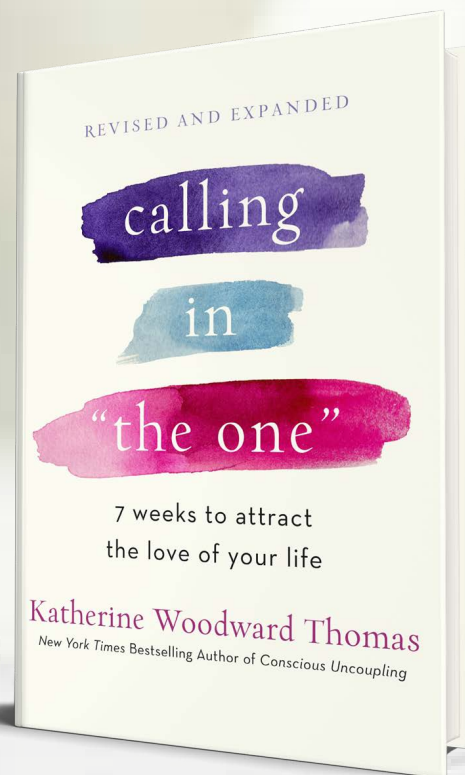


Katherine Woodward Thomas presents

Calling in "The One"

7 Weeks to Attract the Love
of Your Life



PRACTICES

Calling in "The One" Practices

Lesson 1

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

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 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 into 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."

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 and just breathe through your discomfort. Do not allow your discomfort to stop you from doing the exercise throughout the day.

At the end of the day, take out your journal and write down the moments where you experienced a sense of connection, relatedness, and belonging that passed between you and another person, whether or not you knew them. It could be that a stranger looked at you and smiled. Perhaps you opened the door for an elder or someone called you for business purposes and you made an effort to relate to them as a real person. Remember, we are looking through Laura's eyes, so look to generate a sense of belonging and connection everywhere.

Calling in "The One" Practices

Lesson 3

Practice: Seeing Yourself as 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 are 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.* While 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.

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.

3. 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.

4. 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 that 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 that I'm not good enough, I overgive to try to prove my value, and in the process covertly communicate that I'm not very valuable.

Inside of the assumption that I'm not safe, I'm combative and defensive and I put others on the defensive, causing a lack of safety in our relationship.

Identify at least one way that you are the source of your painful pattern in a way that opens up the choice to do things differently moving forward.

Bonus: Practice in Action

Make one new choice today to show up differently. Based on what you discovered about yourself as the source of your painful pattern(s) in love, try showing up in a new way that has the potential to generate a new experience.

For example, *share your true feelings with someone you'd normally stay silent with, say no rather than automatically give someone what they want, negotiate for your own needs and desires, or take the risk to set a boundary with someone you want to like you.*

Calling in "The One" Practices

Lesson 4

Practice: Setting Your Intention

Having identified your painful pattern(s) yesterday, we now know what you don't want to create in your life any longer. No more unavailable people, no more betrayals, no more abuse, no more lonely stretches of months or years on end between lovers. Today, however, we are going to give you permission to dream of what you do actually want. A beautiful, wise, kindhearted lover whom you can count on and who lights you up like a Christmas tree every time she walks in the room. A wildly happy and healthy commitment partnership with a powerful king of a man who claims you as his queen.

To engage the following exercise, please read it through a couple of times, and then do it from memory as best you can:

1. Close Your Eyes and Relax Your Body. To begin, close your eyes and take a deep breath as though you could breathe all the way down into your hips. Become aware of all of the feelings and sensations in your body, noticing any tension. As you find it, just let it go.

2. Feel the Future as Though It Were Now. As if God were in a good mood, and deciding it was His pleasure to give you anything and everything your heart desires, allow yourself to imagine having the kind of you love you long for. Imagine that the miracle has already happened, and you are now happily in love with a wonderful partner who is happily in love with you.

Ask yourself,

What does it taste like to have this love in my life? See if you can taste the wine on your lover's lips kissing them.

What does it sound like? Imagine hearing your beloved singing in the shower.

What does it smell like? See if you can smell the scent of the fresh flowers they bought you today.

What does it look like? Imagine seeing a beautiful engagement or wedding ring on your finger.

What does it feel like? Imagine your beloved spooning you from behind in bed, lovingly kissing your back.

3. Identify Who You Are in This Future Fulfilled. Sense who you are in this future, and allow yourself to "try on" the Possible Self of your future. Let yourself linger in the emotions of being this version of yourself.

Now imagine yourself at work, as this version of yourself. Having lunch with a friend. Visiting with a family member. Notice how you show up differently from this place of being loved, supported, honored, valued, nourished, cared for, and seen. Make the decision to begin showing up this way everywhere and with everyone starting now.

4. Set an Intention to Manifest This Future. Create an intention to manifest this future. State it in the affirmative. So rather than say what you won't have any longer, declare to the Universe what shall be so. For example, "I will be happily partnered with an amazing man whom I respect, love, and admire by Christmas of this year," or "I will be in a committed relationship with a loving, sensual woman."

You need not know how this future will happen, who it will happen with, or when it will happen. You need only have the courage to put your stake in the ground and let the Universe know what it is that you are committed to creating at this point in your life.

Finish this sentence:

My intention is to manifest _____ (feel free to include descriptive adjectives here . . . *bighearted, loving, happy, sweet, sensual, etc.*).

NOTE: By including a date by which your intention will manifest, you're lighting a fire under yourself to get busy transforming now. If you hesitate doing so for fear of being disappointed, just remind yourself you already have your PhD in surviving disappointment. Just gather your courage and go for the gold! The game isn't so much to have a relationship by the date you set, as it is holding yourself accountable for being who you will need to be, in order for it to happen.

Bonus: Practice in Action

Take a bold action that's generative of the future you are standing for. For example, join a dating site, sign up for a class where you can meet new people, throw a dinner party and invite everyone to bring one single friend.

Calling in "The One" Practices

Lesson 5

Practice: Identifying and Tending to Your Needs

Identify What You Need in Your Relationship

Take out your journal. Read through the list above of healthy needs and choose five to ten things you need to be well, happy, and safe in your relationships. Feel free to add something that is not on the partial list above.

Write each one out as a full sentence. As you write, own your needs as valid and worthy of consideration.

Be specific, such as:

"I need to know that others are being honest and telling me the absolute truth."

"I need others to listen to my feelings and needs and respond by doing their best to accommodate them."

"I need others to respect my boundaries, particularly around important self-care practices like giving me the space to meditate."

NOTE: In this moment, don't worry about how to get those in your life to give you these things. You may have been training people for years now that your feelings and needs don't matter, and turning things around may take some time. For now, simply acknowledging and validating your needs as valid, appropriate, and healthy is the right direction.

Make a Promise to Give Yourself What You Need

Because our relationships with others can never be any better than our relationship with ourselves, I invite you to begin raising your healthy expectations that others acknowledge and care for your needs, by making the choice to start acknowledging and caring for your own needs.

Go through your list. One by one make, close your eyes, put your hand over your heart and promise yourself to start doing all you can to care for your own needs. Do this by either by speaking your promise out loud, or simply by saying it silently to yourself.

For example:

"I need to know that others are being honest and telling me the absolute truth" becomes

"I promise to start being completely honest with myself and telling myself the absolute truth."

"I need others to listen to my feelings and needs and respond by doing their best to accommodate them" becomes

"I promise to turn toward and listen to my own feelings and needs, and respond by doing all I can to accommodate and tend to them."

"I need others to respect my boundaries, particularly around important self-care practices like giving me the space to meditate" becomes

"I promise to respect my own boundaries, particularly around my self-care practices like meditating each morning."

Write the promises you are making to yourself ten times each in your journal. As you write, feel it to be so in your heart.

Bonus: Practice in Action

Carve out some quiet time today to craft a private letter to yourself, written to you from your Beloved-to-Be.

Begin with Dear _____ (Your Name),

Then imagine this person lovingly, tenderly pledging themselves to caring for your deepest needs and desires, softly whispering words of great tenderness and love into your ear. As you write this down, allow your heart to open to receive this person's devotion.

For example,

Dear _____,

My Beloved, I will always have the courage to be honest with you. To guard your heart and protect the integrity of our love by telling you the truth. I am also willing to hear your truth, and invite you to be completely honest with me as the foundation of our love.

Beloved, I welcome your true feelings and needs and I promise to do my best to accommodate them whenever possible. Rest assured that your feelings and needs matter to me, and I am grateful to be the guardian of your heart.

Beloved, I'm happy when you take care of yourself first and foremost! I honor your boundaries and support you to do everything you know to do to take excellent care of your heart, soul, body, and mind.

As you write your letter, imagine yourself receiving the experience of having your needs acknowledged and tended to by your Beloved-to-Be, who loves, respects, cherishes, and honors you. When you've finished writing your letter, read and re-read it as often as you like, each time allowing yourself to experience the love and care your Beloved-to-Be is extending toward you, as though it were happening now.

Calling in "The One" Practices

Lesson 6

Practice: Begin a Vision Board of Love Fulfilled

I invite you to begin a vision board today that you can work on at your own pace throughout the course. You will need some supplies to do this project, such as a background for your collage like a piece of cardboard or a canvas, a stack of magazines, a pair of scissors, and some glue.

Begin by anchoring into your vision for love by taking out your journal and writing a list of your deepest desires and all you yearn to accomplish in this lifetime. You'd love to create a soulful marriage, along with moving to the country and growing a lush vegetable garden. You're dreaming of starting a successful business and raising a family. Along with a big golden retriever! You yearn to be fit and healthy and contribute to your community in beautiful and meaningful ways. Let yourself dare to dream of your very best life in all areas!

Now look for images and/or words that represent the fulfillment of what love looks like for you. Make sure that you include images of *all* of the various parts of yourself where romantic love coexists with other things that you love and need in your life in order to feel fulfilled. Begin looking for photos and images that touch your heart. Look at paintings created by masters or unknown artists that inspire you. You may even wish to draw or paint your own images into the collage. Consider including words and phrases that light you up, either ones you create or cutouts from magazines.

Allow yourself to be creative and unconventional.

If you wish to spend the day working on this project, that's great. However, if the most you can do today is simply locate one or two pictures or phrases to include, that's fine.

As you collect your images, you may want to keep them in a special, sacred place, gathering them all together before you begin gluing them onto a piece of cardboard, canvas, or wood. Or you may prefer creating your masterpiece as you go.

Place your images where you can see them often. Whenever you look at the images, allow your awareness to drop down into your body, take a deep breath and feel what it will be like to receive this into your life. Silently say to yourself, "Yes. This is for me. Thank you, Universe [*God, Spirit, Life*]."

Bonus: Practice in Action

Many of us have been looking for a partner with a checklist of qualifications in mind, judging and assessing people according to our preconceived ideas of what we think we want. It's what philosopher Martin Buber called an "I-It" connection, where we're relating to others as though they were simply objects in our world.

Today, I invite you to begin doing this differently by consciously connecting with others from a more heart-centered and curious place. Let go of your mind's agenda and practice opening your heart to others to discover who they are. It's what Buber referred to as an "I-Thou" connection, and it is the foundation of all true intimate connection.

Throughout the day, instead of assessing people with your preconceived notions of what you're looking for, try dropping down into your heart to notice how they actually *feel* to you. Are they warm and inviting? Is there kindness in their eyes? Do you feel seen? Are you intimidated? Are they off-putting and arrogant? Do you feel liked? Wanted? Cared for? Objectified? Is this person someone you could be friends with? Laugh with? Trust with a secret? Are they someone you feel safe with? Judged by? Rather than be captivated by their external attributes, do your best to notice the tone of the connection between you.

Remember, you're calling in your soul mate, not your perfect ego mate. That means you want to be looking primarily with your heart, and not just your head. Tonight, before bed, take out your journal and write down your thoughts and impressions on your connections with others. Explore your interactions with others not from obvious things about them like gender, political affiliation, financial status, or professional position, but from the way you actually *felt* when relating with them.

Calling in "The One" Practices

Lesson 7

Practice: Preparing Your Home for Love

Today, take a few minutes to walk through each room of your home. Notice whether or not each room is welcoming and inviting. Is this a place you'd feel comfortable inviting someone into? Is there space here for another person? Is your home clutter free? Clean? Does it smell good? Do you have pairs of things throughout your home? Do you have spaces where the two of you can enjoy each other?

