



7 Weeks To Attract The Love Of Your Life

BOOK EXCERPTS BY

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INCLUDED:

Week One:

Lessons 1 through 3

“Katherine Woodward Thomas has discovered a portal to love and beckons us all to follow her lead. A wonderful book for all those seeking to bring a deep and magical love into their lives.”

—Marianne Williamson

Author of *A Return To Love & Enchanted Love*

WEEK ONE

Preparing for Love

Someday, after we have mastered the winds,
the waves, the tides and gravity, we shall
harness for God the
energies of love. Then for the second time in
the history of the world, man will have
discovered fire.

—Pierre Teilhard de Chardin

Too often, we believe our private agonies are ours alone to bear, forgetting that we are part of a vast collective where the majority of our concerns are shared with others.

This week, we will:

- Explore the impact that the culture around us is having on our collective ability to create loving and meaningful relationships
- Commit to growing your capacity to love and be loved as the foundation from which to create healthy, happy love
- Prepare yourself for love by exploring and expanding your capacity for healthy interdependence
- Cultivate a vision of great happiness in love, and begin organizing your life around a future of love fulfilled
- Begin taking specific actions that are generative of that future fulfilled.

LESSON 1

Expanding Your Capacity to Love and Be Loved

If you want to learn to love, then you must start the process of finding out what it is, what qualities make up a loving person and how these are developed. Each person has the potential for love.

But potential is never realized without work.

—Leo Buscaglia

One reason so many of us do not have the love we are longing for is that we've not yet become the people we will need to be in order to attract and sustain that kind of love. Most of us have dramatically elevated our standards of what we expect from a romantic partner far beyond what our parents or grandparents ever expected from their relationships. Yet we may not have evolved our level of wellness and maturity to the point where we can manifest and maintain the love that we are hoping to create.

Romantic relationships today are a tentative and uncertain thing. In our postmodern world, where serial monogamy is the new norm and more people over fifty are divorced than widowed, no longer is getting married the safe and secure way to go. Whereas once upon a time people tended to stay together for the long haul no matter what, and perhaps even married out of economic and social necessity, we now seek to form long-term unions in an attempt to create authentically soulful and deeply meaningful lives. Yet, much of the time, falling in love means that we end up standing by helplessly as we watch it all slip through our fingers. Why can't we seem to hold on to the glorious transcendence of love? Why can't we seem to harness passion, root it down, and make a home of it?

Some would say that romantic love is an illusion. A trick of nature meant to entice us into procreation. In the aftermath of a devastating breakup, we find ourselves asking, Was he or was he not my soul mate? Was it or was it not real love? The most beautiful moments of our lives become reduced to their lowest common denominator: hormones, lust, and those most dreaded of words—"It was just infatuation."

Yet many understand, if only intuitively, that romantic love holds a promise that we have yet to fulfill. Instinctively, we know it holds a key to our expansion. Because romantic love has such a profound capacity to bring out the best—and the worst—in us, many of us have identified it as our newest frontier for spiritual growth and development. Rather than calling us into seclusion, the spiritual path now beckons us deeper into the quality of our connections. This premise is the very crux of the relatively new term "spiritual partnership," which describes the relationship that most of us aspire to. What exactly is this new kind of union, and how does it differ from the old paradigm of marriage that our parents and grandparents were looking for? A study was done back in the sixties, where young women attending college were asked, "If you met a man who met all of your criteria for a husband yet you did not love him, would you marry him?" More than 70 percent said yes, they would. In other words, as long as the guy came from a good family, had a job, smelled good, and didn't drink too much, then he must be "The One!" Apparently, the main objectives of the old paradigm were economic stability and morally sanctified sex. Yet what most of us care about today is finding someone who can help us become who we came here to be, and realize the fulfillment of our potential in all areas. Spiritual partnership implies the goal of inspiring and supporting the unfolding of each other's souls in this journey through life.

An intimate relationship today means allowing ourselves to become immersed in knowing and being known fully by another human being, with all of our brilliance, beauty, failures, and flaws. It means learning the terrain and the language of love through a shared commitment to

mutual growth and awakening. It means opening our hearts fully and learning how to love in ways that are vulnerable, authentic, and undefended, while at the same time remaining independent and autonomous in ways that would allow us to live 100

Love can only be found through the act of loving.

