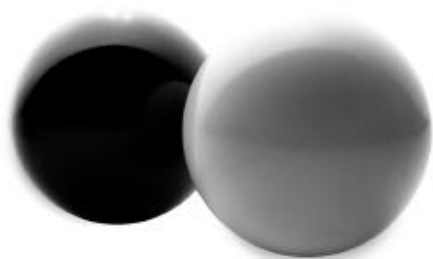


Balls

BUILDING BALANCED RELATIONSHIPS



DAUNE THOMPSON

Balls

Balls

Building Balanced Relationships

Daune Thompson

Balls

Balls

Published by Create Space Publishing

ISBN-13: 978-1539664499

ISBN-10: 153966449X

Copyright © 2016 by Daune Thompson

idi coaching does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of idi coaching/training is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use idi coaching principles for yourself, the owners of idi coaching (Open Mind Consulting) assume no responsibility for your actions.

All rights reserved. No part of this book may be in any form or by any means without the prior written consent of the author or publisher.

Edited by Martin Dolan

Phoenix, AZ

Jmdolan84@gmail.com

Sheri Green

Scottsdale, AZ

Graphic Design by Shad Hardy

Scottsdale, AZ

Dedication

∞

I lovingly dedicate this book to Jing, as well as all the wonderful people who have attended my lectures and coaching session. All those whose nudging, help and input into the creation of this book was indispensable. My heart has grown so much just knowing each and every one of you.

Balls

Also by Daune Thompson

∞

Drama Detox:
Stop Self-Sabotage Before It Stops You

I Deserve It Dream Book
Adults Edition

I Deserve It Dream Book
Kids Only

I Deserve It
Speaking, Training & Coaching

I Deserve It Products
Inspirational jewelry, apparel,

*For information about Daunes' speaking engagements,
seminars or other motivational materials,
please contact Daune Thompson at:*

www.ideserveitnow.com
www.daunethompson.com
info@ideserveitnow.com

Balls

CONTENTS

INTRODUCTION

1. BALL SWAP
2. TOO MANY BALLS
3. THREE Ts
4. RESPONSIBLE BALLS
5. SHADOW BEAST
6. SONAR
7. MAGNETIZING
8. SEX IS SEXIER WITHOUT BALLS
9. YOU CUP
10. EU
11. UNCONDITIONAL LOVE

Balls

Balls

Building Balanced Relationships

INTRODUCTION

Balls. When you hear the word, what comes to mind? Get a pair, grow some, where are yours, you lost yours, you don't have any, who has yours?

There are many connotations for the word balls. But when you explore those various meanings, you probably start with the reference to testicles. Testicles produce the male hormone testosterone, and one would assume the bigger balls, the more testosterone. This isn't true, but it's a comical reference. Testosterone is the masculine hormone in men and women that enhances strength, aggression, and, ultimately, the capacity to create life. Testicles produce quantities of testosterone that influence such male behaviors as strength and vitality. And because males were designed to impregnate females and use their muscles to find food to nurture mothers and babies, testosterone and "having balls" meant having power. Therefore, testosterone is needed to build and maintain muscle; Historically, it has been associated with the term "get some balls" when referring to power. Although women

Balls

have less testosterone in their bodies, they still need to exhibit their power. I have heard women say to other women, “Grow some balls!”

When we lack strength and power, we try to learn how to increase it. Getting back our balls is what we’re ultimately trying to do. We’re seeking to find our strength to overcome the challenges confronting us.

This book is meant to show you a different point of view regarding your power. Can you see the various balls you juggle in your life, and how much power you give or don’t give to them? Are you even aware of which balls you juggle? Are you aware of what needs more strength in your life? Are you aware of what has become an illusion, yet this illusion consumes all your energy and power? So, what do you do with the balls in your life? How are balls related to your life, whether you’re a man or a woman? Your life will expand according to the level of your self-awareness. This journey will guide you to a greater self-awareness and the ultimate power within.

The last few decades of the 20th century focused on mind/body healing. The 21st century focuses on soul

healing. All three must come together or the result is imbalance. No matter how much mind and body work you do, you still feel unsettled. This now is the phase we, as humans, are in. Our minds are becoming more conscious through self-development, which supports us to live a more self-aware life. It's achieved through opening up from the inside.

In the 1960s, social consciousness was not focused so much in the fitness department, it was about our thoughts regarding love. Then we jumped on the bandwagon of healing our bodies by eating healthful food and exercising regularly. The health and fitness industry exploded, as did our obsession with our bodies. That brought us into the 21st century, where we are in better physical health than ever but still are challenged to feel better emotionally about ourselves (and about each other). Yet, despite the move toward physical activity and better eating, many people remain unwell. I have countless clients who are discontented and unfulfilled, so they hire me to make their bodies and minds stronger. With my extensive background in the health industry and a degree in kinesiology, I'm asked

to address their physical pain first. For clients truly in need of a healthful-lifestyle makeover, I happily preach the need to move the body and consume things from nature rather than processed food, but that usually isn't the source of my clients' deeper pain. The underlying cause to their physical pain is an imbalance of attention on the emotional-soul level. You must address all areas, but it's often the soul that's neglected.

Finding a settled place is a deeper challenge than acquiring a strong body and successful mindset. As the philosopher-priest Pierre Teilhard de Chardin put it, "We are spiritual beings having a human experience." In other words, your soul is driving your physical body. If the soul hasn't done the work to heal, you will discover that no matter how healthy your mind or body appear, a link will still be missing. We have become a society that takes a great deal of mental-health medications that, like sheep, we take without question, without finding balance, without healing our insides to release what is hurting. This epidemic of medicating for depression (among other mental and emotional disorders) has been skyrocketing for years. No matter

how much you numb the mind with medication, you're still not content.

You've learned how to be successful on the physical plane but suffer from decreased skills on the non-physical plane. The spiritual plane. The faith, God, universe, and energy plane. So when the skills that make you successful in the visible world don't hold up and life begins to present challenges, you need to address energy or faith. Is faith invisible? Can you feel it? Can you read it? Can you research it? Can you gift it? Can you teach it? YES. What's most important is that you must feel it and trust that it's an invisible, inexhaustible resource. Faith comes from within and it's limitless — if you continue to trust yourself and your ability to create through greater self-awareness.

Unfortunately, you have separated life into two camps: what's seen and what isn't. Just because you can't see something, does that mean it's not there? For my cerebral and intellectual clients, if they can't touch something, then it must not be there.

We all have a soul made of energy. You can't see the soul or physically touch it, but you can feel it. You

know it's there because, for example, it's a feeling you get when you know another person without having met them before. You know the energy is there, or else you wouldn't make such comments as "I just didn't get a good feeling about her." It appears when shaking someone's hand and getting the creepers feeling. That feeling is the person's energy radiating from the soul, not through the hand. This person may be in a dark place in his or her life, and you can definitely feel it. You feel the soul, not the body.

How strong is your faith in the unseen? This is where your power lies. This is where you define your success on the physical plane, and how well you can interpret how to use your talents, skills, knowledge, and connect it to the energy that's waiting to make your soul shine.

Your God-like source energy is more powerful than your physical power. Many people muscle through life as if they have a well of unlimited energy. They use physical strength, time, and personal energy as if those things are easily renewable resources; they will run out if you don't replenish. Physical energy has limits —

and takes time to replenish. If you're giving all your physical and emotional energy to the point of exhaustion, it can blind you from accessing source energy. You become thirsty after your well runs low to exhaustion. Only when it's so depleted that dehydration sets in do you acknowledge that, energetically, you are dry. When there is no physical or emotional energy left to draw from internally, the outside environment begins to show symptoms of being deprived as well. Not only have you been drawing from your energy well, so have others (i.e., they've taken your balls). You can see evidence in the neglected areas of your life that have imploded. In my coaching practice, this has become a reoccurring theme in successful, high-powered professionals of both genders who have abundant financial success and are physically healthy but are discontent in their personal lives. A client told me he had great career success and was driven to keep his body healthy and strong, yet he couldn't find a healthy partner — not only personal partners but business partners, too. He had become so obsessed with putting energy into his physical world that his internal world

felt the neglect. Relationships require emotional attention, which he was neglecting. When we addressed his lack of attention on the soul and spiritual plane, his life began to change. He was a stubborn, driven person with a type-A personality, so it was challenging for him at first to see he was creating his own weaknesses. He engaged my help, which expressed his desire to heal, but he struggled for a while to undo his habit of neglecting his soul needs. So his outside environment (i.e., relationships both business and personal) was showing neglect by who he drew into his life through his lack of attention. As he filled energy and time into his soul desires as much as his physical and mental desires, he began to draw healthier partners to him. Many people use achievements on the physical plane as their barometer for success. Choosing the opposite and not having physical success isn't the answer, but balancing the physical with the non-physical is.

Juggling many situations (or balls) at once is a fine art many people are asked to master, but few are taught how to juggle properly. How has society come to this place, where the most prominent professionals are

Balls

struggling emotionally, spiritually, and energetically, even though they have the highest levels of education? We have raised our physical-health habits to create physical wellness and to manage our thoughts in an effort to manifest a better life. Yet, many people still complain of discontent. They're still challenged to find peace and grace.

Let's explore the balls you're juggling.

This journey allows you a greater understanding of how you became so disconnected and how to get the one thing every human yearns for — CONNECTION. Simply stated, it's time to take responsibility for your choices, understand how you've lost your balls, and learn to have more balanced balls.

1

BALL SWAP

WHEN DID THE SWAP OCCUR?

When did the boys hand their balls to the girls?

When did the girls think they needed them?

During the 20th century, women began to shift their education from the nurturing professions, such as teaching and nursing, to such professions as attorneys, firefighters, doctors, judges, CEOs, CFOs, and pilots, to name a few. As this “big career” trend grew, so did the shift in relationships. Men were not the only breadwinners in the home, or they were the lesser of the two and had to step up their nurturing roles. Although these career responsibilities encouraged men to learn more compassion and nurturing capabilities, it also lessened the quantity of time in which testosterone was needed, while women began building theirs. This

swapping of roles was subtle at first but has now become a challenge in today's society. Men and women have swapped roles, and it's becoming more apparent in the shift in relationships. This pattern is happening in all relationships, I see it no matter who the couple is. I work with heterosexual, gay, lesbian and open relationships and the couples all show signs of the swap, depending on who chooses the masculine and feminine roles. For example purposes I will refer to the male and female relationship here.

Men feel emasculated in their ability to feel respected when they aren't measuring up. They're insecure in their skills at stepping up, providing, and protecting.

Historically, this was the man's role all the way back to the hunter-gatherers.

Women feel too masculine in their mind-sets due to divorce, education, and home and job responsibilities. Women are confused in regard to their feminine flair and lose their ability to be the yin (feminine) to the man's yang (masculine), which hinders relationships.

Balls

The two halves of yin and yang together make wholeness.

We now see relationships of two yangs (masculine), where both partners want to carry the balls, constantly spurring power struggles.

What happened to us? Let's take a look at men.

If you journey back to the time of the hunter-gatherers, men had roles that required bigger balls; in other words, testosterone-driven activities that required speed and strength. They were taught how to stand in their full strength and power, especially in dangerous situations. Evolution and forming communities made food and shelter easier to acquire. A man's role was clear and understood, given the strength required to accomplish certain tasks. Men were sent out to get the mastodon. So they ventured forth, hunted, and came home with a mastodon. Everyone was happy, because everyone got to eat.

Balls

But over the centuries, advancements in technology made physical strength less important, and women jumped into roles previously performed by men. This slow drip of transformation brought about the swapping of balls between men and women. The exact starting date isn't important, but clearly we've see the shift over time.

The male DNA has a higher percentage of testosterone ideal for the hunt, which can then be transferred into today's pastime ... the game. Give a man a goal and he'll use all his strength to win the prize, the game, or the hunt. Achieving the goal gives men the feeling of respect from team members, family, or partners. I'm not suggesting men should regress to caveman status, excusing them from morals, manners, and respect, but the skills that make men masculine, such as protecting and providing, require strong balls.

Here's where it got tricky. Women started playing with men's balls and decided they could perform equally in each arena and wanted to be treated equally. This required men to adapt to feminine energy introduced into his predominantly masculine

environment. Women wanted to have the same jobs as men. They wanted to show their own knowledge, strength, and power could match men's, which required raising their masculine energy and strength. As women began ruling the boardroom, they began extending that energy to family life.

As I mentioned earlier, creating oneness and wholeness in relationships requires yin and yang. When there is yang and yang, you get power struggles and, ultimately, a battle that doesn't have a positive or desired outcome, creating separation in intimate relationships that thrive on connection.

Women have built incredible careers, but that's affecting their relationships. They forget that ruling the boardroom as well as the bedroom is hindering their ability to step into their feminine essence. Women have lost the awareness they need to go home and return to their feminine space. Some partnership challenges stem from the fact are that women unknowingly are emasculating men. They don't realize they're bringing their drive and power into their personal relationships. Statistics show a high percentage of first marriages fail

and an even higher percentage of second marriages fail. Marriages are in jeopardy because the contentment of being together is less than optimal for couples trying to stay the distance. I'm not suggesting women exit their power positions, I'm suggesting they learn to ebb and flow out of their power place into their nurturing feminine place. A woman is balanced internally and more attractive when she doesn't neglect her feminine pheromones. If you want to rule the boardroom, you must condition yourself to let go of your bossy nature at times to attain a balanced relationship.

What's the challenge in staying connected? What has made union, partnerships, and connection so difficult?

Two simple things are taking place: Women are repeatedly becoming single mothers with fulltime careers while running households alone. This requires them to "grow a pair" to advance their careers and compete with men. They're required to take out the trash, unclog the toilet, stop the dripping faucet, and

Balls

mow the lawn, to name a few tasks at home, as well as nurture healthy, emotionally balanced children. It's challenging to raise balanced children when you're required to exhibit both masculine and feminine traits! Remember, a woman is biologically yin/feminine and nurturing energy. Given her responsibility load, she has become skewed to the masculine side. This isn't beneficial when she hopes to enter a relationship. She often forgets to stand in her feminine power and boasts about how skilled she is at being independent.

Another common example of ball swapping is that many men have become the main caregivers of children, and they, too, are responsible for raising balanced children. The father who works full time also a fulltime dad. He, too, must exhibit both feminine and masculine traits. He has transitioned through the years to develop both sides of his yin and yang; in other words, he stepped up with cooking and cleaning, and expressed more nurturing skills to the children while Mom was at work. He got used to letting his wife or partner carry the balls while he nurtured. They started to swap roles in which he exhibited the yin and she the

yang. The puzzle piece many have missed is that his biological tendency is to express the testosterone running through his veins. As he exhibits his masculine energy to his partner, she also is expressing a masculine energy. This is when the relationship power struggle unfolds. This is true for heterosexual and same-sex couples. Oneness can't happen unless yin and yang are present. This requires the couple to surrender in the relationship to their natural biological gifts. If not, they need to decide who takes the yin role and who takes the yang.

Couples who respect and nourish their partners' innate needs and abilities allow the relationship to flow. So if your intent is to be more responsible in your relationships, women would benefit from seeing their part in the equation. First, they have become so capable doing everything for the men in their lives, they are ultimately emasculating them. This does a man no good for his confidence or strength. Remember, testosterone is required to build muscle, and muscle can't grow without resistance and pressure. Basically, because women have lessened the pressure on men to perform,

Balls

men have been trained they don't have to do certain things, which shrinks their balls. Less testosterone is needed emotionally and physically.

Men want to protect and provide for their women - let them!

They're biologically built to win the hunt so you don't go hungry - let the man win!

Men want to be strong - so let them!

Men want to be called on their BS - let them remedy it!

Men want balanced balls - let them find balance!

Women, if you want him to lead - let him!

Women, if you want more connection - connect more!

Women, if you want more compassion - be compassionate to your man first!

If you want more emotion - give it to your partner and
DROP YOUR BALLS!!

Let me clarify something. This chapter isn't about labeling; it's about personal responsibility, learning balance in your own life, and learning to balance your personal masculine/feminine flow. If there's one topic

that ruffles peoples' feathers, it's labels. I'm not a supporter of labels in the sense that they're titles. This message isn't about labeling, it's about responsibility. I don't consider this as labeling of men or women. I see how we've lost our natural biological flow of energy, our essence. If you take responsibility for yourself in the equation of partnership, the same theory applies to you as an individual.