When doing this awareness exercise, my friend Dr. Joan Bragar, who wrote the lovely book *Never Too Late for Love*, noticed she only had one armchair in her bedroom where she would sit each morning to meditate and read. She decided to go out and buy the matching chair as preparation for finding her husband, who she hoped would be a man who also had a spiritual practice. For seven happy years now, the two of them start their day together by sitting in those chairs to do their morning practices side by side.

Take out your notebook. Make a list of at least five things you could alter in your home to create a more welcoming environment for the intimate partner you are calling into your life. For example, buy a pair of matching pillows for your bed, buy that person a bathrobe that matches yours and hang it in your closet, take down any artwork that reflects loneliness or loss, or clean out a drawer so they'll have a place to put their things.

Add to your list one or two things you could do to alter your schedule so that there is some breathing room in your life to explore new relationships.

Bonus: Practice in Action

Make one or more changes in your home today to reflect a more welcoming environment for the partner you're inviting into your life. Also make one or more plans that create possibilities for you to meet new people (e.g., make a date to go out dancing with a friend, ask a co-worker to set you up on a blind date, schedule some downtime in your day to go outside for a walk, read the newspaper at a coffee shop, or just window-shop at the local mall).

Calling in "The One" Practices

Lesson 8

Practice: Welcoming Loss to Create Room for Love

Take out your journal. Make a list of three or more losses you've suffered and thought you wouldn't survive and your subsequent gain.

For example:

LOSS #1

Benjamin broke up with me right before what was to be our dream vacation. I cried for three days before I decided to go anyway.

SUBSEQUENT GAIN

Discovered that I could make friends anywhere. It opened up a whole new world for me to know that I could travel alone and have a great time. Now I vacation alone at least once a year.

Now ask yourself and journal on the following:

What would I need to release from my life to make more room for love?

Hint: Look to discover the necessary losses that you've been trying to avoid to inform what you will need to let go of to create more room for love. For example: "I've been trying to avoid giving up my ex-boyfriend even though I know the relationship is bad for me. What I need to release is trying to make this relationship work when it's clearly not working," or "I've been trying to avoid getting rejected so I've not been putting myself out there to meet new people. I need to release organizing my life around my fear of rejection," or "I've been trying to protect myself from getting hurt again by keeping my guard up and not opening up my heart. What I need to release is the wall I've built around me."

Bonus: Practice in Action

Take one or more actions today to release something from your life to make room for love. For example, ending a friendship that clearly isn't working for you anymore, burning an old love letter from an ex that you've been holding on to through prolonged grief, or going through your closets and getting rid of everything that you haven't worn for a year or more and making room for your Beloved-to-Be to put their things.

Calling in "The One" Practices

Lesson 9

Practice: Empowered Self-Reflection

Today's practice is about becoming aware of the automatic questions you tend to ask yourself when looking to understand yourself as the source of your experiences, and to identify the more empowering ones you could ask instead.

Take out your journal and write on the following:

- 1. Identify Your Painful Pattern in Love.** For example, "No one ever asks me out," or "I get involved with unavailable people," or "I always wind up with narcissistic people."
- 2. Notice Where in Your Body You Feel the Pain of the Pattern.** Focus on the lowest place in your body where you can feel the energy of the emotion you feel when the pattern happens. For example: in the center of your solar plexus, or heaviness on your heart.
- 3. Make the Automatic Question You're Asking Conscious.** Breathe deeply into this part of your body, and notice the automatic inner conversation you find yourself engaging around this situation over and over again.

For example,

*"What's wrong with me?" "Why can't I ever get what I want?"
"How can I be so stupid?"*

Notice the lack of room for true evolution and growth in these disempowering questions.

- 4. Create a More Empowering Question That Could Lead to Growth.** Stepping back from this inner conversation, come up with a question that could support you to grow in the area of love and relationships.

For example,

"What am I avoiding being responsible for in this situation?" "How does it serve me to be without a partner in life?" "What is the deeper truth about me, and how can I align my actions and my choices regarding this situation with what is really true?"

Bonus: Practice in Action

Choose the most powerful question you came up with this morning, and live this question throughout the day. For example, if your question was "How could I let men know that I'm interested in being asked out?" then take the risk to play with ways you might do just that.

Be more invested in taking actions that are aligned with your commitment to call in your partner-to-be, than you are in getting what you want. If you take a risk, then you win big time and you should celebrate your courage and commitment! If you end up actually getting what you want from someone, then that's just the icing on the cake.

Lesson 10

Practice: Releasing Your Resentments

Take out your journal and make a list of people you resent, particularly those you've been connected to romantically.

Whom do I resent?

Go through your list and choose the person who feels the "hottest" to you.

Journal on each of the following questions for that person. When you have the time, return to this list and complete the following questions with everyone on your resentment list.

What do I resent this person for?

What can I be responsible for in this situation? (For example, *Where or how did I give my power away to this person?*)

What lesson(s) did I learn? (For example, *How is this experience helping me to mature and grow?*)

What amends can I make to myself moving forward? (For example, *From now on, what will I never again or always do moving forward?*)

What can I now let go of and accept so that the situation is complete?

Bonus: Practice in Action

Write a letter to someone you are ready to forgive. In the letter, write about the resentment you felt from the perspective of what *you* can be responsible for. How did you yourself create the situation? How did the situation help you to grow and mature? What lessons did you learn that will influence your choices and actions moving forward? Did anything good come from this situation that you can share with this person? Declare the situation complete by stating your willingness to forgive this person and release them from the debt you've believed they've owed you.

You can send the letter, or you can burn it or rip it up in a ceremonial release. If you're uncertain whether or not to send the letter, you can keep it to consider sending in the future. You may, however, wish to keep it as a reminder of the stand you've taken to let go and release the debt you have felt this person owed you.

Calling in "The One" Practices

Lesson 11

Practice: Waking Up from the F.O.G. (Fear, Obligation, and Guilt)

Take out your journal and answer the following questions. (Note: Don't limit your answers to those you've had romantic encounters with. Include anyone who comes to mind, be it friends, family, co-workers, etc.)

What relationship(s), if any, do I suspect may qualify as a "toxic tie"?
(For example, What relationship[s] is characterized by fear, obligation, or guilt?)

Choose one of these relationships to work on today by completing the following questions. When you can, return to this list and complete the following questions with everyone you've listed.

What fear(s) are dominating me in this relationship?

What obligations do I feel compelled to fulfill?

In what ways am I allowing myself to be manipulated through feelings of guilt and shame?

What does this relationship reflect in my relationship to myself?

What truth could I tell that would increase health and wellness in this relationship?

What boundaries could I set that would increase health and wellness in this relationship?

What can I give up in order to restore my own sense of personal power?
(For example, avoiding having that person be angry with me, doing for that person what he won't do for himself, etc.)

Bonus: Practice in Action

Promise yourself to give up participating in all toxic-tie dynamics by righting your relationship to yourself first and foremost. Take at least one action today to right your relationship with yourself (e.g., if you've discovered the abuse you've been tolerating from another is a reflection of how you've been abusing yourself, take an action that represents your willingness to treat yourself with greater respect). In addition, take at least one action today to either speak your truth and/or set a healthy boundary with someone you've been engaged in a toxic-tie relationship with. Both will require courage and a commitment to live in integrity with the healthy, mutually respectful relationship you are calling into your life.

Calling in "The One" Practices

Lesson 12

Practice: Re-creating Your Agreements

Today, we will examine the agreements, both spoken and unspoken, that you've made with others and yourself in order to re-create them to be consistent with the future of love fulfilled.

Take out your journal and complete the following sentences, answering as many times as you wish for each sentence stem. Don't censor yourself. Write whatever comes to mind even if it initially does not seem to make sense.

The agreements, both spoken and unspoken, I made with my mother were:

The way(s) these agreements are influencing my relationships today are:

A new healthier agreement might be:

The agreements, both spoken and unspoken, I made with my father were:

The way(s) these agreements are influencing my relationships today are:

A new healthier agreement might be:

The agreements, both spoken and unspoken, I made with _____ (any other significant person in your life, such as a stepmother, stepfather, ex-boyfriend, sibling, etc.) were:

The way(s) these agreements are influencing my relationships today are:

A new healthier agreement might be:

The agreements I made with myself regarding closeness and love are:

The way(s) these agreements are influencing my relationships today are:

A new healthier agreement might be:

By staying single and unpartnered in life, I am keeping my agreements to:

A new healthier agreement might be:

In order to renegotiate these agreements, I would have to let go of:

The new agreements I am now committing myself to are:

Bonus: Practice in Action

Complete and/or renegotiate at least one agreement that no longer serves you. You can do this contacting the person directly to have a conversation, or by engaging an imaginary Soul-to-Soul conversation in your meditation. Tell them what agreement you wish to renegotiate and why. Let them know the new agreement(s) you are making in order to manifest and sustain a loving, happy relationship.

If you prefer, you can do it the old-fashioned way by writing an actual letter. You can either keep it as a reminder, or you can send it. You can also pretend to send it by putting the letter in an envelope with a stamp and writing only the first name of the person on the envelope with a silly address like Main Street, Anytown, USA 00000, placing it in the mailbox without actually sending the letter. Or you may just want to burn it, rip it up, and/or throw it away.

Lesson 13

Practice: The Story of Your Sacred Wound

Write a brief “woundology” biography, not from the perspective of your victimization but, rather, from the perspective of your strength to overcome adversity and your courage in the face of hardship. Identify the wounding that has since become your “Sacred Wound”—the wounding that is now your greatest strength and your contribution to others. Write about your Sacred Wound and the ways you now have the potential to heal and help others. Not just in spite of your wound, but actually in many ways because of it.

Bonus: Practice in Action

Call at least one trusted confidant today and share your “woundology” biography from the perspective of your strength and resilience. Share your heroism in the face of challenge, your bravery in response to profound disappointment, as well as the wisdom, compassion, and depth you’ve grown in response. Share with this person your Sacred Wound, and the contribution that you now have to offer others as a result of it.

From now on, I invite you to share your story from this perspective to ensure that you create relationships where you’re encouraged to be strong, and that support you to grow yourself fulfilled, healthy, and happy.

Calling in "The One" Practices

Lesson 14

Practice: Transforming How You Treat Yourself

Take out your journal and list your primary caregivers. Caregivers can include an important older sibling, relative, grandparent, babysitter, or anyone whom you depended upon, and who participated in your day-to-day care when you were an infant, child, or adolescent.

Next, read through the list below to identify one to three negative ways in which each of your caregivers treated you while growing up. While you may identify with more than three on this list, choose those that were particularly wounding, and which now consistently show up as a theme in your adult relationships.

- Abandoning
- Abusive
- Blaming
- Bullying
- Critical
- Devaluing
- Diminishing
- Dismissive
- Hateful
- Harsh
- Hostile
- Hurtful
- Judgmental
- Lying
- Mean-spirited
- Negligent
- Physically Violent
- Punishing
- Punitive
- Pushy
- Rageful
- Rejecting
- Shaming
- Terrorizing
- Threatening
- Undermining
- Unsupportive
- Untrustworthy
- Withholding

Taking one of these qualities at a time, journal on how they tend to show up in your intimate relationships. Notice that it may not go just one way, but that you may now be the perpetrator of this quality upon others. (For example, *if your mother was negligent, write about how your lovers tend to ignore and neglect your needs. If your older sister was mean-spirited, journal on the ways that you are often attacking and mean-spirited toward your lovers when you get into a disagreement.*)

Taking one of these qualities at a time, journal on how you tend to treat yourself this way. (For example, *if your mother was chronically critical when you were growing up, write about your own tendency to be excessively self-critical. If your father raged at you for small mistakes, write about how you tend to rage at yourself when you fail to live up to your own impossible expectations.*)

And finally, journal on how you might begin to treat yourself with more respect and love. What new choices could you make, and what new actions could you take, that would demonstrate treating yourself the way(s) you would want to be treated? (For example, *if you've been self-abandoning, you could start attending to and honoring your own feelings and needs. Or if you've tended to speak to yourself in punitive ways, you could begin a practice of self-talk that builds you up rather than tears you down, such as self-encouragement and self-praise.*)

Bonus: Practice in Action

At least once today, make a conscious choice to treat yourself the way you want to be treated. Aspire to make this new way of treating yourself your new norm by repeating it often. As you awaken your power to graduate yourself from toxic habits, consider forgiving your early caregivers who had internalized the negative ways their caregivers had behaved, and then passed them on to you. Make a decision that the toxicity stops now, starting with how you treat yourself.

