

## CHAPTER ONE

# REVEALING

## WHAT KEEPS US STUCK

*“The only way to consciously deactivate a thought is to activate another. In other words, the only way to deliberately withdraw your attention from one thought is to give your attention to another.”*

~ Esther Hicks

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**Most of us haven't been taught how to change  
our negative cellular memories and subconscious beliefs  
so we literally create even more of what we don't want.**

**The good news is we can heal emotional triggers  
and reprogram our sabotaging patterns. Let's begin.**

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I wrote part of this book while in Costa Rica when it was pouring rain. There I sat in the lobby and it was POUUUUUUURING. You could barely hear yourself think, the thunder was so loud! Thick sheets of rain were falling non stop. Thank God that was the first day and not the fourth or fifth. I *really* wanted to be both zip lining and to see a sloth up close while in Costa Rica that time, and the great news is that in the days that followed, I did! I enjoyed 2-for-2, baby! Thank you, Universe!

My pole dancing paid off and I hung upside down, gliding over lush jungle for over 1000 yards on a zip line, squealing with delight alongside my son and a family of five from Dallas. I was moved to tears by how close we were to a precious sloth. It moved like a Tai Chi master down the tree trunk. I swear it looked right in my eyes somehow sensing how much I loved it. Exquisite.

I needed a little extra coffee on my writing morning, as the night before I'd been awakened at 3:38 a.m. by four raccoons in our room, who had made it in through a locked balcony door, a locked bar (yup, they unlocked the key), AND opened the damned fridge! They were chowing down on plantain chips, peanuts and my precious Cliff Bars. I tried to get rid of them saying "SHOOO!" They could give a fuck. Didn't budge.

(I don't know if you have been in my community for a while and read my newsletter story from four years ago, about the two raccoons that got into our house in Altadena, and me naked screaming "Shooo!" while swinging a ukulele, at about the same unGodly hour of the night.)

Back to Costa Rica, where my son Gabe was abruptly woken up, seeing his Protectress-Mom, naked, screaming profanities, using an umbrella like a fireplace bellow. Sweet boy has barely recovered, ;-).

Something else magical happened to me on that trip. Something beyond predators and Tarzan/Jane adventures. I began releasing some hidden subconscious programming that was running me and I didn't even realize it:

the need to accomplish, to achieve, to 'get there', to 'make it'.

I thought I was just optimistic. Driven. Productive. A go-getter.

Nope.

Have you ever been spinning so fast, getting shit done, trying to make a difference, trying to have a good attitude yet if you slowed down ... if you disconnected from the rat race and got yourself into Nature for a few days ... you begin to FEEL what's been under the surface the whole time? You begin to feel the fear, the racing, the terror that you'll run out of money if you slow down, fear the the Universe really doesn't have your back if you relax, doubt that you're really worthy or good enough, shame that you're going to Hell because you enjoy sex, pleasure and kinky fantasies?

I began recognizing that I was terrified to fail, I didn't trust of the Universe, I was chasing my tail afraid to run out of money, pretending I was positive when it was all sprinkles on the top of the ice cream cone of shit, addicted to accomplishment for my worth so that I'll be loved, safe, worthy.

I figured out that I hadn't really grown much ... I'd just

transferred my neediness from finding ‘The One’ in a man, to finding ‘The One’ in my achievements, so that I’d be good enough.

All these awarenesses came pouring in after the raccoon adventure in the middle of the Costa Rican night, so I popped open a local beer, (pissed the raccoons had eaten the plantain chips) and decided to do some clearing and processing.

I compassionately admitted that I was literally too fucking tired to keep punishing myself, hustling, pushing myself, resisting the moment, judging myself, my life and my accomplishments as never good enough.

Doesn’t it seem so much sexier to be present in THIS moment, and to consider this moment the fulfillment of every dream, every striving, every achievement ... and the next and the next and the next? Doesn’t it make more sense to celebrate the journey and allow THIS moment to be oozing with enough’ness, to BE it ALL rather than waiting to live? Waiting to exhale? Waiting to be enough?