—Paulo Coelho

percent true to ourselves. It means going beyond the pervasive ideas of our parents' generation that romantic union was about martyrdom and sacrifice, and moving into an experience of romantic love as an invitation to creatively expand by generating inclusive win-win solutions that take everyone's needs, feelings, and desires into account. It means discovering how to be completely responsible for your own feelings and needs by understanding the lens through which you are interpreting, then responding to whatever's happening between yourself and others. It means honoring your own needs and perspectives while being open to hearing those that are completely the opposite of your own, without needing to make one of you right and one of you wrong. It means holding people accountable for treating you with respect, in ways that are respectful of them. In other words, those who still believe that romantic love and spiritual love are two different things understand little about the direction that either has taken.

This is not a book for those who wish to hide out. This is a book for those who aren't afraid of a challenge. It is designed to help you get from who you are today to who you will need to be in order to call in the best possible partner for you in this lifetime, and create deep happiness and health in your relationship with that person. That means that the journey must begin with an interest in how one might become a more loving person.

Years ago, long before he became a friend of mine, I heard Jack Canfield, co-editor of the *Chicken Soup for the Soul* books, tell a moving story of a woman who'd had a near-death experience. She'd had an accident and was pronounced dead soon after. While dead, she saw the tunnel of light we so often hear about. She followed the light and soon came upon an Angelic Being who was radiating an enormous amount of love. The Being told her that it was not yet her time to die. However, before she was sent back into her body, she was asked two questions. The first was: "What wisdom have you gained in this lifetime?" and the second was: "How have you expanded your capacity to love?" If you want to be ready to bring "The One" into your life, then you must be willing to grow yourself beyond the person you know yourself to be. Because the person you are today is the same person who's created

We waste time looking for the perfect lover, instead of creating the perfect love.

—Tom Robbins

the experiences you've already had. As they say in the twelve-step programs, "Our best thinking got us here." As such, your task is to grow yourself healthier and more mature in order to create a space for a remarkable love to take root in your life. As long as we are acting out the wounds of our childhood and in reaction to the disappointments of our past, we will most likely remain frustrated and unfulfilled in our attempts to find true love. However, once we've done the work to heal and transform, it then becomes possible for us to bring the best of who we are to others. In return, we will draw in those who are willing and able to bring the best of who they are to us. At the very least, we will be able to distinguish early on those who can't or won't do this, knowing that, although this person might have "great potential," he or she is no one to open our hearts to.

In the orchard and rose garden I
long to see your face.
In the taste of Sweetness I
long to kiss your lips.
In the shadows of passion I
long for your love.

—Rumi

In order to attract an extraordinary love, and sustain relationships that are characterized by authenticity, kindness, and respect, then we must outgrow our tendencies to unconsciously duplicate the relational traumas of our past, and replay over and over again our deepest disappointments in love. Instead, we must consciously evolve our capacity to experience authentic, adult love with a heart that is strong enough to love, even when confronted with all that is not love. Until we do, we will likely either have difficulty creating loving relationships, or sustaining the love that life sends our way.

I invite you therefore to give yourself fully to the pathway of happy, healthy relatedness. Build your life upon the wise decision to grow your ability to love and be loved. To expand your capacity to have love, to grow in love, to live in the essence of love. For in order to have a great love, one must begin by becoming a greater lover.

I was there in the beginning and I was the spirit of love.

—Rumi

It's important to realize that you do not need to be with a partner to open your heart and begin expanding your ability to give and receive love. You simply need the willingness to start by opening yourself to the opportunities to love and be loved that surround you today.

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PRACTICE: OPENING TO LOVE YOGA EXERCISE

The following is a simple yoga practice to help open your heart.

If you are able to, sit cross-legged on either the floor or a pillow to do this exercise. If you are unable to cross your legs in this way, simply sit up with a straight back, legs stretched out, and feet together on the floor in front of you, or try placing a pillow under you while sitting up on your knees.

Begin by stretching your arms out in front of you, palms together, elbows straight, with your arms parallel to the floor. As you inhale through your nose, open your arms widely to the sides, expansively bringing your shoulder blades as close together as possible. As you stretch, place your awareness on your heart. Imagine your heart opening and expanding as you fill your lungs with air by continuing to breathe in deeply. Stretch your arms out as far as they can go as though they were giant wings, while keeping them parallel to the ground.