You must balance your masculine/feminine qualities so one doesn't override the other. This is self-awareness. It happens when you realize that in order to bring a partner into your life, you must consider what element is needed from you, and vice versa, at any given moment.

Be aware of how you label yourself because whatever label you give yourself, that's what you become. If you label yourself strong, independent, and self-sufficient, you will master the traits needed to become only that. If you turn masculine/feminine into labels, you miss the whole intent of this book. Yin/yang is an energy, or essence, of your being. It's allowing yourself to be in the moment of flow. When

masculine is needed, you show it; when feminine is needed, you go there. It's about finding flow.

The challenge all of us are under is that women are mastering more masculine traits but are forgetting to lighten up on them when they need to be feminine in partnerships.

Men have learned to embrace their femininity in sometimes poor ways, such as not taking responsibility for their personal lives.

Are men honoring their responsibilities and commitments with assertion and strength?

If you avoid developing love and peace within yourself, you will continue to attract partners who lack the same self-love. Reflecting your insecurities back to you, encouraging you to learn and grow within if you choose to see it.

Men who draw masculine women do so subconsciously to learn to acquire those traits lacking within. Strong women will attract feminine men for the same purpose, to acquire their feminine traits.

Balls

It's up to you to learn this lesson quickly or slowly. It's your choice to learn self-love so you can draw another with the same balanced flow of self-love.

Do you want to create stronger, healthier, and more meaningful relationships?

Look at how you connect with others at home, work, and partners. Are you connecting, disconnecting, or unaware?

Being a corporate trainer and meeting people across the country, I've found one thing to be true: People seemed to be challenged in connecting with others. I often hear, "You just don't understand who I work with," or "If you knew my husband, you'd understand." These statements are repeated daily, and I began to see the biggest challenge was lack of connection to themselves. Most who found fault in others had little self-awareness.

Self-Awareness

The term conscious, or self-aware, is used to describe a person who is fully aware of his or her thoughts, feelings, perceptions, beliefs, and opinions. Someone who can stand in his or her truth and not be afraid to express the soul — who they are at the core. They aren't afraid of their masculine or feminine energy and work to find balance in both.

This is where many have stopped evolving. People have lost awareness of who they are and how their presence affects others. People have disconnected from responsibility of their own actions. They decided that if others don't behave in certain ways, then simple acts of respect and kindness are unnecessary. They've neglected looking into their own characters, evaluating whether they're acting out poorly or childishly. It's as if standards are being reduced to the lowest level. This pattern is appalling to me, given it's such a simple fix. Go within to ask yourself ...

Do I ...

Love and value myself?

Have confidence?

Like myself right now?

Respect where others are in their journeys?

Take responsibility for my own life?

Create a safe environment for others to
communicate?

Address my mistakes and find solutions?

Feel no need to control others?

Have a high level of integrity?

Stay true to my word?

Remain consistent, even in challenging times?

Welcome constructive criticism?

If these aren't qualities you possess, it's OK. This is why you're trying to make a mental shift in how conscious you are. Simple awareness is the first step.

Balls

Start with these questions. Write them down to see where your awareness is at this moment:

1. What's my current self-awareness on a scale of 1 to 10?
2. What qualities do I exhibit, and/or am I even aware of the impact I have when I walk into a room?
3. What energy do I give off when others are around me?
4. Am I aware of how I make others feel?
5. Am I aware of the impact I have on everyone I meet?

Self-awareness changes the climate in every environment. It gives you power to change, improve, and connect to any person or group at any moment. Influencing others is impossible until you're aware of how you affect them, so deciding what you want and how you want to appear to others is crucial to your internal confidence. Find out whether you're making that impact. Become aware of how others feel after they

Balls

meet you. You'll increase your ability to make meaningful relationships by making yourself more loving, kind, understanding, compassionate, and respectful. It happens simply by becoming self-aware. Do you want healthier relationships? Quit reviewing others and start self-reviewing today.

2

TOO MANY BALLS

Over the past century, we have become focused on more, bigger, and better, resulting in a society that values things more than people.

More debt, bigger houses and better drugs to cover up the extreme stress that has become an epidemic to the point that almost 75 percent of Americans are medicated in some way. This is not for any other reason than a reflection of large masses manifesting the same things. More, bigger, better has created a snowball effect that pushes people to live too fast, lose control, and disconnect from what's important in their lives. Many began juggling too many balls: home, career, family, money, friends, extracurricular activities, health, children, fame, fortune, and power.

Balls

A simplified life would be going to work, performing well, coming home to tend to your family and home requirements so that all facets are supported with contentment. This would be something like juggling three balls ... I call them the Three T's (Things, Thoughts and Trust).

Things: What you can touch, such as your physical body, home, career, family, money or any other material things.

Thoughts: Your mental dialogue and mind-set.

Trust: Your faith in God, spirit, energy, or the universe — the unseen.

Few people are taught the fine art of juggling, but with just three balls, it's a skill you can learn over time and actually become quite proficient at. You don't have to be a great juggler to be good at juggling three balls. Now consider how many balls you juggle right now.

In the mid-1990s, the MORE option began to pressure our juggling skills. We had confidence

Balls

juggling three balls, why not add a few more to the act? How difficult could it be?

So we added extracurricular activities, then activities we deemed important in our children's lives.

Although we began to feel pressure from time constraints, it seem manageable to keep the juggling act going as if the external pressures weren't affecting us internally.

If we consider the MORE factor in terms of *things*, we will need more things to enhance those additional balls. As we look at this amped-up juggling act, consider a married couple with children in the home. If one parent is juggling too many balls, the other can lessen the strain by taking a few balls that day, and it seems to be a pretty good show. All are happy within the system.

Now consider a separated or divorced household. A parent who was used to juggling with backup assistance now must juggle the same number of balls alone. Not to mention a career that requires time and attention to help others with their personal juggling acts.

Balls

Look at your own life. Becoming more self-aware of your gifts and challenges helps to determine which balls are most effectively incorporated into your personal juggling act — and which might need to be put aside for a bit.

Many people are aware of their personal gifts and challenges but aren't sure what to do when challenges negatively impact their lives. Your challenge can be with Things, Thoughts, Trust or all three.

It gets tricky when you focus on others to relieve your challenges. Looking to your spouse, parents, employer, physician, or even your child to fill an internal void you refuse to be aware of is a good place to start. Think about the pressure others feel when you expect them to juggle your Golden Ball of Fate.

Helping and healing professions seem to be bombarded by the juggling acts around them.

Doctors are asked daily to juggle the Golden Ball of Fate for many patients.

There was a time when doctors used the earth, energy, and power of intention to heal the sick and wounded. Long periods of rest, fluids, herbs, and herbal

tinctures were prescribed; sometimes the doctor had to suture up a wound or surgically remove an infection. Yes, this was long ago, but the body responded to the doctor's orders when it was given the time needed to heal. The doctor also considered the source of the illness. This would be correlated to various forms of Eastern healing and medicine still practiced today that determine the source of the illness, both emotionally and physically.

The placebo effect is an example of how Thoughts and emotions play a role in our physical health. A placebo, or sugar pill, is given to one group of patients, and an actual drug is given to another group. The surprise is that patients receiving the placebo got better on their own. They only needed to think they were getting better to make the healing occur. This is the mind-body connection. We are affected by energy even when we can't see it. Our Thoughts affect our Things by how strong our Trust is. It's all three balls given equal importance. Self-awareness is vital in how adaptable and balanced we are.

How are our thoughts designed, and when? Until age 7, we download information like a computer that's being programmed. During this download, the brain is in a theta state, which is similar to the light, lucid sleeping you experience while you're dreaming. The child is taking in knowledge and experiences. As any parent knows, when their child is in a theta state, such as watching a favorite TV show or playing a game, you can call his or her name 100 times and get no response. It's as if the child is in a hypnotic state to integrate the experiences of the show or game. The child's entire environment is downloaded. Even the bad stuff.

Reflecting on your grown-up brain and its thoughts, it makes sense that our emotional state can impact our physical body given that it all has been downloaded like a computer program to play automatically in the background. You aren't aware that your body is like a house with wiring connected to light switches, with the light switches being emotions. Think of your body as a vessel holding different energy currents that carry emotional vibrations to various parts of the body, and each body has its weak spot. If yours is the lower back,

when life is pressuring you and your emotions get triggered, that's where your stored emotional buildup flares and produces physical pain. Understand that any emotional pain we downloaded before age 7 also is stored in your body. So, you guessed it, when someone triggers an old memory you don't like, it also triggers painful stored-up memories and manifests the emotional pain as physical pain. It's like an alarm trying to wake you up to heal from within. The mind doesn't forget its subconscious programming and keeps it stored in your cellular memory. It's not activated unless you get so overloaded in your external juggling act and neglect to release internal emotions. If you find ways to release the physical body, it's less burdened with heavy energy and likely to heal more quickly.

As science created medications to wipe out bacteria, our faith in doctors' ability to fix us also increased, which lessened our personal responsibility to heal ourselves.

Let's finish discussing the Things ball and see how we've ceded responsibility of our bodies to doctors. As doctors began prescribing medicine to heal infections,

we began to take less time to rest, heal emotional debris, and allow our bodies to naturally fight the illness. As doctors became more skilled, medication became more powerful, society became more dependent on them to carry their Golden Ball of Fate when confronted with poor or fatal diagnoses. And when no diagnosis could be found, patients concluded the doctor wasn't sufficiently skilled, even though it's the responsibility of the patient, not the doctor, to heal the emotional wounds associated with the pain. Doctors now face malpractice lawsuits, mounting pressure to heal, and incredible stress from trying to juggle the fate of other people.

And all because this person chose a profession as a healer to help ease the suffering of others.

Studies show that doctors are buckling under the pressure, that their private lives are suffering. One or all three of their Three T's have dropped in their family, career, home, or — worst of all — their personal health. All were sacrificed because the physician tried to take care of others more than he or she took care of themselves. Doctors are being pressured by their

employers, pharmaceutical companies, and patients who want quick fixes for pain instead of rest and time to help the process. Instant gratification doesn't allow for quiet, restful healing time. The remedy of time and rest also has no monetary value to the pharmaceutical companies, who urge doctors to dispense quick fixes. Considering how this complex system has spun out of hand, it's no surprise that doctors are losing their purpose as healers. The pressure to heal, and heal quickly, has exceeded what should be expected of anyone. Have we forgotten that doctors are human and capable of helping only those who help themselves?

We no longer allow our bodies to self-correct through time, rest, and emotional release. Our hyper-drive society prevents us from taking time to reflect on our thoughts, desires, physical needs, and rest, thus triggering our physical bodies to react to the unattended energy within us. To get our attention, the body produces pain or illness in reaction to poor thoughts and energy downloaded in the past. This is the soul's way of nudging you and hoping you'll wake up, slow down, and address the emotional-energy buildup stockpiled in

the body. Doctors can lessen the pain temporarily, but it will resurface eventually if the emotional light switch that triggers the pain is not addressed.

An example of this is when a diseased organ is removed but the patient's pain continues. I had my gallbladder removed but still had what felt like gallbladder attacks for several years. The doctors said it wasn't possible. As I began to pay attention to what my body was telling me, I opened my mind to Eastern philosophy. I realized that our bodies are made not only of organs and tissues but of energy meridians carrying different energies. I learned that the gallbladder housed the energy of anger and resentment. As I became aware that I was internalizing exactly those feelings I had toward others, I chose to forgive them and myself for those feelings and let it all go. Then I replaced those thoughts with love and gratitude. You can probably guess what happened. Not another gallbladder attack! Energy healers and practitioners of acupressure and acupuncture know that even though the organ is removed, the organ's energy remains. Thus, the anger and resentment in my life funneled to the part of the

body that housed it. When it becomes excessive, so does the physical pain to get your attention.

By changing that specific energy to healthy energy focused on loving, powerful thoughts, I allowed myself to take back my self-healing ability and remove the pain for good.

I use the body to emphasize the Things ball because we've all experienced physical pain. When you take responsibility for it, you must also address your Thoughts and Trust. The Things ball can be investigated in any area the same way. Do you take full responsibility for your money, career, home, family, car, food, etc.?

What if the example is putting another golden ball, the Golden Ball of Happiness, into the hands of your spouse? Despite an epidemic of unhappy and broken marriages, everyone searches for the ideal mate. When you find one, you marry and hand your spouse your Golden Ball of Happiness, just as you would hand your Golden Ball of Fate to a doctor to make your physical pain disappear. If your spouse doesn't perform certain activities and display specific behaviors, you're

unhappy. The stay-at-home who realizes her spouse is cheating on her often blames him for her misery and trauma. When did she lose the strength to declare what's important to her and stand in her power? Is either spouse at fault? No. The fault is in avoiding the responsibility to stand in your power to take care of yourself physically, emotionally, and spiritually so you can be confident. Confidence is what builds strength within, so when another drops your Golden Ball of Happiness, you aren't shattered beyond repair. Recovery is less about the other person and more about what you need to take personal responsibility for.

Consider the employer who's doing all she can to create a successful company and supply great jobs for you and the rest of her employees. You drop the ball on a project because you feel insecure or inadequate in a certain area of your job. You neglect the project and make mistakes without realizing what the true challenges are. The project's outcome is critiqued poorly and you get a negative review. This isn't about your ability, it's about reviewing your thoughts and

Balls

learning how they create insecurities that hinder your growth and decrease your inner trust.

No one else is responsible for your fate and happiness. By surrendering your power to your spouse, doctor, boss, or anyone else, you lessen it and neglect your own growth.

We drop the important balls only when we're focused outside ourselves and lose sight of our purpose.

Consider your life and health and how you may have wanted others to fix things for you. Doctors are supposed to have all the answers, so it can be challenging for them to see they have the same field of human energy as their patients.

Doctors are humans with titles that society thinks make them super-human. This is common in many people who have a caregiver personality. It's almost painful for them to see others in pain, so they try to relieve another's pain by empathetically assuming it as their own.

Balls

This becomes unhealthy when the caregiver takes on too much. So as a doctor, spouse or employer, or friend, it's vital that you perform your job with compassion instead of empathy to protect yourself from being drained and unable to make a living. Compassion lessens the negative weight you have to carry and allows you to protect yourself from unwanted weight others may place on you.

This pattern is more apparent in people in positions of authority. They seem to keep it together on the Things ball, and often neglect their Thoughts and Trust balls. The ball I see dropped most often in high-stress careers is Trust. The trust in a purpose. The trust to surrender to the faith within them. To ask for intervention by the source or the universe, as well as have faith that others will support them. They're acutely aware that others have entrusted them to make their lives better; they often drop the ball on trusting that they, too, deserve to be nurtured and cared for.

If you're going to have balanced balls, you can't focus just on two of the three T's. Your body is a Thing. It's crucial that you care for it and take

Balls

responsibility for it. That you not surrender your body's fate and happiness to another human being. That you pay attention to your thoughts and how they affect you. That you open your mind to trust that the universe hears your thoughts, helping you manifest the physical form of those thoughts.

You have the power to create a healthy body, mind, and spirit in equal strength.

3

THREE T'S

As we discussed in the previous chapter, the Three T's are crucial to a life-review of your power. When you question your happiness and where you are in life, consider how much power you have given to the most important balls in your juggling act: Things, Thoughts, and Trust (also known as Body, Mind, and Spirit). Have you dropped any of these balls in exchange for outside attention and recognition? You probably have.

THINGS are whatever you can touch in the physical world: your body, other people, your car, home, money, or any material object you possess. A healthy, vibrant body is something everyone desires and knows takes attention to keep it at full capacity. Material things often are associated with money and status. Thus, we

Balls

put a great deal of emphasis on acquiring homes, cars, and items that give us a visual sense of achievement. We frequently yearn for these things, certain they will bring us joy before we've worked to acquire them, but the journey often is what makes the achievement worthwhile. After achieving the thing they wanted, many people are surprised that it becomes less valuable over time, so they set off to acquire a new thing. I encourage everyone to shoot for the stars in this department, but Things shouldn't be the only T getting air. The Things ball can be over-prioritized and over-valued, causing us to neglect one or both of the other T's, which are Thoughts and Trust.

