesn't come first—I'd like you to ask your body how you can remember to put love first. One of my clients just before Christmas committed to wearing a bracelet and a ring as well as doing various other things so she would remember to love herself through the whole holiday season. Some people might put a heart on each mirror, like the car mirror, the bathroom mirror, the mirror in their purse, so that they remember. Some people might even put notes—I remember years ago, I had a note on every single wall in the house. I think when my partner and I counted, there were 100 notes that we'd put around the whole house. We obviously needed a lot of reminding. But it depends, for you, on what you need for yourself. I still have various notices around my house, reminding me of different things that I'm working on at the time. When I get clouded or busy or stop connecting with the true light within me, I need external reminders to connect me to the truth of who I am, to make myself fall in love with who I am.

So ask yourself in your heart, or wherever it is that your inner truth lies. Ask what would help you to remember, to love yourself, to ignite the light. And how you would like to do it—for example, often I'll get a client to take all their clothes off and stand naked in front of the mirror every day and speak words of love to every part of themselves. Other times I'll get them write poetry to themselves, or get them to dance love into themselves. What is the journey that is most honoring for you? What is this thing that will bring your soul to life? Ultimately, the only person in the world who needs to accept you is you. Otherwise, you feel like you're stepping around other people so that you're good for them, but you're cutting off yourself. Enough cutting off who you are! You're so precious! You're so amazing, and the world wants your gifts! When you stand in and celebrate who you're becoming, it ignites and lights up the world around you. But if you're cutting off yourself, then everybody around you either controls you or cuts more off themselves to match how small you are being, or how deformed you are being. When you fully step up—people who know me say I'm the craziest woman they know. I'll skip down the street, or I'll dance round a pole. I don't mind if people will look at me. What I really want, in each moment, is to be connected to myself and to feel connected to the whole universe with a place of love. If people think that I'm mad, well, I'm alive and I'm living, and I'm not so bothered about what people think of me. I'm being true to the inner spark that says skip for a moment or kick your leg, or do a star jump—I've literally seen people drive past laughing at me. Sometimes I'll take bubbles in my car, in case I get stuck in a traffic jam, and stand outside the car and blow bubbles at people. I just think so often we lose—in the rat race of life, we lose connection to joy and vibrancy and loving.

It is so sexy to be alive. So often we think that sexy is getting changed, putting on pretty lipstick, doing our hair up and putting a smile on our faces and flirting. If you're flirting and not feeling good within yourself, you're often causing this kind of distaste within yourself because you know you're not being true. Some of

us have been neglected to the point that we don't know how to be true, because we don't know who we are. When we want to do something that has been controlled or denied, we are scared. It sometimes feels as if there are prison walls around us, and instead of stepping forward into the fullness of who we are, we feel chained or pinned down and we can't fully expand.

What I really pray is that you will breathe into every cell of yourself and relax into those parts of yourself that have been cut off, that pumpkin, the ghosts of the past that have hurt you. Look at those parts of you that have been cut off, and call them back. Hear the pain that was suppressed or repressed within you, and allow yourself to welcome them.

When you see yourself getting annoyed because the man you're dating has showed up late, notice the part of you that is hurting inside, that wants to be honored. Thank the man for being late and say, "It's ignited within me this deep pain of rejection and abandonment that I'm just welcoming within me, and I thank you for opening me to a part of myself that I had forgotten." Each man or woman who comes into our lives brings up different things within us. I could be wrong, but it's the game that I play for myself—for my own development, to awaken to who I can become, it's the game that I play—of saying thank you. Even though I'm wild and upset, or crying about whatever they're bringing up because they are parts of myself that were hurt as a child, I can say welcome to this part of me and ask it what does it need to resolve itself, or to be healed, or to be loved again. Maybe it's going outside for a walk every day and communing with it, or maybe it's meditating with it, or doing different meditations where I feed it what it needs.

One of my clients said that this was the inner child of her that was abandoned—she would just get furious if a man was even five minutes late. After a little bit of work, we came to identify that she'd been abandoned at 6 by her mother, and this was the little girl, who when her mother never arrived, was just so angry with her mother. Each man who did this got such a lashing that they became too scared to come in. She was just so angry. So she started committing to this little girl, this 6-year-old girl who'd been abandoned, to take her out for ice cream and to do paintings and drawings and dancing with her once a week, every Saturday afternoon.

When you can integrate that within yourself, you become whole. You grow into the goddess or the princess or the queen that you are, rather than somebody who is stuck in a mundane life, a mundane existence that is hardly alive, dictated by the wills and wants of other people. When you open to the ghosts of the past and you face them, and you use your dates as a mirror for the aspects that you're working on, then you can use that to access the pumpkins.

Janet, I think that I've answered your question and some more, but if you do that—I've got some friends who are married on the call, and you know you can do that in your relationship rather than berating the man for not loving you. What part of you is not loving you? What part of you is desperately wanting to be heard? When you can love that part of yourself, they can begin to love it. If they have issues within their relationship that are blocked, that they can't grow, find a therapist or a coach who can teach you how to love yourself. Everybody says, if you don't know how to love yourself, then how can anybody love you? It has to start with you. But if you have never received love, you don't know how to give it in the first place. I will put clients on my lap and hug them as they cry, and teach them what a good mother would have done for them so then they can love other people. Because they've never actually experienced it themselves, so they don't know how to love.

I do it with clients over the phone or over Skype, where I can look at them and say, I need you to get a blanket and wrap it around you, and I'm stroking you and I'm wiping your face, so they know and they can feel what it feels like to receive love. Those parts of their brain that were so stunted as a child can begin to heal, and the neural pathways can activate what love feels like. When you know what love feels like, then you can let it in and you can give it out in a pure, beautiful way that connects other people to the love within them. Then your love can double and grow, as the gift of who you are grows in the world.

Dr. Dee Adio-Moses: I have another question. This is from Stephanie: "Thank you so much, Natalie. I thank you for the wonderful meditation. I hated my breasts and will be having a breast augmentation in a few days. After this meditation, I know I will do this while loving my breasts and embracing them. Not the way I used to be, but in a new way. Thank you."

Natalie Lamb: Absolutely my pleasure. When you have that operation, I would also go into imagining that the surgeons are not cutting and hurting, but bringing love with every bit of the whole process into you. It's a huge process to go through. I would really go in imagining—and maybe in the next couple of days you might decide that you don't necessarily want that. That's what's happened to some people who were overweight and going for a bypass: After doing the meditations they realized that they didn't need to, because they fell in love with themselves. But maybe you'll realize that this truly is what you need to do. I have no judgment either way. I think surgery is great if you really need it and you feel that's the path you want to take. If you do go through with it, really allow yourself to imagine love is present to you, in whatever form. Maybe it's that Jesus is there, feeding love into you, or maybe Buddha, or angels, or goddesses. Imagine Dionysus, or whoever is there. Take people in with you: beautiful women who you know in your life, who absolutely honor and love and give love. Imagine their energy going in with you and allowing that healing to heal your resistance to them as they are now, and welcome the newness of who you're becoming. Thank you so much, Stephanie, and I really hope that all goes so magically and well for you, and that you absolutely fall in love with yourself.

Dr. Dee Adio-Moses: Wow. It's really been wonderful, Natalie.

Natalie Lamb: I promised one friend that I would say on this call—when I said that I was going to be speaking on sex and sexuality, she said one of the things that most of us forget in this day and age is about AIDS and STDs. Because many people have been married and then they get divorced in their 50s, they've kind of missed the whole education that is going on about AIDS and STDs. Young generations in their 20s have high HIV and AIDS rates, and then older people in their 60s and 70s, there's a massive spike of AIDS in that generation. Before the call I was thinking, how can a woman approach this? If you say we really have to have this AIDS and STD conversation, it's kind of off-putting.

One of the things that I would shift away from in a relationship, if you're wanting chemistry, is to move away from being a direct, dogmatic, masculine energy source. You want to be feminine so you attract some gorgeous man who can stand strong and who can be there for you. So even in that conversation, how you would do it is to share your feelings about it. Rather than reporting, we have to make sure that we deal with HIV and AIDS or STDs, we have to have protected sex, do it in a feminine way. The feminine way is through senses, feelings, and through your body. You could say something like, "I feel really scared about contracting AIDS and HIV and I wondered what you do to ensure that you're protected." It comes from a place of emotion, not from directing, "You will get an AIDS test before we have sex." He can say, "This is

what I'd do," and you can say, "My fear is that I will contract AIDS, and I'd like to know how we can sort that." He can initiate or he can direct the relationship in a healthy way to make sure.

For me, my general rule is that I won't have sex with somebody until I've known them for three months. And then we both have an AIDS and STD test, and I won't have sex with them until I've seen the test. For me, that's an amazing thing. It gives me the time to really get to know the issues in myself that will come up in the relationship, and whether I'm being naïve and just being completely blown over by somebody who's wooing me and being amazing to me because they want sex. If I put a three-month rule on it, I can see if they're being genuine or if they're just doing it as a manipulation to have sex.

I can give you two examples: One man I completely fell in love with, I didn't wait my three months, and the next day he said he never wanted to hear from me again. I was devastated. Another man, who I was completely turned on by, I said I have this three-month rule, and after two and a half months he left, got somebody else pregnant on a one-night stand, and ended up as an alcoholic. I was really glad I had that three-months rule so I could stay safe for my whole life. I realized, given what my childhood was like, that I don't necessarily know who I can trust or not. It can take three months to test them.

I also say to clients, make sure you ask your 10 closest friends if this man brings you alive or if he damages your self-esteem. Because who you want to be around is people who make you feel magical. There's a mutual connection and there's a spark and dynamism between you because your vision and your values are a match. You feel authentically connected, and you can work on each others' gifts to be able to create a mission together in the world that is alive and mutual and fills you with a deep purpose and passion.

Dr. Dee Adio-Moses: The friends don't even need to know the man: They just need to know you. They know if you've changed. They can tell.

Natalie Lamb: Absolutely. And often we cannot tell, because of our own history that's made us crazy and unable to see correctly—what's the saying, can't see the forest for the trees? It takes other people's perspectives to give us the truth. You know if two or three people have said to you, this guy is not healthy for you, and they are truly genuine, amazing friends who want the best for you, trust them.

I'll give you an example of that—I saw a guy on the Internet who lives near me, about five years ago when I did Internet dating. He said, oh, we have some common friends. So I said, before we meet, I'm going to ask the common friends if they think we would be a match. All three common friends said no. So I phoned him back and said, I'm not willing to meet. He said, well, why are you trusting them? You obviously felt a connection, why don't you trust yourself? I said, well, because I trust my friends. They said to me, you're such a bright light and this guy, it feels like he sucks energy from people. He wouldn't be good for you. So I didn't even meet him.

So really, trust yourself and do the right thing for you. When you can't trust yourself and you know you can't trust yourself, trust your valuable friends who you know have your goodness at heart.

Dr. Dee Adio-Moses: Yes, definitely. And you know, the good words that you've just said are your *valuable* friends. Not every Tom, Dick and Harry around you—some women really talk too much and tell everything. The ones whose opinion you respect, those are the ones we're talking about.

We have about eight minutes left, and many of the people who are on the call, this is probably their second or their third time, and they are just so much in that frame of mind that it doesn't happen like that. I was told, when my first marriage broke up, everyone around me was like, what on earth? You want to leave him? He's been begging you—just go back! What are you going to do with three boys? How do you think you're going to do that? What man will want you after three children? In any case, it'll never happen!"

They just had all these negative things to say. But I trusted so much in my own decision—it took me 10 years to be able to get to that place from the day I knew it was over. And I stood my ground. I went to that spiritual place to hook myself in, and then started a new life from that. If you're listening, don't believe all the negative things you may have heard about when marriages fail, all men are like this, all this—the gift Natalie has given us today is that when you love yourself, when you value yourself—your sexuality, your excitement—just today, maybe 40 minutes before we started this call, my husband and I were just getting out of the car and he said, you know, what makes me always so happy is just lying down with you and just talking and laughing. After all these years, he said, that is what I've always looked for.

So what we're talking about here, they're not things you need to spend money on. You don't need to change your face or your hair—it's from the inside out. And that's why I love talking with Natalie, because she really takes you to that place deep within yourself. I believe all of us should listen to this audio many times. Do that, do everything over and over again to really get what she's saying. She's going to give us her email, her website, everything. When I send out the replay, I'm going to put it on there.

It's just so wonderful. Natalie, I just wanted to give you the last words and be able to just explain whatever you want to say. Maybe four more minutes, and then we're done.

Natalie Lamb: All you beautiful, precious, delicious, juicy women and men on this call: You need to know that you are so worthy and deserving of the highest and most beautiful love. If you haven't recognized that, and you don't believe that, when will you? Is your life worth living with a half-mast, or is it worth sailing it so high that you're saying, "World, this is me! I'm so happy and delighted and crazily in love with me!"

If you don't know how to do that yet, if you're too scared to do that and you're too stuck within your social masks and you would like coaching through that, whether it's group or individual coaching, I am happy with these women to create a group. I don't tend to say, "This is what I'm doing." I love to work with people and co-create what you all need from a spiritual, intuitive level. You can send me an email—my email address is natalie@madasafish.com.