Okay, logistically, this was a business trip where I was working ON the business, videos, my book etc.

But here’s the truth. I’d rather LET GO of all the striving to be more successful and just BE enough, BE whole, BE peaceful, BE love, BE fulfilled and BE home as me. I asked myself...

- What if I’ve already arrived?
- What if this is it?
- What if I’m single forever?
- What if I’m never on Super Soul Sunday?
- What if I never have a best seller?
- What if I can never get my butt to stop jiggling?
- What if my ex never stops coming after me for child support?

- What if I could love myself now like this, in totality, forever?
- What if I could lovingly embrace every molecule of me NOW even if I never changed?
- What if I no matter what happened or didn't happen, I could love and accept myself?

How about you, love?

- What if you've already arrived, and you choose to love and accept yourself?
- What if this moment is the moment you've been waiting for, and you choose to love and accept yourself?
- What if you're single forever and choose to love and accept yourself?
- What if you meet your ideal partner tonight, and choose to love and accept yourself?
- What if your ex or your current partner still annoys you from time to time, yet you still choose to love and accept yourself?
- What if you can never get your butt to stop jiggling either, and you love and accept yourself?
- What if you could embrace yourself now like this, exactly as you are and choose to love and accept yourself?

Initially kind of sobering, isn't it?

- What if peace, joy and love aren't found through more and more achievement?
- What if happiness is a choice to BE and receive in this moment?

- What if we could make love with this moment, always?
- What if this moment could make love to us, eternally?
- What if we're 'cooked' and don't need anything more to be okay right here, right now?
- What if now is the time to rest into God and the Goddess 24/7, not ten pounds or \$10,000 later?
- What if we don't need to become brilliant and beautiful, what if we already are, we've just been looking outside-in, rather than inside-out?

And so what if WE CHOOSE to love ourselves NOW like this in totality, forever?

Kind of liberating and exhilaratingly relieving. Yes?

What if all there is to do is play, contribute and writhe in luscious gratitude?

What if there is another path (other than striving) of orgasmic, tender, ever-expanding fulfillment and glorious co-creation with the Field?

What if when we fall down or make a mistake, that instead of judging ourselves and rejecting, criticizing and hitting our Little Me with a 2 x 4 and shoving her/him in the closet ... what if instead we curl up into the fetal position holding our Little Me for a good cry?

Or what if in the face of a royal fuck up, something humiliating, embarrassing or disappointing, we take a breath and instead choose humor? What if we laugh at the intensity of it all and allow it to be no big thang ... or, slap our ass and break into a snow angel? In the snow, grass, sand or even just in our mind's eye?

(As I wrote this, the rain began to DUMP down around me, as if to respond, "YES YES YES, my sweet!")

It sure feels a hell of a lot better than making myself wrong for not being married, not being a New York Times best selling author (yet), not being bigger/ better/ richer/ thinner/ happier/ more something or another.

Doesn't it?

When I rest into ME being enough, THIS being enough, LIFE being enough ... the first thing I notice is my breath gets reeeeeeeally deep.

How about yours?

There is always more of the moment to deeply savor. There are always happy tears of gratitude available to mix with luscious aching for what's possible.

Jeez, asking those questions kind of makes me wish my hot waiter who's served me breakfast each morning, would run naked with me right now with the warm rain pummeling down on our slippery bodies.

Ahem, ;-).

But, I digress.

*“Three things cannot be long hidden:  
the sun, the moon and the truth.”*

~ Buddha

## SHE SAID, HE SAID

When it comes to Becoming ‘The One’ By Shifting Worst Case Scenario Programming, sometimes we think that men and women are different, and in many ways we ARE, yet in many ways we’re NOT.

### **She Said:**

*“I have trouble finding a man who walks the walk  
and talks the talk ... I despise liars!”*

Notice first that she said she’d been burned by liars. And it probably hurt. It may also have been humiliating. It was certainly devastating because she opened her heart up and it got pummeled.