There are two options on your balls: investing too much time in them or too little. Consider a person who has neglected to put energy into the Things ball and has over-filled the Trust ball. They pray, meditate, and speak to the universe, asking for help and support, yet they put little effort into the physical world to manifest those dreams. A healthier body, secure home, financial security, fulfilling career, and a healthy relationship all are found in the Things ball. The person focused on the

Trust ball works on empowering their faith and changing their mind-set with healthier thoughts but neglects putting their empowered thoughts and trust into action. When the universe doesn't respond with a new home, healthy body, great job, or new lover, she is left feeling insecure and unworthy of the things they desire. Yet she puts very little power into the Things ball, which requires engagement in the physical world and action to make their dreams come true. The universe wants to support her Thoughts and Trust, but those thoughts won't manifest in physical form if she doesn't engage.

THOUGHTS are what you've chosen as your purpose and how your mind processes life. If your thoughts are clean and clear on your purpose, you find life to be a little less antagonizing when challenges arise. When we aren't living our purpose, we find ourselves experiencing life crises due to focusing on the wrong things. We question our entire life no matter how much trust or things we have. Becoming aware of yourself and the impact you have on others is an inside job.

Developing a plan on who you want to be and creating a map on how to become that requires thought.

Deciding in every moment what you will focus on. The impact you have on others is completely up to you.

We often forget that our life is a product of our thoughts. If your thoughts are full of debris from your past, it's crucial that you review those thoughts to see where they're coming from. Forgive, trust, and love yourself to release old debris that doesn't serve your purpose. Act to make healthier thoughts supporting your purpose.

I'm often asked, "What if I don't know my purpose?" Then make one now. In my private coaching and seminars, we create a personal mission statement. This should be short and as little as three or four words, such as "I raise self-worth," "I am compassion," "I am inspiration," "I teach knowledge," "I create structure," "I inspire leadership." By making this your daily mantra, you'll know why you get out of bed every day. This statement isn't just about your career. Apply it to every moment of your life. If your purpose is to raise self-worth, then every person with whom you interact —

friend, child, co-worker, boss, or cashier at the grocery store — gets a self-esteem boost from you. So pick a purpose and get started. This can change over time, but you must choose from the heart and align your thoughts with this purpose. You can't teach self-worth if you lack it yourself.

Knowing your purpose will make you aware of your thoughts and whether they are supporting your life purpose. Becoming aware of your thoughts is so important in moving you from the life you have to the life you desire. This will keep you on track when you get pushed and poked by untimely, unexpected experiences. Because you know your mission, you have the power to quickly get back on track. When old insecurities creep in, which happens to everyone, focusing on your purpose helps you redirect such thoughts more quickly. When this happens, ask yourself whether your old thoughts support your mission. If they don't, turn the thought around and replace it with your mission statement. Repeat the words "I am so happy and grateful now that _____. I raise self-worth every day with everyone I meet, including myself." Repeat

for two minutes and your thoughts will realign to the purpose you desire.

TRUST is the unseen. It can be a version of faith in God, spirit, universe, source, or your energy vibration. If you don't trust something you can't see, you'll be challenged to trust yourself in times of crisis and pain. This ball most often takes a backseat to the other two. Our society promotes the belief that more Things make you better, so we feel we must empower our Thoughts to get more Things. Once we have Things, then we'll Trust ourselves. If too much emphasis is put on prayer or faith in the universe to provide you with more but no hard work is performed, you won't see the desired results. Your Trust ball then begins to deflate, leaving you questioning whether your faith is strong enough. Do you trust what you put out to the universe will come back to you? When you talk to source, do you trust it will deliver the grand solution? The ultimate determinate of Trust is when you make full commitment to a goal, trusting you'll see the final

result. The universe will start delivering you into situations that support your dreams.

Life ultimately is a balancing act of all three T balls. How inflated or deflated are they? Are you aware of your personal Things, Thoughts, and Trust balls?

Look at a financially successful person putting too much emphasis on homes, cars, titles, awards, money, and material things. Although this person has acquired great things and wants for nothing, he searches for still more. Attempting to fix his discontent, he tries to focus on healing his thoughts and insecurities. He sets out to improve his thoughts with therapy and self-help materials, and although this attention to the mind seems helpful at first, once the mental work is complete, peace within is lacking. Healing and taking out the mental garbage can be disappointing if the emptiness stems from a lack of trust, a lack of faith in purpose and life path. A lack of faith in what you can't see — energy, spirit, God — can lead to doubting the energy residing in your essence. Having a deep trust in the energy you commit to will result in experiences for your greatest good.

Balls

The Trust ball is the hardest to develop because you can't see or touch it, yet it often is the most needed. The Trust ball keeps you on track and calm in times of despair.

Let me drive this point a bit further. Let's say you're juggling all three balls and the Thoughts and Trust balls are fully inflated but the Things ball is underinflated. If your attention wavers and you drop Things, it won't bounce back to you. Picking it up requires more strength and time, and no matter how much you try to bounce it, it won't bounce back until you fill it with more energy and attention. Fill Trust with the same level of energy you fill Things and Thoughts so it bounces back like the others. Inflating the Things ball and doing what's necessary to create a healthier body, career, finances, and experiences creates the needed balance so all Three T's receive equal attention.

Instead, we often forget how important it is that all three balls be fully inflated, so we direct our energy to other areas and find ourselves depleted, wondering why we can't seem to find peace and contentment.

Balls

Discontent and depletion happen only when one or more of your Three T's are flat.

Balance in your life requires you to take care of your needs first and lessen your attention to the Three T's of others. If you're overextended trying to care for those core values in someone else, you neglect your own and "lose your balls," so to speak. When you get the sense that something is off, your inner wisdom is telling you to take back your power and stand strong in your need to reset. It's not that you shouldn't help and care for others, it's that you need to address your personal weaknesses first before engaging in others' lack of power. You can't inspire others if you don't have the air to breathe life into your own. Inspire means "to breathe life" into something. By breathing life into all Three T's, you create a surplus of strength that, when needed by others, you share without resentment. You learn that investing in self-care is a prerequisite for building power to give to others. Balancing your balls is a challenging skill to learn because we have been taught that when we care for others, it will be reciprocated. It's better to understand that by loving yourself first, to

your fullest capacity, others are inspired to do the same. That has a greater effect on everyone around you; they learn by doing what you do and repeating it for themselves instead of being enabled by you. From your example, they build their own personal power and strength, resulting in bigger balls. Things, Thoughts, and Trust now are full and balanced.

If your weakest T is Trust, start simple and think about the Things and Thoughts you wish to possess. Think about your values and beliefs and what you want to feel. Then use this silver-platter technique. Hand the silver platter up to the universe and TRUST.

Silver Platter: Write down what you want, including why you want it and why you know you'll get it. You have "designed it into creation;" now wait for it to manifest. What does wait mean? Imagine a silver platter in your right hand and all the things you wish to manifest (i.e., no debt, fit body, robust health, new home, life partner, fun, excitement, etc.) shrunk down to fit on your silver platter. Then imagine them in sitting on the silver platter.

Hand the platter to God/the universe and expect it to manifest, even if it's just a thought or idea. Ask the universe to give you the greatest version of it. Mentally offer it up and let it go. Each item on that platter will reappear in your life when the vibration of those items match the vibration of your emotions. Meaning, when you truly believe you deserve that item, the physical manifestation will appear. Focusing on the things you want to manifest is like fear vibrating out of your subconscious internal vessel, so letting it go engages the universe with love to help manifest it into your reality.

Receiving

There's great value in taking responsibility for your sanity and balance by keeping your balls inflated, but it's just as valuable to learn the skill of receiving. The challenge many face is not giving love but receiving love. Whether you're single or in a relationship, owning your crap and making it right is a huge asset in expanding your self-worth. But the gift of knowing yourself and growing yourself enhances your ability to

nurture healthier relationships as well. So not only do you need to give in a partnership, you need to feel confident in your ability to receive.

What if the other person doesn't like your wrinkles, skinny legs, thinning hair, funny toes, and all other insecurities every human has? Remember your vulnerability is the gift you give another by being imperfect. You are able to receive an honest, trusting partner who wants to give to you, one who sees none of your insecurities, who sees you whole and complete, who allows him or herself to receive the same from you.

If a man wants you, he will let you know by continuing to engage.

If a woman wants you, she will keep you engaged.

Both parties are feeling out trust boundaries to see whether it's safe to be vulnerable — but without coming out and saying “I will be vulnerable if you will be vulnerable, but I'm not going there until you do.”

Thus, it's crucial for a strong woman to leave her balls in the boardroom so he can see whether she's capable of being feminine and vulnerable, which opens the door for her partner to be vulnerable with her as well. Vulnerability shows trust and transparency. Men, if she feels you won't step up to be masculine and in charge, she won't feel safe to let her guard down. Battling for power in a relationship is never fun. Ebb and flow is the goal.

If your partner is emotionally shut off to his or her vulnerable side, this is your cue that he or she isn't ready to receive and may not be the connection you're looking for. When you're open to truly engaging and connecting with another person, you make yourself stronger not only by giving love and attention but by receiving it to create the flow of energy that completes the connection. When a partner opens up and shares vulnerability, do you receive that gift of trust or do you block it? When someone gives you generous, loving attention, do you receive it with grace or block it? Again, whatever the other person is sharing, when you

Balls

receive it, you complete the give-and-take connection of the yin and yang.

There may be times when you get confused about needing stronger masculine or feminine energy in a relationship. We all need both in balanced amounts.

Let's back up for a moment and discuss when men and women need to have bigger balls. Men need testosterone to feel masculine. They feel masculine when they do "guy stuff," such as watching a sporting event, exercising, shooting a gun, working on cars, building or fixing something. This is crucial for them to stimulate the masculine energy. More testosterone time gives him strength and confidence, making him feel capable to be more giving and balanced in what's needed. Not enough testosterone time lessens his power center and may cause him to feel more feminine and unbalanced.

Women need oxytocin to feel feminine. Don't get me wrong, everyone needs oxytocin, but women reach their feminine state easier with it.

Balls

Oxytocin has been referred to as the “trust hormone.” It’s released when we’re touched, and, subsequently, enables us to trust.

A hug, hand-holding, foot rubs, massages, favorite songs, touching, a simple text of “Thinking about you” can foster connection. She craves security, so it comes when she’s feeling emotionally connected. This is easily done by asking three simple words: How are you? When she can express feelings without judgement, it makes her feel safe and allows her a release of emotion. This is often hard for men, so a simple hug and touch will help get her to feel safe in order to connect.

Women, when men are engaging in testosterone time, don’t take it personal that he doesn’t want to be with you. He’s making himself better able to be with you. Men, when she’s experiencing a challenge, you can better help with a simple hug, foot rub, hand-holding, or an affectionate note.

When we understand what the other needs to balance their three Things, Thoughts and Trust balls — *bingo!*

“I want to find a loving partnership” are the words expressed daily by someone you speak with. You know someone single, divorced, widowed, and yearning for a partner to share life with. There is every kind of dating, meet-up, and social group out there to help in the process, yet many seem to be miserable in or out of partnerships. We’re in a partnership crisis like we’ve never seen. We’ve lost our reason and purpose for being in partnerships. We want the feeling it gives us but we neglect to look at the reasons we’re failing miserably to make things work. There are many facets to the relationship crisis, but the simplest reason is to blame it on love.

If you were to pose the question “What is love?” every person you asked would give a different answer.

Love is different for everyone depending on how they were taught as a child. We all want love, but we want our version of it. Why are we so intent on falling in love when it seems to be the one thing that truly blinds, debilitates, and wounds us? Every day, I see wounded posts on social media about love and getting hurt. Yet we to seek love everywhere.

Are we poor learners? Are we completely disillusioned by love? Are we that forgetful of the pain it caused? This is the fascinating part of love. We keep trying because it's who we are in our souls. What we're all seeking isn't something you get or give, love is something you are. We seek the mirror of our own loving capacity. We seek another who can allow us to just BE. To allow the love we're capable of expressing when we're vulnerable, weak, tired, fearful, and overwhelmed. We seek that person who sees past our superhero persona and into our soul. We seek that other soul who only wants us to be the authentic us.

The love we search for is some elusive destination or feeling. Love in relationships gets confused with what we're really seeking, which is trust and respect. The more trust and respect you have for yourself, the more you can believe in yourself to accomplish all that your soul is here to accomplish, and it allows you to express this to another person.

As you awake from your unconscious slumber and take responsibly for your personal balls, you begin to see you always have been pure love. You don't need to

get or give it. The universe begins to reflect back to you relationships that support you with trust and respect and keep you awake to your authentic loving self.

The more trust you gain in yourself, the greater and deeper the love you have to offer becomes. As trust builds, the other's faults and weaknesses diminish or even vanish. Weaknesses no longer are seen as flaws but simply as character traits of her true self. He wouldn't be the person you love if he didn't have silly quirks that only you know. She hands you her vulnerability with complete and utter trust that you won't judge. He is being in a whole state with you, and you know this only because you trust yourself first.

To attract this partner, you have to trust and respect yourself in the process. Like energy attracts like energy. If you lack trust in yourself, you'll attract a partner with similar trust issues. When you don't love yourself, you tend to look for another to fill that which only you can fill. Trust your willingness to fill your soul and its needs to the fullest to attract someone who will do the same. It requires two people willing to communicate

that this is their top priority and each will support the other in fulfilling it.

Stop trying to fall in love and start looking for trust. Trust is the space that feels calm and centered. It's peaceful and has fewer extremes. When you trust yourself, you act like a complete person. You're then safe to be the loving person you truly are and express it joyfully, fearlessly.

Trust is a challenging area for many people in relationships and is an important place to begin looking within. Do you trust yourself and others? Why would you lack trust in the first place?

We aren't born with fear, we're born as pure love. We don't judge or criticize when children express their love with laughter, hugs, smiles, and movement. But as time passes, the older, wiser adults in our lives unknowingly share their fears with us. The child begins to believe the wise person must know best, so the child starts to forget what unconditional love is, what a random hug is worth, what telling another how pretty they are just because. The adult teaches if you share too much of your love, someone will steal it. So only share

love if the other person will share, too. If you don't get reciprocation, then that person is bad and you're smart not to share any more love. Because the child believes the adults must love them, the child will follow in the adults' footsteps and erect blocks to love that match that blueprint. This all unfolds in the name of love. "I'm telling you these things because I love you," the adult says. "I don't want you to feel pain and fear, so I'll give you mine to prepare you for what's to come."

The adult who stopped laughing, loving, and respecting never notices when the child begins to do the same. This unconditionally loving child didn't use to care about smart, pretty, color, size, strength, or success. He just loved your soul. He loved your essence. He wanted you in his presence no matter the circumstance.

As the years pass, the unconditional love that was abundant begins to fade, turning into fear and control. The child builds fears that begin to eat away at her from the inside, questioning life from the outside as it appears. Realizing a bit more each day that pain and fear isn't a short-lived experience but a gradual

numbing of her spirit, which is based on love. As the young adult gets a sliver of love from another, he remembers what love felt like and how joyful it was to experience it. So he opens up to see this beautiful feeling he barely remembers — only to get stung by someone who's a master of their own fear blueprint.

Instead of loving unconditionally, these two people who wanted to share love trigger in each other the fears they've been trained to believe are true, and because fear induces pain, the need to numb pain arises. Their conscious memory has forgotten love, the strongest drug on the planet, which is free and can instantly numb fear. This young man has amnesia. He can't remember the power love gave him, so he searches outside himself for a different drug to numb the sting of others in his world reflecting their fears and pains back to him. Others who're searching for the same love he searches for find it encased in fear and pain. To numb the pain, the young man has to use something tangible. The fear-numbing drug can be food, drugs, smoking, alcohol, sex, shopping, working, exercise, etc.; it follows the blueprint he was given as a child. The choice often is

based on what's easiest to access. Many are ashamed of their poison but don't realize it's their personal choice to effectively numb their lack of love.