Often on these calls, people offer a discount. I'd like to do something different. I'd like you to all, just for a moment, to ask if you would like to fall crazily, deliciously, madly and juicily in love with yourself. Ask yourself, do you need Natalie's coaching to do that? If you hear a yes, you can ask, how much would I like to invest in it? I will charge whatever you feel you would like to pay. Whatever your soul guides you, that's what I will receive. Anybody from any income bracket who's never had the opportunity to work with somebody, I have five days while my kids are away, and you can send me an email and we can connect and you can say, this is the issue that I'd like to work on with you, and this is how much my soul says that I should charge. So that is my Christmas gift to you, or my gift of light and love to you, that whoever right now in their world is wanting to receive love so you can be licked and lapped up by love, by your future lover, and you can learn how to go from somebody controlling or somebody resisting love, or somebody

demanding it, or somebody whining and needing it, into somebody who knows that you are worthy and deserving and that you are the queen of love, who can let it in and it feels beautiful, and you can receive romance and goodness and treasures, because that's ultimately who you are: a true and beautiful gift to the world.

And that is all from me!

Dr. Dee Adio-Moses: Thank you so, so much, Natalie. It has really been an incredible hour. I wasn't expecting anything less.

Natalie Lamb: I never know when I enter a call what I will say. It's fun for me to see what I will be guided to give to everybody. I really appreciate the opportunity, and I look forward to seeing who would love to open to the deepest, most magical love that will profoundly rock your world.
Connect with Natalie-natalie@madasafish.com.

HOW TO GET A DATE IN 28 DAYS

By Shelley Whitehead



Shelley Whitehead

Master teacher. Relationship coach to divorced and bereaved women

Shelley Whitehead is a Relationship Coach working with individuals and groups of Divorced and Bereaved women who are ready to embrace love the second time around. She is known for getting them on a date in 28 days.

Having first-hand knowledge in dealing with the loss of a partner, she took the steps to rebuild her life and entered the dating world again after an absence of 20 years. Everything had changed. After a series of disastrous mistakes she signed up with a Relationship therapist /coach, and read every single book available on relationships, often with much conflicting advice. She created and successfully implemented a program that led to her marrying her ideal man in 2006.

Utilizing her skills as an accredited coach and NLP Practitioner, Shelley has helped many women over the past 5 years embrace the unique relationship they have with themselves. Her program supports and guides women suffering with a lack of identity, zero self-confidence and self worth, as they identify the patterns and behaviors that chase men away while working towards a date in 28 days.

The women Shelley works with are left feeling re-connected to life and love again, well equipped with the tools to deal with relationship challenges. Equipped with good intercultural knowledge and a solid expertise in the process of CHANGE, Shelley's approach to personal and professional transitions is direct and result oriented.

South African born, Shelley has lived in Europe and has made her home in London with her husband and three children.

Connect with Shelley www.motivationsynergy.com

NOW TO THE INTERVIEW:

Getting back to that story, I made some disastrous mistakes in the dating world, which I'm sure would resonate with many women. After being out of it for 20 years, everything had changed.

The two women who have been profoundly influential in my life, those are my two aunts, actually, they're now 86 and 88. But I have to tell you that their advice definitely didn't work. It was quite disastrous. I remember actually driving down the highway the following morning after my late husband had passed away, and I was hit with a sense of something profound having changed in my life. I was actually popping off to pick up some remedies for grief and shock, because although we had been expecting him to pass away, shock still kind of takes over. I suddenly realized that I was single. It was the first time in 20 years that I was no longer married. With that realization came the other realization that my whole identity had changed. I was no longer a wife, and I was a single mother to three children. I was responsible for making all these decisions on my own. And that was a really sobering thought.

And so I began this process as a single woman who needed to find out who she was and where she was going. My mother-in-law, in fact, was instrumental in me getting back into the dating world again. I began that process, making four disastrous mistakes. I started off firstly with—we'll call him Mr. Merlot. And then we had Mr. Triathlon. I then got involved with Mr. Commitment-phobic, and that wasn't working. And lastly and very painfully, I got involved with Mr. Cocaine. I knew that I had to do something very, very different if I was going to get it right. If I was going to find a man who could enhance my life and that of my three children—I mean, the last thing I wanted to do was have Mr. Cocaine in my field of influence, especially around my children. That wasn't going to work, which I'm sure makes sense to you.

As you mentioned earlier on, I signed up with this relationship therapist who was like an angel. I read virtually every single book I could get my hands on, and there was a lot of conflicting advice again. But I found my way. I knew exactly, in the end, what my requirements were, and I did marry my ideal man in 2006. So that's the beginning of another new day. Using the information I gathered along my way, and my skills as a coach and an NLP person and an Ericksonian hypnotherapist, I've developed a really beautiful program that helps women to embrace the dating world again.

Dr. Dee Adio-Moses: So when you first came out, Shelley, when you first started dating, what was the most singular challenge you had to overcome to be able to attract the right person? What do you think that was?

Shelley Whitehead: I had started with a process of clearing my life. So by the time I started dating, I was in the right space to do so. But the biggest challenge for me was finding the right man. I wasn't really clear on what I wanted, and this is what I find with a lot of women who come and see me. They're out there dating. They're on internet dating sites, they are being introduced to people by friends, but they really don't know what they want. They haven't clearly identified what their requirements are. Requirements link into values. It's absolutely essential that before you start dating, you know what your requirements are and you know what your values are. I can tell you right now, in my experience, a relationship will work if the values are the same. If they aren't—and I've experienced this—it ends.

Dr. Dee Adio-Moses: When you know what you want, and you say, “OK, this is what I want,” sometimes what you want, you cannot get it. What is the problem with that?

Shelley Whitehead: Perhaps it’s terribly unrealistic. Perhaps what you want isn’t realistic and it doesn’t tie up with your values. I’m not talking about having a long list. I’m talking about really clearly identifying your top three values and your top three deal-breakers. I’ll give you an example: I remember sitting with my therapist, and she said to me, “Tell me what it is that you want in a man.” And I looked at her and I rattled off a list. And she said, “OK, get real. Give me three things.” I thought about it for a few minutes, and I knew.

For me, my man had to be financially stable. I’m not an avaricious person, but I came from a place of financial stability that I’d worked towards. I didn’t want to get involved with anyone whose life was in the gutter financially. He didn’t have to be incredibly wealthy—although it would have been wonderful if he was—but just financially stable. I knew that he had to be kind to my children. I could be with a man who absolutely adored me and was a 20 out of 10 with me, but if he had been nasty to my children, I would have left immediately. There’s no way he could be part of my life. I knew that also he had to be a spiritual person. Spiritual, to me, means that he’s open to working on himself. It’s a way of being accountable to another force, another being. Whatever it is that people want to call it. And of course there was another one that was really important, that he was really kind to animals. People who are not kind to children or not kind to animals don’t really form a part of my intimate life. And it just so happens that the man I married was a vet. So yes, I knew exactly what it was that I would require. Certainly not fickle requirements, but very much attached to my values. That he should be tall, dark, handsome, very wealthy, etc., would have been an absolute bonus, but that was not what I was looking for. So getting an idea of what it is that you require, it’s not about fickle stuff, it’s about the real sustainable values that are really, really important in our lives.

Dr. Dee Adio-Moses: It seems to me that where we need to start, and where you will start with anyone who comes to you, is for that person to know their values.

Shelley Whitehead: Definitely. Getting to know who you are and what you want is the most important process after divorce or after bereavement. You know, we spend so many years caught up in the process of being a wife, running a home, giving birth, raising babies, helping children with homework, nursing them when they’re ill, that we’ve kind of forgotten who we are. We’ve been living on autopilot. The minute I sit down in that first coaching session, the very first things I mention to my clients are the five foundation rules in my practice. These are the rules that lead to great success and happiness and joy in life when they’re applied. Whatever you think will manifest in your life. So by desiring and deciding to lead a different course, you can create what you desire. If you keep doing what you’re doing, you’re going to get more of what you’ve got. And if it isn’t working, something has to change. I’m very much about that kind of change. Perhaps I’ll just mention, very briefly, these five foundation rules.

I mentioned early on that the two women who’ve been most influential in my life are my aunts. One is my mentor and one is my soul mate. My soul mate, who’s now 88, has been on a spiritual quest all her life. It started at the age of 20, and I’ve been very fortunate to learn so much of what she has picked up and been taught in her life. One of the first things I remember as a child: She used to teach me that what we focus on increases. And of course it’s not new; the wise men, the masters, the sages, and the gurus have always believed that. But whatever you focus your attention on, whatever you think, attaches to your emotions

and creates a feeling. We all know that kind of feeling, where we've got that wonderful hair day, the sun's shining, everyone's smiling. It just gets better, and we feel happier. The same is true when we're in a negative state. I call it the pits—that dark state of worry and fear and pain. We kind of sink further into the despair, and it gets worse and darker. For many people, this state can last a long, long time. Days, months, years. If you want to improve your life, you need to focus on what you want. Whatever you think about and believe will become your reality. Thoughts become feelings, and the more you focus on your thoughts the more you manifest the results that you're going to experience. So yes, what you focus on increases.

The next foundation rule is that no one will be the way that you want them to be. You cannot expect anyone to be the way that you want them to be. They're unique; they behave in ways that serve them at the time, and although we often don't like it, it's not something we can change. We set ourselves up for great pain and disappointment when we expect others to be the way we want them to be.

Rule number three: No one can make you feel the way you feel. Now, I often get strange looks from the woman sitting in the chair opposite me. "What do you mean, no one can make me feel the way I feel?" How you feel is ultimately your choice. It's true we may feel angry or frustrated or sad when we've experienced a disagreement, a betrayal, or a broken promise, which very often happens in relationships. We can hold onto these feelings of pain, or we can let go and choose to feel differently. And I know it sounds so much easier than it really is in reality. It's much easier, actually, to blame someone else for how we feel. But it leaves us in a hugely disempowered state. So the whole thing is to practice feeling and thinking happy. It's our choice. We can hang onto the pain, we can hang onto the disappointment, or we can choose to let it go.

Because—and this takes us to the fourth rule—the degree to which we accept responsibility will determine our success. By taking responsibility for your thoughts and for your emotions and for your actions—for whatever is manifesting around you, for whatever part you've played by attracting it into your life, or for being there when it happened—you also need to take responsibility for increasing and changing whatever is or is not working. It's being willing to take whatever action we need to change what is happening. Experience shows that people who take responsibility for how they are feeling are happier and more fulfilled. But it does come at a price. You need to give up being a victim of circumstances and experiences. And it's my job as a coach to take people out of the victim state. Just this morning, in working with my designer on the website, I received an email from a woman in the U.S. who's been through a devastating divorce. She's absolutely brokenhearted, and she feels she's never going to get out of it. A divorce is like a bereavement. There's a process that we go through. The denial, the shock, the anger—it's often a "why did this happen to me?" sort of a process—acceptance. And often we can go through all these stages in one day. She's in a terrible grieving stage right now, feeling that she's never getting her life together again, and it's happened to her. That's where we will work really hard to take responsibility for whatever part we've played in that relationship, consciously or unconsciously, and to get out of that state of disempowerment to feeling really empowered again.

If you can't change your situation, the one thing you can do is change your attitude. And that's the fifth foundation rule. One of the books that speaks about this so beautifully is called "Man's Search for Meaning," by Dr. Viktor Frankl. If I had a time machine, he'd be one of the first people I would go and visit. So many times in our lives, things do not go as planned. We're all searching for meaning in our lives. We either have very positive ways of doing this—and for some people, not-so-positive ways—for searching for that meaning. We can become full of bitterness and disappointment when we're unable to

change what has happened—it could be the death of a partner, the ending of a relationship, a financially devastating occurrence—but there is one thing we can do to change our attitude when we're unable to change our circumstances, and that is to change our thoughts. All our feelings stem from our thoughts, and it happens so very fast and unconsciously. The awareness of our thinking is absolutely critical to making these changes.

So you can change your attitude if you desire and decide to do so, and the processes I work with really help people to do so. It doesn't mean that because I'm able to help clients do so that I get it right myself—I'm the first one to admit that I don't often get this right myself. But I'm constantly working at it, and I've got the formula. It's really a formula. There's just so much help in the program to help women move out of a space of devastation, disempowerment, to take control of their lives. And that will probably take us to the next step—clearing and decluttering, getting rid of anything that is no longer valuable, beautiful, and useful, and moving towards this tomorrow where we don't need anyone's permission to be happy.

Dr. Dee Adio-Moses: Shelley, how does one declutter the mind? What kind of example can you give that one can be able to do that right now, the people who are listening? That is a wonderful place to start, to really clean out first, so that new things can come in.

Shelley Whitehead: One of the processes is to acknowledge the state you're in, where you are right now. So very often, when I'm sitting with a client who's in a very negative state and there's just all this stuff going through her mind, I'll get her to sit and to breathe very deeply, and then to shout out what it is that she's feeling: I'm angry! I feel betrayed! I will never find love again! I'm too old! Whatever those beliefs and feelings are that are very much caught up in her body, getting her to express them and getting it all out. And then, breathing again—because I use posture and breathing and movement to get people into the right state. There are two things that change our state, and that's why all the yogis have been so very successful, imparting this to so many people today. It's our posture and our breathing. You know when we're in very disempowered states, how we kind of hunch? The spine's not straight. We get people to sit in a very upright position and breathe very deeply. Because just the breathing calms the body and calms the mind. And then comes that next very important step; it comes in with the focus. So we start a focus on what it is that we really want.

Perhaps we can even just do that now. Sit straight, spine straight, feet on the floor, and breathe in very deeply and hold that breath for a count of three ... and then release. And let's take another deep breath in again ... and hold ... and breathe out. And just once more. Breathing in ... and hold for a count of three ... and breathe out. If I were to ask you the question now: If tonight as you were sleeping and dreaming away a huge miracle occurred in the area of relationship, tomorrow morning when you wake up what is it that you would be seeing? What is it that you would be hearing? What would you be feeling as this miracle occurs? And you wake up to this wonderful relationship that you have been dreaming about. Then the process starts, where we start with visualizing this miracle that has happened and knowing exactly what it is that is happening in our lives, and we start to capture it. If we had to give it a date in the future it would be, it is the day of whatever month, whatever year, and I am feeling ecstatic as I wake up, as an example now, in the arms of my man, feeling so loved, so cared for, so protected, and so it goes on.