She developed the subconscious belief to protect herself, and so as not to get hurt again, that “Men are probably liars who don’t walk their talk or talk their talk. So, beware.” This conclusion contracts her awareness into fear and disconnects her from the present moment and her powerful intuition where her spidey-senses would trigger or her intuition would pipe up. She’s no longer looking for a great man ... She’s looking for NOT liars ... which of course the universe hears as, “Liars, please!” This may have begun with a high school love, ex-husband, or parents who lied, even who lied in an attempt to protect her.

Her justified anger towards whoever hurt her keeps her stuck in self-protection rather than shifting and healing these worst case scenario programs to open up to a new possibility.

On top of that, she’s probably angry at herself for not being able to tell he was a liar in the first place! The shame and judgment against herself are also keeping this program rigidly stuck in place and growing with each year she’s still single.

Over time, she may begin to not trust the Universe or Life or herself ... which compounds the disconnection and shuts her down from the present moment and her intuitive knowing,

rendering her even more terrified, skeptical and wary ... And that very vibration of skepticism will attract a man of the same vibration. Her point of view will create her reality. And Bingo! She'll find a match.

Her protective survival mechanism may be to attract emotionally unavailable men who she can leave before they leave her, who she can blame before they hurt her, who she doesn't have to fully open up to ... at the root of this, of course, is that she's emotionally unavailable to herself (as I was for so many years). Being emotionally unavailable shows up like her not knowing her worth, having her own back, and questioning if she's enough. Thus this deeply rooted low self-esteem can unknowingly attract a stream of narcissists who tell her the sun rises and sets upon her. She'll fall for it every time and then be abused, abandoned, toyed-with and driven crazy in her ever depleting self-worth. Her bottomed out self-esteem makes her easy prey for the next narcissist and the next.

Don't worry, we're going to change this ... but first let's see what he said.

**He Said:**

*"It drives me nuts guessing what women want since they always seem to expect something they don't tell you ... until it's too late."*

Notice how he said it drives him nuts trying to guess what a woman wants because they never tell you until it's too late, then they make you wrong or leave you? Clearly this man walked into a hand grenade unknowingly, trying to do his best and was made to feel he was wrong, shamed, emasculated or abandoned by a girlfriend, ex-wife or this may even go back to his mother (or his father).

He's decided that he can't figure women out until it's too late, so this contracts him in fear and disconnects him from his gut, balls and masculine instinctual knowing. It takes him out

of the present moment where he can sense a proverbial “Yes” or “No” in his body, sense subtle energy, sense her breathing, sense a tremendous amount of information that would allow him to feel confident in the adventure of connecting with a woman!

He’s already decided it’s not possible until it’s too late, so he concludes: why even try. He is at the low vibration of a victim or martyr, feeling before he even shows up that he’s failed. He’s completely disempowering his worth. Most likely his physical posture will be slouched and he may mumble or speak softly when communicating and come across as lacking confidence. This fear of not figuring women out and doing it wrong probably affects him in the bedroom as well as the boardroom. He’s blaming the woman that hurt him for setting him up to lose and not telling him how to win ... And now he’s lumped ALL women into the equation, afraid that he’ll mess up if he even engages in this inherently losing battle.

So with this point of view, all he can attract, if he even attempts to approach a woman in the first place, is a woman who has poor communication skills, withholds, plays games, manipulates or lies ... because he’s decided that’s who women are already. His point-of-view of women and relationships will be his reality every time. Underneath it all, if he slows down to get curious, sit in the fire, feel his feelings or get to know the emotional triggers that are running his life ... there may be a presupposition that he is fundamentally broken, not enough, or not worthy of love, and so resigned, he concludes, why should I even try?

## THE POWER OF QUESTIONS

On one side of this experience, it can be expansive and empowering to ask a question to change your reality. Yet when the question is framed in a worst case scenario belief or a disempowering point-of-view that presumes things will turn out badly, then a person

gets caught in a loop of despair, pain and frustration even if she or he asks a question.

**For women,** *these* questions hurt more than they help:

- How do I find a man that appreciates me for more than just sex?
- How do I find a man that won't reject me for my shadow side?
- How do I find time to date now that I'm a single parent with no support?
- How can I have my dating last longer than three months, not to mention avoid him spontaneously aborting somewhere around week three?
- How do I get my desires met without changing my man?