One poison is not worse than another; the damage is the same. The poison is the Band-Aid and the safe place to hide the inner turmoil yearning for one thing: Love.

Love, which is the ultimate goal, will appear when you stop focusing on the poison and heal the wound that hinders love. When you realize the poison provides only temporary relief or a hiding place from a deeper wound you're afraid to acknowledge. One day, you have a flashback of unconditional love and consciously decide to recover what you had forgotten you had all along. That's the day you decide the numbing agent isn't desirable because it numbs love, too.

When you find your way back to unconditional love, the healing of any poor behavior allows your inner spirit to dance and sing and laugh and love again with no strings attached. Unconditional love erases the old, poor blueprint that blocks love and respect. The adult now taking responsibly opens to her true blueprint and comes to life again. The balance between Things,

Thoughts, and Trust begins to show in the amount of self-love she expresses.

Loving your thoughts with loving words, loving things and people important to you, and loving your spirit — which is connected to a universal, unconditional love — begins to restore the original soul of the infant, which is pure, expressive love. Your inner child again will feel free to come out to play.

Learn to love yourself unconditionally by repairing poor blueprints. Knowing you were born pure love and healing the fears that weren't necessarily yours to begin with can allow you to fill all Three T's. Things, Thoughts, and Trust find balance and you find your wholeness. This creates a conscious self-awareness that's attractive to and desired by other healthy, self-aware souls.

4

RESPONSIBLE BALLS

Self-awareness means responsibility.

Listen to the next five conversations you have with others. Refrain from interacting or supplementing the conversation too much; just listen.

Four of those five will be about blame. Blaming a co-worker, wife, husband, parent, child, ex-husband, girlfriend, etc. You name it, they'll have blame for why their lives are not going well. An imbalance makes their lives increasingly difficult. To excel in any healthy relationship, intimate or otherwise, self-awareness is the key.

Checking yourself is the fastest way to establish better relationships. Start by asking better questions, such as "What am I doing to create the situation I'm in, and what can I do to improve it?"

Balls

Accountability means taking responsibility for your marriage, girlfriend, company, family, and other relationships. If you're unhappy with what you've created or whom you keep attracting, how can you make it better? Yes, we've fallen into the cultural pattern of swapping balls.

It's time to discuss with yourself and others how to improve your personal awareness and stop the bitch sessions of old patterns that clearly aren't working.

How can you make a shift in my Thoughts, Things, and Trust to create the relationship you desire? Do you have the balls? Do you want or need the balls? Are you willing to release the balls? Do you trust yourself to see healthier relationships and engage in a flow of energy? Women often are unaware of their habit of being masculine in their approach. Men also are less aware they've given up their balls and become more feminine in their approach.

This isn't just evident in intimate relationships, but also in relationships at work, school, home, and socially.

I'm the last person to let anyone off the hook for personal responsibility. You designed your life. You can repeat or redesign. If you have a disastrous relationship or past failed relationships, it's because of YOU. It's your creation. It's your unresolved crap. Own it or you'll continue to miss the mark on the healthy one you deserve.

Because this habit of ball swapping is so prevalent today, it seems to be the unalterable norm. Lacking awareness can make it seem as though people just behave poorly and it's not your fault or choice. But it is your choice to become aware of what you've created and take responsibility for that choice. What kind of relationship do you want? What do you need to create it? Speaking those two questions to yourself and others creates the shift; it creates a vacuum of energy that makes you aware of what you want to redesign and repeat.

The Sales Representative:

To-do tip: Stop falling for the sales pitch.

Decision tip: “What are *you* selling?”

When we meet someone new, dating basically is a Broadway show until you remove the mask and meet that person’s true character. This sales presentation usually takes place for a month or more, depending on how much time you spent together initially. The challenge is to remember that your first impression, whether positive or negative, comes from the sales representative the other person wanted to send. The person he or she wants you to see ... confident, strong, independent, secure, nurturing, and loveable. This happens because we want to impress, we want others to see our greatest attributes.

So you work your sale of sharing your talents and strengths, sufficiently charming the other person until they’re sold on you. Once either party decides you’ve passed the initial assessment, which of course is that of the sales rep, only then do you start acting naturally. Your true character comes out. Not all those character traits are strong, confident, independent, secure, or loving. This is the moment one or both parties sit in amazement!

“Wow ... this isn't the person I met and experienced for the past month.” Of course not, you met the sales rep that was sent to see whether you'd take the bait!

This happens on a daily basis and isn't going to change anytime soon. It happens in business and in love. This ritual is part of the mating process. We puff out our chest and display our beautiful feathers to draw attention. Once the initial connection is made, the real person opens the door and says, “Let's see if you really want the stuff I've packed away that you may not find attractive.”

This is why we're increasingly disappointed in relationships. We're living in a world of instant gratification, forgetting every time that the person we initially meet isn't the real person but the sales representative. Your impatience demands a partner *now*, and you instantly fall for the representative. Then, when the other person behaves poorly or says or does something you find unacceptable, you think, “See. I told you she was too good to be true.” So you prepare to jump ship as soon as you sense you're about to be

revealed and no longer can keep up your stage character.

Of course, the other person isn't perfect; no one's perfectly put together at all times. You need to respect their imperfections to gain a new perspective. Their vulnerabilities will appear, and when they do, do you see them as flaws, non-negotiables, and red flags, or are they inconsequential to you? Many people won't even notice your insecurities if you respect yourself and your needs. That's because they have their own needs and insecurities and hope for the same respect from you.

The goal is to be more respectful of yourself so that when you meet others, you're confident in showing up honestly and authentically. A subdued version of your sales representative will appear. If you want someone to respect you, you'll have to reciprocate, especially after both sales reps disappear. That's when you learn whether this is the right person for you. Figuring out whether that person is a good fit is not likely in the first month when things are mostly fluff.

The best relationships are born out of trust, respect, and time. Trust is not falling in love with the sales rep

that peddles all the bells and whistles. This isn't what he really wants you to see. He wants you to see his authentic soul. When you respect that, he often will give you even more than the sales rep initially offered. He gives you true connection and wants you to just be you, which is the ultimate goal in any relationship. This takes *time*. If you truly want connection, you'll have to learn patience.

List all the qualities you want in a mate, then take the time to find out whether those qualities are what you really want so you don't fall for the instant-gratification trap, which is only an illusion of what you want. By respecting your own needs, it makes it easier to override disappointment from the sales-representative syndrome.

To avoid the syndrome, make a list of 100 characteristics of your ideal partner, which will help you be more effective in the sales-rep phase. You'll be more aware of your needs by observing whether this person aligns with those needs.

If you're in a relationship, this list helps you appreciate all the qualities they have that you forget to

Balls

appreciate, which you now can pay attention to in gratitude.

Place this list on your silver platter and offer it to the universe. Then have faith in the vibration you sent out and be confident it will be returned.

Technological train wrecks

Is technology creating a divide in your relationships? Have Facebook, Twitter, Snapchat, apps, email, cellphones, laptops, and the internet become your happy place?

A growing challenge over in the past decade is the abundance of technology around us, yet that ability to communicate actually has made us less connected. The digital age is raising barriers we didn't prepare for, resulting in relationships that have become technological train wrecks. Technology gives us easier access to others but makes us lazy in working on what it takes to develop a deeper connection with others.

When you use technology, are you separating yourself from the people sitting right in front of you who're yearning to connect with you?

As connected as society is through technology, we've gone to the opposite end of the spectrum when it comes to emotional connection. This unseen veil we call technology is getting thicker and separating us from

emotionally connecting with others. While we're texting, emailing and IM'ing at hyper speed, we're forgetting the reason we want to connect. We need to feel another's heart and soul. PASSION is lost in cyberspace. Relationships now are found in the digital candy store. If you don't like this flavor (as presented by the sales rep), you can easily taste a new one for a short while. Never really giving the person time to evolve into a taste you like. Technology has granted everyone access to dating and friend-finding apps so you don't have to get vulnerable and real with another human being when you're face-to-face.

Nothing you see on social-media channels is authentic until you're faced with the other person's dark side and insecurities. The sales rep is nothing more than a piece of digital candy filling your need for something sweet at the moment. Unaware that what you're searching for is the sweetest part of a person — their heart and soul, which they rarely reveal through their social media. Instead of being truthful with others, we sell them a grand version of who we want them to see. In our profiles, we tell a story of who we think others

want us to be. We give others the storybook version we've created rather than the authentic version of us.

Can technology support a relationship? Yes, a cellphone is ideal, but in building a relationship, it should only be used to talk. Use the tools it offers, such as Skype and Facetime, which engage two of the senses we've forgotten to use in our relationships. They engage us in seeing and hearing those we love. Use texts and emails for the fluff but don't rely on them as your primary source of connection. You'll be disappointed every time.

If you're truly looking for love and healthy relationships, do you want a superficial candy-store partner or a deeply connected partner? It's time to come clean with who you are and what you want.

Marriage

Here are some questions to consider:

What kind of marriage do you want?

What are you in it for?

Why do you want to be married?

Just sending your wife a text or Facebook post isn't going to make her feel connected. Don't let technology make you lazy with your spouse, who deserves your invested time. Break the technology habit and find a way to connect that she wouldn't expect. Send her a handwritten note, take her some coffee at work, mail her a card, plan a picnic, and so on. Be present. Connect with your love.

Dating

Be honest and ask yourself whether you're dating to fill a void you refuse to acknowledge or do you truly want a connected, committed partner?

Do you just want to surf the online dating apps, text emotionally dead words, email disconnected conversations? Or do you want to be honest and authentic? Connection and honesty will come from stepping into your truth. If you want to focus on your career, friends, and hobbies without all the emotional fluff, then say so. If you want to focus on a connected loving relationship, then say so. But stop sugarcoating your needs and dreams until you're in too deep, lost in

something inauthentic. Contemplate. Sit alone. Go for a walk, hike, or ride. Ask yourself: What do I really want?

Only by asking these questions will you improve the online-dating vibration you're sending. Avoid stating what you *don't* want; it's like ordering that from the universe, too. Say only what you *do* want. Be real and authentic from the start. Be conscious about your intentions and expectations.

5

SHADOW BEAST

If you're like most people, there are certain themes in your life that seem to repeat, as if you're running on a hamster wheel.

The best way to describe why your challenges are repeating is to think of an iPod. When you buy an iPod, it's empty, there's no music on it. You can't just buy one, plug in earbuds and head out for a run. You have to connect it to a computer, download songs, and create playlists before you can use it.

When you're born, you're like a baby iPod shuffle. Your mother and father are two full-capacity iPods. From the day you are born, you download into the baby iPod all their beliefs and habits, both good and bad. In essence, they're downloading all their playlists into the baby iPod.

The fun playlist, party playlist, happy playlist, insecurity playlist, addiction playlist, fear playlist, love playlist all get downloaded. Until age 7, the baby's brain is in theta mode, subconsciously downloading everything she receives.

After age 7, the baby iPod starts to replay all the downloaded songs. She starts to practice these messages repeatedly and engage in all her playlists. This is evident when you hear a child repeat a foul word and you realize they were downloading language the parent repeatedly uses. Every parent has heard their child say something they didn't want the child to say but knew deep down he or she learned it from them.

By age 20 or so, the now grown up child has practiced the songs on her iPod well enough to sing them without realize she's singing them. She doesn't consciously need to play the iPod; it's just set on repeat play. Her behavior has become habitual and subconscious, and she's completely unaware of her mastery of the playlists.

Some playlists aren't the most positive or productive to play and repeat. That's because we all are made of vibrational energy; our thoughts can create physical form. Each thought and habit expressed to the universe is being matched to the physical vibrational form, and the universe sends back the same thought vibration in physical experiences.

People then face experiences in their physical world that match a song they've been playing unknowingly for years. They might not like the physical manifestations that appear and would like to change the song, but no matter how often they try, they seem to sabotage themselves each time.

This is because the poor song playing at the moment overrides everything they do. It has become a subconscious feeling and belief that overrides whatever else they want or think. The undesirable song, subconsciously playing, overrides the conscious thoughts desired.

How do you change your behavior? Changes occur simply by paying attention to the subconscious playlists you've listened to for a long time, often without

realizing it. It's like how one day, out of the blue, you start humming a song that's not even on the radio but you know the song by heart. It's easy to remember and it's ingrained in your brain. The simplest way to change this is to open up to the playlist you no longer want to hear and make a conscientious choice to delete it.

Complete the habitual-song activity below

This activity will help you determine your triggers and where you unknowingly continue to sabotage yourself. You can write directly in this book or do the activity on a separate page.

Fill in the circles below. Complete your list in the circles by following these three steps:

1. In the first circle, list every gift and talent you remember your dad expressing on the left side and every challenge he displayed on the right side.
2. In the second circle, repeat the lists for your mother's gifts, talents, and challenges.

Balls

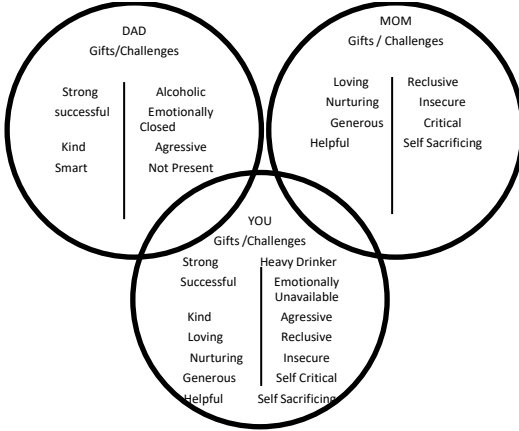
3. In the bottom circle, which is yours, write down every gift you have from each parent on the left side and every challenge you have from each parent on the right side.

Be honest; it's more transformative to be completely aware of poor habits that weren't yours to begin with. If it's easier, have your partner or a friend ask you each of the items in the gifts and challenges list for Dad, Mom, and yourself. This will reveal your subconscious iPod playlist.

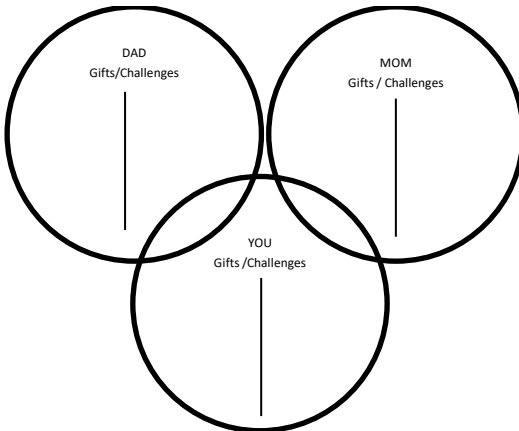
Balls

Exercise to access your iPod playlists

Example



Fill your iPods here:



Look at experiences you don't want to play anymore, those on the challenges side. Realize they're just subconscious feelings and beliefs of what you believe are true only because adults told you these things were true before you turned 7. Parents don't intentionally download their crap into their baby. They do the best they can with the knowledge they have at the time. As an adult, however, you have the knowledge to change your playlist. The poor thoughts and behaviors that were downloaded were a subconscious act. Parents were unaware they were doing anything out of the ordinary. When you repeatedly learned them the songs, they became true for you. It's just like learning the ABCs ditty when you were a child. You'll never forget how to sing the alphabet, and you sing it in that same cadence and order.

But what if someone asked you to sing it backwards? It's not easy, is it? You can do it, but it takes time and you have to go slowly to remember each letter in reverse order. Once you master singing it backwards, though, it becomes a new habitual playlist. Think of the new backwards song as a new positive

affirmation on your empowering playlist in place of the old one that doesn't work.

If you don't like any of your originally downloaded songs, you have to replay them in a different, more positive form or conscientiously delete them.

This to how life works. If you want to change your life, you have to access the feelings, beliefs, and patterns you learned as a child. Then repeat the ones you don't like in a different order and context.

It's challenging to delete the old playlist until you download a playlist with a new song of what you truly want. It will only become ingrained in your subconscious by attaching a deep feeling to it.

How do you change your feelings?

Ask yourself what it was like to experience a feeling as a child. Did that song make you happy or did it make you sad, fearful, criticized, resented, unloved, or unwanted? Those playlists don't serve your highest good. These are playlists you should replace with more loving, empowering, connected, supported, and

unconditionally loving songs that match the life you want to live.