If I were to capture that vision of the client sitting in front of me, I would take them through the visualization and we would write it down. Then we would begin to work with specific steps. So we have a clearing

process of clearing out the negative thoughts, emotions and feelings, the beliefs, and then we start a focus on what it is we really want. I take that step even further in creating—I know most coaches are huge on this—the vision board. Because what is so very easy to forget is who we are when life takes over and the negative stuff does happen. That vision board reminds us who we are. I find using those two processes incredibly valuable.

Dr. Dee Adio-Moses: We had an expert come and teach us how to do vision boards—Lauren DiBiase. We had a whole hour focused on vision boards, and it is so wonderful that you're talking about it now, because all of us can go back and listen to that audio again and know how to do vision boards and what to do and how to do it. It's wonderful to see and to know and to be able to visualize what exactly is it that you want. If it is in one's head, then it's just everything playing in there. But once you take it out into reality, you can see it clearly.

Shelley Whitehead: Definitely. It becomes a point of focus that you don't forget. Those images are almost shouting out at you: This is my beautiful life. I focus on these eight areas—it's a very holistic form of looking at it. It's your health, it's your relationship with your partner, it's the work that you do, it's the financial area of your life. It's the personal development—it could be anything from yoga to rock-climbing, whatever works for you, but it's very important—reading more, whatever personal development means. And then that family and social connection that we have, and spiritual—your idea of spiritual is unique to you. And lastly, it's the emotions we need to be feeling. So those specific eight areas are depicted in the vision board. And the pictures and the words are there as a constant reminder of who we are.

The one thing I'm really clear on here is that who you are *not* is none of your business. And unfortunately, we tend to focus a lot of the time on who we are not and what we are not. If we had a best friend who said to us a lot of the time what we say to ourselves, I can guarantee you we would not keep him or her as a best friend. I'm too old, I'm not pretty enough, I don't have enough money, all the negative stuff. Especially when we look in the mirror—an exercise that I have with my women is a mirror exercise to work with gratitude and working with that self-love and appreciation. They all hate it—if I have any clients on the call, I know they're going to be resonating with this, because they hate the mirror exercises that I give them. But if I have to do them, they have to do them too. It's something as women that we really have to love and appreciate when we stand in front of that mirror. And please god, all of us have two breasts—and I know some of us don't—but we give thanks for the one that we have, or that we can stand on two feet, that we have two arms, that there is beauty in the movement, that we are feminine. The gratitude is the most important part of learning to love ourselves, embracing what it is that we really do want, remembering who we really are, and having a very clear vision of what we're working with every day.

That written vision is something my clients read first thing in the morning, before they start their day, and last thing before they get into bed. Because we're working with the process of the unconscious mind, and the unconscious mind is our driver as well as those unconscious beliefs. So we want to be putting in, every night before we go to sleep, what it is that we really want. And then again first thing in the morning we start that day on such a beautiful note, working on that vision and of course having that visual representation in the board.

Dr. Dee Adio-Moses: You know, Shelley, I just wanted to also ask you about the way you're doing the clearing—I wanted to ask about all the areas of one's life: your home, your closet, your car. Many people

don't know that all these things are important in our lives. They have their own energy. If your car is junky, there's something wrong somewhere. If your closet is junky, if your office is junky—so when you're clearing, you clear everything. Because if you're bringing a new man into your life, you need to be really ready and new. And everything about you must be welcoming. It takes only a few minutes.

Shelley Whitehead: You've mentioned such a very valuable point there. I consciously started doing this process—in fact, it started the night my late husband passed away. He was at home, and he was surrounded by so much love, and it was the way he wanted it and the way we wanted it as well. But I couldn't go to sleep that night, so when they had fetched the body and I'd managed to settle my mother-in-law down and the kids had gone to bed, I ran a bath. And I lay in the bath for hours, just kind of turning on the hot water gain and just trying to process what had really happened in that last week. And then the next day the bed was removed from the room, the curtains were taken down—the bed was actually replaced. I had a new bed that was in fact in my daughter's bedroom, and that bed was moved back into our room. For about a month I actually couldn't sleep in the room. I slept with my daughter in her lovely big bedroom. So then she kicked me out. She said I had to get used to sleeping in my own bed again. So I took the dog into my room with me, and the dog and I shared the room.

Three weeks prior to Simon—that's my late husband—passing away, he'd helped me clear out his cupboards. We knew that it was a terminal illness; it was kidney cancer. And just him helping me clear out his cupboards was incredibly cathartic, because I didn't have too much to do after he passed away. So that whole process of clearing began. I didn't leave a single drawer or cupboard untouched in my home. I went through absolutely everything over a couple of months of clearing and getting rid of—as I mentioned earlier—anything that wasn't valuable, anything that wasn't beautiful, and anything that wasn't useful. Cracked cups, towels that didn't need to be used, not even for bathing the dog. And fine-tuning my life. Getting rid of any items that were painful, that brought up a lot of painful emotion, and papers.

Personally, I don't like having a cluttered car. That's one of my pet peeves, so I didn't have to clear out anything in the car, but everything was clear in my home. And when I started dating again, I had made space in my life for a new man. There was space for him to come into the home. There was actually a cupboard space that was clear for him, and it wasn't my late husband's cupboard space; it was my cupboard space. We used the other cupboard space; my daughters and I filled it up with jackets and coats. That's just one of the wonderful processes of clearing. I've always kind of been into energy clearing, and here in London I work with a wonderful feng shui expert and an energy-clearing expert. There are some amazing tips and practical tips that we get from these experts. In fact, I recently had something done in this home. My husband and I moved rooms. I'm quite an insomniac, but I must say that since moving into a different room—because it has better energy, it holds the energy better—I'm sleeping beautifully. Unless of course he snores me awake, but it really is great.

With this clearing process, besides the clearing of space and working on the body and clearing the body—because it's vitally important to feel optimally nourished and healthy. I use that process if there's anything women don't like about their bodies, if they want to lose weight, if they want to restyle hair, we work with the necessary experts to do that. It's no good actually being unhappy with your weight and wanting to embrace the dating world and not having an exercise program and a good nutrition program. I just really don't believe you're benefiting yourself. We need to remember, as women, that men are visual.

Dr. Dee Adio-Moses: You and I were talking about that earlier today. And I was saying that my own vision about it, because I take so much time on my relationship and finding one and keeping it—when I went to college, I had to study so hard to get my first degree. I had to work so hard to get my second one. Even now, I’m working so hard at my job, at everything that I have. Relationship is just a big chunk of my life; I can work as hard on my relationship as I work on my books and in my business, I have no doubt that everything will be OK. Getting experts to help is so necessary, and investing in what you need to learn and what you need to do and the process that you need to have. I’m blown away by this 28 days that you are saying—that you can get a man in 28 days. We were saying when one of the experts was here that some people, it takes them 7 years, 10 years. Some maybe even never. I have heard some women actually say they would never have a relationship again. I said, Why? If you go to a restaurant and the food is bad, are you now going to say, “I will never eat in a restaurant again?”

Shelley Whitehead: Yes, it’s a brilliant tip. Because you don’t want that kind of experience to become part of your belief system. And I think it’s time for me to share some lovely success stories with you. I’m going to focus on one right now. It was I think the end of March that a client came to see me. It just so happened that one of my websites went live. I really don’t believe there are any coincidences. It was my bereavement coaching website, because I do the relationship coaching and the bereavement coaching. I didn’t want it to go live, but it did, and an hour later I received a message on Facebook from a woman who was very traumatized.

She’d been seeing a counselor because her husband had passed away in February. It was very tragic, but I don’t want to mention details because she’s very high-profile. She wasn’t getting any success with the counselor because the counselor was wanting to delve into her childhood. She decided to come and see me. She was in a very grief-stricken state, which is absolutely understandable when your husband passes away so very tragically and unexpectedly while you’re on holiday. It’s devastating. We started working with that process, but I didn’t follow my formal process with her because my bereavement clients are very different. I really believe you can take a client as far as you’ve been yourself, and coming out of that grief is quite a sacred process. Having been there, I just really worked with her intuitively. Through the month, we worked so well. She has embraced everything beautifully, and we’re now nine months down the line and she’s just started dating.

Now, this is very different to the 28-day process, because we need to understand that part of the bereavement process is a clearing process. This clearing process can take a lot longer because remember, when she came to see me she wasn’t ready to embrace love again. But I’ve taken her from the bereavement, through the clearing—that’s taken seven months—and now she is embracing finding love again. And she’s actually met the most wonderful man. She knew exactly what it was that she required, and he ticks her boxes. He ticks her top five boxes. Of course, there’s things that aren’t perfect. You’re never going to have a 10 out of 10 relationship. You might have 20 out of 10 days, and I can guarantee you’re going to have some minus-10 out of 10 days. So perfection doesn’t exist. I often say, if you want a great relationship that’s perfect all the time, buy a dog. But going through the clearing process, getting ready to embrace love—when you’re ready to embrace love, you can get onto that deck in 28 days. I don’t guarantee you’re going to find your man in 28 days, but it’s the training ground for dating and identifying your ideal man.

There’s a lovely American therapist called Bonnie Eaker Weil, and she has a great book called “Make Up, Don’t Break Up.” I often recount some of her stories in that whole dating process. I was very fortunate—I

only had four of them. But that Mr. Cocaine was very painful. When she recounts the process and that whole dating story, she had to go on 77 dates before she found her ideal man. She made it her mission—remember, when we're working on this dating process, it's a mission. We are now very set on finding a man. That's what it's about. Whatever it takes, you stick with the process. You work with the clearing, you've got yourself right physically, we have worked on the limiting beliefs and behaviors that chase men away. They're also the behaviors that keep women from love and from dishonoring the self. So it's very important that we've cleared that process too, and exorcised all those obstacles to love, which is part of the program. We don't look for the solutions on the outside; we look for solutions on the inside. We look within. We identify the areas that we want to enhance.

Dr. Dee Adio-Moses: Wow. So are you going to share some of these—I don't know whether you want to share them, because you said you're going to give it as a gift, but—the seven deadly mistakes, maybe you can share some.

Shelley Whitehead: Yes. I'm going to share with you the one huge one—I did surveys of hundreds and hundreds of men. I also still do coach men, and a number of gay men, so I do work with men as well, but my micro-niche is working with divorced and bereaved women. But one of the absolute no-no's when it comes to men is women who are not authentic.

What does being authentic mean? It's about being real and true to yourself, first of all. The most important relationship you have is with yourself. There's nothing that is more important than that. When you have identified who you are, what you want, what you need, what you require, what you love, what you're looking forward to, what really ignites you as a person, what you're passionate about, and you express this—you're not afraid to be who you really, really are—you're then working authentically. Men very quickly pick up when a woman is not authentic, when she's a yes woman, when she tries to please him, when she agrees with him completely, and she's just not being true to herself. It's one thing that they absolutely dislike. I'll go even so far as to say they absolutely hate it. It's vital, being very, very authentic.

Dr. Dee Adio-Moses: I think it's because many women who have been through the trauma of divorce or bereavement, they just have it in their head that this is what the man will want. So what you're saying is that who you are, who you truly are, your own true self is what he wants. He doesn't want you thinking or forming somebody else for him. He wants you as you are.

Shelley Whitehead: Yes. That will take me to this next point here, which is the four things that make a woman incredibly attractive to a man. The one is, she's authentic. She really is herself. She's not pretending to be something else or someone else. The next one is that she is vulnerable. Vulnerable does not mean weak. Vulnerable really means that she's able to speak about how she feels, her happiness, her passion, her sadness, whatever's really true for her. She's happy to be in a vulnerable position and express her feelings. To be vulnerable and feminine. We are the supporter/enhancer in our relationships. The masculine is the provider/protector. And by being vulnerable, she's willing to be protected by her man. She's working with her feminine energy. It's so vitally important to work from the feminine part, because when we dip into our masculine energy, we're goal-oriented; we're focused; we try to control the outcome; possibly we're judgmental; we're advising; we're warning; we're coaxing; we're suggesting, complaining, criticizing. We emasculate our men. Working with the feminine, the vulnerable is vitally important. So she's authentic, she's vulnerable, she loves her life. She's not looking for anyone to come and rescue her. That's what makes a woman so very, very attractive to a man.

Dr. Dee Adio-Moses: I can just imagine these kind of qualities will actually attract the same kind of man—an authentic man, a man that loves his own life, a man this is not looking for victims, but looking for women who know who they are.

Shelley Whitehead: Yes. Need, or being needy, is very different from being vulnerable. I always say that need attracts rejection. That neediness that comes out when we are in a disempowered state generally attracts rejection. That is another whole subject on its own, and it's something that I definitely cover in my program. We don't work from a disempowered state. We don't work from neediness. We work from a far more empowered state. We love our lives. We are really happy being vulnerable and really authentic.

Dr. Dee Adio-Moses: So will you be open to taking questions if they have some questions?

Shelley Whitehead: Absolutely! Yes!

Dr. Dee Adio-Moses: My own question that I think when I see people—especially when they have been through two or more marriages, or many relationships, that didn't work. They actually feel that all men are in that little cage. If a man comes into their world, they are expecting him to show up as one of those men. They actually are disappointed if he doesn't. They think he's lying, anyway. How can women work on that issue of prejudgment? You said that whatever you focus on will increase. Whatever you're expecting will happen.