Calling in "The One" Practices

Lesson 15

Practice: Connecting Your Present to Your Past

Take out your journal and complete the following sentences, answering as many times as you wish for each sentence stem. Don't censor yourself! Use your imagination and write down whatever comes to mind, even if it does not initially seem to make sense.

The caregiving I received in the womb was:

The caregiving I received as an infant was:

The caregiving I received as a child was:

The caregiving I received as a teenager was:

How my mother felt about being my mother was:

Consequently, how she treated me was:

In response, I felt _____ and made it mean:

The way(s) I see this showing up in the present in my close relationships are:

The way(s) I covertly set others up to play out that wounding again are:

How my father felt about being my father was:

Consequently, how he treated me was:

In response, I felt _____ and made it mean:

The way(s) I see this showing up in the present in my close relationships are:

The ways I covertly set others up to play out that wounding again is:

The ways I now treat others that are similar to how my early caregivers treated me are:

NOTE: If you had a significant relationship with an older sibling, a foster parent, stepparent, or significant older relative or teacher, please do this exercise with that person as well. If you were adopted, you may want to do the exercise on your biological parents, even if you never met them and/or don't know who they are. Just use your imagination and trust your instincts about what was going on for them at the time. The point of this particular exercise is to access how you internalized your experiences, and not necessarily to uncover the exact facts of what actually occurred.

Bonus: Practice in Action

At some point today, do the following visioning meditation:

Sit quietly, centering yourself with your breath and stilling your body by releasing any tension you may find. Become present to "The One" who is soon to come to you. Feel this person sitting in front of you, offering you love. Soften your heart and open up to receive the love they are pouring into you. Notice how comfortable you feel with this person. How seen and heard you feel. Notice too how much you both enjoy caring for each other's well-being, how effortlessly you listen to and support one another, and how easy it is to laugh together, and to be your authentic selves with each other.

Allow yourself to deepen into the feeling of this experience, celebrating the joy of this union as though it were already here. Give thanks to the Universe for blessing you with such a beautiful love, and utter a simple prayer that you be guided in how you will now need to prepare and to grow, in order to manifest and sustain this happy relationship.

Repeat this experience often throughout the rest of the course.

Lesson 16

Practice: Naming Your False Love Identity

Today we want to distinguish the erroneous beliefs and subsequent false identity you formed in your younger years in response to the disappointments and relational traumas you endured.

Take out your journal and write on the following questions:

What was a significant disappointment I endured in my childhood?

Where do I still feel that pain of that disappointment in my body?

What did I make this disappointment mean about me? (For example, that I'm all alone, that I'm not worthy, that I'm not wanted.)

You can use the following list as a guideline if that's helpful.

I'm alone. I'm bad. I'm a disappointment. I'm dirt. I'm disgusting. I'm disposable. I don't matter. I'm a failure. I'm a freak. I am inferior. I'm a loser. I'm a mess. I'm not enough. I'm not important. I'm not loved. I'm selfish. I'm smelly. I'm stupid. I'm not valuable. I'm not worthy. I'm unwanted.

Who else in my lineage, if anyone, may have shared this same belief? (For example, my mom, my dad, my grandmother.)

What did I make this disappointment mean about my relationship with others? (For example, that no one shows up for me, that others are more worthy than me, that others don't like me and will inevitably reject me.)

You can use the following list as a guideline if that's helpful.

Men always leave. Women don't like me. Others only want me around because of what I can do for them. Others have ill intent. No one cares about me. Others don't want what I have to offer. No one chooses me. Others always reject me. Others matter more than me. Others are always mad at me. Everyone is out for themselves.

Who else in my lineage, if anyone, may have shared this same belief? (For example, my mom, my dad, my grandmother.)

What did I make this disappointment mean about my life? (For example, that I can never get what I need, that I will never have anything of true worth to call my own, that my gifts are not wanted in this world.)

You can use the following list as a guideline if that's helpful.

Love is dangerous. There's not enough to go around. My life is cursed. Life is hard and then you die. The other shoe is about to drop. Bad things always happen to me. Life is punishing me. I have to work twice as hard for half the reward. Life doesn't care about me. Love is for other people, not me.

Who else in my lineage, if anyone, may have shared this same belief?
(For example, my mom, my dad, my grandmother.)

How old is the part of you at the center of this story? (For example, "I'm really young, like two or three." Or "I'm ten." Or "I'm a forming fetus in the womb.")

NOTE: The answer to this question need not be a fact, but more of a felt sense in your body. You may or may not recall exactly what was happening to you when you were younger.)

Going back now to the original disappointment, what's an alternative interpretation of this experience? In other words, how can you now see what happened with your adult eyes, rather than interpret the situation through the eyes of a child who was too young to understand what was happening with any level of complexity or sophistication? (For example, my parents were exhausted from working so much and had little attention to give. Or, my mother was grieving the loss of a child and couldn't tolerate opening her heart to me.)

Bonus: Practice in Action

Today is about increasing your self-awareness regarding the beliefs you are operating out of in any given moment. As you move through your day, remember to pause and ask yourself,

"What am I assuming is true right now?"

Notice how the assumptions you're operating from in any given moment are informing who you are being, and how you are relating to yourself and others: whether you are defended or open, asking for what you need or disappearing yourself, setting healthy boundaries or giving too much of yourself away.

Get into the habit of starting to ask yourself, "What am I assuming is true right now?" and then challenging your assumption by asking,

"What might be even more true?" or "What might be a more empowering way of seeing this situation?"

Calling in "The One" Practices

Lesson 17

Practice: Claiming Your True Love Identity

Today, I invite you to read through the following practice a couple of times before you actually do it. This will give you the opportunity to connect with the story as it lives in your body, rather than try to do it from your brain. To start mentoring the "self in your body" that's been imprisoned in a false narrative about who you are, how others feel about you, and what's possible (or not) in the area of love. Today is about waking you up out of that trance! To do that, you'll want to begin by connecting with your wise, adult self that is holding resilience, strength, wisdom, and love. From there, leaning in to mentor the younger you that's been stuck in the old story.

1) Become Still.

I invite you to put everything to one side, close your eyes, and take a nice deep breath as though you could breathe all the way down into your hips. Drop your awareness down into your body and become aware of all of the feelings and sensations in your body, releasing any tension you might be holding.

2) Connect with a Deeper, Wider Center Within.

Connect with the part of you that is a wise, loving, and mature adult. Breathe the energy of yourself as a strong, wise, developed, and powerful adult all the way down into your hips, down into the earth, and out to the edges of the room and beyond. Place one hand on this deeper, wider center within you, making sure that it is lower on your body than where the emotional center of your False Love Identity resides.

3) Extend Love to Your Younger Self.

Taking some nice, deep breaths, extend love to the part of you suffering inside of that old painful story. Extend a sense of presence and care from your powerful and loving adult self. Compassionately tend to the part of you stuck in that old story of "I am" or "I am not." Simply witness that younger, tender part of yourself with deep love and compassion.

4) Explain to Your Younger Self What's Really True.

Take a wide-angle view on this limited story and begin challenging the conclusions you came to when you were too young to know any better.

Begin mentoring yourself to make more empowered and true meaning.

For example:

To address the false belief "I'm not valuable," you might say:

"Sweetheart, what's true is that you're more than worthy of receiving great love into your life. You need to do nothing to prove your value."

Or to address the false belief "I'm alone," you might say:

"Sweetheart, you're not alone! I'm here with you! And the truth is, you came here to love and be loved. And you have the power to learn how to create happier, healthier connections that deepen over time."

To address the false belief "Others don't care about me," you might say:

"Sweetheart, others might care about your feelings and needs if you took the risk to share them."

To address the false belief "Others don't value me," you might say:

"Sweetheart, some people will value you and some people won't. It's up to you to invest your energies in those who demonstrate that they do value you, and to lose interest in those who don't."

To address the false belief "Other people get to have love but not me," you might say:

"Sweetheart, you are blessed in love. Look around you! You have constant evidence that Life loves you deeply."

To address the false belief "Love is dangerous," you might say:

"Sweetheart, love is only dangerous when you lack the skills to create health and well-being in your relationships. You have the power to learn how to keep yourself safe in love."

Just speaking words of wisdom and truth to the younger you, fiercely standing to correct his or her false conclusions.

5. Create Your Love Power Statements.

From here, turn these mentoring conversations now into "Power Statements." Statements of truth that deconstruct the false meaning you've been inside of. Make sure you can feel these statements of truth in your body, deeper than where you've been holding the emotions of the false beliefs.

Create statements of such profound truth that they literally wake you up out of the trance of the old beliefs.

For example,

"I am more than worthy of receiving great love into my life. I need to do nothing to prove my value."

"I came here to love and be loved. And I have the power to learn how to create happier, healthier connections that deepen over time."

"I now choose to invest my energies in those who demonstrate that they value me, and to lose interest in those who don't."

"I have the power to learn how to keep myself safe in intimate relationships."

Write these statements down! Memorize them so that you are able to assert these truths the moment the younger self begins to make disempowering meaning of whatever is happening.

To download a free audio of Katherine leading you through the entire "True Love Awakening" process, where you will be guided to identify your specific False Love Identity and awaken to your True Love Identity, please go to **www.CallingInTheOne.com/TrueLoveAwakeningAudio**.

Bonus: Practice in Action

Today, see if you can find the time to do an art project. You can use any materials you like, such as drawing paper and markers, paints and a canvas, or modeling clay.

Using your medium of choice, I invite you to create two images. The first embodies your old False Love Identity—that self-sense that you've defaulted to in relationships again and again and which has haunted your life for years. Do your best to capture the actual false beliefs about yourself in an image. Obviously, this isn't a literal interpretation, but simply a representation of what the belief feels like as it lives in your body, and takes over your relationships. When you're finished, see if you can name your figure.

The second figure I invite you to create is a representation of your True Love Identity—a figure that represents you as worthy, wanted, loved, safe, seen, heard, happy, and more powerful than the false identity belief you just created. You might want to actually write your Power Statements on this figure! Create a figure that is deeper, wider, and more powerful than the other figure you created. Again, name your figure.

Do these figures without concerning yourself with the artistic merit of your designs. Use your emotions to craft these two figures, allowing your feelings to lead the way. Use this creative adventure as an opportunity to experience yourself as having dominion and jurisdiction over your old beliefs, rather than the other way around.

Lesson 18

Practice: Naming Your New Ways of Relating

Take out your notebook and journal on the following:

1) Identify Three to Five Specific Old Ways of Relating That Have Generated Evidence of Your False Love Identity.

Stepping into radical self-responsibility, see if you can name three ways you've been relating (to yourself, to others, or to life in general) that have generated evidence for your False Love Identity.

For example, inside of believing I'm unlovable:

I've neglected my own needs.

I've settled for less than I deserve.

I've stayed in relationships with those who've treated me poorly for years.

2) Connect with Your True Love Identity.

Write about what you've been discovering about the truth of your own value, power, and worthiness to love and be loved. As you do so, allow yourself to emotionally connect with your True Love Identity, anchoring into this center of truth and power.

For example,

I see continual evidence of how deeply I am loved by Life. And I'm learning to love myself, which is now being reflected in how others treat me. I have the power to start making choices that are self-honoring and self-respectful, and I'm committed to showing up this way from now on.

3) Identify Three to Five Specific New Ways of Relating to Generate Evidence for Your True Love Identity.

Go over your list of your old ways of relating, and identify the new ways of relating that would be the opposite of how you've shown up until now. Notice that these new ways of relating are organic to being emotionally anchored into your True Love Identity. Once you identify a new way of relating, take it on as a practice, whether or not you are feeling it in the moment.

For example,

I listen for, honor, and tend to my own needs first and foremost.

I raise my expectations to a healthier level of how I expect to be treated in my closest relationships.

I communicate with others how they'll need to treat me. If they're unresponsive, I lessen my investment in that connection.

4) Identify the New Skills and Capacities You Will Need to Cultivate.