It's to your greatest good to heed these emotions when they show up. These are the emotions that are triggered by a spouse, child, friend, or co-worker, and now is the time to tap into your own awareness of whether you want to address the emotions through the old playlist or tackle them with a new outlook.

We're usually most vulnerable when we're tired, hungry, or stressed. That's when our guard is down and our subconscious songs pop up. Our emotions are strongest then, so we're apt to fall into a theta stage of habitual, subconscious experience, and behavior. When you're triggered, it's hard to stop singing the unproductive song until you're aware you're singing it in the first place.

The key is to be conscious of your playlists. Songs playing in the background as subconscious music that remind you every day ... I'm not good enough, I'm not smart enough, I'm not strong enough, I'm not lovable, and so on.

It's easy to remember the good playlists, but the poor lists are hard to acknowledge. Once you do, the trick is to stop playing the poor song on repeat. You do this by acknowledging the ego.

Many people advise you to just stop repeating destructive behavior. Just stop dating abusive, alcoholic, emotionally empty men. This would be wonderful if you knew why you're so attracted to them and why they're attracted to you. From an energy standpoint, they're your vibrational love match, so it's hard to stop something that you aren't even conscious of. It's like you're asleep when that song plays. Becoming aware of your continuous poor choices makes you conscious of the subconscious, and that consciousness awakens you.

Let's explore why you can't see the poor choices you repeat endlessly.

The ego has been trained to continue subconscious repetitive behavior so ego stays in a state of non-change that's safe and comfortable. That's why you struggle to get off the hamster wheel and sabotage yourself from finding the greatness and the love you deserve.

Ego's core purpose is to remind us to eat, sleep, and drink, which are necessary for the body to sustain life. By keeping us alive, the ego knows it won't die. That's ego's main goal, to not die, so as long as it keeps you eating, sleeping, and drinking, it will live. But here's the catch: Ego resides in your subconscious and controls the subconscious.

Unfortunately, because it's the boss, it has become addicted to the poor playlists subconsciously repeating.

Ego does not differentiate between an unlovable playlist and food or water. It believes they are mutually exchangeable. Remember, ego's only job is to not die. So it craves unlovable experiences as much as it craves food and water.

If your playlist repeats unlovable songs and abandonment songs, the ego will do everything in its power to find situations to make you feel unlovable and abandoned so it doesn't die. It may put you into poor scenarios with a partner or a relationship with a friend or something that goes wrong, such as a typical day when your spouse let you down. That triggers your old playlist of being unlovable and abandoned, reminding

the ego that it now is safe because it has been fed the experience of being let down. Ego will draw in vibrational experiences to re-create that feeling to keep from dying.

How do we make this easier so you can re-teach your ego and your subconscious to crave more healthful things? It will be easier if you can give ego a visual form.

I call ego the *Shadow Beast*.

Picture yourself facing the sun, your shadow behind you. You don't even know it's there but it follows you everywhere.

Then someone triggers you. You feel let down, unloved and abandoned. Your inner child — or rather you as a 5-year-old who lacked the skills to stand up for yourself, the “little self” who did a poor job expressing her feelings — reacts. You're in emotional lockup, and feelings of insecurity begin to surface. The little voice

is asking you to stand up for yourself. But because you need more than that little voice to get you out of your funk, your little self's shadow grows inside you to a bigger version to grab your attention.

That shadow, small at first, becomes a monster. On "Sesame Street," Cookie Monster's only goal is getting a cookie. He does anything to get cookies because he loves cookies, and he'll do anything you ask to get one.

If you've been starving ego by achieving your goals and creating a grander, healthier life, this does not match the unlovable and let-down playlists on your iPod at age 5.

That little shadow monster will crave a cookie, and if you aren't giving it an old, negative cookie to feed that old, negative feeling and belief, it will grow into a beast that will take over, encouraging you to create environments and scenarios that remind you you're not lovable, that you will be let down and abandoned. The sole agenda of the Shadow Beast, the ego, is to be fed so it doesn't die.

Is that the reality? Many times, people in your life aren't trying to abandon you or act negatively at all.

They just forgot about your meeting and want to reschedule. But the Shadow Beast is hungry and remembers its only goal is to not die.

Because it fears death, the beast will do anything to be fed a negative experience. It does not differentiate between water and abandonment — it only functions on the vibrations it has understood for years.

So the next time your poor playlist is triggered and the Shadow Beast is encouraging you to make poor choices, experience re-occurring negative thoughts, or act out using destructive behavior, don't let it stand behind you where you can't see it, where it can encourage you to repeat old stuff, to feel powerless so it can keep feeding on your old crap. Ego is not the boss of your thoughts — *you* are. When your Shadow Beast tries to get you to repeat a weak behavior, greet it in gratitude. Its appearance shows you parts of yourself that require your attention for growth. That's the gift of your Shadow Beast, so when it appears, say "Thank you."

Balls

When your Shadow Beast appears, use the phrases below to address it.



Do this:

- Imagine turning around to confront your shadow. Stare at the beast. See it in all its glory. Ask yourself “What am I feeling right now?” Abandonment. Stare at the beast and say “NO COOKIE!”
- Tell it “I’m no longer feeding you negative food. I thank you for showing me the feeling of abandonment. I’m safe now.”
- Then engage in an activity completely different from what you were doing at that moment, abandonment has been acknowledged as your topic of growth and you will by letting it go and focusing on something you are grateful for.

You may have to repeat this several times on challenging days. By acknowledging the feeling of abandonment, or any triggered feeling, assure your ego that it’s not going to die. Acknowledging the poor feeling is all that’s required; you don’t need to feel it. Stop ignoring the negative thoughts the Shadow Beast keeps replaying for you. Acknowledge the feeling so

the beast no longer harasses you over and over to get attention.

Do you need to negotiate with the beast? No. Do you need to convince the beast that you deserve more? No. Just acknowledge the beast so it feels alive. Acknowledge the belief or feeling that keeps coming up and then tell it “Sorry, no cookie.”

Then do something that grounds you and brings you contentment and joy, something you love doing. It could be as simple as taking a walk, shooting baskets, browsing a bookstore or taking a drive. Focus on all the things you love, all the things you deserve, all the things you want. Say them out loud to the universe.

The Shadow Beast is the baseline for clearing out old playlists that no longer serve you. Acknowledging the beast is all you need to do to stop it. This will improve your relationships in every aspect of your life because you’ve brought the subconscious to the surface. Now you’re encouraged and capable of making conscious decisions about choices that will make you healthier and stronger and in a better place.

You have a choice when someone triggers you. You have the choice to acknowledge that it's not them, it's only your beast they've triggered. You have the choice to acknowledge the beast, stop feeding it, and turn to a better place.

When both partners understand their personal Shadow Beast and how it pops up from time to time, you can see why your partner is in a fear state, not a loving state. It helps you to understand that it isn't you who's making her miserable, and it allows you to step away from the situation so she can heal it herself. That way, you can stay neutral and not feel accused or criticized by your partner. You realize it's just his beast trying to make him feel less. From that realization, you can step into a more compassionate place to help him find the opposite of the Shadow Beast's fear and redirect him to love. Your understanding of your personal beast helps your partner better understand you, so he can have compassion for you as well. This makes you accountable and conscious. Your partner better understands when you get to vulnerable place. She can respect you even more by respecting the work you've

done to acknowledge and conquer your deepest core fears and insecurities. That becomes pure trust and respect from each of you, which is what's needed to grow as a couple.

How do you determine whether you can truly trust someone and share your Shadow Beast? It's one of the big challenges in relationships, allowing another to see your vulnerable side. You want to let her in and hand her the key to your deepest fears under padlock. But in doing so, you must remove your insecurities of being judged by someone else's interpretation of you. You worry her opinion might change after you reveal your personal truths. Ego nudges us to keep quiet because it fears pain and shame.

Unfortunately, when you share your fears with someone who has the same insecurities, you trigger their junk and often find they either lessen the potency of your fears or use them against you. Their poor response is just a symptom of them reflecting their own insecurities back at you, projected as your insecurities. Because you were the one brave enough to open up to be real, you're the one he or she will give

theirs fears to. Is that OK? Not at all, but it happens frequently, and it's a big reason why so many hide their truth and lack the most important element of a healthy relationship, which is TRUST.

The true test is how dedicated you are to your personal power. Instead of keeping your vulnerabilities and fears private from partners and other close connections, you share them, thereby revealing your true character. Sharing your authentic self also allows you to view how your partner reacts to your old songs. Your old, poor playlists will remain real until someone enters your world who sees you in a way that's different from your old songs. Who hears the songs of your old playlists and empowers you to sing new songs instead. This likely is a person who has taken responsibility for his or her balls, a person you TRUST with your vulnerability and who passes the test. This is the person who arrives to break your old story and helps you live a new, beautiful one.

Let's look at how something as simple as a vegetable sets off your Shadow Beast. You arrive home to a wonderful meal of chicken, broccoli, and rice, with

a nice wine and a lovely table setting. You think “Ahhhh ... how wonderful, this is just what I need” because it feels loving, and generous, but during the meal, the conversation hits a nerve. Your wife says she loves to cook and mentions meals her mother made. But because she references her mom, your immediate memory starts playing an old song downloaded by your mom. If your mother served broccoli and you didn’t eat it, you were a bad, unappreciative child. You were punished by not getting anything to eat but broccoli for your next meals until you were appreciative of her as a mother.

Now you get short and rude and ask why your wife made broccoli instead of the carrots that are in the refrigerator. She looks at you, shocked. All her hard work to prepare a nice meal and all you can focus on is broccoli?

It truly is all you can focus on. You now see her as your mother, who doesn’t appreciate or respect you, and the dinner descends into an argument. You partner did nothing to show she’s unappreciative of you. But at the moment, your Shadow Beast is starving for an

experience that feels like unworthy of receiving love and kindness. Love and generosity isn't a song your beast knows. Your triggered ego will find a way for you to play an old, disrespectful song the beast does know.

This can happen at any time on any topic. Emotions tend to weave into fear, control, resentment, criticism, or guilt, which are the big ones, but any feeling you have needs to be acknowledged. Your beast's favorite negative songs are sitting in the challenges side of your downloaded iPod. Being conscious of your beast's favorite negative songs allows you to immediately stop and refuse to feed it. Avoiding the destructive downward spiral of what started as a wonderful, delicious meal. Allowing you to have more meaningful communications and relationships.

This is the vulnerability test. If a partner uses it against you to mask their own, he fails and you're better off knowing it. Then you can use caution knowing the relationship has very little trust. Will you double-check your vibrational iPod and ask yourself whether you want to continue to give your partner chances for you to trust him? No! He must heal his own

story before he can see yours. Love him as he is but move on.

But if he does pass the vulnerability test, he's a keeper. You can build a wonderful bond of love, support, and encouragement. This also is important for you to remember when someone reveals his fears and insecurities to you. Respect that you're being given the opportunity to see his inner beauty and create a new, more healthful playlist. You have the power to redirect or derail the songs: It's all in what you choose to see. Love him and stay or fear him and leave.

6

SONAR

Have you heard someone say “I get a bad vibe from her”? It’s a feeling, vibration, resonance, and it happens every day. You feel the energy around you, but many choose to use their intellect rather than intuition to make decisions. Intuition is your gut, heart, feelings instinct. It’s more intelligent than your mind. Our hearts work off electricity, which is why they sometimes need an electric jolt to resume beating. No one ever questions why we need an electric shock to restart a heart, but they miss the fact that the energy coming off that heart is just as potent when it’s beating. Children possess intuition before they develop intellect, so they’re pretty adept at distinguishing between good and not-so-good vibes. It’s only after we grow up that we’re told to use intellect over intuition.

Whose bright idea was *that*? It's time to get back to our natural instincts.

The energy you vibrate is a good indication of what your external world will mirror. Vibration or resonance means like energies attract.

Who do you resonate with?

Like the sound of a musical instrument in tune or out, your life will resonate with your thoughts in tune or out.

One of the coolest ways to demonstrate resonance is to use two guitars. Pluck a string on one guitar, then lightly feel the same string on the second. It's vibrating because it has the same frequency as the string you plucked.

Your thoughts are energy. And just like the plucked guitar string caused similar energy to vibrate, so will your thoughts. What you think has a corresponding resonance. Your thoughts match up with similar objects and circumstances. You're like a submarine using

sonar: What you ping out is what will resonate in others.

Be careful not to vibrate at the poor frequency of someone near you. Consider the adage “Birds of a feather flock together.” This often is the case when we do the work to elevate our vibrations with loving thoughts and actions. We begin to feel as if we don’t fit with those who still are vibrating at the old frequency, which is not wrong, just different from ours.

You’re human. You have emotions. If someone around you vibrates on a strong frequency, so will you. If it’s a weak frequency, disengage. Be compassionate but not empathetic; don’t resonate their poor vibrations. The fastest way to override another’s poor vibration is with love. A compliment, blessing, or kind gesture will keep you strong in loving vibration and intercept the flow of their poor vibration of insecurity, fear, guilt, or anger. It’s not for you to judge, just refrain from resonating at their frequency if it doesn’t feed you with love and blessings.

Some people can connect with you on a temporary basis but not for the long term. It’s one of the

challenges of online dating. Everyone uses the same format to communicate initially, but once they have to communicate verbally, things go cuckoo. You no longer can use the veil of the internet or electronic devices to hide your vibrational signature. It's not until you meet face-to-face that you begin to feel the other person's true vibe. Online dating as a way to meet a partner is steadily growing. The challenge is its inherently weakened communication process. Know that your vibration will draw your vibrational match, even if it's just a sliver of similarity in the person you attract. Technology gives you immediate attention, but it creates a veil that hinders connection, which means that while you surf the internet for a partner, you will draw vibration similar to yourself. If you're experiencing trauma, for example, expect that to appear in another's vibration in some way. If you're having issues involving your health, a divorce, your job, finances, legal problems, etc., those issues will in some way appear in a partner — in other words, the universe is matching your vibrational gifts and challenges, showing it to you in a partner. It may not be noticeable

at first, but it will appear as you learn more about each other.

This can happen whether you're dating, married, committed, or just making friends.

It's apparent when you see a marriage start to fail. Only one of the two spouses chooses to raise their vibration and self-awareness, while the other partner invests little or no time in their inner work and self-awareness. These are two people who just are on different frequencies, challenging their ability to relate no matter how much they're in love. Connecting on the same vibrational plane is futile.

How do you raise your vibration to continue to reach your partner? Expand your channel through self-awareness. Imagine your vibration playing from your core. This is more of a challenge when the spouses don't have the same desire to expand. One expands to satellite radio and the other chooses to stay on AM. Does that make them wrong? No, it's just that this leg of your partner's journey is different from yours. You no longer share the same wavelength, creating a continuous challenge to stay connected.

The greatest love is found in the shadows.

We all send out our internal vibration of love.

Where's yours located?

It's in your subconscious, hanging out with your Shadow Beast. It's the vibration you send out into the universe, pinging like a submarine's sonar pulses below the surface of the ocean. In the darkness, the sub sends out a pulse of sound, then gauges the vibration of what that pulse hits. Humans also send out subconscious vibes from the darkness below our surface, but the vibes that ping from us are our feelings and beliefs of unresolved pain that our beast is conditioned to feeding on. So you may think you're consciously looking for a healthier partner, but "sub" consciously you're just transmitting your vibes for others with the same shadows of vibration.

Why do I bring up the dark vibes if I'm talking about love?

Because I want love for you, and here's how you get it. If you don't acknowledge your Shadow Beast and stop feeding it your familiar songs and beliefs, you'll continue to struggle to find the deepest, unconditional,

intimate love. This is what everyone searches for, yet we're baffled as to why we keep sabotaging relationships. When you fall in love with someone, you don't fall in love with that person, you fall in love with how he or she makes you feel. If your love vibration is negative, insecure, destructive, and weak, you'll fall in love with the same unhealthy behaviors.

If your vibration is empowered, supportive, kind, and full of love, you'll fall in love with someone who makes you feel those qualities.