Shelley Whitehead: That's definitely true. When women are working from a disempowered state, expecting a man to be the same as all the other men that they've dated, they're going to get that. It's crucial to change that whole process around. We don't focus on what we don't want, because remember, what we don't want and who we're not is none of our business. We focus on what we want. And that starts to change everything. I have clients that I'm working with right now who've been through this exact process of attracting Mr. Wrong constantly. This has been a process of many years, because they're now coming up on 38, 39, 40, and these baby-bearing years are starting to disappear. There's a fear about that as well with these women. So we start focusing on what it is that they really, really want. What do they value enough to start the same process again?

When at last they are dating, and I encourage women to date three men at a time—and that doesn't mean have sex with three men at a time. I'm very cautious, and I have specific rules for women who are going out there dating. I mean, if they desire sex and it's just sex, and they don't want commitment, it's up to them to decide what they do with their lives. But if they are wanting a committed relationship, they have to identify whether a man ticks their top boxes. A man should not be allowed into your intimate space until you really know who he is, what he wants, what his short-term goals are, what his long-term goals are, what his relationships have been like in his family, what his values are in terms of his family, and where he comes from. It's very easy to fall head over heels in love with the wrong man, because once you cross that bridge of intimacy, you start bonding to that man. There's a release of a whole cocktail of hormones, from the oxytocin and the dopamine to the testosterone, and you get this love drug combination. Before you know it, you can't get him out of your mind, you can't get him out of your heart, and you're tied up with the wrong man. So you get to know the man first before you cross the bridge to intimacy. You focus on what you want.

And if he doesn't tick those boxes, you don't continue to date him. Because then of course you have another date lined up. You may have the one that you're crazy about, you may have the one who is really comfortable to be with, and the one that if he doesn't phone and ask you out again, it doesn't really matter. But we keep dating, learning more about these men and finding the right man. Does that make sense?

Dr. Dee Adio-Moses: Yes. And there's a question from Gloria, in Columbus, Georgia. She says, "I'm a 47-year-old woman, and I just want to thank you for this presentation. I have two children from a previous marriage, and I would like to know whether you have any tips as I move into dating again. How do I include my children?"

Shelley Whitehead: OK, that's such a brilliant question, Gloria, and I'm so glad you asked it. It resonates with me because there I was, single, with three beautiful children. My son was 12, and my eldest daughter was 18 at the time. I made it clear to them where I was in my process, because I didn't want to face resistance from my children. So they knew that I was ready to embrace love again, and I'm very, very fortunate that my mother-in-law, that's my late husband's mum, was encouraging me as well. So the kids knew that I was going out to find a new life partner, and we discussed what that meant for them. I also made sure I didn't introduce any prospective partner to my kids until I really knew that he ticked my boxes. The man that I did let into my space is the man I married in 2006.

Then we had some very clear common guidelines for dealing with issues: I would always be the one who would discipline my children. The second guideline was, if he wasn't happy with anything that I was doing, he was to please not correct me in front of the children. And the third one was that everybody is allowed to say how they feel, but they must show respect. No name-calling, no abusive language—none of that has ever been tolerated, and in fact it's never happened. So everybody works with kindness. But the first step is for the kids to understand what it is that you're doing so they don't become fearful. That you speak about this, that it's open, that the conversation flows, they can tell you how they feel, you can address their fears, you work with the special process of listening to them, validating them, and not making them wrong for how they feel. And not introducing a man to your children until you're pretty certain he ticks your boxes. Not pretty certain—absolutely certain he ticks your boxes. So I hope that helps, just kind of explaining my own process and the guidelines that I would work with now.

Dr. Dee Adio-Moses: There's one more question, from Roberta in Calgary. She is asking about financial situations: "I am divorced and my new friend does not have the money in the relationship. I have the money. I am worried about mixing my money with his. What do you say about this?"

Shelley Whitehead: I'm going to use my own experience again. It was very important to me that my partner was financially stable. Financially stable didn't mean that he had huge amounts of money in the bank, but he had good earning potential. I actually had more money than him when we got married; I owned property. My husband owned a boat; that was his passion. He had a lot of fun. Remember, I changed countries. I moved continents to be with this man. I was in South Africa, and I moved over to the U.K. when I married him. But I knew that he would be able to support me financially. It's very important to me that I have a man who can protect and provide. It took me some time to get back on my feet again, but I invested what I had into our life together knowing that he would be able to provide and protect. It comes down to our values. If I'm hearing that you are concerned, I think it's an area that you really do need to address. I'm hoping that your man has the ability to be able to provide and to protect, and that he kind of has those financial feet moving forward. It again comes down to the values; what you value most.

For me, I didn't want to drag someone else's life out of the gutter financially and be the provider/protector. That puts me into the masculine energy, and that really doesn't work for me. I like to be the supporter/enhancer. That really is the feminine role. But at the same time, if my husband needs my help and we're going through a bit of a tougher month financially, I am there to support and enhance and put my money together with his, and we work together as a team.

Dr. Dee Adio-Moses: Another question. Jill from Atlanta, Georgia: "I'm 38, divorced for seven years. I've always had my boyfriends for my night life. Where do I go now?"

Shelley Whitehead: Where do you go now? You've got to get a boyfriend for your day life, too! For me, just having a boyfriend for night life is great, it takes care of one area of life, but I want someone I can share my day life with, too. And that really becomes a more wholesome relationship. It's a holistic kind of view of things. Having someone to share your days and nights with, that's the ultimate, if it really works for you. It really comes back to identifying the man who would work in your day life and your night life. What is it that you really want from him? What boxes does he have to tick? What do you value most in your life? Because that's what you're going to be looking for in your man. It starts with the dating process, but you've got to know what you want.

Dr. Dee Adio-Moses: So what about the specials that you have for them? You said you brought some gifts for our listeners.

Shelley Whitehead: Yes, there's a lovely one. If you go onto my website, which is www.howtogetadatein28days.com, there is a relationship assessment questionnaire. It covers the major areas of your life. I put the questionnaire together—it's your relationship history; your behaviors and patterns; your values and your purpose in life and vision for love; your health, appearance, and sex; your ideal partner and your needs; your family and social connections; your personal development, lifestyle and finances; and your dating plan. So the statements there you'll either check, because you need to work on them, or you actually are OK with them. And you add up the scores and you'll get a very clear idea of which areas need to be worked on most. And then of course that fits in beautifully with my 28-day program, which is also on the website. I'm only offering it up to 10 women, at a price only for the women on this call. So yes, click on that and have a look at it, but please go through the assessment. It's great, it's free; just enter your email details and you'll get it. Start to look at the areas of life that perhaps you hadn't even thought of before. It'll give you a really great idea.

Dr. Dee Adio-Moses: Thank you so much, and we are going to put this information on the replay page. It will also be on the speakers page on the website. So you'll be able to access it and get all that information; we'll make sure that it is there for you. So be on the lookout for the replay. We'll try and get it to you today or first thing in the morning. By the time you wake up it will be there, so you can listen to it all again and be able to start the necessary steps. Thank you so much, Shelley, for just being your wonderful, magnificent self and giving us all this information to get out there and do what we need to do. Bringing love into our lives and being happy.

Shelley Whitehead: My parting thought that I want to leave with women is to listen to their gut feelings, to their intuition. To learn to trust yourself. So many times when coaching women, they've said to me when speaking about past relationships, "You know, I just knew that something wasn't right. I should have

listened to my gut feeling.” Learn to trust your gut feeling, your instinct. It’s generally always the right one. If you’re feeling comfortable about it, great. And if you’re not, *run*.
Connect with Shelley Whitehead <http://www.howtogetadatein28days.com>

PARENTING THROUGH AND AFTER YOUR DIVORCE

PARENTING THROUGH & AFTER YOUR DIVORCE

By Rosalind Sedacca



Rosalind Sedacca

The Voice of Child-Centered Divorce, Author, Award Winner, Relationship Coach.

Author and founder of the Child-Centered Divorce Network, Rosalind Sedacca, CCT, shares her insights and advice about creating a positive and effective Child-Centered Divorce. Discover choices and decisions that can adversely affect your children in the months and years following a divorce. Learn about the most destructive divorce mistakes, key questions to ask yourself before making any parenting decisions, and concrete ways to support the emotional and psychological well-being of the children you love!

Recognized as The Voice of Child-Centered Divorce, Rosalind Sedacca, CCT, is a Relationship Coach and author of the internationally acclaimed, *How Do I Tell the Kids About the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!*

This easy-to-read ebook prepares parents for the challenges of telling their children about a pending separation or divorce. What makes her book unique is that it doesn't just tell you what to say. *It says it for you!* Rosalind uses fill-in-the-blank templates to create a storybook with family photos and history to convey, with love and compassion, the six key messages parents need to share.

Therapists, attorneys, mediators, educators, and other professionals throughout the world have endorsed Rosalind's book and innovative storybook concept. Her now-grown son, who was eleven when she divorced, wrote the book's foreword.

The 2008 National First-Place Winner of the Victorious Woman Award, Rosalind is an Advisor at ParentalWisdom.com, on the Board of Directors of ChildSharing, Inc. and *WE Magazine* for Women, a Contributing Expert for Divorce360.com and DivorceCures.com, on the Panel of Experts for the National Association of Divorce for Women and Children, and a Contributing Columnist for Exceptional People Magazine.

Rosalind is also a Certified Corporate Trainer, award-winning national speaker, and relationship workshop facilitator. She now shares her expertise through TV and radio programs, print interviews, newsletters, webinars, and articles. To learn more about her free weekly ezine, books, coaching services, blog and other valuable resources for parents, visit <http://www.childcentereddivorce.com>.

THE MOST DANGEROUS POST-DIVORCE PARENTING MISTAKES: ARE YOU GUILTY?

By Rosalind Sedacca, CCT

I'm going to talk about some of the most dangerous mistakes that parents make, most of them innocently without intention, but mistakes that are costly to the emotional, psychological and physical well-being of you and your children. The negative effect of some of these poor decisions not only will impact your life and your children's lives for the next few years ... but literally for decades to come -- and for the rest of your life.

So my purpose is to prevent these needless mistakes from being repeated again and again, decade after decade, generation after generation. There are so many lives that can be saved. More happy outcomes for families that have gone through the divorce experience.

Regarding my own story, I was traumatized by the thought of how to approach telling my own son, who was eleven years old, about the divorce. For weeks and weeks I didn't sleep because I couldn't figure out a good way to break the news to him. I knew he was going to be very devastated, as most children are, even when they have a sense that things aren't going right. The word divorce really creates a lot of emotional turmoil for children. I read many books that told me what to say. But no one really tells you how to say it.

Finally one night at four in the morning I came up with an idea and I followed through with it. It was like an inspiration for me. I came up with the concept of creating a storybook that included some of our family history and mentioned the tension in our home over the past several months. Wanting to safeguard and protect my son, I put my message in simple language and included key messages that I wanted him to hear. Then I pasted the text into a photo album and added family pictures. I presented it to my son at the time his dad and I broke the divorce news.

It really was a very effective tool because it created a script for us so that we made sure we said everything we wanted to say. It also became something that my son could read over and over again in the days, weeks and months that followed, reminding him of the clear messages we wanted him to receive.

It was more than a decade later that I actually wrote the book to share my experience with other people. I used a template format. That's why I created an e-book that you download and then select the age-

appropriate template for your child. You customize the text to fill in information about you and your family. So your children are reading an actual storybook about them and their parents.

The storybook is something they can relate to. It focuses on the six key messages every child needs to hear before, during and after the divorce process to reassure them and provide security at this difficult time.

The book is titled, *How Do I Tell the Kids About the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!* It has taken off internationally. People are buying it in countries where I didn't even know they spoke English. I have received such rewarding compliments from these parents.

As a result I have also created the *Child-Centered Divorce Network* which provides resources, advice, tips, articles, coaching and all kinds of valuable information that parents can access when they need help in creating what I call a child-centered divorce.

I have the endorsement of divorce professionals around the world, experts that I refer to as “the good guys.” These are child-centered professionals who are therapists, attorneys, mediators, educators, financial planners, divorce coaches and others who are in alignment about putting your children's emotional and psychological needs first whenever divorce takes place. Our goal is to get parents out of litigation, out of the courts and taking back the power to control their own future. We provide wisdom, insights and a great deal of compassion for the plight of their innocent children. And that's the origin of how this became such a passion in my life.

Despite many personal challenges, my divorce worked out well. It had a particularly happy ending when my son became a young man in his early 20s. He came to me one day and said, “You know Mom, you and Dad handled the divorce so well and I am grateful because I have so many friends whose lives were devastated by their parents' divorce. I just want to thank you.”

I think that was one of the most gratifying moments in my life. There was my son, as an adult, acknowledging me as a parent. And that's what I want for everyone who is reading this ebook. I want them to have an outcome that is positive and happy -- despite the difficulties you may be facing now. Yes, I know divorce comes with enormous challenges. But parents need to understand that there are choices. There are better ways to approach every situation. There are skills you could learn and strategies you could use to make smarter moves and have the happy ending that every family deserves -- for the sake of their kids.

I also think it was one of the highlights in my life when, after I wrote the book many years later, my son offered to write the foreword for me. It was very special.

YOUR DECISIONS AFFECT YOUR OUTCOME

The most dangerous mistakes related to divorce are the repercussions of the decisions parents make, either when they begin the divorce, are going through it or after the divorce. The consequences of these decisions will affect your children for months, years, or decades to come throughout their lifetime.

There are many incidents of adult children of divorce who have severed relationships with both or one of their parents because they are still angry about certain situations that happened. Sometimes parents think they can fool their children into certain beliefs and that the truth will never come out. But ultimately in the long-term, it usually does.

You want to be in high integrity and you want to remember that you are a role model to your children. So if you are behaving in deceitful ways ... if you are manipulating your children ... if you're telling lies or making up stories ... consider what you are modeling to them.