In order to make these new ways of relating your new "norm," you may now need to cultivate new skills and/or capacities. Identify what these are and look for at least one resource to get you started in expanding your repertoire of how you show up in your relationships.

For example,

In my pledge to listen for, honor, and tend to my own needs, I will now need to learn how to discern what my needs are. A good resource for this might be the Needs Inventory that's available online from the Center for Nonviolent Communication (<https://www.cnvc.org/training/resource/needs-inventory>).

Bonus: Practice in Action

Take the risk of choosing at least one new way of relating today. For example, if you tend to close your heart and emotionally cut people off when you're angry, try picking up the phone to work it out instead. If you tend to martyr yourself to the demands of others, take the risk to simply say no to an unreasonable request, without overly explaining yourself. If you tend to talk yourself out of your own deeper knowing, take a chance on trusting your intuition by acting on it immediately.

Lesson 19

Practice: Claiming Yourself Fully

Take out your art supplies.

There are several ways you might choose to do this practice. Read through my suggestions below, and choose one to work on today.

1. Draw or Paint a Self-portrait Inclusive of All of Your Qualities. Draw or paint a simple picture or representation of yourself in the center of a large piece of paper. It need not actually look like you. Allow yourself to be as a child, drawing or painting more for fun than the need to do it "right."

One by one add the following qualities:

My power

My beauty

My talent

My greatness

My vulnerability

My light

My sexuality

My anger

My love

If you admire greatness in another human being, it is your own greatness you are seeing. – Debbie Ford

2. Collage Your Qualities: Glue a photo of yourself in the center of a piece of paper or on a piece of cardboard. Look through magazines for images that express the above qualities. Glue them all around your photo. Write the name of each quality next to the picture as an "I am" statement.

3. Create Dance Movements and/or Poses to Represent Your Qualities. Put on some music that you love. Dance around the room by yourself to get your body flowing. Then use your body to create a "pose," a dance step or a body movement of each of the qualities listed. You can use a mirror if that feels good to you. When you find a pose that expresses the quality fully and you "feel it" in your body, claim it with your voice by saying it loudly: I AM POWERFUL—I OWN MY BEAUTY—I AM

TALENTED—I FEEL MY GREATNESS—I AM SAFE TO BE VULNERABLE—I FEEL MY LIGHT—I AM SEXY—I FEEL MY ANGER—I AM LOVE.

When you are finished, take out your journal and answer the following questions:

What have I been turning away from in myself, reluctant to own fully?

What parts of me have I been unwilling to express freely?

What has it been costing myself and others to hide these parts of myself?

How might I be projecting these disowned parts of myself onto others?

What parts of myself do I want to turn toward and express more fully?

What would I need to give up in order to do this?

What might the rewards be for myself and others to express these parts of me more fully?

Bonus: Practice in Action

Do at least one thing today that represents a willingness to risk expressing more of your authentic self. For example, share an opinion when you normally would keep quiet; purchase an article of clothing that expresses a previously hidden aspect of yourself; sign up for dance lessons to recapture a childhood fantasy, etc.

Lesson 20

Practice: Identifying How You'll Now Need to Grow

While we all love the part where the happy couple rides joyfully into the sunset, the truth is that real love requires the development of certain skills and capacities.

When it comes to growing good relationship skills, there are two categories we will want to consider. The first are the "intrapersonal" skills, which are the growth of those internal skills and capacities required to have good relationships, such as self-awareness and self-soothing. The second are the "interpersonal" skills, which have to do with how we actually engage with others, such as having good boundaries, or being able to ask for what we need.

To help you identify at least one way you'll need to actively grow yourself healthier and stronger both intrapersonally and interpersonally, please read the lists below. Circle those that speak to you as skills and capacities you'll now need to learn to prepare yourself for love.

Sample of Intrapersonal Skills and Capacities

The ability to be:

- **Aware of Your Emotions:** This is where you are able to name and witness whatever it is you're feeling in any given moment. Where you can differentiate between your thoughts and your feelings. For example, if I ask you how you feel, you might answer that you feel sad or hurt instead of saying, "I feel like he's being an idiot."
- **Aware of Your Needs:** This is where you are able to name, witness, and value what you need to be fundamentally well, safe, and happy in life. Where you can distinguish between a healthy need and an unhealthy need that's coming from an unhealed younger place within you. For example, a healthy need might be "I need my values to be respected," or "I need to know the truth." Yet an unhealthy need might be "I need to be the center of attention all the time," or "I need you to never care about anyone else other than me."
- **Aware of Your Own Consciousness:** This is where you can examine your own assumptions and beliefs that are informing your feelings and needs. Where you can discern the lens through which you are perceiving and interpreting your experience, and that are driving you to take the actions you are considering taking, and to make the choices you are considering making.
- **Aware of and In Charge of Your Energy:** This is where you can assess the energy you are putting out there and make conscious choices to expand your energy or contract it, depending upon what it is you're wanting to accomplish. If you have a pattern of overwhelming others, you may consciously choose to contain your energy more. If you have a tendency to disappear yourself, you

may choose to expand your energy to be more visible to others.

- **Self-Defined:** You are the one who has the final say by defining who you are. If someone is projecting negative qualities onto you—criticizing you as bad, or treating you as though you are inferior or unworthy, you are open to considering who you've been being that would give them that impression. Yet ultimately, you are the authority on you, and you are not defined by anyone else's perspectives, choices, or actions other than your own.
- **Self-Discipline:** The capacity and commitment to keep your word to yourself. To do what you promise yourself you will do, and by when, as a priority in your life.
- **Self-Mentor:** This is about your ability to engage a growth-oriented dialogue with yourself that is kind and encouraging, in ways that can help you make empowered meaning of whatever is happening in your life. This includes the ability to lovingly re-parent yourself in ways that help you learn difficult lessons, where you offer correction, wisdom, power, and perspective to the part of you that's upset.
- **Self-Motivate:** The ability to inspire yourself to become all that you have the potential to be.
- **Self-Reflect:** This is the ability to take responsibility for yourself, and to reflect on yourself as the source of your experience without going into shaming or blaming yourself. To admit your mistakes, unwholesome motivations, and faults honestly, while maintaining an underlying unconditional sense of respect, love, and high regard for yourself.
- **Self-Soothe:** This is your ability to de-escalate the intense emotions you're experiencing when you're triggered or upset. So that the actions you take and the choices you make can be made from the more rational, contained, and balanced part of yourself that has access to wisdom and can see what's occurring from a larger perspective.
- **Shifting Centers:** This is the internal ability to dis-identify with the younger, tender self who has just been triggered, and emotionally shift into identifying with a more holistic, mature, wise, and well part of yourself in order to navigate life and love from there.
- **Tolerate Difficult Emotions:** This is the capacity to hold whatever you're feeling from a deeper, wider center within you. Where you can simply breathe through difficult feelings without automatically turning to numb yourself or act out. To tolerate disappointing others, or being disappointed by others without going into a panic that you're now going to lose the relationship.

These are some of the ways you'll want to begin growing your relationship with yourself, in order to have happier relationships with others moving forward.

Sample of Interpersonal Skills and Capacities

The ability to engage:

- **Active Listening:** The ability to mirror back what others are saying in ways that reassure them that you get them, and understand what they are trying to communicate to you.
- **Communication of Your Feelings and Needs:** To articulate your own inner experience in ways that allow others to find their way into your world. This includes asking for what you want and need in ways that assume the best in others, and offer them a chance to care for your feelings, and to meet or negotiate your needs.
- **Conflict Resolution:** Learning to fight fair and in ways that can deepen love rather than destroy it, by growing understanding and building bridges between you.
- **Empathetic Listening:** To listen deeply to what someone is saying outside of your own agenda, as a good friend might. Growing your capacity to hear what's not being said, as well as what is being said, by attuning to the emotional tone of the communication being offered.
- **Healthy Boundaries:** Setting limits that support you to maintain your personal integrity, while staying close to and connected with others.
- **Negotiating Your Needs:** The ability to advocate for your own needs and desires in ways that are win-win for yourself and others. To take into account that others have different reference points and agendas, and to stay open to hearing all sides before determining the terms of the relationship.
- **Relational Repair:** Recognizing the impact your behavior has had on another, intended or not, and discovering the art of making amends in ways that grow trust between you. Going beyond an apology by also making things right between you.
- **Respect Differences:** Realizing that, while our shared humanity ensures many similarities, there are about as many ways to be human as there are people on the planet. We want to cultivate the capacity to not only tolerate differences, but also to be open, inquisitive, and reflective about our differing worldviews, values, and visions, coming to appreciate the diversity between us.

These are just some of the ways you'll want to consciously grow to realize the higher potentials your relationships hold for love, happiness, and well-being. Yet there are many ways to develop yourself to be capable of happy, healthy love. For example, learning to pace intimacy, read social cues, or match your facial expressions with your words are just some examples of the ever-emerging need to discover the art of great relating.

Now take out your journal. Write about the top three new skills and/or capacities you are going to take on learning, starting now.

Journal on what your limitations have been up until now, and how you've been compensating for, or tap dancing around these deficits. Write about what the future looks like once you've mastered these capacities, trying on the self of your future where you are already capable of showing up in these new, more empowering ways.

Bonus: Practice in Action

Go through your lists again, and notice those areas you're committed to growing to prepare yourself for love. Be curious about how you might now go about cultivating these capacities to sustain the love you call into your life.

Find at least one resource today such as a book, a class, or a video tutorial that will allow you to show up in healthier and more empowered ways of relating moving forward. Purchase the book, register for the class, or watch the tutorial to start your journey. As the proverb goes, the journey of a thousand miles begins with the first step.

Calling in "The One" Practices

Lesson 21

Practice: Preparing for Your Release Ritual

The work we've done in our past few weeks together culminates today, as we prepare for a release ritual designed to help you let go of all that has been blocking a happy, loving relationship from entering your life. You will need your journal, extra paper, a pen, and a highlighter.

Go back through your journal and review your writings. Highlight those things you are now ready to release from your life to make the space to receive a loving relationship into your life. Some of these things, like a false belief, you may feel completely ready to release today. Others, you may see as needing more exploration on your part as they are perhaps more pervasive and deeply rooted, such as resistance to getting help for the abuse you suffered as a child. Place a star (★) next to those things you feel ready to completely release today, and a heart (♥) next to those things you are now ready to explore further. Do this now.

Next, review all you identified as ready to release, and identify what you're willing to now embrace instead. For example, if you're releasing the hope that a former boyfriend will return, you might now embrace the possibility that you could find an even better match. If you're releasing disappearing yourself in order to not threaten others, then you might embrace speaking up and being visible. Write down all you are now embracing in your journal.

Now take out two extra pieces of paper. At the top of one, write "I Release." On top of the other, write "I Embrace." On your "I Release" paper, write down those things you are willing to completely surrender today (resentment toward a former lover, your mother's expectation that you be married with children by a certain age, your belief that nothing ever works out for you, etc.). These are the things that you placed a ★ next to. Continue creating this list by also including those things that you placed a (♥) next to, as those things that you are going to actively explore further, perhaps with the assistance of a therapist, a coach, or a trusted spiritual adviser. For example, the pervasive push-pull patterns in all of your intimate relationships, or your chronic and destructive outbursts of temper.

On the paper with the heading "I Embrace," write down all of the new ways of being that you are taking on in place of all that you are letting go of.

If you have an altar, or a space in your home that is dedicated to sacred activities, put your lists in this place, in preparation for doing your ritual later today. Carve out some uninterrupted time, no less than a half hour, for the ritual.

Bonus: Practice in Action

NOTE: If you're doing the course with others, you may wish to do the following ritual together. If you're doing the course alone, you may wish to invite a trusted friend to

be with you to serve as your witness. You will need your journal, the lists you wrote, a pencil or pen, scissors, a lighter or matches, and a place to safely burn papers (metal bowl, bathtub, large sink, burning pit at a beach, etc.).

There are many, many ways to perform a release ritual. If, for some reason, the following ritual is not appropriate for you (such as you have no place to safely set a fire), please feel free to modify this ritual to suit your particular circumstances. For example, you can rip up the papers and throw them in the garbage, or put the papers, one by one, on the ground, stomping on them, kicking them around, while verbally claiming your freedom. Feel free to be creative. There are about as many ways to perform a ritual as there are people on the planet.