With each expansion, silently say to yourself:

"I open myself fully to give and receive love."

After each inhale, exhale strongly through your nose, bringing your arms slowly back to their original position. Again, press your palms together, keeping your arms parallel to the ground.

If you are able to, repeat this movement thirteen times. If you are very strong, try challenging yourself to reach twenty-six times, all the while keeping your eyes closed and slightly rolled up and focused just above and between the eyebrows (your "third eye" point).

Do this exercise at a moderate pace. Allow yourself to relax between expansions, if necessary, by bringing your arms down to rest upon your knees.

Bonus: Practice in Action

Throughout the day, whenever you think of it, breathe deeply into your heart, repeating silently to yourself:

"I open myself fully to give and receive love."

LESSON 2

Looking Through Laura's Eyes

A human being is a part of the whole . . . He experiences himself, his thoughts and feelings, as something separated from the rest, a kind of optical delusion of . . . consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

—Albert Einstein

A friend of mine who was born and raised in India used to confide in me how desperately lonely he felt in the United States. “There is so much isolation here,” he’d say. “How do you Americans stand it?” As a licensed marriage and family therapist, I’m more privy than most to the inner worlds of those I come into contact with. And, after thinking about his question for quite some time now, I’d have to answer him by saying, “Not very well, my friend. Not very well at all.” Too many of us feel isolated and alone. My friend and bestselling author Dr. Lissa Rankin tells us that loneliness is now the number one health problem in America; as dangerous to the body as smoking fifteen cigarettes a day and predisposing us to a multitude of illnesses. In our materially abundant and technologically sophisticated society, we tend to organize our lives around goals meant to grow our net worth, rather than cultivate the true wealth of relatedness. The importance of developing a nourishing circle of caring connections is somehow off our radar, or plays a secondary role to our goals and aspirations. The result unfortunately is that the majority of our interactions are transactional in nature. Rather than being “in and for each other,” as my dear

friend and bestselling author of the wonderful book *Evolutionary Relationships*, Patricia Albere, calls it, we're basically in it for ourselves and relating to others as though they were objects in our world, either helping or hindering our ability to get what we want. Which leaves us with the pervasive, somewhat subtle, and haunting experience of feeling unseen, unknown, and unloved. Many of us know this experience all too well from our efforts to connect through the impersonal multibillion-dollar online dating industry, which occurs for many of us as a kind of transactional meat market, and often leaves us feeling more lonely and uncared for than ever.

Several years ago, I lost my dear friend Laura to breast cancer. Two days before she died, I went to see her in the hospital. I anticipated that she'd be morose and sad, given that she was dying before she'd reached her fiftieth birthday. Yet when I walked into the room, I found her lit up with an unexpected joy as she warm-heartedly welcomed me to her bedside.

Sometimes, when someone is dying, they become almost radiant right before they leave their bodies. This was the case with Laura. In the excited voice of a child, she told me of the love she saw when her nurses walked into the room to care for her, and even when the janitor came by with his broom to sweep the hallway. In her heightened state of awareness, she could see love in each and every interaction as a beautiful, fluid, and very tangible energy that was freely moving between herself and others.

I sometimes wonder what life would be like if we were all able to see even partially what Laura could see on that day. How would life be different if our natural collective currency was our ability to care for one another? For though it seems that we Westerners place a high value on love, in reality, I'm not so sure. In spite of our plethora of love songs,

In the modern world we also tend to see everything as if it were a machine, including our most precious relationships.

—Thomas Moore

romantic comedies, and romance novels, we're too often a "what's in it for me" society. I would even suggest that our preoccupation with romantic love may actually be a symptom of a certain inner poverty that we've come to call normal—a pervasive and distressing shortage of connection and care that most of us assume is a personal pathology.

Gila: The Life and Death of an American River, author Gregory McNamee writes about an anthropologist who once asked a man from the Hopi tribe why so many of his people's songs were about rain. The Hopi replied, "Because water is so scarce. Is that why so many of your songs are about love?"