It is not always easiest to take the high road, but I firmly believe that in the long run the parents who do, who make the more conscious, more awareness decisions, will be rewarded in the long term -- even if in the short term it's not looking too favorable. These are parents who try harder to communicate with their former spouse, even if your ex is being a "you know what." There is a light at the end of the tunnel for people who understand that you have choices; some are smarter than others. As a parent you have to be responsible to your children and seek out the very best for them.

Unfortunately divorce is fueled by intense emotions. We are filled with anger and resentment, insecurities and shame, and our egos are filled with self-righteousness about being wronged by our ex. Sure, if you don't have children, go ahead and hate your ex ... and move on in your life. You don't have to see them again so fine, deal with it as you'd like. But when you have children, you have to stop and realize that whatever you are doing, if your children are caught up in the middle of it, you are creating consequences for them.

Parents understandably get so caught up in their own drama and we all know how painful, traumatic, hurtful and confusing divorce is for us as adults. Sometimes parents fail to realize what is going on in the minds of those young kids -- and even our teenagers. Teens often look like they are young adults and we talk to them as if they were. But they aren't. Children and teens get wounded, confused, hurt and caught up in intense emotional entanglement. That's where the problem lies and that's what we really want to talk about at this time.

THE WORST MISTAKES PARENTS MAKE

There are so many mistakes parents make, so let's go over many of them. In that way those who are preparing for divorce can prevent these errors. And those of you who may have made some of these mistakes can understand that you can reverse those behaviors. You can make different choices and apologize. Your children will appreciate that and forgive you.

Fighting In Front of Your Children

One of the absolutely worst errors you can make is fighting in front of your children. Studies have shown that it isn't divorce per se that harms and scars kids; it's the fighting and the battles surrounding the divorce that really hurts the kids. That's why for parents who stay together and don't get a divorce, but are still consumed with anger, tension and high emotion at home -- their children are still harmed -- as deeply and emotionally as children of divorce -- because of the fighting.

So the first agreement one has to make is that, whatever battles and disagreements we may have, we do not act them out in front of the children. This is because it pains children to hear the two people they love most fighting. Children feel they can do something about it, but they can't and that creates deep frustration and helplessness.

They also blame themselves and the more fighting they experience, the more they blame themselves. They may think, "if only I was better-behaved, if I didn't get in trouble at school, if I listened to daddy more, then maybe they wouldn't be getting this divorce."

Children don't have the sophistication to understand the complexities of what's going on and so their little minds come up with ways to fix things ... to make mom and dad love each other again. Of course, it's not going to work, and it fills the children with pain. Keep the fighting away from your kids.

Asking Children to Choose Sides

Another problem is asking your children to bear the weight of making decisions or choosing sides. Children feel very guilty if they have to choose between mom and dad. It's painful to know they are going to live in one house or another or that there are going to be changes in their normal routines. But if you ask them to make a decision regarding your divorce, no matter which way they go, they are going to feel guilty, hurt, embarrassed and ashamed.

It's much better to tell the children that mom and dad have decided this is what we're going to do following the divorce. Even if they are not pleased with the decision, your kids at least won't be feeling guilty and responsible. You want to keep them from experiencing that deep, emotional wound. It's fine to ask their opinions if they are old enough. But don't let them make ultimate decisions for you.

Using Your Children As Spies

An additional major mistake is using your children as spies between mom and dad's homes. Children are going to see dad sometimes, mom other times. When they come home and either parent starts asking, "What does daddy do after dinner? What did he feed you? Where did mommy take you? Did she have a friend over?" ... we forget the pressure that puts on children.

Naturally they want to be honest and tell you the truth. They also don't want to betray their other parent. So don't ask them to tell little white lies for you. If you say, "don't tell dad that this or that happened," they are caught in a painful situation no matter which way they go.

Using Your Children As Messengers

Same thing applies when using your children as messengers. That's another common mistake. Your children are not there to be reminding dad to pick them up at 2:30 after soccer practice, a party or some other activity. Those details must be determined between both parents. There is very sophisticated software on the Internet now which enables you to post parenting schedules. You can use e-mails and texts. You don't have to speak on the phone if you don't want. There are many ways to communicate that minimizes errors without depending on your children as messengers. Even your teens should be out of that loop. It's not their responsibility to communicate for you.

(Check out the services of Our Family Wizard at <http://bit.ly/tQ03Oo>)

We forget that it burdens children in ways they can't express. And your kids are not going to be able to tell you. They don't have the words or sophistication to say "this hurts me and confuses me and I don't feel good," especially when you are asking them to tell those little white lies. "Don't let dad know my friend Jim stopped by Sunday morning." Those kinds of requests are toxic. Don't impose that on your children and you will be giving them the relief of enjoying their lives.

One of the most important things you can remember when a divorce takes place is that your kids are in the midst of their childhood. As loving parents we want them to continue enjoying the childhood they deserve. You don't want to turn them into little adults long before their time because mom and dad are not mature enough to handle their own circumstances.

Confiding Adult Information To Your Children

Related to this is another parenting mistake that's very hurtful: confiding adult information and details to your children. Parents do this to elicit sympathy from their children. It's so tempting to talk to your kids and tell them that their other parent is bad because they had an affair, is an alcoholic or did some other thing, and that's why you're breaking up. That makes it dad's fault. It almost feels good to share those "secrets." But what we don't understand is that children are unprepared to hear or handle that kind of adult-level information. They feel torn and confused.

After all, kids love both mom and dad. And when mom tells them something bad about dad, and they care about dad, their minds don't know how to process that information. "Maybe there's something wrong or bad about me too. Maybe mom will divorce me!"

They don't know how to adapt to that kind of information. It is a tremendous burden on their shoulders, creates guilt and confusion. The last things children need in their lives are guilt and confusion.

Going through childhood is hard enough -- coping with school pressures, dealing with friends and all the normal stresses of being a kid. Your children don't need the burden of having your adult "secrets" weighing upon them. So don't look to them to be your confidants. Go to your friends, see a therapist, join a support group!

Mothers often do not understand that while it may be good for them to make their daughter a best friend, it is not good for the child. They are unconsciously hurting their child and she doesn't have the words to tell you -- if she was aware of it. Your child would never hurt you even if she could tell you.

Putting Down Your Ex in Front of Your Children

On another related note is this very common mistake: never put down, disrespect or alienate the other parent in front of your children. No matter how you feel about your former spouse, it is devastating and confusing to your children to hear you disparage them. As I mentioned before, they feel guilty for loving the parent that is being put down. They are very confused, ashamed ... and no good comes from this.

Lying to Your Children to Justify Your Decisions

Another mistake is lying to your children to justify the decisions you made. Often this happens when a parent wants to avoid questions from their kids such as: "How come we don't see dad more often?" or "How come we can't visit Grandma and Grandpa on Sunday like we used to?"

When you come up with lies to justify your decisions you're giving your children the opportunity to turn around when they grow up and really resent you. In the long term your children will usually find out the truth and be angry about decisions and behavior. You never want to lie to your children to save face in the short term.

At the same time, you don't want to be confiding adult information, as I mentioned previously, to the children. This isn't the time to be giving them the details of the divorce before they are adults. When they are twenty-five and you want to talk to them and tell the truth about what happened in more detail, then at least they have the awareness of an adult to handle that conversation. But burdening a seven year old or seventeen year old with that information is poor parenting -- and it's really psychologically abusive.

Parents can be very self-centered. I always coach my clients to put yourself in your child's shoes and see the world through their eyes. If they are five or nine or fifteen, you can feel what life is like in their heads. When you do, it clarifies a lot for you.

It helps you remember your own childhood and you realize that these little people don't have the sophisticated brain capacities that adults have. Their cognitive abilities have not evolved to that level. They can't make the same decisions that we make. They are confused and hold in their pain because they see you

hurting. They don't want to burden you and so they either turn inward and become depressed, detached and disconnected with life -- or they turn outward and display aggression or other behavioral problems. They carry that anger around and ultimately it expresses as problems at home or school, bullying, drug use and other behavior issues. Either way those are all consequences of divorce handled poorly.

I have a good friend who is a child psychiatrist and she says that 90% of the cases she sees are parents bringing in children because they have behavior problems. When she talks to these kids after a while she finds out that one, two, four, six or more years earlier there was a divorce that wasn't handled well. These inner issues slowly simmer within the child because they have not been attended to. Finally, by the time the therapist sees them, the children are severely depressed, or intensely acting out, dangerous and belligerent. Sadly, she finds it is usually because the parents did not handle the divorce well.

So this is something that should be taken seriously. Become aware of all the signs and signals in your children. Early on, if your children have problems with the divorce, that's the time to talk to them, bring in a professional, participate in a support group or get the school involved. There are many options that are available.

DOING DIVORCE RIGHT: KEY QUESTIONS TO ASK AS PARENTS

Now we just talked about the dark side of divorce and the worst mistakes parents make. But divorce doesn't always have to be dark. It can actually be a positive outcome for your children. In some cases divorce is really the best thing for a family. If the children were living for months or years with tension and stress at home, and the parents were fighting constantly, it's often a relief for children to have those parents living in two separate residences.

Mom and dad can move on to other relationships, hopefully healthier relationships in time, and life can be more peaceful. So the divorce doesn't have to be a crisis. It's just a matter of the decisions you make regarding with how you deal with the divorce – especially regarding the children. And there are some very important questions that in all of my coaching I advise parents to ask themselves. These are profound questions that can stop you in your tracks before you make some dangerous mistakes.

The first question is, **Do you love your children more than you hate your ex?**

Not everyone who gets divorced hates their former spouse. But in the extreme cases, in which one or both parents do, here's sound advice to keep in mind. When you are tempted to do things to hurt and get back at your ex, if you realize that loving your children is more important, hopefully that will stop you from doing things that inadvertently will hurt your children.

Often we think we are spiting or hurt our ex, but it turns out that everything we do is actually hurting our children. At the same time, you are also losing sight of what is really important following your divorce. That is your children's well-being as well as your own. So this question is very powerful and can get a parent to stop and think before they make decisions that are going to have negative consequences for the entire family.

Another question I really like my clients to think about is: **What will my children say to me when they are grown about the way I handled the divorce?**

That question can really sober you up. Because right now, if little Johnny is five, or nine, or thirteen or even eighteen it is hard to believe that he is ever going to be a grown young man. But he is – it's going to happen – he and she are going to grow up. And one day they are going to look at you and ask questions that you don't want to be answering.

So ask yourself, are my children going to understand the decisions I made regarding my divorce? Will they thank me for putting their best interest first? Or will they be angry about those decisions?

If you could be introspective about that now, it's going to keep you from doing things based on resentment or anger that's going to scar your children and hurt you and your entire family in the long run. Because even after divorce, if you're a parent, you still have a family unit, you still are connected on some level for the rest of your life. How that family unit works is very important.

Children have special occasions and celebrations continuously. They have school and sports events, graduations; there are birthday parties and holidays. They move into college and careers. There are weddings ahead and all of those wonderful occasions that families share together. Are you going to be mature and responsible in the way you handle those times together so that mom and dad can be in the same room during these celebrations? Or you are going to burden your children by creating all kinds of insanity?

I have spoken to people whose both parents could not attend their wedding at the same time, or who can't be in the same room for a child's graduation. Those parents are so selfish in their hatred they forget what it's like to be the children who have to cope with all of that craziness.

This is the time to think about your family's future and to make wise decisions on behalf of your children. You don't have to love your former spouse -- but you can certainly be a responsible, mature adult in the way you handle being with them on occasion.

There is another question I suggest parents ask themselves: **How can we make life better for our children after the divorce than it was before?**

We all know that life at home may not have been so great before the divorce and too often it was the kids who paid the price! So now both parents can get together and say, "Okay we are getting a divorce, we are going to make some changes, we're not going to see each other and be in each other's lives nearly as much -- but we still love the children. What can we do to make life better for them after the divorce than it was beforehand?"

Parents can realize, “There are things that we can do, most importantly: being mature and responsible in the way we interact with one another. What other things can we do?” That the beginning of finding workable ways that you can co-parent cooperatively and positively. And it makes such a difference in the outcome for your children.

MASTERING COMMUNICATION SKILLS WITH YOUR EX AND CHILDREN

Children do not have the words to share with us about their hurt and pain. That is why those feelings get acted out in behaviors that slowly erupt from the core of their souls. We have to be really diligent as parents. We have to be closely watching our children. No one knows your children like you do. You can look for signs of distress and talk to them.

Children don’t want to be lectured. So sit with them and just ask, “How are you doing since the divorce? How are you feeling about all this?” We all know that children don’t usually want to talk about serious issues. The older they get, especially as teen-agers, the less they like those parent-child conversations. But there are times, and ways, to communicate with your children, ask questions and find out how they’re doing.

One of the best times is when you have them in the car and you are taking them to and from school, sports practice, a friend’s house or something like that. Maybe you have a 15 minute period and you can just start chatting about things. Start by asking open-ended questions.

Some of the best advice I can give you is to be a good listener as a parent -- because your kids are not always going to tell you straight out what they are feeling. But if you listen to their tone, intonation and watch the expression on their faces, their body language and posture, you can read a lot about them.

Listen closely and repeat what they are telling you back to them. That’s called “active listening.” You can say something like, “So you’re saying you are very frustrated with your math class?” They are more likely to respond and share more information. “Yeah, I am really frustrated and hate math this year because my teacher is ...”

The more you listen, the more they will be open to start talking about that frustration. That, in turn, may lead to talking about other frustrations, such as not getting to visit his friend Jeff last week ... or being angry that you didn’t let him invite dad to see his last game.

You want to listen without judgment, because judging will turn them off from further communication. Instead of telling them what to do or feel, acknowledge that they have the right to feel what they are feeling and thinking what they are thinking.