RELEASE CEREMONY

I invite you to create a sacred atmosphere that is appropriate to performing a ritual such as lighting a candle, burning some incense, or putting on background music that you love.

Take out your lists. Make sure that for everything you've written down that you're ready to release, you have a corresponding thing you're also willing to embrace. For example, if you're releasing sexual shame, make sure to embrace celebrating the sacredness of your sexuality. If you're releasing blaming your parents, be sure to embrace forgiving your parents and taking responsibility for treating yourself the way you wished they had treated you. If you are releasing a desire for revenge toward your former partner, then embrace taking full responsibility for your part in what happened between you and the wisdom you've gained because of it.

If you are able to, stand up. Take both papers and, one item at a time, read each thing that you are now letting go of out loud, as well as the corresponding thing that you are now embracing instead. Read it as though declaring a vow to the Universe. For example, "I release the sorrow of my mother's life and I embrace full freedom to be happy myself." Go through your entire list, reading each thing you are releasing and each thing that you are embracing out loud. When finished, burn those things you are releasing. Then place all that you are embracing on your altar or in a sacred space. If you like, you can also post this list where you can see it each day as a reminder of your pledge to begin showing up in alignment with your future of love fulfilled.

When finished, take out your journal again. Write a list of actions that you are going to take, and by when, to support what you've just released. For example, "By Sunday, I'm going to write a letter to my mom letting her know that I've forgiven her," "I'm going to give myself a beautiful home by going out and purchasing a bedroom set for myself this weekend," or "I'm going to work on releasing compulsive overeating by going to the Overeaters Anonymous meeting near my house next Tuesday night."

Calling in "The One" Practices

Lesson 22

Practice: Visioning Love

We are going to do a visioning this morning. Find a quiet and comfortable place where you will not be interrupted. Make sure that your journal and a pen are nearby. I invite you to read through the instructions once or twice and then do them from memory as best you can. You can peek if you need to.

Close your eyes and take a few deep, relaxing breaths meant to center and focus you. Repeat your Power Statement(s) from last week silently to yourself, emotionally reconnecting with the truth of your worthiness to love and be loved. When you feel centered in your own value and power, ask yourself the following questions either silently or out loud:

What do I desire to be experiencing with my beloved?

What do I desire to express to my beloved?

What do I desire to create with my beloved?

What do I desire to be contributing to my beloved? And to the world as a result of our union?

If prayer is talking to God, then meditation is *listening* to God. Sit listening for the answers, savoring what comes to you. Allow the floodgates of your desires to open up. Welcome them all, naming them good and holy! Simply listen and stay present with yourself, without judging or assessing what comes to you. Just pondering the questions, and allowing yourself to imagine that you are experiencing these things now.

After a few minutes, open your eyes and write down in your journal the images, feelings, desires, and thoughts that came to you. When you are finished, move on to the next question.

Note: If a former lover comes to mind during the practice, look to discover the gifts that relationship held that you'd like to have again in your next relationship. Thank your former partner for reminding you of these qualities and then dismiss them, reminding yourself that this person was not the source of these qualities. The Universe is.

What would I need to give up or release from my life to allow this vision to come to me?

Again, sit quietly in the question and repeat the previous instructions. After a few minutes, write down the images, feelings, insights, and thoughts that came to you in response to the question.

When you are finished, move on to the final question:

What will I need to embrace, and how will I need to grow to receive this vision?

Once more, repeat the previous instructions.

Bonus: Practice in Action

This morning, you were given information on what you would need to give up, or how you will need to grow to prepare yourself for the love you are calling into your life.

Take at least one action today in response to the second question you asked, "What would I need to give up or release from my life to allow this vision to come to me?" For example, "I'd have to give up drinking and get into recovery" means that you might decide to attend an AA meeting; or "I'd have to give up hiding" means that you might sit in the front row of class and courageously raise your hand.

Take at least one action today in response to the information you received to your third question, "What will I need to embrace, and how will I need to grow to receive this vision?" For example, "I'd have to grow my capacity to receive the love that others have for me" means that you might allow someone to do you a favor without immediately repaying it; or "I'd have to embrace my vulnerability" means that you might try being more emotionally undefended with someone you've been guarded with.

Calling in "The One" Practices

Lesson 23

Practice: Identifying Actions and Choices in the Direction of Your Dreams

Take out your journal, and begin by writing down your intention.

For example, "My intention is to meet my life partner by the end of the year."

NOTE: Using a specific date adds a certain urgency that helps mobilize us to immediate action. However, if you feel too overwhelmed by doing so, I suggest you set an intention that you can completely own and align with, adding a "by when" time frame later on, if and when you feel ready.

Complete these sentences:

My intention is:

I am in integrity with this future when I:

I am out of integrity with this future when I:

With my beloved, I desire to experience:

To generate this experience now, I can:

To my beloved, I desire to express:

To express this now, I can:

With my beloved, I desire to create:

To create this now, I can:

For (or with) my beloved, I desire to contribute:

To contribute this now, I can:

Bonus: Practice in Action

Call at least one close friend or confidant today who can stand with you in the vision of your intention fulfilled. Share with this person the intention that you set for yourself this morning. Give that person permission to provide coaching and to "lovingly confront" you if and when you are making choices inconsistent with your intention. If you are doing this course with a supportive circle of friends, share your intention with everyone in the group the next time you are together.

Take at least one action today that weaves the fulfillment of that future into the manifest world. For example: Set a boundary with a former boyfriend that you are no longer interested in sleeping with him; tell the woman you have been dating what you are truly wanting at this stage of your life; plant a garden in your backyard so you can fill your home with fresh flowers.

Calling in "The One" Practices

Lesson 24

Practice: Discovering Your Soul's Purpose

Take out your journal. Write on each of the following questions:

What do I love to do?

What comes naturally to me?

What do I feel passionate about?

Now complete these sentence stems with as many answers as you can think of:

The times I've been happiest in life have been when:

People have always told me that I'm good at:

When I was a child, I always wanted to:

The purpose of my life is:

Fill in the blank:

I am here to bring _____ to the world.

Bonus: Practice in Action

Do at least one thing today that expresses what you believe, at this point, to be your soul's purpose in the world. Make this action a demonstration of your intention to begin organizing your life more and more around this sense of purpose. This will usually entail seeking out others with a similar purpose to yours. For example, finding a church or spiritual group with similar values and aspirations; taking on a volunteer commitment with an organization that moves and inspires you; or joining a club that shares a passion that you have.

NOTE: Don't worry about "not having enough time." When you're living congruent with that which matters most to you, life has a way of becoming more efficient and less frenzied, thereby leaving you with more time than you thought you had.

Calling in "The One" Practices

Lesson 25

Practice: Writing a Letter to Life

Today, I invite you to access a higher level of your own awareness through writing your own letter to God, whoever God is for you. You may wish to address this letter "Dear Life," "Universe," "God," "Higher Power," or "Higher Self." If you prefer, you can simply write a "Dear Wisdom" letter.

In your letter, write about the situations in your life that are difficult and challenging for you. Start by sorting through some of the feelings you are having and then move into specific questions that you have.

End your letter with the following sentence:

"Dear Life/Universe/God, please write through my pen. Thank you very much."

Then write a letter back to yourself from Life/ Universe/God.

NOTE: The point of the exercise is not to get caught up in a debate over whether or not God exists, what you call God, or what your relationship is to a Higher Power. The point is to access a level of consciousness that is beyond our everyday, normal awareness. If the idea of writing a letter to God is difficult for you, try doing it simply as an exercise without getting too significant about it.

Bonus: Practice in Action

Throughout the day, practice going within and asking for guidance. Practice with the seemingly small decisions, such as what to wear or how to prioritize your tasks. This will allow you to get comfortable with the process so that when the big choices need to be made, such as who to open your heart to or who to begin a sexual relationship with, you are already familiar with how to ask, listen, and act upon inner urgings. You will be much more able to trust your intuition if you are in the practice of using it frequently.

As you move through your day, remember to turn your attention within and ask:

What is the best choice I can make in this moment for myself and all involved?

Then trust what comes to you enough to act upon it. Do what you are guided to do, whether it is through a strong inner prompting, a creative idea, a sudden insight, or an actual external sign.

Lesson 26

Practice: Restoring Your Integrity

Take out your journal and write on the following questions:

What promises have I made to myself that I'm not keeping?

(For example, I'm not showing up for my exercise regimen.)

How can I clean this up and get back into integrity with my word?

(For example, I can go for a walk today and schedule walk time each day this week.)

What promises have I made to others that I'm not keeping?

(For example, I promised my son's teacher I'd donate school supplies, yet never followed through.)

How can I clean this up and get back into integrity with my word?

(For example, I can call her to apologize for disappearing, and clarify what I can and cannot provide.)

Where am I living out of alignment with my own values?

(For example, I value forgiveness yet I'm indulging a resentment toward my sister and withholding my love by refusing to call her back.)

How can I clean this up and get into integrity with myself?

(For example, I can call my sister and engage my upset in an adult and self-responsible way.)

Who else do I have unfinished business with that needs cleaning up?

(For example, I never paid my last boyfriend back for the money he lent me.)

How can I clean this up and get back into integrity with others?

(For example, I can ask him to make payment arrangements until the loan is paid in full.)

How could I begin showing up in ways that are in integrity with the future I'm committed to creating?

(For example, I can start doing this course with more consistency and a greater sense of commitment.)

Now go back and review your list. Write a list of actions to take to restore your integrity with yourself and others.

Bonus: Practice in Action

Take at least one action today that restores integrity to your life. As you move through the course, continue monitoring where you are out of integrity and, without beating yourself up, simply do your best to clean it up and get back into integrity. Remember to take personal inventory on a regular basis to keep yourself light and clear. When your baggage in life is light, there is more room for love.

Lesson 27

Practice: Focused Meditation

Today, I invite you to do a simple meditation. Read the instructions once through and then do the meditation from memory to the best of your ability.

Sit up straight with your legs and arms uncrossed and resting easily. Close your eyes and relax your entire body. Starting at the bottom of your feet and working your way up through the body—your toes, ankles, calves, knees, thighs, etc. until you reach the top of your head—release any tension you find. Breathe in and out normally, without any effort, with your mouth slightly open and at rest. Feel yourself breathing but do not try to regulate your breath in any way.

Now, think of a quality you yearn to embody, such as Self-Forgiveness, Generosity, or Gratitude, and say this word silently to yourself on each inhale, drawing this quality deeply into the center of your heart. On the exhale, release anything that is in the way of being completely immersed in this quality. Stay with this meditation for at least three minutes, or until you feel a sense of peace wash over you.

Bonus: Practice in Action

In the New Testament, the Apostle Paul (after he was converted!) admonished us to “pray without ceasing,” indicating that none of our concerns are too foolish or insignificant to bring before God in prayer.

Today, we’re going to practice bringing our concerns to a Higher Power by making a “God Box.” A God Box is any container—a shoebox, glass jar, wooden container, metal can, or paper bag—anything that you can decorate and put slips of paper in and take them out. Sometime today, find and decorate a container that you can use as your God Box.

Make a list of those things that you are worried or anxious about today—your relationship to a particular person, your money, your health, your livelihood, etc. You may want to put “finding my life partner” on your list. Take a piece of paper and cut or rip it into smaller pieces. Write down each concern you have on its own slip of paper.

One at a time, place each concern into your God Box while saying a prayer, surrendering that concern to a Higher Power. Your prayer might sound something like this:

Dear God, Universe, Higher Power, or Benevolent Field of Life,

I am giving this concern to You for Your keeping.

Please resolve this issue in the best possible way for all involved. Thank you.

Once you've given your concern to a Higher Power, you no longer have to worry about it. It's now God's (or the Universe's) concern. If you decide that you want to start worrying about that concern again, you literally have to go to the God Box, take out the slip of paper with that particular worry on it, and hold it in your own hands. When you are finished worrying, surrender your concern again by placing the slip of paper back into the God Box and repeating the prayer.

Lesson 28

Practice: Learning to Make Wise Choices

Take out your journal and write on the following questions:

What choices have I made in life that I regret most and why?

What lesson(s) did I learn as a result of making these choices?

What good came from each of these choices?