The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted, uncared for and deserted by everybody.
—Mother Teresa

Our fascination with romantic love tends to focus on the finding of love and not the substance of what truly makes up a loving relationship. Rarely do our movies or our songs deal with the day in, day out minutiae of what true love actually requires of us. But the experience of loving for the long haul, of generously extending oneself day after day after day, while receiving the kind of constancy and kindness that weaves one's broken heart back together again, is about as high drama as we'll ever hope to find in this lifetime. It always amazes me that we tend to skip that part in the movies. For truly, it is the absolute best part of love and yet most of us have no idea what it even looks like. Being consumed with falling in love as opposed to the sustaining of love is a little like stopping at foreplay.

George Bernard Shaw once said that our ". . . worst sin toward our fellow crea- tures is not to hate them, but to be indifferent to them." Most of us don't walk around harboring strong negative emotions such as hatred or rage. Yet, the challenge for many of us is to overcome the apathy and indifference we have toward one another: to be available and attentive to those we pass in the aisles at the market, the co-workers we pass daily in the halls, and those acquaintances we regularly notice in our social or spiritual circles.

The qualities that make up a loving relationship are the same whether we love our neighbor, our friend, our student, or our husband. Attentiveness, compassion, generosity, tolerance, and kindness are the foods we all most hunger for. Yet the spiritual self-study program *A Course in Miracles*, published by the Foundation for Inner Peace, tells us that the only love missing is the love that we ourselves are not giving. To overcome our tendencies toward isolation, or counteract your impulse to

hoard your love for that one special person you're hoping to finally meet one day soon, I invite you to consciously generate a feeling of connection and care with all those you come into contact with today.

Loneliness is proof that your innate search for connection is intact.

—Martha Beck

Our sense of community is fostered readily during or in the aftermath of a tragedy. Yet, a sense of belonging must be cultivated and valued in and of itself for us to feel truly fulfilled in our lives. As Einstein suggests, in order for us to transcend the “delusion of separateness,” we must learn to “free ourselves from

this prison by widening our circle of compassion to embrace all living creatures and to the whole of nature in all its beauty.”

PRACTICE: AWAKENING TO CONNECTION MEDITATION

Today we're going to cultivate an awareness of the interconnectedness that binds us all together always. I invite you to begin the day with a simple meditation designed to open you to an awareness of the inherent love and connection between yourself and others. I suggest that you read through the meditation once or twice and then do it by memory. Do the best you can in recalling the meditation but don't worry if you don't do it exactly as written.

I recommend that you don't try to meditate lying down, as it's too easy to fall asleep, particularly first thing in the morning. If you can, sit up straight and cross your legs in front of you. Rest your hands gently on your thighs and close your eyes.

NOTE: For some of you, sitting still like this presents a challenge. If this is you, I'd rather you try a walking meditation than skip the meditations included in this book entirely. Instead, try taking a mindful walk around the block, while doing the assigned meditations to the best of your ability.

- 1. Become Still.** Close your eyes and take a nice deep breath, as though you could breathe all the way down into your hips. Move into a place of deep listening and receptivity. Become aware of all

of the feelings and sensations in your body, noticing where you may be holding any tension. As you find it, simply let it go. With each breath, allow yourself to soften even more into a place of stillness and surrender, recognizing that you are safe to let go.

- 2. Expand Your Heart.** Imagine that you could breathe straight into your heart. In

You have a feeling of being lonely— this will pass through you quickly unless you make up a story about how you're lonely because you're unlovable and worthless and nobody will ever love you and you're going to be alone forever.

—Dr. Lissa Rankin

your mind's eye, imagine that with each breath, your heart is growing lighter, stronger, and more vibrant.

3. Extend Your Heart to Others. Now, think of your neighbors whether or not you know them. Notice that there is vibrant energy that connects your heart to their hearts and back again from them to you. Silently say to yourself:

"I am connected to everyone and everything."

Now think of your co-workers or others you come in contact with on a regular basis. One person at a time, notice beautiful force fields of energy connecting you with everyone you see. Whether you know the person by name or not, repeat the phrase to yourself with each person you think of.

Now imagine that you are walking down a street. Again, in your mind's eye, see the energy of care connecting you with each person that you pass, and continue to repeat the phrase.

Next, think of those whom you are currently estranged from. Maybe it's because there is unresolved anger between you. Perhaps it's because time has passed and you've lost touch. Whoever comes to mind is fine. As you repeat the phrase with each person who comes to mind, imagine a beautiful energy passing between your heart and theirs, connecting you in love and compassion.