Can you hear how these questions are based in a conclusion of lack; based in the problems, focused on what's wrong?

I used to do this. And I just got more of what I didn't want.

**For men,** *these* questions hurt more than they help:

- How do I not get put in the friend zone again while she dates other guys?
- How do I stop talking too much when I feel so inadequate and don't want her to figure it out?
- How do I stop hating myself so I'm not looking to be completed by my relationship?
- How do I not date women who ghost me? I try to set up a date but then they disappear, and I never hear from them again.
- How do I stop giving away my power and my purpose just to be with a woman and not be alone?

Can you hear how these questions are based in a conclusion of inadequacy and loneliness, and the point-of-view of brokenness? Again, these well-intending guys are going to attract exactly what they're resisting.

I know you know this: the QUALITY of your question provides the QUALITY of your answer. (Your point-of-view creates your reality)

I remember when I was at the depth of my victim-ville with my ex, I'd ask questions like:

- Why do you keep hurting me?
- Why are you always setting me up to take advantage of me?
- Why do you keep letting me down?
- Why are your lies always believed by everyone, even the court?

Can you hear how deeply hurt I was by his actions? I was wounded, feeling hopeless, and overwhelmed by the unfairness of it all. I was living in the identity of the victim. From that place all I could do was whine about it.

It was as if I was by the side of the river in the rain having fallen out of my Queen's Chariot into the mud ... rather than honoring the sad, scared, exhausted Little Me inside, picking her up, standing her up, opening up my heart to her and to Life, breathing in a loving breath of allowance and bravely asking:

*What is it going to take to change this and get back INTO my Queen's Chariot, take the reins, slap my ass, and move forward, breasts lifted and a smile on my face, as I wipe my tears and welcome the sun to shine upon me?*

This isn't to make small the incredible things my ex did. But at some point if we desire to change our reality, we have to let go of lower vibrational identities such as victim or martyr, and start

asking questions that will get us OUT of the ditch and back on the road to our dreams as the King or Queen we are designed to be. (And as those of you who read my newsletter know, I did NOT do this alone. I am a coach who walks her talk. I hired coaches, mentors and guides.)

A potent proven KEY to this is in Chapter 2 and 3, so read on my amazing friend ...

For now ...

take a deep cleansing breath with me.

Together, let's acknowledge any victim identity that's been running the show. Let's acknowledge the goal of our victim ... to be saved. To get attention. To bypass responsibility. To blame others. To stay stuck. Just for ten seconds, accomplish the goal of your victim in your mind's eye. That's right. Just let this identity win. Give it what it wants in your imagination. Let Big You save Little You. Let Big You protect Little You. Let Big You accept Little You. End the resistance. Drop into allowance. Just be there. Breathe. Stop trying to fix this part of you. Just hold this part of you and give them a much needed hug.

When you sense this part of you is grateful that you're no longer judging them, rejecting them, trying to change them, when this part of you gets that you're on the same team going in the same direction, in alignment with your relationship goals, hold them tight in your arms while you decide to destroy, dissolve, let go of, uncreate, melt away the cellular memories, thoughts, feelings, emotions, images, body sensations in your conscious or subconscious inner screen of your heart that keep you creating even more of what you don't want, that keep you asking ineffective questions, that keep you feeling like the Universe isn't listening, when that's not the case at all.

Keep exhaling and letting go big time, my friend ... see them all falling away like scaffolding around you. See them falling out of the hundred trillion cells of your beautiful body with the

ease of gravity. Exhale several more times releasing it all into the nothingness from which it came. Feel the feeling of gratitude for all you've learned, how you've grown, appreciative of making a new choice, thankful for the journey that brought you to this perfect moment.

You are free.