What choices have I made based upon the values of others

(parents, friends, advisers, teachers, etc.) rather than upon my own values?

What were the consequences of these choices?

What lesson(s) did I learn as a result of making these choices?

What choices do I feel happy about and why?

What lesson(s) did I learn as a result of making these choices?

What good came from each of these choices?

What choices am I facing today and how might I respond in ways that show honor and respect for myself and others?

Bonus: Practice in Action

As you move through your day, notice what you do each time you are faced with a choice. Do you look to others to try to second-guess what choice would please them, automatically responding the way you think you are "expected" to, or rise to the occasion of asserting what truly is best for you and others in any given situation? Wherever you find yourself automatically trying to please others at your own expense, or making a poor choice simply out of habit, try making a different choice than the one you feel compelled to make. For example, if your boss always expects you to work late at the last minute, try telling her that you aren't available to do so tonight; or if you are shy and normally avoid the limelight, try taking a risk to share your feelings with a group of people.

Before bed, take out your journal and write down the different choice(s) that you made today and what it was like for you to make them. Write also about any insights you had regarding your relationship to making wise choices.

Lesson 29

Practice: Commitment Ceremony

In service to supporting you to manifest a partner who is deeply committed to your well-being and happiness in life, I invite you to begin by making a commitment to yourself. The commitment I invite you to make to yourself—to cherish, love and honor yourself, to grow in the direction of your dreams, to show up in the fullness of your power, to live in integrity with your own potentials—may be bigger than anyone has ever made to you before. If so, you are long overdue to make this pledge to yourself.

Read through the following instructions two or three times before doing it from memory.

Still Yourself. Close your eyes and take a deep breath, as though you could breathe all the way down into your hips.

Call in the Partner of Your Future. Imagine that the energy of your beloved partner-to-be is entering into your space right now. Step into the day of your commitment ceremony, whether that be a public wedding, an unofficial ceremony with your friends or family, or a private, sacred moment between just the two of you. Sense the sacredness of the day and the beauty of this moment. Without seeing what this person looks like, or what they're wearing, just feel into the field that's between you. Allow your heart to open and feel a river of love coming toward you.

Imagine Your Partner Committing to You and Your Relationship. Now imagine your partner looking into your eyes, and speaking from their heart. Lean in to hear what they're saying: "I offer you my loyalty and my love. I pledge to do all I can to care for you, to protect you and to keep you safe. I promise to do my very best to make you happy in life. I devote myself to supporting the fulfillment of your dreams and desires." As you imagine your partner saying this to you, listen. Breathe in their love, and open your heart fully to receive all they are offering.

Make These Same Pledges to Yourself. Now bring your attention home to yourself. Speak your own name, and make the same pledges to yourself that your beloved partner has just uttered to you. If you like, you can place your hand over your heart as, one by one, you say these things to yourself. They don't need to be exact. Just do the best you can to extend to yourself the same loving promises you just imagined your partner offering to you. "I offer you my loyalty and my love. I promise to do all I can to care for you, to protect you, and to keep you safe. I promise to do my very best to make you happy in life. I devote myself to supporting your dreams and desires." As you speak to yourself, do so with an open heart.

When you are finished, open your eyes and write your commitments to yourself down in your journal.

Bonus: Practice in Action

To live this lesson, I invite you to do one, two, or all three of the following:

Take at least one action today that demonstrates your commitment to yourself in action. Take a risk in the direction of your dreams, or let go of something you know isn't good for you.

Take an action today that demonstrates a commitment to others. For example, give \$5 to a charity of your choice, or call your elderly neighbor to see if they need something at the store.

Take stock of those things you're doing but aren't really committed to. A good indication is that these things feel draining or burdensome. When you find it, make the decision to let it go, and do whatever it takes to complete that agreement, remembering that what you say no to will define your life as much as what you say yes to.

Lesson 30

Practice: Witnessing Your Emotions with Love

Today, I invite you to practice naming and simply witnessing your emotions, with a sense of unconditional self-acceptance and compassion. When we are willing to simply name and witness our difficult emotions, without needing to fix or change them in any way, we grow in our ability to listen and learn from each emotion. We also get to increase our ability to hear the unpleasant or difficult feelings of others without going into reactivity.

Still Yourself. Sit quietly for several minutes, and breathe deeply, as though you could breathe all the way down into your hips. Become aware of all of the feelings and sensations in your body. Notice where you are holding any tension, and as you find it, just letting it go. With each breath, allow your awareness to drop deeper and wider until you connect with the part of you that knows you are being held and supported by a Force and Field of Life that loves you. Bask in the experience of being held and loved.

Connect with Your Wise, Adult Self. Connect with the part of you that is wise, resourceful, resilient, capable, and strong, and breathe this sense of yourself as a loving, mature adult presence all the way down into your hips, extending the energy of this center down into the earth and out to the edges of the room.

Extend a Sense of Presence and Love to Yourself. With a sense of deep presence and care, turn your attention to the "you" in your body and extend a sense of safety and compassion to this part of yourself from the deeper and wider center of your wise, adult self.

Witness and Welcome Your Emotions One by One. From a place of deep listening and care, ask yourself the following question, welcoming in with love whatever the response and mirroring it back with love.

Ask yourself: ***"What are you feeling?"***

Listen for a response. Be specific and clear. Give yourself time to name the exact feeling you're trying to articulate. For example, "I feel apprehensive." "I feel hopeful." "I feel violated."

Welcome in that feeling, resisting nothing.

For each feeling, silently say to yourself with a sense of acceptance and compassion, ***"I can see that you're feeling _____."***

Notice the sensations in your body as you allow yourself to feel this feeling.

Breathe. Move on once you've allowed yourself to witness this emotion fully.

Do this several times until you've named all of the feelings present.

Listen for the Messages in the Emotions. Go through each emotion, one feeling at a time, to explore the message it might be holding for you.

Ask each feeling: ***"Is there something you're wanting to tell me?"***

For example, Excitement wants me to keep expanding beyond who I've known myself to be. Disappointment wants me to learn from my mistakes. Fear wants me to stay grounded and awake. Happiness wants me to continue doing what I did to get here. Sadness wants me to honor those I've lost by how I love those who are here now.

When finished, write in your journal about your experience of being fully present with your emotion(s), particularly the unpleasant ones, and any messages they had to offer.

Bonus: Practice in Action

Throughout your day today, pause frequently to simply be present with yourself.

Ask yourself, "Sweetheart, what are you feeling?"

Witness your inner experience with love, extending a sense of compassion and care to the part of you experiencing that feeling.

Mirror back to yourself what you hear by saying, "I can see that you're feeling _____."

Now add a question by asking yourself, "Sweetheart, what are you needing?"

Witness your inner experience with love, extending a sense of compassion and care to the part of you experiencing that need.

Mirror back to yourself what you hear by saying, "I can see that you're needing _____."

Please Note: For a guided audio of Katherine leading you through this practice, please go to **CallingInTheOne.com/Self-Love-Power-Practice**.

Lesson 31

Practice: Shifting into Your Mature, Adult Center

I invite you to take on the practice of staying identified with and centered in your adult self. Notice when you get triggered and before reacting, pause to connect with your adult, mature self.

At some point today, notice if and when you start to feel anxious or depressed. Then pause to do the following:

Notice the Meaning You're Making.

When disappointed, or "triggered," ask yourself, "What am I assuming is true?"

Notice the meaning you are making of what just happened.

Pause, take a deep breath, and ask yourself, "How old am I right now?"

Notice that you're now emotionally centered in a younger part of yourself.

See if you can also locate a more adult part of you that is observing yourself having this experience.

Connect with Your Strengths and Resources.

Take an inventory of your strengths as an adult—your intelligence, resourcefulness, resilience, maturity, competence, and development. Notice that you have been cultivating skills and developing capacities for years and that you are a wise and loving person who shows up powerfully in many areas of your life.

For example, You are a wonderful friend, a good parent, a competent professional, etc.

Extend Love and Support to the Younger You.

Close your eyes and take a deep breath. Allow yourself to emotionally identify with your strong, wise, competent adult self.

Consciously anchor into your adult center by breathing the energies of this self, down into your hips, down through the soles of your feet, down into the earth and out to the edges of the room.

From this deep adult center, extend love and support to the younger you who is inside of false meaning.

Speak Words of Comfort and Containment to the Younger You.

Before allowing yourself to act from your feelings, try speaking words of comfort and containment to the younger you that is triggered.

Assert What's Really True.

Remind the triggered, younger you of what's really true.

Speak your Power Statements gently but fiercely to wake yourself up from the trance of your old story.

Take Action from Your Adult Center.

Now you can respond to whatever is happening from the wisest, strongest, most mature parts of yourself.

Bonus: Practice in Action

Today, consciously choose to practice walking in the world from your power center. Take your power statement and ask yourself, How would I be walking down the street from this center? How would I be talking to this person, or eating this meal, or ordering my morning coffee if I were centered in the deeper truth of my own value and power?

Calling in "The One" Practices

Lesson 32

Practice: Identifying and Forgiving What Was Missing

Take out your journal, and write for several minutes on each of the following:

(Please note: I will use the words "mother" and "father," though I'm well aware that some have two mothers and some had two fathers, and some only had one parent, sometimes a mother or father, but sometimes a grandparent, aunt, or foster parent. Please modify the practice as you need.)

Describe your father's best, most supportive, and loving qualities.

When did you feel safe with him?

How often did he keep his word to you and others?

In what ways did he let you down?

Describe your mother's best, most supportive, and loving qualities.

To what degree did you feel connected to her?

When did you trust her to be fair and kind?

When did you not?

In what ways did she let you down?

Now write a list of what was missing for you in your childhood. Use the following list as a guide to help you identify what was missing:

Nurturing (soothing you when you were disappointed, loving physical touch on a regular basis, loving-kindness for no particular reason)

Basic Hygienic Care (washing of body, doing laundry, caring for your teeth)

Basic Life Skills (managing a checkbook, paying the bills, upkeep of the car and home)

Consistency and Dependability (kept their word, you knew what you could count on, life had a predictable rhythm, were able to earn a living)

Attention (spending time with you for no particular reason, noticing and responding to your moods, listening to you, understanding things from your perspective)

Encouragement of Your Talents (recognizing them, validating them, supporting them to grow)

Protection (from the hostile behaviors of: abusive siblings, the outside world, one another)

Being Cherished (delighting in and appreciating you, taking joy in your presence in the world)

Respect of Boundaries (honoring your privacy, protecting your right to say no)

Unconditional Love (loving you without needing you to "perform" in return, loving you without imposing their unfulfilled needs onto you)

When you have written your list, write or say out loud the following regarding *each* quality that was missing for you.

I, _____ release and forgive _____ for failing to _____. I give up failing to _____ myself. I promise to do my absolute best to begin _____ myself from this day forward, and I claim _____ as mine fully and completely.

Bonus: Practice in Action

Take at least one action today that provides you with that which was missing in your childhood. For example: If you had an un-nurturing mother, take special care to prepare your favorite meal tonight; if you were never taught how to balance a checkbook, ask a friend who's good with money to schedule a date to come over and teach you how they do it; if you were always expected to say yes to the demands of others, try saying no in response to a request.

Lesson 33

Practice: Healing Your Relationship with Your Body

We're going to do an open-eye meditation. Please read through the instructions once or twice and then do it from memory as best you can.

Take off all your clothes and sit or stand comfortably in front of a mirror with your hands relaxed and resting by your sides. Take several deep breaths, relaxing your entire body as your lungs expand and release, expand and release. Do a full body check for any tension you may be holding, beginning at the top of your head and moving down through the bottom of your feet.

Now start with the top of your head. Notice any judgments you have about your hair or the size and shape of your head. For each judgment you find, talk to the part of your body that you have been judging.

Take the following three steps with each and every judgment you find:

1. Ask that part of your body to please forgive you for being so harsh and unloving toward it.
2. Consider something you can truly appreciate about that part of your body.
3. Thank that part of your body for something and mean it in your heart.

Here's an example.

Judgment: "I hate how frizzy my hair is." Step 1. "Please forgive me, hair, for telling you over and over how ugly you are." Step 2. "I really appreciate how curly you are. I also like your color and texture." Step 3. "Thank you, hair, for being so full and wild when it rains."