Spend at least three minutes doing this exercise. If you are able to sit for a longer period, I encourage you to do so, but you need not do it for longer than three minutes.

Bonus: Practice in Action

Today, I invite you to spend the day looking through Laura's eyes. Frequently throughout your day, connect with your own heart and repeat silently to yourself:

"I am connected to everyone and everything."

A strange passion is moving in my head.

My heart has become a bird

Which searches in the sky.

Every part of me goes in different directions.

Is it really so

That the one I love is everywhere?

—Rumi

Consciously relate to those around you, looking to discover the connections between yourself and others. Make eye contact, speak to someone you would not ordinarily speak to, smile at someone you might normally look away from, ask someone how they are and pause long enough to listen to their response.

NOTE: If any of this makes you uncomfortable, just breathe through your discomfort. Do not allow your discomfort to stop you from doing the exercise throughout the day.

LESSON 3

Accessing the Power to Manifest a Miracle

[A person's] chief delusion is [their] conviction that there are causes other than [their] own state of consciousness.

—Neville Goddard

Getting into a place of possibility—where you can actually imagine yourself in a happy, healthy, loving relationship—can be heavy lifting for those of us who've had our hearts put through a shredder time and time again. After so much evidence to the contrary, what makes us think we can now just set our minds to manifesting this miracle, then pull *that* rabbit out of a hat?

Most of us feel stuck in a pattern that seems hell-bent on happening, no matter how much time we put in sitting on the meditation cushion or the therapist's couch. It happens again and again: a cycle of getting involved with unavailable people, or winding up in long-distance love affairs, or being abandoned or abused. Never being the one chosen, always finding yourself the third wheel in a triangle, or waking up one more time to realize you're with yet another narcissist and it's all about *them*. Even always being alone is a pattern, because the absence of a pattern is actually the pattern!

In order to access the power to manifest a miracle in your love life, you're going to have to step back and see this pattern clearly, and begin to see how the pattern is actually happening *through* you, and not just *to* you. Through the unconscious and habitual choices you're making, the automatic actions you're taking, and the chronic ways you show up (or don't show up) in your relationships with others.

Right now, it feels like you're just a victim of the pattern. Like the pattern is bigger than you and it's just happening over and over again against your will. Somehow, it's just your fate to never have love, or to always wind up alone. Maybe

you feel as though the Universe has it rigged that somehow other people get to have love, but not you. Perhaps it's in your astrological chart that you'll always struggle in love. Or maybe it's in your lineage that the women in your family—your mother, grandmother, and great-grandmother before her—were always cheated on or somehow left deeply disappointed by the men they loved. You may feel that the effect of things that happened to you in childhood has somehow doomed you to forever suffer in love. That somehow you are now victimized by your own consciousness and the beliefs you formed in response to the immature, selfish, or just plain bad behavior of your caregivers.

When I suggest you seek to discover how you might be the source of your own patterns, I'm not suggesting you're "to blame" for what's happened to you. Surely, there are factors that are outside of your control. And certainly, if you're struggling with the residue of having been abused in childhood, you were never responsible in any way for the unconscious, disturbed, or even evil behavior of others. Yet I am suggesting that by becoming curious about how you're showing up with others now as an adult that is allowing, and even encouraging, the pattern to continue, you just might access the power you need to finally outgrow it.

Aida always seemed to get involved with self-absorbed men whom she called "takers." Men who lacked the ability to give her the love and commitment she craved, yet who felt entitled to, and even demanding of, her loyalty, care, and devotion. At first, these men seemed like desirable partners. They'd impress her with an intoxicating sense of confidence, seduce her with an almost uncanny ability to know just what she was thinking, and shower her with flowery words of adoration and praise. Yet after she was all in, they'd start giving less and expecting more. Suddenly, they would let their eyes and attentions wander to other women, while expecting fidelity of her. They would do things like walk two steps ahead of her, forget to call her on her birthday, or fail to introduce her when they ran into others whom they seemed to know quite well. The pattern happened differently with various men, yet the dynamic was always the same. The relationship was about *him*. What *he* felt, what *he* needed, and what *he* wanted, with little room for her feelings or needs. When she tried to talk about this, she always somehow

This is your life. You are responsible for it. You will not live forever. Don't wait.