Whether dating or committed, everyone initially enters the sales-rep phase of relationships: a time when it's all airy-fairy and we give everything to sell our best self. Over time, as the representative you sent to sell yourself begins to recede, we begin to get comfortable and our Shadow Beast arises.

Our partner triggers an old wound or belief, a belief you learned by the time you were 7. Once this poor belief is triggered, we blame our partner for false representation. We ask "What happened to the old you?" Nothing happened.

The answer is: The REAL you has arrived. Everyone has a shadow that can't hide forever. This shadow is the basis of all your successes and challenges in life. This dark side that many avoid is the holy grail of your attitude regarding freedom, success, abundance, and love. Everything we do is an expression of love or fear, and our expressions manifest themselves outwardly through our partners, careers, and hobbies.

Our vibration of love is based on what we subconsciously feel we deserve. So if you learned when you were a child that love is emotionally empty, non-expressive, abusive, absent, critical, sick, or comes with conditions, you'll attach that feeling to all the things you love because it's programmed into your subconscious like a song you memorized years ago.

Are those feelings healthy attachments? Of course not, but remember they come from feelings that reside in your "sub" conscious and drive your every move, and you don't even know you're vibrating them. Even

when you do everything to consciously change your experiences, your feelings are driving your submarine.

To raise your vibration of love, instead of asking WHAT you fear, ask what your fears FEEL like. If you fear another bad relationship, job or financial challenge, start exploring your beliefs around it. I've seen countless breakthroughs occur when clients realize it was their inner feeling that was vibrating out an unrecognized belief of lack, thus hindering success and connection.

We're all searching for the other half of ourselves to balance us. Partners should make us stronger, healthier, and offer opportunities for growth. Each time we encounter another person, it's to see ourselves and our personal evolution. This soul appears to wake us from our sleep and shake up our mind, body, and soul. This will continue throughout our lifetime as these souls have made contracts with us to appear in our life when we need to be awakened to a new experience, to evolve to a new level of consciousness. This happens when

we're unconscious for too long. The souls that appear are co-workers, friends, family, and, more intensely, lovers who get our undivided attention so we can look directly into the mirror of their soul to see our own. Many people don't like the reflection if it doesn't support their soul's vibration and growth. That's why they appear to wake you up and make you consciously aware of yourself.

Lovers don't come into your life simply to be a thorn in your side. Their purpose is to awaken you to more. The souls come to show you your weak spot so you can water and nurture the unattended areas of your life. Experiences with others allow you to become more consciously aware of the areas dictated by your subconscious. If you allow that person to push you to a new state of healing and strength, you'll eventually find a peaceful state of blended consciousness and unconscious awareness. Your underlying intention is to become a peaceful vibration that resonates another's peaceful vibration. Your energy vibrates an inner calm and peace that's felt by others who have arrived at the

same place. You both have done the work to wake up your sub.

You're now ping-pong vibing out to the universe asking for it to send someone on the same frequency, with a desire to attract the same soul into your life who feels calm and peaceful. This becomes a soul-vibration relationship that feels right and easy, a perfect vibration and energy of growth and love that each of you independently has committed to for yourself. When two individuals commit to taking responsibility for their own personal growth, they create a desire to share pure transparency. To see how love can enhance the other as well as the self.

Giving energy (i.e., attention, gifts, expression) in a connected relationship is not exchanged as a debt but only love and desire to see the other smile and grow. Desires feel like exciting opportunities, not duties. To fill each of you is a mutual exchange of gifts, not an exhausting drain of energy. The relationship becomes an ongoing exchange of love over fear. This only takes place when you work first on filling your Three T's. When you find balance in all three, you tend to get

balance and flow, wanting to unconditionally share your surplus of energy.

Two souls willing to commit to personal awareness will have the most consciously loving and connected relationship. This is what we seek, no matter what kind of relationship it is.

Remember that each person has a personal journey, and it's easy to get caught up in someone else's and avoid your own. When two people enter a relationship with accountability and awareness of themselves, it creates a vibration of powerful partnership. They always will have a Shadow Beast that flares up from time to time, but they're conscious in addressing it. When someone irritates you, remember it's for you to self-assess. It's your cue to become more of that ... whatever that small thing might be.

We all have sonar, and we tend to find an image of our personal vibration. What you see is what you are in many ways. I hear this often: "I'm nothing like them." And the funny part is, you *are* like them if they irritate you. And you are when you meet kind, loving people you really enjoy. That's you as well.

Here's an example to shed light on how you can test your ability to perceive vibrations.

In Lucy's family, everyone else got what they wanted — her parents were fairly self-centered, bordering on narcissistic. They followed their own dreams but forgot they had a little girl who had her own dreams. Now that Lucy is grown, she has some powerful beliefs about being unworthy and powerless to change things that are playing in the background. She wants to move forward in her life, but those beliefs get in her way because they emit fear.

Her journey is bad news in terms of the Law of Attraction and her sonar pinging out songs from her iPod.

Lucy reads self-help books but, deep down, doesn't believe they can help. She's losing faith that anything can.

Then she comes across the Law of Attraction — her sonar. She figures it might be the answer. Everyone keeps telling her “Thoughts become things! Change your thoughts and your reality will change!”

Lucy says affirmations to herself morning and evening. She posts sticky notes with affirmations on her bathroom mirror. She makes a vision board. She watches motivational videos on YouTube. She joins empowerment groups on Facebook. She signs up to receive motivational emails every day in her inbox. She's doing everything she can.

But her reality doesn't change. If anything, her life seems worse now that she has knowledge but no change.

If her thoughts are changing, why isn't it working? Does this sound familiar to you or someone in your life? Lucy's frustration is a common experience for many, but it can be reversed. Find the answer to Lucy's challenge by working through the activity below.

Remember that every thought you have is energy and comes with a vibration, so make it a beautiful song.

What are your weaknesses? Are they:

Relationships?

Career?

Health?

Friends?

Family?

What type of personality do you repeatedly attract? These are categories we put our heart and soul into, or simply our love. Let's look at what you think love is.

Why do you keep repeating the same relationship you don't want? The visual for comparison is that you're a submarine moving through the universe, and to be the captain of the vessel, you have to know what vibrational pings you send to others.

Complete this exercise to determine your personal subconscious Vibration of Love.

Fill in the two columns either in this book or on a separate page. We will base it on personal relationships for this example:

1. Think of three people you've truly loved, even if they didn't love you.
2. In the left column, list all the good qualities each person had. Start with the first person's good qualities, then the second person's, then the third.
3. In the right column, list all the ugly, not-so-great qualities about each of the same three people.

Once you've filled in both columns, look for repeating words from each person listed in the ugly column; these are the traits you have no desire to include in your life.

4. In the ugly column, circle the five words you see in your relationships that repeat or are not what you want ever again.

Balls

5. In the bottom space, write the *opposite* of those five circled words.

These five new words will be your new non-negotiable, healthier vibration of love. Do the exercise now to see what your vibration of love looks like located on the next page.

Balls

Subconscious Vibration of Love♥

Example:

Good	Ugly
<p>1 Attentive, Flirt Protective, Active, Chivalrous</p> <p>2 Tall, Kind, Financially Stable, Thoughtful, Affectionate</p> <p>3 Driven, Funny, Provider Decision Maker</p>	<p>1 Excessive Drinking, Temper, Financial Challenges, Emotionally Unavailable</p> <p>2 Emotionally Unavailable, Unfaithful, Non-committal</p> <p>3 Unengaged, Unfaithful, Drinker, Emotionally Unavailable</p>
<p><u>NEW LOVE VIBRATIONS</u></p> <p>List the opposite of the Top 5 ugly qualities here: Committed, Faithful, Emotionally Available, Non-drinker, Engaged</p>	

Fill in your own here:

Good	Ugly
1	1
2	2
3	3
<p><u>NEW LOVE VIBRATIONS</u> List the opposite of the Top 5 ugly qualities here:</p>	

***This is an image of your vibrational match of love.
This is what you learned love was and have pinged out
to the universe seeking a matching vibration.***

The left column lists your conscious thoughts, and it's easy to see you're a vibrational draw to those traits. The right column lists your subconscious thoughts on your iPod's old, poor playlist. Replacing your undesirable, repeated habits will become a conscious choice, and you'll be on the lookout to avoid the old habits.

The opposite traits of your ugly column, listed at the bottom, represent your new, healthier vibration of love. It should be non-negotiable. This is how your new vibration feels.

Attracting someone with these healthy qualities before completing this exercise would have been difficult because even if Mr. /Ms. Wonderful appeared in your life, even if you really wanted someone healthy, confident, and connected, you would have sabotaged the relationship because that person didn't match your weak love vibration. The healthy person wouldn't feel

right to you because his or her vibrations don't match your ugly column. Until you match your vibration to that person's stronger, loving frequency, you won't accept a stronger, healthier relationship in your life.

You'll know when your new vibration of love feels positive, strong, and supportive because you've made the new, empowered traits non-negotiable. It will take some time for the vibration to become habitual. The fastest way to make that happen is by thinking it, saying it, and repeating it.

Type your list of five into the Notes on your cellphone. Keep it handy. If someone asks what you're looking for in a partner, use this new, healthy list of five.

If you're looking for that in your current relationship, give your list to your partner and let him or her know this is who you plan to be from now on. Remember you have to become that vibration of who you want to draw. You'll start to vibrate at that frequency, and others will pick up on it and enjoy the loving vibe they get from it.

Now that you've completed your vibration of love list, look at the ugly column.

Joe has listed such qualities as emotionally unavailable, noncommittal, alcoholic, unfaithful, and insecure women. He realized he attracted this same woman all his life, that each was the same woman in a different body. He had to change his vibration. He had to acknowledge he has the same poor qualities.

By making his list, then identifying the opposite of those poor traits, he began to send out a new sonar stating what he will now accept as love. Now his statement to friends, family, and partners is: I want an emotionally available, committed, social drinker, faithful, secure woman in my life.

This is his new, non-negotiable vibration of love. He then has to exhibit the same behaviors himself if he wants to emit that frequency into the universe for another to match it.

Here's a wrap-up if you truly want to attract a healthy partner.

Acknowledge: Most healing happens when you acknowledge you've created your own crap.

Forgive: Forgive those in your wake, as well as yourself for not knowing any better. Your past is only your old subconscious sonar guiding your submarine in ways you weren't conscious of until now. Past experiences were there to push you to a better place, however painful the push might have been.

Freedom: Give yourself the freedom to redesign the two balls most important: your balls of masculine and feminine energy. Find every solution to creating flow in your life. What you put out must come back. What you aggressively put out, open your arms to receive in return with grace.

MAGNETIZING

Relationships are funny because everyone has their opinion on how to find the right one. Here's the news flash: You're attracting a picture of yourself in some way, even if it's just a sketch. To improve what you're attracting, improve yourself.

If you see insecure, manipulative, high-strung, addictive, or unloving traits in the people you draw into your space, ask yourself whether there's any part of such behavior that could be true for you. It's usually more subtle: The woman who doesn't believe she deserves a committed, loving, faithful partner draws an unfaithful partner, which is what she subconsciously believes she deserves. Or the non-committing man who fears he'll leave the relationship anyway, so he draws unfaithful partners who give him an easy out, so he can

avoid committing. His lack of commitment vibrates out to draw the same quality back to him, so he doesn't have the opportunity to heal and improve his shadows.

Instead of looking at why we draw others with poor qualities, we begin indicting others for their weaknesses and bad behavior. This is Pain Ping-Pong. Each partner hands his or her pain to the other, as if the other will relieve that pain, if only for a moment.

When the other isn't interested because she has plenty of her own pain, it becomes a game of "It's not my crap, it's yours." This is when you see unhealthy relationships last longer than they should because the partners are accustomed to playing Pain Ping-Pong. When he finally gets the courage to leave, he blames her for the pain. You caused your own suffering until it was time to grow up. Stop blaming, forgive your partner, thank him or her for pushing you to grow, and create a new, grander life.

A simple remedy is to clarify what's truly important to you in a relationship and stick to those qualities. Hold out for the person who has those non-negotiable love traits and qualities. Hold out for your

new, higher vibration of love. This may take time if you don't possess the same qualities within yourself. Will you hold out for the right person or play games with people who can't fulfill your needs in a relationship?

Take a look at people who enter your life and ask yourself whether anything about them irritates you. Now you know what you should address first in yourself.

Allow yourself to ask "What can I do to make myself and my relationships better?"

Once you've healed that wounded piece within you, do the actions of others still bother you? If so, time to leave the Pain Ping-Pong match. Look for someone who matches the clarifying qualities you wrote down. Don't settle! You deserve what you want!

We experience just two feelings: love and fear. If you aren't drawing loving experiences into your life, you're vibrating out fear from down below. Most likely, you aren't even aware of it.

The unrecognized insecurity within is easy to access if you ask yourself for clarity on the things you don't want and examine what you fear about them. If you repeat unwanted habits, the fear vibration is definitely present. It's likely subconsciously repeating a belief you learned when you were young.

Keep asking the same question if you have to, to get to the core feeling.

Fear questions:

- If I stay in this relationship, how would I feel (controlled, unloved, restricted)?
- If I lose my job, how would I feel (poor, judged, insecure)?
- If I fail, how would I feel (unworthy, incompetent, sad)?
- If I'm alone, how would I feel (unwanted, degraded, ugly)?

Finding the shadow feeling helps you reveal what you vibrate and turn it around.

Love questions:

- What would unconditional love feel like (calming, safe, free)?
- What would financial security feel like (peaceful, empowering, blissful)?
- What would career success feel like (affirming, empowering, exciting)?
- What would emotionally engaged feel like (open involved, connected)?

If your “sub” conscious is conditioned to feeling crappy, it will take some time to autocorrect. But by making the LOVE feelings in your life non-negotiable, you begin to change the sonar ping of what you want to create in the future with your partner. Express these feelings daily. You’ll then begin to vibrate love and resonate with others on the same frequency. You won’t have to look, they’ll find you.

Reflect on yourself and what Shadow Beast you need to heal or be accountable to. Then you’ll free

yourself from old patterns so you can embrace true love.

Pay attention to patterns and habits you dislike but keep repeating in relationships, career, finances, health, etc. Correcting this starts when you repeat old patterns and feel like you're in the movie "Groundhog Day." This is because the feelings of insecurity don't match the abundance you desire.

Look at the things that scare you most. What we desire most often scares us, too.

Examine these things:

1. Understand your upbringing. What poor thoughts did your parents download that you don't even realize are keeping you in repetitive experiences?
2. Notice habits you're repeating from your childhood blueprint.
3. Recognize your desires and examine your beliefs: Do your feelings about your beliefs match the vibration needed to magnetize your dreams?

4. Tune into your emotions regarding all those things.
5. Pay attention to how technology is affecting your connections.

Do your emotions and feelings support a greater life of your purpose? How well do you express how you feel? Were you taught to express your feelings or repress them?

If you felt alone, abandoned, criticized, unimportant, controlled, and so forth as a child, you're likely replaying those feelings in your everyday life and have no idea you're doing it because it's a subconscious sonar vibration you're emitting. Look at the people in your life. Do you have friends who have the same insecurities? If so, they're your mirrors and sounding boards to determine where you need to go to unlock your beliefs.

Manifesting is more than affirmations and goals

Many people are finding they have been trying to manifest the same thing for years and are not achieving

their dreams. This can get tricky if you don't investigate the inner emotional conflicts that are sabotaging your dreams. The vibration of your belief is a resonance different from the desired goal. They don't match so you miss the goal each time you go for it.

Manifesting a better life happens when you dig deep into your soul to find your dark side. Manifestation is possible in the things that scare you. This is where your dreams are hitting a roadblock in your subconscious, so it's challenging to examine them.

I often hear "I'm doing all the things to make myself better and nothing is working to get the relationship, career, happiness that what I want." This is because your thoughts and feelings about abundance are conflicted. Your mind sees your dreams, but your feelings emit lack, insecurity, and fear. So manifesting more won't succeed until you change your feelings about deserving more. The two biggies that most people dwell upon are relationships and money, which are programmed at a young age. Attracting a healthy relationship is simply a matter of resetting your vibration. And whatever your vibration is set at is what

you'll attract. This is Law of Attraction. You attract what you believe you deserve.