Go through your entire body, doing this process with each judgment you find. For those parts of your body you have no negative judgments about, simply do Steps 2 and 3.

NOTE: If you have a particularly critical and fractured relationship to your body, you might wish to do this meditation on a regular basis until all judgments are neutralized and appreciation is restored.

Bonus: Practice in Action

Watch the judgments you make today about your physical appearance. Each time you notice yourself being critical toward yourself, for any perceived physical flaw, silently take Steps 1 through 3 within yourself.

Calling in "The One" Practices

Lesson 34

Practice: Sexual Clearing and Visioning

Take out your journal. We are going to begin with a meditation. Read it at least twice, then do it as best you can from memory.

Get Still. Sit comfortably, close your eyes, and take a deep breath, as though you could breathe all the way down into your hips, genitals, and thighs. Become aware of all of the feelings and sensations in your body. Notice where you're holding any tension and let it go.

Exhale Release/Inhale Reclaim. On each exhale, breathe out any energies of former lovers (or anyone with whom you've had a sexual encounter) that you've been holding on to with regret or sorrow. Release any shame, hurt, or anger that you've been holding in your second chakra (your genitals and lower belly). With each inhale, reclaim your wholeness and power, retrieving any portions of your body, heart, or soul that you either gave away or feel was taken from you. Continue to breathe this way until you feel clear and free in your second chakra, or until you feel ready to proceed. Give yourself as much time as you need.

Call in the Soul of Your Partner-to-Be. When you're ready, call the lover of your future into your meditation. Imagine them before you, lovingly gazing into your eyes and allow yourself to feel safe and loved. Feel your heart open in response to their love. Lovingly offer your body to this person as a home and a sacred resting place. Feel them receive this offering as they, in turn, offer their body up to you with the same level of love and devotion. Begin to imagine what the touch of your beloved will feel like. Imagine what it feels like for them to stroke your hair and your face gently. Feel your beloved kiss your neck, your chest, your belly, your inner thighs. Now allow yourself to touch and kiss your beloved in the same way back. As you do this, feel the intense love and attraction that exists between you. Notice that you feel very safe with this person. There is a sense of complete trust and surrender that is both natural and joyful.

When you are ready, open your eyes and write about this sensual, loving relationship from the perspective of how it feels to actually *have* it. What is the experience of being held and loved by someone you trust, and who turns you on?

Bonus: Practice in Action

Allow yourself to have a highly sensual day today—dress in sensual clothes, wear a sensual scent, move in sensual ways, eat sensual food, make sensual art, listen to sensual music, write sensual poetry, etc. All day, continue to express and enjoy your own sensual energy.

Calling in "The One" Practices

Lesson 35

Practice: Be Still

Spend five to fifteen minutes this morning sitting in stillness. No TV, no journal, no book, no phone calls, emails, or texts, no social media, no activity. Just be still.

Begin now.

Then take out your journal and write about that experience.

Spend three to five minutes each day in stillness and solitude, if you can manage it.

Bonus: Practice in Action

Schedule time in your busy life for a "down hour" or a "down morning" or a "down day" this week. Any amount of time you can commit to will be fine. Just make a date with yourself to go within and spend some time with your most intimate of companions —yourself.

Calling in "The One" Practices

Lesson 36

Practice: Being Generous with Your Love

Take out your journal. Write on the following question:

Who in my life am I making wrong?

Now choose a person from your list and write on the following question:

What is _____ wrong about?

(person's name)

Once you've gotten it all out, now turn your attention to yourself by asking:

How has my certainty about this caused me to withhold my love?

For example, am I punishing? Shaming? Have I closed my heart to punish this person?

Now switch hats and pretend that you *are* this person. Completely surrender yourself to standing in their shoes and try on their point of view. Don't worry. You're not giving in. You're simply stretching to see the situation from a more holistic perspective. In this exercise, you might just discover that, as philosopher Ken Wilber[RS2] suggests, "Everybody's right about something," and that there's room for more than one perspective.

Complete the following sentence stems as though you actually *were* this person. Write for several minutes, exploring various reasons why, from their perspective, they might actually have a point.

I am right because:

What _____ doesn't understand about me is:
(your name)

Now come back to being you again, and answer the following question:

Understanding their perspective (which doesn't mean I agree with it, *per se*), how can I now choose to be more generous with them for the sake of our relationship?

Bonus: Practice in Action

Take at least one generous action today. This could include, but does not have to, telling the person what you wrote about this morning, that you understand their point of view. Other generous actions might be apologizing to someone,

forgiving someone, giving up being right in the midst of a conversation, or simply choosing to focus on the good in them. This letting go of your judgments is not a begrudging resignation. It is a deliberate act of enlargement on your part. If you've truly been generous, you won't have a feeling of self-righteousness or superiority, but rather, you will feel as though your soul has expanded and grown larger. This is you being the biggest person you are capable of being. Go ahead and stretch yourself.

Calling in "The One" Practices

Lesson 37

Practice: Cultivating Unconditional Happiness

Take out your journal and write on the following question. Begin each sentence with "I must have . . .":

What do I think I absolutely *must* have in order to be happy?

Now go back and circle those things you can see that you are attached to having. (*Hint: Whatever makes you angry, depressed, or upset to think of *not* having is probably something that you are attached to having.*)

One by one, go through each thing you've circled and say this prayer:

Dear God/Higher Power/Universe/Life:

I believe I must have _____ to be happy. However, I am willing to release this attachment now, knowing that my life is good and beautiful exactly as it is, with or without this blessing. I accept that it is possible for me to have a sense of joy, with or without _____, and I fully surrender myself to what is currently so in my life today. Thank you for all that I do have in my life today. Amen.

Do this with everything on your list.

Bonus: Practice in Action

Practice unconditional acceptance of your life today just as it is, and make a conscious choice to be happy whenever possible. Every time you feel yourself frustrated, disappointed, and restless today, give thanks for your life, exactly as it is and exactly as it is not. Affirm the goodness of your life whether or not you are getting what you want at any given moment.

Calling in "The One" Practices

Lesson 38

Practice: Letting Go of Blame

Take out your journal. Answer the following questions:

Who am I making wrong and for what? (For example, *my best friend for not considering how her behavior is impacting me.*)

Now choose one person on this list and answer the following:

What old belief about others may be coloring my perception of what's happening between us? (For example, *I'm assuming that others don't care about me.*)

What might also be true, or what might be even more true than this belief? (For example, *Someone might care about my feelings and needs if I had the courage to share them clearly.*)

Seeing this clearly, what is my part in this situation? (For example, *When I don't share my feelings and needs and assume someone should just know them, that I set people up to disappoint me.*)

How could I begin showing up in ways that might foster well-being in this situation? (For example, *Take the risk to begin sharing my feelings and needs more authentically.*)

What could I accept about this situation that would help me give up blaming and shaming? (For example, *Others cannot read my mind and it's my job to broadcast what I need and what I feel.*)

What can I appreciate about this situation? (For example, *My friend actually loves me and wants to take care of my feelings and needs.*)

Bonus: Practice in Action

Your task is to take the charge off "being wrong" today by admitting to yourself and others your culpability in each challenging situation. You can do so without making it into a big deal. Just freely admit your responsibility in a situation to a family member, co-worker, friend, or acquaintance. You may need to apologize, offer to do something to rectify the situation, or ask someone what they need from you to make the situation right. If so, offer to do this, but do *not* beat yourself up or allow yourself to be shamed in any way.

Practice being 100 percent responsible for everything that happens to you today, without being overly responsible for the bad behavior of others. (If you have this tendency, then even see being overly responsible for the bad behavior of others as something to be responsible for!) Examine your role in all situations as intensely as

you would ordinarily examine the role that others are playing.

Before bed tonight, write about what it was like for you to freely admit your mistakes and flaws to others and your experience of being 100 percent responsible for all that happened to you today.

Calling in "The One" Practices

Lesson 39

Practice: Creating Generative Questions

Think about a situation or two in your life that disturbs or baffles you in some way. I now invite you to take out your journal and write down three questions for each one of these situations. Write open-ended questions that will help you deeply examine the issues that these problems represent. For example, "What can I let go of here that might generate greater love between myself and others?" or "What am I not yet seeing about the power I have to positively impact this situation?" or "What can I learn from this experience that will help me become a more loving person?"

After you've written your questions, take a few minutes to journal on each of them.

Bonus: Practice in Action

Today, I invite you to take an action to apply the wisdom you accessed in responding to the generative questions that you created. Allow the inquiry you engaged this morning to become a guiding light on how you show up today by being willing to apply what you learned.

Lesson 40

Practice: Noticing What You're Listening For

Today I invite you to consider the possibility that when others speak to you, you are bringing covert agendas to the way you listen. By doing this, you are drastically diminishing the quality of your relationships and preventing others from bringing profound gifts of love and service to you. Go through the list below and identify those things that you think might be going on for you when you are attempting to listen:

I'm judging the speaker.

I'm judging myself.

I'm thinking of how I should respond.

I'm trying to make a good impression.

I'm fixated on forcing a particular outcome.

I'm on the defense.

I'm making the speaker wrong.

I'm making myself wrong.

I'm gaining evidence for how I'm right.

I'm busy trying to protect myself.

I'm self-conscious about how I look.

I'm trying to control the conversation to go a certain way.

I'm trying to fix a perceived problem.

Using the above list as a reference point, write in your journal for several minutes on the following question:

What is going on within me when I am listening to others?

Bonus: Practice in Action

Today, have at least one conversation where you consciously choose to slow down and give your complete and undivided attention to another person. Notice if you have any covert, personal agendas when that person is speaking to you. If you discover a covert agenda, try letting it go and simply bring yourself back to being present with the person who is speaking.

Go out of your way today to connect with those around you and look to discover the gift of each interaction.

Calling in "The One" Practices

Lesson 41

Practice: Clearing Your Communication Blocks

Take out your journal and write on the following questions. Don't censor yourself. Just write whatever comes to mind when you read the question.

What's upsetting me that I've not yet expressed to the person I'm upset with?

What is this costing me and/or our relationship?

How might I share this upset and in a way that could allow our connection to deepen?

What vulnerabilities have I been withholding, and from whom?

What is this costing me and/or our relationship?

How might I share my vulnerabilities more authentically and in a way that could allow our connection to deepen?

What complaints have I been making lately about someone who matters to me?

What is this costing me and/or our relationship?

What request could I make of this person instead and in a way that could allow our connection to deepen?

Where have I been failing to ask for what I want and need from another?

What is this costing me and/or our relationship?

How might I share what I want or need more directly, and in a way that could allow our connection to deepen?

Bonus: Practice in Action

Do at least one thing today that either (1) reveals your true feelings to someone that you've been hiding or withholding from, (2) transforms a complaint into a request, or (3) has you let go of magical thinking where you are hoping that someone can read your mind, and instead, ask more directly for what you want or need.

Lesson 42

Practice: Identifying New Ways of Showing Up with Others

Take out your journal and write on the following:

- 1. Review Your False Love Identity.** Write down that erroneous belief you formed about yourself as it relates to love. For example, *I am alone, I am invisible, I am not good enough, I am not wanted.*
- 2. Name Your Belief About Others.** Your belief about yourself also has a corresponding belief about your relationship with others. For example, *I'm alone and everyone always leaves me, or I am invisible and no one cares about me, or I'm not good enough and others are better than me, or I'm not wanted and everyone will always reject me.*
- 3. Identify How You Show Up from That False Belief.** Become conscious of how you then show up with others inside of this assumption. For example, *Inside of a belief that others will always leave me, I avoid conflict like the plague or I always leave them first. Or inside of a belief that others don't care about me, I don't ever share my feelings or needs with them. Or inside of a belief that others are better than me, I underpresent myself and overgive to try to prove my value. Or inside of assuming others will always reject me, I try too hard or I end up rejecting them first.*
- 4. Identify the New Ways of Relating from Power Center.** Standing in the truth, in what new ways could you begin to show up with others that could generate a different experience? For example, *I could engage conflict in a healthy way to give our relationship a chance to deepen. Or I could share my feelings to give people a chance to show they care about me. Or I could give a little and wait to see if someone is able to reciprocate before I give again. Or I could contain my energy more to give someone a chance to come toward me.*

Bonus: Practice in Action

Take a risk today to show up differently with others. Look for the opportunity to make a new choice and/or take a new action. Be grateful if your old pattern shows up, and see it as an opportunity to finally graduate.