—Natalie Goldberg

left the conversation feeling ashamed of herself for wanting and needing too much. Inside of this pattern, all Aida could do to reclaim her right to take care of herself was to end the relationship and go back to being alone. "Either I get to be a whole person who can take care of my own feelings and needs, or I am in a relationship which requires me to abandon my own feelings and needs to serve the other person." The way Aida rationalized this pattern was to tell herself that men were fundamentally narcissistic and entitled. That they got their esteem from controlling women, and asserting dominance over them. This was certainly what she saw growing up in a home where her mother seemed to almost be in servitude to the man she loved, no matter what he did or did not do.

When I first asked Aida how she was the source of this pattern, she was actually a little offended. Was I blaming her for the toxic way men treated women? Yet when we took the blame and shame out of it, and simply looked to discover the actual choices she was making that may have fed into, and even encouraged, the self-centeredness of the men she dated, she suddenly started seeing all sorts of covert ways she was showing up that contributed to, and sometimes even caused, the pattern to happen.

Looking at it from this perspective, she saw that when she was in a relationship with someone she wanted to make a commitment to her, she put all of her attentions on pleasing him, usually at the expense of herself. She would start dismissing, and even disappearing, her own feelings, needs, and desires by negating them entirely. On the rare occasion that she *was* aware of her feelings and needs, she stayed silent, not wanting to appear needy or difficult, for fear he wouldn't choose her. Or worse yet, leave. When a man would try to coax her into sharing her

true feelings and needs, she would deflect his attentions elsewhere, minimizing her own internal experience and thereby teaching him to do the same. She was shocked to see this so clearly. For years, she'd blamed men. Yet suddenly she started seeing how *she* was actually the source of the pattern. In always making the relationship about them and disappearing herself, she was actually encouraging them to do the same.

Change the way you look at things and the things you look at change.

—Dr. Wayne Dyer

In letting go of being a victim and being willing to understand how the pattern was happening *through* her and not just *to* her, what opened up was the power to make different choices. No longer acting out her mother's unhealthy modeling, or in reaction to what she thought others wanted or expected from her, she could start making choices that would allow her to create the kinds of relationships that she would actually want to be in. Immediately, she pledged to start showing up differently. To stay aware of her feelings, needs, and desires when she was with others, and start expressing herself more authentically to others. To take the risk and responsibility of making her deeper feelings and needs known to others. In this way, she was finally able to more accurately assess someone's character, as well as their capacity to love her, *before* jumping in fully. She also was able to give others a chance to express to her how much they cared. Before, inside of her self-imposed invisibility, she just assumed that no one cared about her feelings and needs. Yet once she started making them transparent to others, she was surprised to discover that some people actually adjusted themselves accordingly, as a way of showing her how much they did care about her.

Aida didn't wait until she was in a new relationship to begin making these changes, but she began showing up this way with her friends, family, co-workers, and neighbors. I'd love to report that they were thrilled. Yet we all know it doesn't always work that way. Some people were happy and some weren't. Aida lost a few "friends" who liked her better as a doormat. Yet some were able to make the change with her, applauding her courage to start being more visible, and grateful for the chance to know her more deeply.

Aida is now married to a loving, kind man who looks out for her and listens deeply when she shares her feelings and needs. The first step of this heartwarming transformation was not trying to figure out how she could change others, or better protect herself from predatory, narcissistic men, but in looking to understand how she was actually causing the old pattern outside of conscious awareness, and awakening to her power to make choices that could create a different experience.

Happiness and true freedom come
only when we assume full
responsibility for who and what we
are.

—Leo Buscaglia

PRACTICE: SEEING YOURSELF AS THE SOURCE

Most of us have been searching for ways to explain to ourselves and others why we've been having such a hard time finding the right mate. *"All the good ones are taken."* *"Men don't like powerful women."* *"There aren't any queer folks where I live."* *And the one we've all said to ourselves at one time or another . . . "I just haven't met the right person."* (All the while secretly wondering if it's because I've never *been* the right person.) While these external explanations are interesting and worthy of discussion, they all have one thing in common. None of them is anything we can control. Yet in looking to identify yourself as the source of your painful relational patterns, you're seeking to discover the *internal* reasons why you're chronically unsatisfied in love, in order to transform your love life from the inside out.

