

Little YOU Process

Here are some examples that may trigger Little You to help us go through this exercise most effectively...

...*Let's*
SAY ...

1. You're wanting to approach someone to get their phone number...
2. You want to ask your partner to do something a little risqué with you...
3. You want someone to know you're interested in being more than friends...



4. You look in the mirror at your naked body...
5. You're dating and it's time to handle the bill...
6. It's time to talk about the taxes with your partner...
7. They didn't text/call when they said they would...
8. They suggest sushi, you're vegan but don't want to hurt their feelings...

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9. You're having sex, you reach under the pillow and find a vibrator...
10. You want to bring toys, porn, BDSM, fantasies or a 3rd party into the bedroom...
11. You're out with your lover and they totally check out this attractive person...
12. You are at a party and everyone's talking to someone you deem far more successful than you while you're standing alone...



Something stirring? Good. Nothing? Okay, let's say you're blind-sided by zero sales this month, a huge tax bill, a lump in your breast. You literally walking in on your partner making out with someone. You get fired out of the blue right after you just bought a new house. Your kid is arrested for selling drugs. Intense enough? Good.

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Little You Process:

1. Find the area of your body that is nervous, constricted, anxious, and feels sick to your stomach.
2. Get really, really small with me and we're going to fly into the core epicenter of the darkness.
3. Imagine at the core there is a little door. We go inside. There are two little chairs. We sit down. Across the room our eyes adjust and it's the *Little YOU* who is afraid, sad, or ashamed.

... LET *little* YOU *know*
YOU HEAR *them* ...

4. Together with *Little You*, as a way to honor, acknowledge, validate and support *Little You*, begin to breathe. Feel the authentic feelings *Little You* is having about this situation.
5. Imagine saying to *Little You* that you're sorry it's taken this long for you to come. You didn't know that going off and being busy, positive, perfect, creating solutions, order, rightness, was only making him or her feel more alone, more abandoned, more wrong.
6. Let *Little You* know you hear them. They have every right to feel this way. Anybody who had this happen to them would feel this way. You



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get it. You understand. You're not going to try to fix them or change them anymore. They don't need to change for you to be here and love them.

7. Let *Little You* know that you're going to practice unconditional love now. Which means love without condition. Which means even if they are sad, mad, scared, ashamed, insecure, feeling not enough, they don't have to change for you to love them. You love them now. Forever. For eternity. No matter what. Exactly as they are.



8. Clearly you have to MEAN IT. You love *Little You* forever. Whether they get the girl, get the guy, lose the 40 pounds, get out of debt, get the promotion, have life look the way they desire or not. I've created a whole 30-45 minute healing process to take you through. Normally I only take private clients through this process, yet in the 7 Week Course I'll be inviting you to, you'll be able to experience the full benefits too. Yet for now, really imagine picking up *Little You*. Give them a much needed hug of compassion, understanding, acknowledgment, unconditional love and non-judgment that they deserve.



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9. What you will notice is that when *Little You* REALLY believes you, you will feel calm. When you feel calm, your body is actually no longer reacting out of fight or flight or freeze. So that means cortisol is no longer surging through your body. That means you have access again to your brain's intelligence. Your creative centers, your intuition, your body; they are open to the Universe moving in you. As you, through you, so you have discernment, awareness, knowing. Which means you feel confident, centered, capable of handling anything. You're able to speak your truth. You're able to receive your worth.

10. And if that's still hard, go back to step 1 and repeat. Join me in the upcoming 7 Week Course based on my next book. Give yourself a break that *Little You* may have been alone in a dark closet, only having you judge them, or hit them with a 2x4 for 10, 20, 30, 40 years. This may take some time. But it won't take long. I can say from 17 years of experience that even just ONE 60 minute private session with me has transformed people's lives. From insecure and afraid to safe, secure, appreciated and HOME. This is my gift, my genius. This is your birthright.

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Q: What did you learn, discover and experience? What did your *Little You* say?

You CAN do this!

And I have your back.

Huge love,

Allana

XOXO