Lesson 43

Practice: Watching for Synchronicities and Signs

You'll want to increase your experience of synchronicities and signs that validate you're moving in the right direction. The way to grow anything is to place your attention on it. Therefore, I suggest you begin documenting the synchronicities and signs you're receiving each day in your journal.

You can begin by making a list today of all of the synchronicities and signs you've received on your journey thus far.

For example,

1. Meeting my friend who told me she had just read *Calling in "The One"* right after I made the decision that I was now ready for a relationship.
2. Going to the bookstore right after seeing her and finding the book on the shelf right next to one I'd gone into the store to get.
3. As soon as I started this process, my former boyfriend from three years ago calling out of the blue to apologize for treating me badly.

Bonus: Practice in Action

Do at least one thing today that enhances the experience of enchantment and magic in your life. For example, do something ordinary with extraordinary kindness and mindful attentiveness, or allow yourself to become enraptured by a beautiful sunset, or spend some time lovingly tending to an animal.

Calling in "The One" Practices

Lesson 44

Practice: Identifying Love in Action

Take out your journal.

First, write a list of four or five qualities that you believe define love. For example, patience, empathy, kindness, or compassion.

Second, write down three situations in your life that are irritating to you. For example, I'm irritated that I'm being passed over for a promotion at work.

Next, write down the names of those directly involved in these situations. Next to their name, write down what your judgments of them are. For example, *Bettie: for brownnosing the boss, being manipulative and greedy by taking a position that should have been mine.*

Finally, write a response to the question:

What would love (or any other quality you listed such as compassion or kindness) do now?

Write on this question for each of these three situations. For example, I would acknowledge that Bettie has worked harder than I have these past few weeks and that I took an extended vacation at a crucial time, even though I knew it would cost me. Love would congratulate Bettie for her accomplishment, and offer my support of her new position. Love would see my envy as evidence that I too wish to advance in my career. Love would (1) begin to take actions consistent with that desire, such as get to work on time each day, (2) go out of my way to go above and beyond what is expected of me, and (3) let my superiors know that I am committed to advancing as well and ask for their guidance and support.

Bonus: Practice in Action

As you go through your day, each time you notice yourself irritated or upset, ask yourself:

What would love (or any other quality you listed such as compassion or kindness) do now?

Allow yourself to choose love over pettiness throughout the day. Stretch yourself to become the most loving version of yourself possible by doing that which you believe love would do in any given moment.

Calling in "The One" Practices

Lesson 45

Practice: Being Present and Available to Love Meditation

Many of us are guarded with others. In trying to protect ourselves from the possibility of being hurt, we've put up walls. We painstakingly present ourselves in carefully measured ways meant to impress or influence others to see us in the ways we wish to be seen. Yet these masked ways of relating are only organic when we are somatically centered in a false self, such as "I'm not good enough," "I'm alone," or "I'm not lovable."

Today, I invite you to connect with others from the deeper truth of your own inherent worthiness and power. What might emerge is a true availability to connect with others outside of ego—yours and theirs.

Read the following meditation through two times, and then do it with eyes closed, as best you can from memory.

Connect with Your Power Center.

Before relating to anyone else today, take some time to cultivate a conscious connection with the "true you." The part of you that is not your body, your story, or even your accomplishments. Drop down deeper and wider to locate the truth of your inherent worthiness, power, goodness, intelligence, and belonging. Experience yourself as you imagine the Universe experiences you, through the eyes of unwavering love, gratitude, joy, and grace.

Imagine Your Boundaries as Strong Yet Fluid.

Staying anchored in this larger perspective of who you are, imagine drawing a solid, strong, yet fluid, clear, and unbreakable bubble of light around yourself. See this bubble of light as a safe and happy place to be. Notice that the bubble is resilient and sturdy, yet also adaptable and flexible. Notice that you are the one in charge of your bubble, and that it does whatever is needed to keep you healthy, well, and safe.

Imagine Others Honoring Your Boundaries.

Allow yourself to imagine that others whom you care about, and want to be close to, are able to stand before you. One by one, imagine each person standing on the outside of your strong yet fluid bubble boundary. See that each of these people also has a strong yet fluid boundary bubble around themselves, too.

See yourself drawing each person in, one at a time, to be closer to you. Notice your bubble boundaries gracefully pulling inward to accommodate your desire to be closer to each other.

Now imagine expanding your bubble boundaries outward for one of you to say no, set a limit, tell a truth that may disappoint the other, or simply to bring your

attention back home to yourselves.

Imagine you both graciously going with the flow and accommodating whatever one of you needs or desires, knowing you are both safe to take care of yourselves – without fear of losing your connection, or of having the boundaries between you disappear.

Imagine Being Deeply Connected with Others from a Foundation of Being Connected Yourself.

In your mind's eye, practice this experience of being deeply connected with others from a foundation of being deeply connected to, and honoring of, yourselves. Feel a beautiful "we" space between you growing, as you make yourself available to simply be present and connect from a place of health and well-being within.

This is what it feels like to have healthy boundaries that can replace any walls that may be keeping love at bay. As you go through your day today, try taking this meditation with you. As you do, simply hold space for greater connection, clarity, and care to naturally emerge between yourself and others in organic and healthy ways.

Bonus: Practice in Action

Become a student of happy, healthy love by finding a resource to start studying what relationships look like when they are healthy and well. There are a wealth of resources available to you both online and in bookstores. Buy a book, watch a video, or sign up for a weekend workshop. Get moving on making relationship your happy, safe space.

Calling in "The One" Practices

Lesson 46

Practice: Channeling Anger for Good

Take out your journal.

Who Are You Angry With?

Write a list of three to five people you feel angry with or resentful toward and why. You may include yourself on this list.

Identify Empowered Actions in Response to Anger.

Now, one person at a time, go through the following questions:

What boundary violation and/or loss of personal safety did you suffer that is causing you to feel angry? If it was someone else who violated your boundaries, how might you have allowed or even colluded with their bad behavior?

What action is your anger wanting you to take to restore balance, well-being, and integrity to this situation?

What amends will you now commit to making moving forward?

Notice Who You're Now Ready to Forgive, if Anyone.

Now that you've learned your lessons and resolved to make much-needed change, whom can you forgive and for what?

Bonus: Practice in Action

Take at least one action today that firmly establishes your boundaries and/or restores personal safety to your life.

As a result of taking this action, if forgiveness is now an option, then forgive someone you've been holding resentment toward.

Lesson 47

Practice: Write a More Rigorous Gratitude List

Take out your journal. In journal style, write five full pages of things that you are grateful for. Stretch to look for the silver linings. Look to be grateful for the ways you are growing, for the lessons you're learning, for the wisdom you've gained. Be rigorous. While five pages may seem like a lot to ask, the ability to shift your mindset from one of "lack" to one of "abundance" is worth the time and effort.

Bonus: Practice in Action

Today, I invite you to take on the practice of being grateful for everything exactly as it is, and exactly as it is not. Throughout the day, regardless of whether or not you like what's happening, say a prayer of thanks that things are just the way they are.

At least once today, express your gratitude to someone. Tell this person exactly why you are grateful for their presence in your life. Be very specific. *For example, "I always feel like I can talk to you without being judged," "You always try your best to take my complaints seriously," "You inspire me to be a better person."*

Lesson 48

Practice: Making Empowered Meaning of Disappointments

To be unstoppable on your journey to the fulfillment of love, please engage the following exercise to help you make empowered meaning of any disappointments, obstacles, setbacks, and delays you might experience along the way.

To practice, think of a recent disappointment you experienced, and allow yourself to connect with the emotions associated with what happened.

1. Become Aware of Where You Feel the Emotions of the Disappointment in Your Body.

Notice where you are feeling the emotions about the disappointment in your body. From a deeper, wider center within you, extend a sense of presence and support to the part of you experiencing those emotions. Welcome the difficult feelings in, naming them one at a time. *For example, I can see I'm feel sad, frightened, angry, hurt, dismayed, resigned, rejected, etc.*

2. Notice the Automatic Meaning You Are Making of the Disappointment.

Notice the automatic interpretation you are making of the situation. What is the "I am/I am not" story present? Or the automatic old belief about your relationship with others, or about your relationship with Life that is being triggered? *For example, I am not wanted, I am alone, No one cares about me, Life doesn't support me, I can never have what I want, etc.*

3. Notice How Old This Part of You Is. How old is the part of you that is inside of that meaning?

4. Connect with a Deeper, Wider Center Within. Open your eyes and shake it out. Take a deep breath and consciously connect with a deeper, wider center within you that is outside of the emotions you are feeling and able to see your situation from a larger perspective. Anchor into the part of you able to access a deeper truth. The part of you that is aware of your worthiness, resilience, strength, power, value, and resourcefulness. From this center, extend a sense of care and support to the part of you feeling the emotions associated with your disappointment.

5. Lovingly Tell Yourself What's Really True. Kindly but firmly remind yourself of the intention that you've set, and help yourself see why this breakdown might actually be a good thing. Identify the opportunity for growth inherent in the disappointment. *For example, This is a great opportunity to speak my truth, even if others don't want to hear it. Or this is a wonderful chance to love myself even when someone else is not loving me in the ways I'd hoped for.*

See if you can make more empowered meaning of the disappointment, reassuring yourself that you are on the right path. Help yourself remember that everyone experiences disappointments, setbacks, and delays sometimes, and

that these experiences are a natural part of a life well lived.

6. Create a Power Statement About the Disappointment. Create a Power Statement that helps you make empowered meaning of the disappointment and which deconstructs any false beliefs that are being triggered in this experience. *For example, "All that's happening is I'm being given the chance to make a different choice and finally do right by myself." Or, "Life is protecting me by revealing who others really are, and what their motivations have been, so I can make wise and informed choices about how much of myself to invest in our relationship."*

Bonus: Practice in Action

At some point today, take a risk that is based upon the empowering meaning you are making of a difficult situation. *For example, in response to someone demonstrating a lack of commitment to you, cancel an obligation you've made to them that would, in fact, be overgiving. Or in response to someone not asking you out, pick up the phone and call them to ask them out.* Remind yourself you've nothing to lose. Even if someone doesn't respond in the way you'd hoped they would, you will have stood for yourself and the future you're committed to creating. And that's a win, no matter what.

Calling in "The One" Practices

Lesson 49

Practice: Making Your List

Okay, **now** it's time to make "The List."

Take out your journal. Write down those qualities that you are looking for in a life partner. Do this now.

When you are finished, read through your list. Narrow it down to your top five qualities by circling those things that are the most important to you. These are your top five essentials. The qualities this person *must* have for you to move forward. Do this now.

Next, close your eyes and put your hand over your heart. Promise yourself to only pursue those who appear to have these qualities, and to refrain from dating those who don't.

Now go through your list again. For each of your top five essential qualities, I invite you to make a promise to yourself to do your best to develop and cultivate these qualities within yourself. For example, "Spiritual" becomes "I promise to prioritize my spiritual growth each and every day." "Has a sense of humor" might become "I promise to see the humor in every situation, to learn to poke fun at myself, and to have fun each and every day." "Intelligent" might become "I promise to be an avid reader and a lifelong learner and do all that I can to develop my mind each and every day".

Bonus: Practice in Action

Create a Power Statement that you can memorize and which affirms your ability to attract your beloved into your life. Read through the following Power Statements to see if any of these resonate for you as true. Feel free to create one of your own.

Thank you, Universe, for bringing me a great and lasting love.

I am worthy of the love that I am calling into my life.

I have the power to learn how to keep love safe and I open to receive happy, healthy love now.

I open my heart to give and receive love, and I breathe the love of my beloved into my heart now.

I know my beloved is on their way to me right now. Thank you, thank you, thank you.

I am grateful that Life is right now in motion to magically, joyfully bring my beloved and me together. Allow this Power Statement to become your mantra,

speaking it to yourself over and over again and writing it often in your journal. Allow yourself to feel the joy and gratitude for the anticipated arrival of your beloved each time you recite your Power Statement. When in doubt, discouragement, or fear, return again to your Power Statement. Let it become the sacred song of your heart and soul. Sing it often and sing it loud.

And I join with you now, holding the high watch with you and for you, knowing that as you have asked, so shall you be answered.