They may not always be happy with what is happening in their life, but it takes a big parent hear and validate that. You can, for example, say, “I understand you are disappointed about this. Dad and I tried our best to arrange things and at the moment that was the best we could do. But we really appreciate your giving me your opinion and we will take that into account next time we schedule things.”

So talk to the kids, really *hear* them and let them express. Let them vent and don’t make them wrong for feeling what they’re feeling -- even if it isn’t what you want to hear. And equally important: be able to acknowledge when you have made a mistake.

SAYING I’M SORRY TO THE KIDS

Every one of us has made mistakes. I made parenting mistakes after my divorce and learned the hard way. That’s why more than ten years after the divorce, when I wrote my book, I was able to put a lot of wisdom in it that I gained from my own mishaps. If you suddenly realize that you have been doing something that isn’t in your kids’ best interest, *apologize*. It takes a very big person to admit errors to their children, but it goes a long way toward healing and strengthening your relationship with them.

You can say something like, “You know, mom made a mistake. I shouldn’t have gotten angry at you for telling me how much you resent my inflexibility in changing our schedule last week. I should have been more understanding. It wasn’t right for me to keep you from seeing your dad when he requested that change.”

Whatever the situation is, if you could acknowledge that you made a mistake, not only are you being mature and responsible -- you are being a real role model for your children. You want them to realize that even when they do things that are awkward and wrong or didn’t work out well, they can give themselves permission to say, “I’m sorry, I made a mistake and I’m going to change.”

If you stick to your guns, hold fast to a bad decision and just say, “This is the decision I made and I cannot undo it,” then you are modeling poor behavior. You are going to get more negative consequences. Any mistake can be undone. It doesn’t matter how long ago it happened. You can undo a mistake. You can acknowledge a bad decision and you will be forgiven, because no one in the world loves you more than your children. Our children will tolerate amazing abuse and still love us. And we have to remember that underneath it all, we want to do well by them.

What if it’s a big topic you need to apologize for? It’s important that you pick the right time and the right place for delicate conversations with your kids: a time when you’re alone and there’s not a lot of pressure. You never want to bring up intensely sensitive situations in the midst of a fight or other disagreements. You want to also be careful not to start bringing up other unrelated issues or you’ll create a situation that distances you instead of bringing you closer together.

But if you are in a peaceful situation: taking a walk or drive together or sitting in the park, you can bring up the subject. “There is something that has been bothering me for a while and I just want to let you know that I have given this a lot of thought. I realized that I made a mistake when I decided to do x, y and z and I really regret that. You deserve better and I see that it really hurt you. It hurts the entire family. I did it because of this and that but I regret it. I just want to apologize to you and I hope you can forgive me. I hope you can understand.”

When anyone comes to you in that frame of mind, you are more likely to forgive. And if they don’t, let them vent. Acknowledge their right to be angry and vent because *behind anger is always hurt*. If your children are really angry, most likely they are deeply hurt and wounded as well. Acting out may be the only way they know how to behave. So you are giving them permission to express themselves and then modeling for them a more mature approach to dealing with anger and resentment -- communication. Show them that discussion can work.

DISCUSS WITHOUT PUTTING YOUR EX ON THE DEFENSIVE

Following a divorce, issues and challenges are going to take place. They happen in marriage and certainly are part of life post-divorce. So things are going to come up. But if you approach your communication in a way in which you are not putting your ex on the on the defensive, the outcomes will be far more positive. And this is what you want to model for your children.

Some important communication skill tips: Don’t use “you” language when in conflict. Don’t point your finger and say, “You did this; why do you always ...; you make me so angry when you ...”

Instead start using “I” language which focuses the responsibility for your feelings on you: “I was really hurt by what you said last week. I wish you wouldn’t be late when we are making appointments because the kids are really hurt when that happens. I felt angry when you didn’t remember to”

“I” language gets you “owning” your feelings and not adding fuel to a tender fire. Then you need to listen and give them an opportunity to share their feelings and perceptions in the same way. They are more likely to acknowledge your message or request and respond with something like, “Gee, I didn’t realize that’s how you felt about it. I was mistaken. I’m sorry I jumped to conclusions.”

If you are talking civilly, the less defensive the other person will be and the less likely to get in your face to escalate the tension. Even with an ex who you really think is an “S.O.B.,” or someone you know who is not an easy case, the more you step up to the plate and give them an opportunity through your communication skills to be more civil, the better the outcome.

The whole idea with communication skills is to de-escalate when the conversation gets intense and negative. Remember, it only takes one person to de-escalate the situation -- and it has to be you because you know better. You can't justify poor behavior by thinking, "The way she treats me is the way I'm going to treat her back," because chances are she is not going to change or learn anything. If the circumstances are creating stress for you and for your children, then something has to give.

Communication skills, learning how to say things effectively, how to phrase things, how to diffuse tension -- is wonderful in every phase of your life. It will take you far in getting along with your children, other relatives and the people at work. But this is especially important when you have a post-marital situation with your ex. You want that relationship to be as smooth as possible because on some level you are still a family.

KEY MESSAGES FOR YOUR CHILDREN

You will always be a family. And one of the major messages we want to give our children in the very beginning when we are breaking the news about divorce as well as long after, is reminding them **mom and dad will always love you**. Mom and dad will always be your mom and dad. Even if one or both parents remarry and there are other adult figures in your child's life, remind them that doesn't mean anyone is going to replace your mom or dad.

It's very important for children to know that. You also want to remind them that **they are going to be safe** because mom and dad are making mature, responsible decisions. And always remind them that **the divorce is not their fault**. No matter what's happening, even when parents are fighting about the kids, it's never their fault. Children didn't ask for this. They are innocent victims. And you have to keep telling them that mom and dad will always love you no matter how far away we may be. And regardless of how frequently we see you, our love for you never changes.

Another one of the most important messages is that **this about change and not about blame**. When you're talking to your children don't get into the dynamics and details of the divorce -- the adult information. Instead you talk about this as another chapter in your family's life. Life is filled with change. You grow older every year; you change your clothing styles, your hairstyles. You have a new teacher in school, enter a different grade, play different sports. Life is filled with those changes. Well this is another change which is like a new chapter in our life. And change doesn't have to be bad. We are looking forward to this new chapter to be even better for everyone in the family.

If you reinforce that and make mature decisions that will let your children have their childhood, they will be very, very grateful to you. In fact, they can look upon the divorce as a catalyst for something new, good and better in their lives. They can have a feeling of hope and security as opposed to dread, fear and anxiety that the world is ending. Sadly, that is the case for so many children because their parents are not giving them these supportive and healing messages.

FORGIVENESS & LEARNING LIFE LESSONS

I also want to remind everyone that forgiveness is another big piece of the puzzle. Yes, it is one of the hardest things to embrace, especially when you are filled with hurtful emotions and anger. But the result is worth the energy. To begin you have to do the inner work first -- and there are two levels of forgiveness.

First, forgive yourself for any mistakes you may have made: poor judgment, decisions that ended in bad consequences, questionable behavior, etc. Secondly, you need to work on forgiving the others in your world -- those you are blaming for creating your bad outcome. The important message here is that if you look for the lessons, rather than looking for the blame, you will be able to accelerate your personal growth. That's the key to moving on to a place of peace and positive anticipation of your future.

When we look for them, we find lessons in every life experience. Wouldn't it be wonderful to teach your children some of your lessons so that they don't repeat them? You can role-model ways of handling awareness of these new lessons rather than bitching and feeling sorry for yourself. You don't have to indulge in self-pity or anxiety because you expect the world to end. You have the responsibility to transform your life following your divorce. Heal your emotional wounds and you can create a new you that you want to step into and become. All of that is possible. The opportunities are there and many people look back on their divorce and think: "Thank God; that was a blessing in transforming my life."

THE CHILD-CENTERED DIVORCE NETWORK

At the Child-Centered Divorce Network, we provide answers to all the questions that parents ask. We also provide a free weekly newsletter with advice, tips, insights and articles plus teleseminars, interviews and other special events.

The Network is comprised of a caring and trustworthy team of experts to align yourself with. So if you're looking for help with any divorce and parenting-related issues, you know you can depend on the people, websites, books and other resources at the Child-Centered Divorce Network to steer you in a direction that's supportive for you and your family.

I'm also available for personal coaching and have my 8-hour audio-coaching program as well. It is very important to know that you are not alone; you are a part of a huge community worldwide. The Child-Centered Divorce Network is aligned with a multitude of other divorce professionals around the world who are sharing this message.

MASTERING CHILD-CENTERED DIVORCE

8-HR AUDIO COACHING PROGRAM

One of my newest programs is “Mastering Child Centered Divorce.” It’s an 8-hour audio coaching program. I am very proud of it. It’s just been launched and I’m very excited to make it available to those reading this ebook. It gives you information on how to diffuse conflict with your ex while maintaining positive communication. It also covers how to best handle questions, depression, tension, arguments and other troubling behaviors from your children. In addition, what you can expect from children of different ages --from toddlers through teens -- because they react differently and have different expectations related to divorce.

The Audio Coaching program also discusses how to stay centered within yourself and take care of your emotions and needs during this crazy time of transition. And how to best take advantage of the resources available to you and find the “good guy” attorneys, mediators, therapist and coaches -- without being ‘taken’ so that you’re making smart decisions.

I also focus on how to handle the weekly routines, scheduling activities, parenting plans and other responsibilities without losing your cool. Another topic: how to cope with co-parenting skills, being a single parent and the variety of other complex challenges that come with divorce. And we spend lots of time on how to talk to your children and communicate most effectively with them.

So there’s six hours of audio coaching plus bonus interviews, one with an outstanding collaborative divorce attorney who wrote a wonderful book that I highly recommend called “*Stop Fighting Over the Kids: Resolving Day-to-Day Custody and Divorce Situations*.” His name is Michael Mastracci, and I have a fabulous interview with him that’s part of this program. There’s also another bonus: an interview with me that talks about some other facets of co-parenting and single parenting that we didn’t cover here.

Plus you get a workbook that includes assignments and questions on issues of major concern to divorced parents. Best of all I have included a full one hour **one-on-one personal telephone coaching session** with me so we can really get down to the nitty-gritty of whatever is most troubling for you. You can talk to me directly and together we can come up with some strategic solutions that really work. This session can make an immediate difference in moving you in a direction that is more successful and satisfying for you and your children.

So this comprehensive program includes eight hours of audio, the work book and the one hour personal coaching session with me. To learn more about this valuable audio coaching program and bonuses, visit: <http://www.childcentereddivorce.com/coaching>.

A VALUABLE REMINDER

Coaching is not only valuable for your children. It can be a gift to you as well. When you learn how to relax, let go, diffuse tensions, and give yourself the respect you deserve, you get an additional benefit. You can look at your divorce experience as a life lesson that can transform you into another level of self-confidence, achievement and happiness in the future.

You will look back upon your divorce, not with regret, but as another significant chapter in your life. If you can do that for yourself and then inspire your children to look at it that way, you are going to have a future that's bright. And I promise you there are wonderful experiences awaiting you -- no matter how depressed, frustrated or angry you may feel at the moment.

There can be happiness ahead for you. You just have to open the door and allow yourself to step into that possibility. Don't do it alone. Be aware that you have the support of so many of us in this community who really care about helping you through the transition. You are not alone. I know you are dealing with many challenges that are not black and white, not simple. These issues won't be taken care of in an hour or a week, but your attitude goes a long way toward moving ahead successfully.

How are you going to see your own future and how are you going to role-model the future for your children? You have power and, with the support that you are getting from this community, you will be able to accomplish wonderful things. So never give up. And I look forward to interacting with you.

1. Free Bonus Gift from Rosalind Sedacca

Post-Divorce Parenting: Success Strategies for Doing It Right!

Concerned about the effect of divorce on your kids? If you're transitioning through and past divorce, this valuable ebook is for you. It's written by internationally acclaimed author, Rosalind Sedacca, CCT, founder of the Child-Centered Divorce Network for parents. Learn how to minimize the emotional and physical impact of divorce on your children with tips you can immediately put to use. Your children can be happy, secure, self-confident, accepting and loving after your divorce – if you follow these guidelines for success.

To get your Bonus Gift ebook, visit ChildCenteredDivorce.com and enter your email address at the top right column.

2. Special Offer: Mastering Child-Centered Divorce 8-hr Audio Coaching Program

This comprehensive, content-rich audio course helps you resolve the day-to-day challenges of being a divorced parent. You'll discover the warning signs your children are having problems, behaviors to avoid, the path to peaceful resolution, effective communication skills, resources available to you, proven parenting success strategies, stress-reduction tips and much more – including a Coaching Workbook and Special Bonuses. Plus, you also get a free 60-minute one-on-one Personal Telephone Coaching Session with

Rosalind Sedacca, CCT, acclaimed author and founder of the Child-Centered Divorce Network, to help you get started on the right track for your family.

This program, valued at \$297, has been discounted for our readers at just \$197! Grab it today at: <http://www.childcentereddivorce.com/coaching>

THE SCIENCE OF HAPPY KIDS AND JOYFUL SINGLE PARENTING

By **Patrick McMillan**



Patrick McMillan

Patrick McMillan: Author, Coach, Science of Happy Kids Expert

Patrick McMillan, first and foremost, is a passionate, loving father of two wonderful young boys, who are 13 and 10 years old. He is an author, Happiness Coach for Kids and Parent, and a speaker on the science of happiness as it pertains to children and parenting. He is the co-founder of HappierKidsNow.com and has authored “An Exercise in Happiness,” an emotional fitness program for children in the 3rd to 5th grade, which is used in classrooms and homes around the world. Patrick recently developed the Science of Happy Kids and Joyful Parenting Program to introduce the strategies of happiness to teachers and parents. Patrick was a stay-at-home dad for over seven years, and for the past three years a single dad living in Colorado with his two boys.

