

**BETTER THAN
EVER AFTER DIVORCE**

ESSENCE OF WOMANHOOD

**FOUR EXPERT SPEAKERS ON FEMINITY,
SEXUALITY AND RECONNECTION**

Interviews by

Dr. Dee Adio-Moses

Founder/Host

Better Than Ever After Divorce World Healing Summit

DIVINE ESSENCE OF WOMANHOOD
4 EXPERT INTERNATIONAL SPEAKERS

A Better Than Ever After Divorce World Healing Summit Transcript Book

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WELCOME AND INTRODUCTION



Dr. Dee Adio-Moses

Visionary, Author, Life Strategist, Educator.

Dear Friend,

Thank you for being here. This book is a transcription of the audio from our very successful teleseminar series. We thought you may want to have something tangible to read after listening to the audios. We hope you will enjoy these two amazing speakers, Rosalind Sedacca and Patrick McMillan. We have tried to edit for clarity without taking anything away from the message.

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

January is International Child-Centered Divorce Month. We are so proud to partner with Rosalind Sedacca and the Child-Centered Network in spreading the word and making tools available to parents all over the world.

I look forward to continuing our goal of providing 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
Betterthaneverafterdivorce.com

STOP DIVORCING YOURSELF: RE-AWAKEN YOUR AUTHENTIC FEMININE ESSENCE



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



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



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



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>

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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

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