The Law of Attraction can't really be disputed. Everything is energy, vibrating at a particular frequency. As energy, we're not separate from everything else because everything is the same energy; our vibrational frequency affects the vibrational frequency of everything around us, near and far.

It's why healers can aid the recovery of someone on the other side of the world. As I've said previously, you're a submarine in the universe that pings out energy. You emit vibrations subconsciously searching for specific characteristics to match yours. Like attracts like.

However, while our thoughts are part of what creates our reality, they aren't what's driving the submarine. Thoughts are a crew member, if you like, but they aren't the captain.

Everything we create and vibrate into the universe arises out of love or fear. *Everything*.

Love and fear are feelings, not thoughts. We don't *think* love or fear; we *feel* love and fear. And our

emotions respond with bodily sensations. Love and fear are the most powerful vibrations in the universe, and they create love or fear in the relationships we create.

I'm not saying our thoughts aren't important. It's simply that, in terms of our submarine's unique vibrational ping, thoughts aren't the biggest players — EMOTIONS are.

That's because emotions are what emit our vibrational frequency. Our thoughts, through practice, can notice what's going on and make it conscious. And in that, they're immensely useful. But it we have to become aware of our "sub" conscious emotions running the ship!

Noticing that we're feeling love or fear is a thought. The mind trying to determine all the reasons why we're feeling love or fear conscious is a thought process.

But the emotional reaction in our body, like butterflies or a tightening in your chest, in response to the feeling of fear or love is what is vibrating out into the universe, creating your reality.

That's why affirmations work for some people and not for others. If thoughts created reality, we'd only

have to keep stating affirmations and — voila! — everything we want to happen will happen, right?

But that's not how it works.

Example: If you felt alone as a child, you might create and repeat experiences that leave you alone today. It's a feeling you don't realize you're emitting, it's just repeating on your iPod playlist.

Each time you repeat it, you feel it.

If you to say “I don't want to be alone, abandoned and hurt,” it creates a vibration that returns to you. These feelings are your Shadow Beasts. The universe tends to miss the words “I don't,” so instead, use such words as “I am grateful to be connected and supported, and I trust others to stay in my life.” This mantra **BECOMES THE NEW PLAYLIST.**

Which can be scary because it's unfamiliar. Empowered songs go against the songs of lack you've mastered in your subconscious.

See your feelings, feel them, and resolve to do the work to let go of the belief of lack so you can manifest abundance.

Going to your dark place and addressing your Shadow Beast allows you to let in light. Once you can see the beast, acknowledge what it FEELS like and state that you will not feed it.

Expressing feelings that match your desires, such as peace, calm, connection, security, love, and acceptance, creates a vacuum into which energy, universe, and God are pulled to you because those are feelings from your soul, not your mind, thus giving you greater manifesting power.

It will begin to vibrate into your entire life — financially, spiritually, physically, and emotionally. Your career, partner, and friends will respect you more and thank you for it.

A simple tool to create a new playlist that becomes habitual is to set an alarm on your phone that rings daily with a new phrase. Set it to remind yourself every day until the phrase becomes a habit.

8

SEX IS SEXIER WITHOUT BALLS

Because this topic bears significant weight on developing balanced, healthy relationships, I will address it from my perspective based on countless clients expressing the desire for passion and intimacy rather than meaningless sex. Yet many settle for meaningless sex, not willing to do the work needed to ignite passion. Sex often is confused with passion and intimacy, something everyone desires but seems to be missing in typical relationships. Sex can be passionate if you make both a priority.

Every person who gets hurt, upset, fearful, or overwhelmed would be expected to reach out for support to get through that emotional or painful moment.

Balls

But at a young age, boys are taught to “grow some balls” and not seek help. They’re expected to feel, interpret, and fight their feelings internally and on their own.

“Stop acting like a girl,” “No crying allowed,” and “Man up” are phrases many boys are familiar with, even when they’re in severe emotional pain. They erect a shell to shut down emotionally. And we wonder what’s wrong when these boys become men and lack the ability for deep expression.

However, you can’t bottle up emotions forever; men need a way to purge. Physical contact with another person allows men to purge their emotions, so sex becomes their main vehicle for emotional connection and release.

Sex now helps men deal with the isolation, emptiness, insecurities, and inner fears they didn’t learn to address in healthier ways as boys.

Is sex the best way for men to express and release emotions? Not really. But for many, it’s all they know. So men will quickly push relationships in that direction, sometimes just to feel. It’s a subconsciously driven

vehicle for emotional expression. In long-term relationships, they calm their inner turmoil through sex with their partner even while the partner is emotionally disconnected. The man feels he's connecting because it's his only vehicle to say "I love you" and this is his way of expressing it. The chosen mode of emotional expression becomes sex.

This scenario is just as true for some women, but throughout history, it's more prominent among men. Women typically turn to other women to discuss their feelings, allowing them to work through their emotional buildup. Men, however, will avoid verbal expressions of emotion. Men will rarely confide in another man that he has financial or emotional challenges. To do so would make him look weak, like he has no balls, or in other words, NO POWER.

By acknowledging and being aware of this possibility, it can be addressed, allowing men to express their feelings and intimacy in ways other than sex to foster a better balanced relationship.

Let's get real about the current conditions regarding sex and its impact on our lives. A topic that's rarely

acknowledged but is becoming toxic is sex in the digital world: pornography, sexual hookups disguised as internet dating sites, and movies and TV. The illusion that casual sex is harmless and useful in sexual expression is simply a delusional mind-set sold by pop-culture media. What it has become is a detriment to what most aren't willing to admit that they want, and that's intimacy. Our culture has become so high-strung and stressed out with child rearing, careers, health, money, and more that it has put most of us into emotional lockup. Sex now is emotionally blocked for the majority, not just men lacking in emotional expression, but women, too. Porn has become the "new drug," but it's not an actual drug so you might not see its negative impact.

Scientific studies have shown the negative side effects porn has on the brain. Unlike detoxing a chemical, erasing memories from the brain is difficult if not impossible. Once the chemical has been cleared from the system, it's gone; the habit may take longer to break but the chemical is eliminated. Not so for the memory, which remains imprinted. So many people are

misled by the pop-culture media's illusion of what's sexy. Given all the erotic novels that now are part of the social conversation, it's evident sex has become easier to get but less valued and respected. Intimate connection, which is what people truly desire, has gotten lost in the madness of the media.

When two conscious adults seek intimacy, sex no longer becomes sex but a vehicle to connect emotionally and physically. Sex isn't as sexy if it's controlling without surrender, and that involves both partners surrendering. When two yangs (masculine energies) are in bed together, there is no flow; sex simply creates another battle for control. Here again is an area where technology has left us less connected. Connection takes work and requires desire, which isn't necessarily the choice most people make. Why would they when they have a digital candy store at their fingertips that requires very little emotional investment? The digital shift has stimulated many into lowering their expectations, ethics, and self-respect.

You can have a balanced relationship involving mind, body, and spirit. The key is to immediately tell

your partner, spouse, or online match what you want. Verbally state your desires so there's no energy confusion over what you're looking for in a partner. Self-awareness means taking responsibility for what you want. If you're just looking for a hookup, say so. If you're looking for your life partner, say so. If you just want friends with benefits, say so. But refrain from telling others what you don't want, because that draws more of what you don't want into your life, more of that old, ugly vibration of love. Then you're back on the hamster wheel at the candy store. If you want an intimate connection with your partner, say so. Ask for what you want. Be clear, not vague or indecisive. This confuses the universe and sends confusing vibes to others.

Are you expecting intimacy or meaningless sex? Beware of allowing every ball life has to throw at you (i.e., insecurities, work, family, money, stress, etc.) to bounce around in the bedroom. You're screwed, but not literally. You'll always feel a sense of lack when it comes to intimacy.

Intimacy can be confused for sex because it often leads to sex. Determining what intimacy really is might help clarify what you desire. Create a to-do list for yourself to increase feelings of connection and intimacy with your partner.

A fun simple list could include:

- Send your partner a YouTube song with lyrics that make you think of him or her.
- Pack your partner's lunch or morning coffee.
- Put a note in your partner's bag or coat pocket.
- Be the initiator of sex.
- Tell your partner about the nicest thing they did for you today.
- Give a subtle look from across a crowded room that says "You are important."
- A soft touch on the neck, lower back, or arm.
- Hold each other without agenda.
- Compliment your partner for something that isn't physical.
- Compliment your partner for something that *is* physical.

Balls

- Stare into each other's eyes the next time you want to get intimate; the eyes are the windows to the soul.
- Try staring at each other for two minutes, next time five minutes, then 10 minutes and watch what happens.

These are non-physical forms of connecting that will create more intimacy. But when physical involvement is connected, it's like a deep spiritual conversation. Even when sex is aggressive and intense or a just a "quickie," true intimacy always displays itself as trusting, giving, and connected.

If you understand the flow of energy, sex is one area in which understanding energy will greatly enhance your life. When sex is based on both parties trusting and connecting, it stops being sex. You learn to allow the masculine and feminine to ebb and flow in each of you — so long as both of you refrain from allowing only one or the other to dominate in the masculine or feminine form. The flow is a give and take that's understood between two souls. Each person's primary

Balls

intention is to give. It then becomes that intense, amazing experience described as earth-shattering. It's more than sex, it's a vibration, an intimate connection.

Instead of being locked into one state, imagine you're able to give and receive in your lovemaking.

What would that look like? Knowing each of you intends to give and receive, you allow the gift of your partner to give you pleasure while knowing your gift will do the same for him or her. And not just once but multiple times because you're taking turns flowing into the giving and receiving space. This happens at the greatest level when balls are discussed. Discussing how each person will be in the masculine role for the length of time needed until the feminine receiving flow is present.

This is possible because you allow it to happen. Your intention is to trust each other to become receptive to experiencing both masculine and feminine energy and not just domination of balls energy, which becomes all aggression and not connection.

Connection is what we all seek and what's necessary for an intimate experience. Sex devoid of emotion overrides the connection and trust between two people. The intention of giving has been lost to the need to fill an internal void that, in reality, only you can fill. The neediness is misdirected to your partner to fill the void, and when it doesn't get filled, you're disappointed.

Lacking intimacy in a partner is no different from being disappointed in your partner for serving broccoli instead of green beans. Making dinner is a simple act of giving, but you're irritated because he gave you broccoli instead of green beans. This has nothing to do with his giving, it's you wanting him to fill a void or deal with a Shadow Beast you're avoiding. No matter what he gives you, you'll find fault.

It's the same with sex. If you aren't feeling your partner's soul and intimate connection, it's not a delicious meal, it's just broccoli instead of green beans. In your mind, it's about what you aren't receiving rather than you being present for his vulnerability and the gifts he's sharing and trusting you to receive so he can receive the same from you.

This is where strong, dominant women who're yearning for intimate connection will have to dig into their souls, leave the boardroom and enter the bedroom with the mind-set of giving and receiving, not total domination. Learn to be the receiver first and truly receive. Stop analyzing whether he's good or bad — he can feel the dissecting energy coming from you.

Men, step into your testosterone form and be the giver first so the yin and yang are in place. Then make a pact with your partner that each of you will treat lovemaking as giving and receiving in equal measures. Communication is the key to stronger relationships physically, mentally, and spiritually. Be clear to the universe what you want so it can deliver it to your life on a silver platter.

4 questions to build a deeper intimate connection

We know men crave touch stimulation and women crave talk stimulation. How do you balance your balls so each partner has the stimulation needed to connect and experience deep, intimate feelings? Some cultures are more gifted in intimate talk and touch than ours. People in those cultures are taught at a young age to hug, support, and communicate in ways that stimulate deeper intimate connection. When you learn that as a child, it's natural. For those brought up in independent cultures, the skill is more challenging to master.

So women trying to connect in their innate way of communication can make a man feel smothered, and his physical expression of emotions can make her feel disrespected. Each is just trying to connect but using the wrong approach to meet the needs of both.

Using different type of language might help. Examine the four elements of your partner's life, earth, air, fire, and water. As in the yin and yang of life, the universe is a flow of all the elements. So conversation can be eased into in any relationship by using the flow of nature. Using better questions opens discussions with

Balls

deeper dialogue and honesty. Ask questions focusing on touch, thought, excitement, and passion.

Some of you may understand how the elements of earth, air, fire, and water govern our lives. Use these elements at a time when you're not sure how to start a conversation. Let these elements guide you. Let's review what they are and see how much easier your conversations can become.

Ask your partner these questions:

- What touched or calmed you today? (earth)
- What inspired you today? (air)
- What excited you today? (fire)
- What upset you today? (water)

These questions can help you learn what's deeper below your partner's strong exterior that might otherwise take you years to discover.

This enhances talk stimulation within both partners that's less threatening than asking your partner how they feel, which for many people isn't a skill they've learned or are comfortable with.

The exercise below will enhance touch stimulation, which will improve intimate physical connections by building deeper communication. Because both verbal and physical connections are vital to intimate connection, let's discuss physical touch to enhance intimacy.

Use the diagram below or draw your own on a separate page.

Imagine how it feels just to be touched: Hands on the back of your neck gently rubbing and caressing you. It softens you into a state of receiving. You don't do anything other than feel the connection with your partner. Now imagine if you showed your partner the five other places on your body that you'd like to be caressed.

Can you enjoy the touch without interruption, content to just receive it? Receiving can be uncomfortable for someone more used to giving. Learning to receive is a powerful skill to master, and it's crucial to building connection.

Then switch roles and be the giver, touching and caressing your partner. Focus on the five places your partner wants caressed and allow him to simply receive the feeling and connection. There's no sexual intercourse until both have received intimate touch from the other. This is more intimate and trusting than

just going through the motions of “pound-it-out sex.” Sex that’s emotionally disconnected is likely to become a byproduct if the preliminary discussion is ignored.

Try this with your partner:

(it works with same-sex as well as hetero couples)

1. You choose five spots you enjoy being touched and mark them on your diagram.
2. Your partner chooses five spots and marks them on his or her diagram.
3. Show your partner your diagram and explain why you like to be touched there. Explain how it feels.
4. Discussion will bring connection. Practice giving that touch to your partner.
5. Enjoy the connection!

You can tailor the earth, air, fire, and water questions mentioned earlier to delve into what inspires you between the sheets to see where that takes you. Enjoy the new connection and intimacy!



By engaging in the simple verbal and physical activities listed in this chapter, you can create a more deeply connected relationship that supports true intimacy.

9

YOU CUP

The fastest way to mend a relationship you truly care for is to use a You Cup. I've worked with many couples who want to heal their relationship but refuse to deal with their Shadow Beast. Therefore, communication becomes very "YOU" centered. A relationship in that state will not improve.

If you're using the two fateful phrases "You should" or "You are," the relationship will be in a constant state of criticism and judgement. This does not foster trust and connection.

So what's the You Cup?

What do you do if you have a relationship you truly cherish and want to make work, or you're in a marriage

you know needs mending? It's as simple as gaining a few tools in understanding how to communicate better with your partner. I suggest three cups to my clients in relationships: You Cup, I Cup, and We Cup.

When challenges arise, it can be difficult to express how you feel. If your conversations with a partner often begin "You should ...," "You need to ...," and "You will do this ... to make me happy," you're verbally filling your You Cup.

By filling your You Cup, you're asking your *partner* to make you happy. Having a conversation that begins with "I," such as, "I need this in my life, and I'm going to do these things to make my life better," says something different. It says you've chosen to create these things yourself instead of asking your partner for them. These things are non-negotiable. If your partner doesn't engage in activities with you that fill your I Cup, it's OK; you'll find other sources of support, they should not be your only source of happiness.

Monitoring your approach is important. When you tell someone what *you* will do to make yourself and/or the relationship better, it shows you're taking

responsibility for your needs (and not merely depending on your partner). Now allow the other person to consider the same questions on *their* own: “What can *I* do to make this better?” or “What can *I* do to make myself better to create a more balanced and a healthy relationship?” Then the judgment, criticism, and resentment are not projected onto the other person. Self-questioning allows two people to respect their own needs *and* sit in a space of mutual respect and support for their partner. This is filling the I Cup.