TOPIC:

The Science of Happy Kids and Joyful SINGLE Parenting

Divorce sucks the emotional wind out of us, and in doing so, our children become starved of “emotional oxygen,” which during childhood and adolescence they need desperately to develop the ability to cope and respond to adversity in their own life. Patrick will share techniques to focus on our own emotional wellbeing and happiness in order to ensure the same for our kids during this highly emotional event. He believes every child is negatively affected by divorce to some degree, and for some the scars will last a lifetime and affect their own relationships in life. To what degree this is true is entirely up to us, their moms and dads. But even despite a difficult or challenging ex, we can rise above it all and create the new life we want and deserve for ourselves and our kids.

- A lesson from the airline industry about single parenting during tough times.
- What does the ending of your marriage “mean” to you and to your kids?

- How your divorce affects your kids is entirely up to YOU!
- How to focus on happiness in the midst of divorce (Really!).

Free gift

Download FREE “The Ultimate Kids” Guide to Happiness www.happierkidsnow.com, and that’s where they can download “The Ultimate Kids’ Guide to Happiness.” It’s a little ebook that they can download and print off, and enjoy with their kids.

Published book, “An Exercise in Happiness,” can be found at www.KidsCanDoAnything.com.

Now with my story, you know, it’s a really interesting story. I grew up with a deep, deep fear of becoming a father. I went through a childhood that was quite painful, especially when it came to my connection to my father. There was really no emotional connection with my father; certainly there was no positive connection. He was very emotionally abusive, and at times physically abusive, which led me to leave home at a very early age. I started leaving home at 13 and left for good at 15.

I spent almost the first year homeless, as a young teenager, and it was really quite interesting how that adverse experience ultimately led to my finding of my purpose in life. Throughout my life, until my late 20s, I was convinced I just wouldn’t get married because of this deep fear of becoming a father. I was absolutely convinced I would repeat the cycle of the abuse, the neglect. I was absolutely convinced, especially when I discovered that my father was doing exactly that. He was repeating the cycle that he’d experienced. I was just living my life as though marriage was not in the cards for me. It was just not going to happen.

My experience of leaving home—I don’t call myself a runaway, I call myself an escapee—I was escaping the deep unhappiness that I was feeling, and I knew that I deserved it. I felt I had to search for it, and I felt I would never find it if I remained where I was. So that was what really motivated me to leave home. Ultimately, I was taken under the wing—at the time I was 16, and he was about 40 years old. He introduced me to his wife and his children, he brought me into his home and really got me on my feet. I started to regain faith in marriage, in family, and it was because of that experience with this man. That allowed me to then move on and pursue my dreams in terms of what I wanted to do with my life.

However, the deep fear of becoming a father was still there. It was when I was 29 years old, so that was almost 20 years ago. I met somebody whom I fell in love with. It scared me, and ultimately we ended up getting married. What I did was I really sent that fear of fatherhood away; I set it in the back of my mind. But whenever we would start to talk about having children, I could feel it in my gut. I could feel that discomfort resurfacing. There were times when, after we would have a discussion and I would be by myself, I would actually break down, knowing that it was inevitable. At some point, I was going to have to face my deepest fear. I felt that at some point, I was going to become a father. That scared the daylights out of me, and I knew I had to do something. I just had to.

So that’s when I started really researching everything I could get my hands on—metaphysics, everything about personal development, how to replace negative beliefs, all this stuff. And then five years into my marriage, my wife came to me and said, “We’re pregnant.” My reaction actually startled me—it was a feeling of joy that I had never ever expected to feel when I heard those words.

So what I realized was, all the effort I had put into changing my beliefs and changing the way I was thinking and feeling, it had paid off. I embraced fatherhood like I never ever expected to. A year and a half after my first son was born, my wife asked me if I would like to be the stay-at-home parent. Instantly, the word *yes* just fell right out of my mouth. Yes, I'd love to. That was the start of everything, and I remained a stay-at-home parent, like you mentioned, for seven years.

When it comes to the divorce aspect, that was a whole new chapter that occurred 15 years into our marriage.

When something like divorce happens, we get filled with negative chatter in our mind, and our mind just takes over. I equate that feeling with being starved of emotional oxygen—that source, those thoughts and feelings that are going to help you move up and beyond and be better than ever after divorce. We get starved of that oxygen because of the way we're thinking. We get so wrapped up in it, and it's almost suffocating at times. I know that the first year and a half after my separation, I couldn't stop the negative chatter. We went 50-50 custody of the children, so they lived one week with me and one week with my ex. The weeks that I was alone, for the first year and a half, I couldn't sleep. I was basically an insomniac. The negative chatter in my mind was just horrifying.

It's funny, it's almost as though because I took on the role of stay-at-home parent, which is generally—men feel like that's the women's position, to be the nurturer, to be the homemaker, you know—I took on that role. Not only did I take it on, I embraced it. What ended up happening was, my wife worked 65 hours a week. I was very trusting in my relationship with my wife; I had no feelings of jealousy that she had a life outside of our home and I didn't. I was the 24-hours-a-day, 7-days-a-week parent. Especially after our second child came along three years later, it was a 24-hour, 7-day-a-week thing, and she had a life. She would go out after work with her friends, all this sort of thing.

Toward the end, I started to really see the writing on the wall that probably for the last five years of our marriage, our intimacy level had plummeted. If there ever was any romance or intimacy, it always seemed to be initiated by me, so I was always the one who would get rejected. She had other things going on, and I just experienced this rejection time after time after time. I remember saying to myself, I just want to be happy. I just want me and my kids to be happy. That's all I want.

So it's almost as though I put that out there into the universe—that's what I want. I visualized just being happy with my children. A few years later, the rejection and all that, it just fell out of my mouth one day. I said, "We need to separate. We need to divorce or do something, because this is just not working."

It apparently caught her off-guard. It was the last thing she expected to hear from me. What ultimately ended up happening was, we ended up going to counseling. We only went for two sessions; she threw in the towel. She didn't want to try. She didn't want to work on our marriage. It was at that point, when I started to put all the dots together, that I discovered not only had she been dating already, but she had jumped into two different relationships as I was moving out. It's been three years, and this was the real hurtful part: that she sought that intimacy elsewhere and was unable to do it in our marriage. The stories are huge, and I won't get into those, but they were the root cause of a lot of my negative chatter and how I couldn't stop my mind from racing.

I'm not convinced she's going to be the kind of mindful parent our children deserve, because she's so hugely into her life. Into her new life, I guess. Again, I was being starved of emotional oxygen. I knew I

had to do something. When there's children involved, you can almost equate it to flying on a plane. When the flight attendant starts to explain how the oxygen masks will fall in the case of loss of cabin pressure, loss of oxygen, you're advised to put your oxygen mask on first if you're traveling with children. Obviously, if you become disoriented, you'll be unable to help your child.

So that was kind of a big light that went off, and I thought, wow. I have to pull this together. I have to do this for me in order for my children to make it through this in a positive way. All children are going to be affected by divorce, no matter what. They're all going to be affected. However, how deeply they're affected, and to what degree, really depends on us and how we react and behave. And that has been, over the last three years, the best decision I've ever made. My children are happy and flourishing, and how I got there—that is what I really want to share. It is so worth the effort. I realized that my children are such an incredible source of positive energy, and when I really started to see that—what I really did was, prior to having any interaction with my ex-wife, I would think to myself, how is this reaction to my ex-wife going to affect my children?

I don't know if this is a guy thing, but do you remember those old “your mama” jokes? You know, “Your mama's so blah, blah, blah. . . .” Well, I think the root of those jokes is, you don't diss my mother. I don't care who you are, don't say anything bad about my mom. I don't even care if I don't get along with my mom. You don't get to say anything bad to me about my mom, or the result will be I'm not going to like you very much. So I started thinking, I have a laundry list of negative things I could say about their mom. It's huge. But the reality is, if I was to say any of those things or even have that in my energy, my kids are going to feel it and I'm going to pay the price. Ultimately, I'd be shooting myself in the foot if I want a relationship with my children. They wouldn't like me if I was to say anything bad about their mom.

So in terms of my children, that's how they were such a source for me. I know that if I feel those toxic feelings, those toxic thoughts about my children's mother, they're going to pick up on it. Not only do I not want them to feel that way, but I don't want them to feel that way toward me. It's kind of that “speak no evil” about your ex around your children. One of the biggest things that helped me get to that place was really understanding the effect that negative thoughts and those feelings of anger and jealousy and disdain for your ex—no matter what they've done—when you have those feelings, I equate it to drinking poison and expecting them to feel the effect of it. It's kind of like I'm going to sip on this poison, and I'm hoping that she's going to feel the effect of it. Because I'm thinking these toxic, horrible thoughts, just—ugh. I can't stand it.

And then I started thinking, boy, these are really making me feel awful. The way I'm thinking is making me feel horrible. And they're having zero effect on her. So I thought, that's kind of crazy. Why would I do that? So then I started looking into ways I could change those thoughts—how I could switch them. Well, I'd been studying emotional development for over a decade, so I have the tools, I have the knowledge. I think it's high time I started putting them to use. I started to really look into gratitude and forgiveness. Huge. Huge. There was one thought that I instantly came to. I thought, “How can I look at my relationship with my ex, and what do I have to be grateful for? Do I have anything in my relationship to be grateful for?” I felt so betrayed. I felt betrayed for the 15 years of my marriage. I felt it was all a lie. So I said, “What do I have to be grateful for?”

Well obviously, I looked at my two boys. I can't help but be grateful to her for giving me those two boys. For carrying them, for giving birth to them. What she went through, physically and emotionally, to have

those children. So I have to be grateful to her for that. And as soon as I came up with the first thought of gratitude, another one came, and then another one. I got to the point where I'm so grateful to her—I'll always be grateful to her—for bringing these children into the world with me. The fact that our marriage is over, it doesn't mean that I have to now be her best friend, or we have to have the Bruce and Demi relationship—it's not going to happen. However, when I look at the reaction that my children have when I can consciously be amicable to their mother when we're together, I can see how happy my children are.

In fact, my 10-year-old, about a year ago he was at my house and out of the blue he said, "Dad, you know what really makes me happy?"

I said, "What's that?"

And he said, "Seeing you and Mom happy."

My heart just smiled. Him saying that made all the effort that I'd put in worth it. What it did for me was it allowed me to really find my own power. This is funny, because this is where I can relate to so many women who go through this. You feel like your power has just been taken away. The title of this event is just amazing—Better Than Ever After Divorce. For so many people, though, I know their thought process is, how am I ever going to become better than ever after divorce?

I think the reality, though, is that you *will* become better than ever if you focus on becoming better than ever. You know? And the power to do so, there has to be the understanding that the power that you need to do that, to rise above it and be better than ever, and actually live your absolute best life ever? That power to do that already exists. You already have it. The only way to put any power to use is to first understand that the power's there. Then you can go, oh, you know what? I do have it in me! I do have the power to live an amazing life for me and my kids.

But one of the things, too, when a negative thought pops in you eventually start to develop this habit of replacing that negative thought really quickly. When it comes to my ex, I started thinking, you know what? I want her to be happy. I want her to be happy, and I want her to succeed. And then I thought to myself, whoa, what am I saying? Do I? Yes, I really do want that for her! And it was challenging to get to that place, to say that. I don't even like to use the word *difficult*, because it wasn't difficult. It was challenging.

The truth of the matter is, you're going to experience what you focus your thoughts and attention on. Your thoughts and your feelings. You're going to experience more in your life of what you're focusing on. If you're focusing on the bad or wrong aspects of your ex-wife or husband, that's what you're going to wind up seeing more of. So when you start to see that there is some good in them, there are things to be grateful for, you can get to that place of forgiveness.

I think one of the big issues, too, is there's this perception of that word, *forgiveness*. Initially, I thought the same. I thought, how can I forgive her for all of that, all of the feelings she's put me through? How can I actually be forgiving? Well, I realized, you know what? If I forgive her, it's for me, not for her. Forgiveness is a self-serving act. You don't do it for the other person. You forgive for yourself. That's exactly it. I thought, wow! That's right! It's like don't drink the poison, you know, because they're not going to feel it. For as long as I didn't forgive her, it had zero effect on her life. So if I can get to that place of forgiveness, it's going to enhance my life and my children's lives. And it's done exactly that.

It's just getting to that place where you become filled with emotional oxygen. You're empowered now to do what it takes. For yourself first, and then your kids automatically see and feel your power. And the wonderful thing is that they will inherit that power. They're going to start to see that they have it in them too. I've been working with children for years, and one of the first things that you do is, you want to become an emotional coach to your kids. You model for your kids how to become emotionally literate.

So when you can do that for yourself, your kids automatically inherit it. It's just a wonderful, wonderful thing. When you start to implement these strategies, they become simpler. Eventually they become part of your being, part of who you are. That affects every other aspect and every other relationship in your life—the people you work with, friends—it's a remarkable thing. Another thing, too, is when you're starved of emotional oxygen in that divorce, it affects everyone around you. Really what it comes down to is, happiness is a way of thinking. Your way of being is dependent upon your way of thinking. So regardless of a difficult ex, going through a challenging divorce, you still have that power to succeed when you see all you have to be grateful for. You start to understand what forgiveness really means, and then you are in a position where you can replace those limiting beliefs and those self-doubts with limitless beliefs. You learn how to avoid that over-thinking, that mental chatter. The volume gradually goes down, and then it changes. It's so worth the effort.