Take out your journal.

1. Let's begin by identifying your pattern in love.

Journal on your experiences of love to date to try to identify the painful and disappointing experience you tend to have time and time again. *For example, I get involved with unavailable people. I'm never the one chosen. Men don't commit to me, then marry the next person they date. Women are judgmental and critical of me. I'm always in a long-distance relationship. I'm always lied to and betrayed. No one ever shows up for me when I need them.* Although the external conditions might be different, the same pattern emerges each time.

Do your best to describe what actually happens versus your emotional interpretation of what happens. *For example, "Men reject me"* is what actually happens. *"Men don't like me and think other women are better than me"* might be the emotional interpretation of what happens. Right now, we are looking to identify the theme of your love life. What story do you find yourself stuck in no matter how hard you try to have it go another way.

- 2. Notice where you feel the pain of the pattern in your body.** Close your eyes and take a deep breath as though you could breathe all the way down into your hips.

You and I are essentially infinite choice-makers. In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices.

—Deepak Chopra

- 3. Notice where you feel the emotional pain of the pattern in your body.**

Extend a sense of love and support to the part of you that is holding the hurt of the pattern.

See if you can identify what you are making the pattern mean about you. In other words, your emotional interpretation of the pattern. *“I’ll always be alone.” “No one cares about me.” “I’m not good enough.” “There is something wrong with me.”*

When you see this clearly, open your eyes and write it down in your journal.

This is how you’ve been explaining to yourself why the pattern keeps happening. Let’s assume, however, that whatever that internal dialogue is, that it’s just a story you made up a long time ago in response to a wounding, and not necessarily the truth about you.

- 4. Notice who or what you’ve been blaming the pattern on.**

Journal on the following question:

What have I been blaming for this pattern?

For example:

- *I’ve been blaming my mother for being so negligent.*
- *I’ve been blaming myself for being too fat, too skinny, too short, too tall, etc.*
- *I’ve been blaming women for being so manipulative.*

- 5. Identify a way you’ve been the source of the pattern.**

Inside of your emotional interpretation, you have most likely shown up in ways that have unconsciously generated the pattern. It feels like it’s happening *to* you, but it’s actually happening *through* you. For example, inside of Aida’s emotional interpretation of the pattern, *“Men don’t care about my feelings and needs,”* and her

assumption that this was because men were selfish, it didn't even occur to her to share what she was feeling and needing. Yet in not sharing what she felt and needed, she never gave others a chance to demonstrate that they might actually care about her feelings and needs, if only she had the courage to share what they were.

Journal on the following question:

Inside of my emotional interpretation, how do I show up in ways that generate the pattern?

For example:

- *Inside of the assumption I'm all alone in life, when I feel hurt by someone, rather than pick up the phone to try to work it out, I withdraw and put up a wall to protect myself.*
- *Inside of the assumption I'm not good enough, I overgive to try to prove my value, and in the process covertly communicate I'm not very valuable.*
- *Inside of the assumption I'm not safe, I'm combative and defensive and I put others on defense, causing a lack of safety in our relationship.*

About Katherine Woodward Thomas



Katherine Woodward Thomas, M.A., MFT is the *New York Times* Bestselling Author of *Calling in "The One:" 7 Weeks to Attract the Love of Your Life* and *Conscious Uncoupling: 5 Steps to Living Happily Even After*, which inspired the conscious breakup of Gwyneth Paltrow and Chris Martin, and launched a movement towards kinder, more honorable breakups and divorce.

Katherine is an award-winning licensed marriage and family therapist, and teacher to hundreds of thousands in her virtual and in-person learning communities, as well as a featured teacher on the internally-renowned online transformational learning giant, Mindvalley. To date, she's trained and certified hundreds to be *Calling in "The One"* Coaches and *Conscious Uncoupling* Coaches.

She is also a Billboard Charting jazz singer whose album, *Lucky in Love* that was co-written and co-produced with the Brothers Koren went to #1 on the iTunes jazz charts in 2019.

To purchase *Calling in "The One:" 7 Weeks to Attract the Love of Your Life* please go to your favorite online bookseller.

If you are in the United States, you can find the book [here](#).