As for the We Cup, each time you draw from your own emotional well to give to the relationship, it’s coming from a true place of giving rather than guilt. This thoughtfulness is felt deeply by your partner, and he or she wants to do the same for you. This We Cup is more of a reminder of what your vision is for the relationship.

How do you become a better communicator? Begin speaking from the space of “I.” When you’re accountable for your actions and responsible for your place in the relationship, you open the other person to a.) see what *you’re* accountable for in the relationship

and b.) allow *them* to figure out their own place without you telling them or finger-pointing. Remember the We Cup is more of a symbol of your unconditional love given to another. This is when you engage in actions that encourage connection. It stops each person from feeling judged or criticized and empowers both of you to stand in a vested place.

When you think of your Shadow Beast, do you ask someone else to change so the beast doesn't rage when it's triggered? Acknowledge that it's your Beast, but ask your partner's help in calming it, instead of accusing your partner of intentionally provoking it.

This is your own crap, and if you're going to heal it, you need to speak from your truth. When you're committed to your personal growth, you not only improve yourself, you improve the relationship.

This happens when you're truly able to open up to (and be vulnerable with) your partner, allowing him or her to see you in an insecure, uncomfortable place when you're using the I Cup.

Fill the I Cup with such statements as: "This is what I'm feeling because my Shadow Beast is raging right

now, and I need to improve how I respond to it. I'm struggling, but I'll find a way to improve. Would you be willing to give me some time?"

This allows your partner to see you with a compassionate, open, and loving heart.

If you struggle hearing your partner express his or her pain and needs, part of you has to open up to your own internal and emotional wounds. What parts of your emotions are locked up? What part of you is emotionally unavailable and detached? Can you step into your true emotions and share how you feel? This often is challenging for adults who haven't addressed the songs on their playlists that trigger their Shadow Beasts.

When you lock up emotionally, it's often you reacting as you did at age 7. If you're emotionally detached and unavailable, it's likely you didn't learn to share your emotions as a child. Consequently, being emotionally available to your partner while he or she shares their feelings is hard, because you aren't in touch with your own. Recognizing your inability to empathize

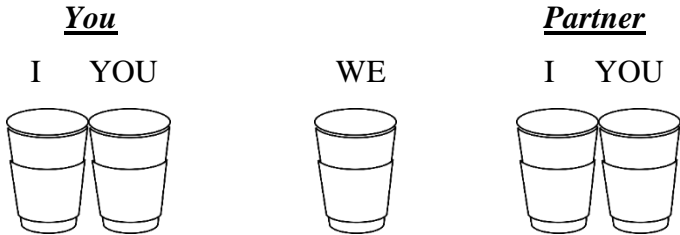
Balls

is a signal for you to address your weak vibration of love.

The We Cup symbolizes your commitment to build a healthy, intimate relationship. The deepest part of communication in relationships is when you're able to hear your partner's emotions, then respect, empower, support, and encourage him or her. That's when you fill the We Cup. Your motto is WE will get through this TOGETHER.

Balls

As I suggest to couples in a relationship they want to keep, set out five cups. This is easiest to accomplish when you make it a visual example. So go to your cupboard and get cups.



Mark one of yours and one of theirs with **You**.

Mark one of yours and one of theirs with **I**.

Mark just one cup **We**.

Every time you hear yourself speak, text, email or think “YOU should do something” or “YOU are” about your partner, put a dollar in the You Cup. In addition, be open to your partner handing you the You Cup in the event you’re verbally vomiting on what he or she should change to make you happy. It creates a neutral timeout for a reset.

This action reminds you that you're expecting someone *else* to fill *your* needs. As the You Cup begins to fill up with dollars, you realize you're speaking to your partner from the wrong space.

This visual reminder will a.) empower you to be accountable for your actions and needs, and b.) clarify what you need to focus on. Not many people realize how often they blame others for their own lack of accountability, and want others to change so they don't have to.

Put a dollar in your I Cup for all the things you would love to do for yourself — for instance, ladies, get a pedicure, massage, hit happy hour with friends, take a trip, write a book, learn a new skill, work out, socialize, or get help healing your emotions — and take out a dollar every time you do one of those things.

Guys, put a dollar in your I Cup for whatever you want to do for yourself in any way: play sports, watch a ballgame, see friends, fix something you've wanted to for some time, read a book, get help with emotional expression. Make it happen. Learn to care for yourself — and take out a dollar every time you do.

Physically putting money in your I Cup shows you're dedicated to self-development. If your I Cup gets too full, and you both are neglecting the We Cup, it indicates either you or your partner is unresponsive to connection in the partnership. This is the time to determine whether the relationship is viable and worth your time, or ending it and moving on.

When you realize you're both filling the You Cups less, take all the money you each put into your You Cups and dump it into the We Cup. When you both are accountable for your actions, the You Cups stop getting filled. It may take some time to stop putting some serious cash in each other's You Cups, for you to realize how often you are accusing instead of owning responsibility, but with committed effort to override old habits, you will.

That's when you go to dinner or do something nice together in appreciation for what each of you did to empower, rather than disempower, the other. This celebration really reflects how strongly you've

Balls

addressed your Shadow Beasts and converted them to a stronger vibration of love.

Continue to fill (and then empty) your I Cups, which are your needs or what you need to do to make the relationship and yourselves stronger every day.

Great relationships happen because you're in it to make the other person happy. That occurs because you're content and happy by meeting your own needs and not depending on your partner to do so. Your Things, Thoughts, and Trust balls all are inflated and in balance. You're then able to give to another. Try using this phrase with your partner for a while: "What can I do to make your day better?"

Just ask yourself what you can do to make your partner smile each day. If you're in the kind of relationship in which you're continually filling either your I Cup or We Cup, you'll know it's right.

10

EU

Best pronounced “Ewww.”

What’s EU? It’s the acronym for a fast-growing pattern for so many people:

Emotional unavailability, the inability to be open to sharing or receiving feelings.

If you’ve ever been in a relationship with someone emotionally unavailable, you know how difficult it can be to get close to them. They’re evasive, make excuses, or are just shut off when it comes to talking about feelings or the relationship.

Here's a list describing the emotionally unavailable person:

- Avoids discussing things, such as the future.
- Won't address personal challenges.
- Uninterested in anything that doesn't involve him or her, perhaps to the level of narcissism.
- Breaks promises.
- Isn't empathetic.
- Isn't trusting or trustworthy.
- Unwilling to fully disclose.
- Resists asking engaging questions.
- Lacks empathy.
- Lacks support.
- Lacks empowerment.
- Is disconnected and distant.
- Will say "I'm sorry to hear you're challenged. ...There, there, it'll be OK," but what he or she really means is "I don't have time for this."

Recognizing an emotionally unavailable person can be challenging because their traits tend to be hidden until you realize the sales-rep period is over or, after investing in the relationship for a long time, you see an unhealthy pattern repeating.

As I've suggested throughout this book, you need to be accountable for your crap, and when you're courageous enough to share it but receive no support from your partner, you have two options. First, is your partner overwhelmed by *your* crap and pulling away? Second, is your partner emotionally unavailable and it's *his or her* crap that's undesirable?

One thing to consider is whether your partner just needs time to assimilate and actually wants to address his or her insecurities about sharing feelings so they can have compassion when you share yours. Although that scenario isn't common, it's possible if two people are willing to investigate their personal vibrations of love.

You have the choice to learn skills that enable you to be balanced mentally, emotionally, and spiritually. You have the choice to be honest with yourself in what you truly want by expressing your desire for an emotionally

connected partner with whom you can authentically be open. Or you can just be emotionally unengaged with the other person.

We discussed emotional lockdown in the sex chapter. The emotional ball is the only ball in your life you're unable to focus on. It's your choice to be emotionally engaged or not, but please be honest about that choice when engaging others. Be honest with others if you're content with superficial relationships that lack emotional engagement.

Maybe you're burdening your partner with too much drama. What if you *didn't* make your relationship an all-or-nothing proposition? Instead of trusting just one person with the intimate details of your life, such as concerns about a child's behavior, insecurities at work, or fears of acceptance, what if you shared a few of your challenges with a knowledgeable friend, relative, or confidant? For example, you may trust a sibling more with a difficult conversation concerning your childhood. Trusting your most personal dreams might be better with a spouse.

Balls

What if your spouse has his own insecurities, say, at work? Do you put more on your spouse with your personal pain, knowing you may trigger extreme anxiety over paying the mortgage when he's already afraid he's about to be laid off? Or a child expense that will weigh heavy on him during a tight month in which unexpected expenses arose at his company? Are you not sharing because you love him enough to not burden him, or are you being emotionally unavailable by not sharing yourself, which he can feel as well? These are the two ends of the spectrum: One end is owning your crap and filtering how much you can heal on your own, the other is locking up and not showing vulnerable engagement.

These validating questions might help you decide

- Are you withholding a level of disclosure or redirecting it?
- Is that the best long-term course?
- Can you share immediately or only when the time is right?
- If you share in a few days or a week, will your partner be there for you?

Or ...

The second possibility is you're in a truly emotionally unavailable relationship. Recall the traits of the emotionally unavailable person listed earlier in this chapter.

They will rarely:

- Compliment.
- Nurture.
- Ask engaging questions.

Such traits create tension and lack of worth in the person who's the emotional giver. Emotionally

Balls

unavailable people often take more than they give, drawing on the giver for support but shutting out the giver in times of need.

If someone isn't in touch with their true feelings, it will be a challenge for them to be compassionate with yours. This is when you need to consider whether the relationship is a healthy place to be. Listing your five vibration qualities will help you determine whether the situation is all in your head or you're not being supported emotionally.

Men tend to be more challenged in this area, but times are changing, so it's becoming just as challenging for women because of the ball swap that has occurred. It seems no one is exempt from the growing epidemic of adults who want meaningful, connected relationships but are emotionally unavailable.

The key is to get in tune with your own crap. If you want a healthy relationship, quit the lip service and take action. Do what you need to do to heal your emotional blocks. The best relationships are the *best* because the partners have learned to communicate and trust one

Balls

another with the vulnerable stuff as well as the technical stuff.

The relationship fully depends on how aware of yourself you are. If you choose to stay blinded to your own crap and shut down, prepare to draw that same partner to you every time. Otherwise, be willing to accept the message when you have a partner who loves you and calls you out on your BS.

It's your move every time.

11

UNCONDITIONAL LOVE

It's no wonder we're challenged to find a balanced, connected partnership. Technology which was supposed to improve our lives seems to hinder our deep connections and ability to interact with others authentically.

When cellphones, texting, iPads, computers, emails, online dating sites, internet chat rooms, Facebook, Instagram, Twitter are your main sources of connection with others, you begin to feel a lack of true human connection. Your senses aren't fully engaged. It begins to feel fake, lacking authenticity because hiding behind a smokescreen is easier than being you. Social media has hindered your relationship development because there's no need to be forthright. You sugarcoat things hoping others see the illusion you want them to see,

when in reality, you're much better off being in your truth. The Real You.

Unconditional love

When the world learns how to love unconditionally, it will begin to heal and reset. Many healers are waking up to teach and encourage others to follow their example, but it's the responsibility of each soul to decide whether it will embrace love or deflect it. Suffering occurs when love is conditional, and especially when it's conditional on ourselves, by overriding our own self-care to bring someone else happiness. Neglecting your own happiness in the process.

Self-love builds your happiness allowing others to find happiness by following your lead. You avoid depleting your personal happiness by filling up another to be in that person's space. This allows for unconditional love to grow, giving one another freedom and peace when we allow others the space to be themselves without conditions. It allows that person to be authentic and share his or her true self. This is

ultimately what we want for others as well as for ourselves.

Unconditional love does not mean sacrificing yourself, it means encouragement and support. It's respecting that another's needs may not be your own, and respecting that person's space for growth, facilitates trust. Thereby creating an unconditionally loving partnership.

Those who have filled up their soul and put faith in higher consciousness often find it's difficult to engage with those who're still deflecting. This is only healed by exhibiting the unconditional love for everyone in their path no matter who crosses it. The soul only engages other souls who need a beacon to be redirected to love.

Those already on their path remind others to keep faith. When humans embrace the unseen and allow it to support what they can see, they will begin to heal the great chasm that has divided us from our higher power to the physical world. This will become evident when we come together as one to love our neighbors unconditionally. Much of modern society is focused on

fearful “you” energy, as in “What can you give me to fill my void?”

But now the masses are being pulled into loving “we” energy, which is new and uncomfortable for so many. It’s blending through actions and words into the collective to give more power to the individual.

Our society for so long has focused on the illnesses and diseases and addictions that so many have mastered as their vehicle to bring them together as a supportive love via pain. But it’s time to join together in love, support, and joy. It no longer will be necessary to be lonely or addicted to find a community for belonging. It’s time to join an unconditionally loving community. This empowers everyone at every level, particularly those who need community but are challenged to find others vibrating energy similar to their own. Fulfilling and not feeling like an outsider. Because they’re not ill or in pain. This will create the new communities of empowerment and unconditional love, where you have no label or title but are encouraged to believe in support and the higher energy of the grid of unconditional love.

This will transpire in the next decade, narrowing the chasm and creating stronger souls. Love has the power to end disease, pain, loneliness, and fear. It will happen by bringing the unseen (Trust) together with the seen (Things). The “I” factor will fade, spurring a new world of “We”. This world has been trying to unfold for years, but old structures must give way before this new manner of living arrives. Religions as we know them will begin to merge into one, with less structure and fewer rules, and more emphasis on connecting to spirit, God, and community. When our faith in source energy grows, we will be less judgmental and more compassionate to one another. Those who need it most will receive it without passing judgment. This will begin only when each person takes responsibility for his or her own happiness and for filling up with love and compassion. This is to build strength within so together the whole becomes powerful beyond measure. Weak partnerships will evolve into true partnerships with less emphasis on relating to one another. The love for one another will be greater than the need for one another, thus creating unstoppable unions.

Balls

When you learn to flow between your masculine and feminine energy, you will win at self-awareness and find inner balance, thereby becoming a powerful force in any relationship you enter.

Balls

Acknowledgements



Completing this book has been a slow mountain climb for me. I have been teaching this material for years and use it daily with my clients. I am finally making it a reality with the help of wonderful people in my life encouraging me to release it in print.

Thank you to my beautiful girls. You both inspire me every day to become stronger and keep me focused on fun and feathers.

Also, thank you to all the incredible friends in my life who have continually used my tools to better their lives – if only to prove to me that they work.

Thank you to my parents and family, who continuously support, encourage, and love me through every high and low. Reminding me daily what unconditional love is.

Balls

Thank you to my dear friend Shad Hardy, for designing the cover and graphics of this book. Your artistic ability is brilliant and I am blessed to have received your help and love that went into the design.

I must acknowledge all my amazing clients. You are why I write at all because writing isn't my greatest talent and takes true focus and effort. Each time I use one of my tools to help someone break through to a stronger place, you remind me to keep developing tools you can use to make your life grander. Often, you teach me more than I teach you.

Thank you to Jill Maxwell for the additional eagle-eye edits, as well as your continuous years of trust in my work. You inspire me daily.

Thank you to all of you who have trusted me to guide you to fulfill your greatest desires. In doing so, I am blessed by all of you.

Balls

Biography



Daune Thompson

Daune is the owner of Open Mind Consulting in Scottsdale, Arizona, and holds a bachelor's degree in kinesiology from the University of Wisconsin-Milwaukee. She is a professional speaker, certified life coach, and respected motivator whose accomplished career spans 20 years in corporate training and development, program design, success coaching, and facilitating countless seminars.

Daune has an extensive fitness background and has taught at her alma mater. She was director of training and development for a national speakers bureau, developing training programs and customizing employee-relations courses for Fortune 500 companies.

As an influential speaker, lecturer, and coach, Daune delivers nationwide seminars in corporate coaching, leadership, training and development, and personalized coaching. She also is a respected author of two self-empowerment books: “Drama Detox: Stop Self-Sabotage Before It Stops You” and “I Deserve It Dream Book.” She is powerful and direct in her ability to liberate people from their limitations and fears. Daune’s coaching talents focus on relationships, life purpose, and personal and professional growth. She’s on a mission to raise the self-worth of others by guiding them to create balance, clarity, and success in their lives.