That question of how am I supposed to think about or focus on being happy in the midst of a divorce—it sounds ludicrous to think that. You know, divorce ranks right up there with grieving the loss of a loved one—it's a huge thing. It's a traumatic life event. How could you possibly focus on being happy? But the reality, for most people, isn't that really what you want more than anything else for yourself and for your kids? You want to be happy. You want your kids to be happy.

I couldn't shake the hurt or make that mental chatter stop, but the hurt starts to subside when you let it. The mental chatter subsides and then stops when you learn to fill your thoughts with that emotional oxygen. There are scientifically proven strategies to increase your level of emotional wellbeing. There are strategies that you can implement right away. The first one is gratitude. The first, easiest, and fastest way to change your thoughts and emotions is to find something to be grateful for. There's studies that have shown—Dr. Robert Emmons and Michael McCullough have been researching gratitude and forgiveness for 30-plus years. The results of their research have proven that just a thought of gratitude can have incredible psychological and physiological effects. People live longer, those who keep gratitude journals, and they experience less illness. They experience longer-lasting and more meaningful relationships. There are such wonderful effects in a person's life.

When it comes to having children, when you start to do these things with your children—I've been gratitude journaling with my children now for six years, I think now. We've been gratitude journaling every day. The effects have been truly amazing.

In getting the children involved, the very first thing that I personally did was I wrote a little booklet. Kind of like a happiness booklet for me and my kids to do. In the mornings at breakfast and in the evening, we'd have these little written activities—like gratitude journaling, for example. That's ultimately how I ended up publishing my first book, "An Exercise in Happiness," because it was that book, that little thing that I developed just for me and my kids, it started to have such an effect on them that their teachers at school started to notice. I got a call from my oldest boy's third-grade teacher asking me what was I teaching him, and would I mind teaching it to the whole school. That's how my book "An Exercise in Happiness" started.

Then I wrote another one—I felt compelled to share more of these things. On our website, www.happierkidsnow.com, people can download a free booklet that they can do with their kids. It's just a small booklet that talks about the power of gratitude, about setting goals—it's just a fun little ebook that helps you sit with your kids and gratitude journal with them. It's wonderful! It's absolutely wonderful. What a great way to start the day, let me tell you what. Here's another little tip: If there are any single parents out there who have multiple children—you know how our children will sometimes get into scuffles and head-butting and yelling and screaming—I've used gratitude for years to get rid of these little arguments and stuff, and it works amazingly.

What I do is, I separate my kids—I started by sitting with the younger one—and I'll say, "I can absolutely see that you're upset." The idea is to acknowledge their emotions, acknowledge how they're feeling, validate them—it's OK to feel the way you're feeling about your brother. "I can see that you're really angry." What I'll do is, I'll say, "You know, that feeling of being angry isn't very good. We don't really like that feeling at all. What we want to do is try to change that as quick as we can. So I want to ask you something. Can you think of three reasons why you're grateful you have a brother?"

It may take a few minutes to get them thinking. I may even make the first suggestion—he lets you play with his stuff, he lets you play with his video games, whatever. He'll say yeah, OK, and he'll say, well, I'm also grateful for something else, and he'll think of something else, and by the time he gets to that third reason for being grateful he has a brother, he has forgotten what he's angry about. Same with his older brother; I'll do the same with him. With his older brother, I'll ask him to write out three reasons he's grateful he has a brother. And it just dispels it. Gratitude is so incredibly powerful.

It has a huge effect, and again, you will get more of what you focus your attention on. So if we're so focused on bullying, we can't help but see more of it. By taking this approach, by having kids focus on what's right and what's positive rather than what's wrong, they're more likely to develop those feelings of compassion and forgiveness and gratitude. So yes, it does have that effect. Absolutely.

You know, here's something that happened last night. They got into a little scuffle. I did not have to intervene at all, and I would say within moments after their little scuffle, my youngest approached his big brother to say he was sorry. They ended up hugging each other. They were hugging moments later. I'm extremely proud of them.

My oldest boy, he's in eighth grade, he's now the go-to guy amongst all his friends when they're having problems. He's the guy they talk to. In fact, he was telling me that a girl in his circle of friends actually credits my son with saving her life. She had thoughts of suicide because her parents were going through a horrifyingly mean, ugly divorce. So there's how it affects kids. It can affect them on the most extreme level, where they almost want to take their own life because they can't take it anymore, or parents can actually put effort into being happy. The result is happy kids, and it's so worth it when you think that there are children out there who are so broken up by their parents' divorce and how they are to one another that they're almost ready to take their own life. There's something really wrong there.

Really, all it takes is thinking properly. That's all it comes down to, is how we think. How we think determines how we feel and then ultimately that determines what we do and who we are and who we want to see our children grow up to be. It's so worth the effort.

Your children can actually be better than ever after divorce. They can!

I'm extremely proud of my children, and you know, it took effort on my part. I'm not asking for a pat on the back; I'm just saying if other people can really focus on their children during the traumatic experience of divorce, you almost can't help but be better than ever after divorce.

Dr. Dee Adio-Moses: There's a question that somebody sent before we started. This is from Tonya in Kentucky, and she said, I'm a 37-year-old mother with two boys, and I just want to thank you for this. For those who have no children, how do you find that place with your ex? How do you find that place of being able to be cordial to each other when there are no children? Because really, I don't know.

Patrick McMillan: That's a wonderful question. I've certainly been talking about how your kids can empower you, but if you don't have children there to empower you and you've just gone through this with the other individual, the same rules apply. The same rules apply in terms of those toxic thoughts. When you have toxic thoughts, when you have those negative thoughts about your ex, you're likely to experience more and more of that. The same principle applies: find something about your relationship to be grateful for. And also be grateful that now you have the opportunity—especially if you were in a relationship that was restricting and not allowing you to be who you want to be—if that relationship was constricting, then certainly now you have something to be grateful for. You're out of that relationship, and now you have the opportunity to spread your wings.

Dr. Dee Adio-Moses: That is a big one. And you know, Patrick, another thing I think when there's no children, is that everybody who comes into our lives, they are our teacher or our student.

Patrick McMillan: I love that you said that.

Dr. Dee Adio-Moses: When we look at what they came to teach us, and we really understand and appreciate that, we can say "Thank you for the growth. Thank you."

Patrick McMillan: Yes! When I first learned that strategy—and that is a strategy when anyone crosses your path or hurts you or harms you or says something to try to influence your feelings in some way—when I first learned to react with a thank you—thank you for being my teacher. Thank you for teaching me that I have the choice of how to react. Thank you for that opportunity. So that's what it is. I look at every single adversity—certainly everything that seems like adversity—as an opportunity. First saying, "Thank you for being my teacher," is an amazing strategy, and it works.

Dr. Dee Adio-Moses: Yes. It really works. Another one that works is that, because we're not in their shoes, it's very difficult—even though we were married to that person—to know what they have been going through since their childhood. Sometimes, when we now put ourselves in those shoes and think, "I know that anybody who is behaving like this must have something in their childhood or in their life before that has brought them to this place." Soon you will find some warmth inside of you—not pity, you don't need to pity anybody—but you will be able to understand that.

Patrick McMillan: That's enormous. In fact, that is exactly what I wanted to instill in my children, and it's exactly what happened. When my oldest boy was in third grade, he was being bullied. It was a verbal bullying, it wasn't a physical thing, but some boy was saying some mean things to him. I had always encouraged him to speak to his teacher or to let an adult know that was going on. He went to his teacher, and the first thing he said was, "I'm not mad at him. I think he might need some help because he might be having some problems."

Patrick McMillan: It's enormous. To understand that sometimes people act the way they do because of challenging things in their own life that they've not been able to deal with. So you develop that sense of empathy, that sense of compassion, which opens the door to forgiveness. That's powerful.

Dr. Dee Adio-Moses: Very powerful. And for children! Many children, they can't even see through anybody's needs or anybody's pain because they're so into themselves. And what you are doing with yours is that you are taking them out of themselves so that they are really feeling and knowing and seeing what is around them.

Patrick McMillan: How we model for our children is amazing. The one thing I've always said, too, when it comes to my children—or anybody and their children—is that I need to be who I want to see in my children. It's almost like the Gandhi quote of “Be the change you want to see in the world.” You need to be who you want to see in your children.

Dr. Dee Adio-Moses: Yes, and I always say, “Be the sermon, don't speak the sermon.” Many parents, they talk, talk, talk. ... Children don't hear all that chatter, all that talk. They model after what they see, even when you think they're not looking.

Patrick McMillan: That's exactly it. We can read all the books and listen to all the seminars, and fill ourselves with all this knowledge, but in order to turn that knowledge into wisdom, it needs to be put into action. And it's actions that your children observe. It's those actions that your children pick up on. You're just modeling exactly how to be happy. How to choose to be happy. Because that's the ultimate goal—Aristotle said it's the beginning or the end of all goals, I can't recall the quote offhand, but we all want to be happy.

The reality is that we all have that happiness inside us. It's there. We don't need to go searching for it. It's already inside, and we release it by the way we think.

Dr. Dee Adio-Moses: If parents can get that, that it all starts from there, and the responsibility is with them. Not by talking, not by saying, “I told them not to do that.” It's really by looking within yourself and doing all these things for your emotional oxygen.

Patrick McMillan: Exactly, and that's exactly why I wrote “The Science of Joyful Kids and Happy Parenting” program. It's a big emotional oxygen tank that you can carry around with you.

Dr. Dee Adio-Moses: You know, people say it takes so many years for many people to get over it? Then you just need to carry it around for as many years as it takes you to get over it.

Patrick McMillan: That's right! Just have it with you. A habit is formed within 30 to 60 days. You can develop a habit of thinking properly, too. And within 30 to 60 days, it's virtually effortless to think the right way. You know, it's by putting on that oxygen mask and developing those habits of thinking. And it can change your life. It can change your kids' life.

My website is www.happierkidsnow.com, and that's where participants can download "The Ultimate Kids' Guide to Happiness." It's a little ebook that they can download and print off, and enjoy with their kids. And of course my published book, "An Exercise in Happiness," can be found at www.KidsCanDoAnything.com. And we are going to put out the link for "The Science of Happy Kids and Joyful Parenting" program?

Patrick McMillan: Well, I just recently started a parent-child coaching program, so if people want to find out anything about coaching, one of the bonuses that I've included with the "Science of Happy Kids and Joyful Parenting" program is two months of group coaching. Every Wednesday, starting in December, I'm going to do an hour-long group coaching session. Anyone who takes advantage of the program gets two months of coaching for free. And then I'm also going to introduce individualized coaching as well. If people want to find out about that, they can certainly send me an email at Patrick@happierkidsnow.com. And with the "Science of Happy Kids and Joyful Parenting" program, in addition to the coaching bonus, there are meditation audios for parents and children that come along with it. So yeah, I encourage people to go check it out.

THE NEXT LEVEL

Join us at the BETTER THAN EVER ONLINE MEMBERSHIP COMMUNITY.

Here are some of the great things waiting for you at the Better Than Ever Membership Community.

- Access to our Live Trainings
- Better Than Ever Community Features Include
 - The Experts Circle where experts show up to participate in Q & A
 - The Empowerment Club for Life Empowerment
 - The Dating and Relationship Club for those Starting over
 - The Financial Power Club for Financial Power muscle
 - Members-Only Discussion Board
 - Mastermind Groups for Spiritual, Prayer and Meditation
- And much more!

CONNECT ON SOCIAL MEDIA

<http://twitter.com/#!/DrAdioMoses> (FOLLOW)

<http://www.facebook.com/deeadiomoses> (FRIEND)

<http://www.facebook.com/groups/betterthaneverafterdivorce/> (JOIN)

<http://www.facebook.com/BetterThanEverAfterDivorce> (LIKE)

<http://www.linkedin.com/pub/dr-dee-adio-moses/28/122/488> (CONNECT)

OTHER WEBSITE

www.healingcenterofchristinternational.org (DOWNLOAD ANOTHER FREE E-BOOK)

ABOUT THE FOUNDER AND HOST



Dr. Dee Adio-Moses is a Visionary, Author, Life Strategist and Educator. An ordained Minister with a PhD in Philosophy specializing in Holistic Life and Spiritual Counselling. Dr. Dee is the Founder and Spiritual Leader of Healing Centre of Christ International and Better than Ever After Divorce Community, (part of her 501(c)(3) Non Profit organization). She is also the Host of the very popular Radio Show “Spiritual Laws of the Universe with Dr. Dee”.

Dr. Dee is a modern day key proponent of Oneness Consciousness as a healing strategy, and provides step by step programs to help you on your oneness journey, teaching you to master your emotions, your body, your relationships, your finances, and your life. She teaches that “Overflowing abundance (which includes peace, love and good health) is

your birthright and your life must reflect this, if not, the awakening of the soul to the realization of the Divinity within and thus the greatness is the work that needs to be done.”

A passionate and committed spiritual teacher and mentor, her passion, her innate gift and her ability to take the spiritual and translate it into the practical, have been the foundation of the success of her ministry.

She is the acclaimed author of many life changing books, e-books, home-study programs and audio books, including “You Are Enough-12 healing steps to your Wealth, Health, Love, and Happiness” She has travelled extensively all over Europe, Africa and North America, helping women to discover their inner power and create the life they desire, even after the terrible experience of divorce.

Dr. Dee’s personal devastating divorce experience and her journey of overcoming as a single mother of three sons is the reason why she is in the forefront of mentoring and empowering divorced women and their kids end the trauma and devastation of divorce, and how they can pick up the pieces and create a “Better than Ever After Divorce” lives for themselves.

Dr. Dee is now re-married with three adult children and grandchildren

LIFE EMPOWERMENT INC.

6595G ROSWELL ROAD, SUITE 233

ATLANTA. GA 30328