## A PRACTICAL RITUAL FOR YOUR LIFE

*“Genius.*

*It is just attention to something specific.*

*That's all it is.*

*Law of Attraction makes it happen,*

*and so anyone who gives attention*

*to any subject for a period of time*

*will evolve in the direction of that understanding.”*

- Abraham Hicks

What we believe is real. Our point-of-view creates a reality. The images in our mind, the thoughts that we think, the emotions that we experience and the body sensations that we feel ... are the reality we create. Thus re-writing your story really works. Creating a new narrative really works. Composing your reality is where it's at when you're willing to stop finding 'The One' and instead become 'The One' who is brilliant and beautiful.

And so is this simple, practical, yet powerful ritual I recommend, that won't take any more time than you already spend during your shower time, :-). (No, not self-pleasuring, although that sounds awesome and please continue if you already do!) It's using your shower time to Vision not just the relationship you desire to create and have, but six months to a year AFTER that.

Choose an event like your one year anniversary or your beloved throwing you a birthday party, or maybe if you're not looking to settle down ... see your calendar full of dates with wonderful people ... or see your marriage reconnected, nourishing sex, children thriving, each of you kicking ass in your purpose ... some event in the future that confirms your desire came true six to twelve months ago.

Now, we're going to make it a movie, and it begins by you literally speaking to somebody at an event six to twelve months AFTER you've created your relationship desire. What would you be saying? Literally, have the movie be you looking out your own eyes talking to someone saying those words, hearing you say the words. Hear your voice. Got it?

Then add feeling tons of love and joy and gratitude and aliveness as you talk to this special someone six to twelve months in the future AFTER you've created your relationship dream.

Lastly get your body into it ... feel energy, lightness, enthusiasm surging through your veins ... yum.

And then after your initial conversation, the movie pans back to the past, showing how your relationship desire came true. All the miraculous details ... don't worry about getting it right ... just compose and create and have fun! Really feel the feelings of delicious fulfillment and hear that incredibly emotional movie musical score ... let the vibration tantalize the cells in your body, tickle your heart, adore every pore on your skin ... then bring the movie back to the present moment, to that conversation again ... and feel the feelings of it already being done, total fulfillment, expansive joy, huge exhale and massive gratitude that your desires have actualized.

Done. Complete. Accomplished. Achieved. Goal realized. Ahhh....

Then let it go.

Attachment ruins it. Making it too important or significant literally pushes it away. Just enjoy and let go. Get on with life.

I recommend doing this movie visualization daily. xox

*“Remember that your imagination is yours and yours alone.  
You have the inborn capacity to use it in any way you choose.  
No one else is responsible for your imagination.  
Anything placed in your imagination and held there  
ultimately becomes your reality.”*

~ Wayne Dyer

When our cellular memories and subconscious beliefs create a point-of-view that brings a pattern of relationship demise, we're consciously trying to change it, yet subconsciously resisting positive change. It's infuriating because all you're whittling away at is the tip of the iceberg, without sensing the massive girth of the subconscious, unmoving, negative programming beneath.

You create more of what you had before.

The internal always creates the external, right? And so by letting go of external results and attachment to outside circumstances, we come inside and do the work required to rest into Love, Truth, Joy, Peace, and Oneness. And then we truly become a magnificent manifesting machine, :-).

We truly become 'The One' who is brilliant and beautiful.

What we put out in the quantum soup no longer perpetuates the suffering of the past, we officially reside in our highest

vibration in the present moment, aligned with Consciousness, with the capacity to actually RECEIVE our dreams as a reality ... no longer a fantasy.

Over time, the unseen becomes more real than the seen. Your choice becomes more 'home' than resisting other people or trying to control circumstances. You let go of agendas to be safe and instead drop deep within to a place of co-creation with Source. From Presence, you make choices and take actions that delight you, that expand you, that turn you on, that light you up, that feel good, that enliven you, that awaken your yumminess, that feel delicious ... just because.

Of course that makes you super sexy to others and feels super sexy to be YOU! You begin to have that IT factor when you walk in a room, with nothing to prove, nothing to control, nothing to achieve, no external results or approval is required for you to be relaxed and authentically you.

You'll find your authentic nature arises ... perhaps you're quite witty, or poignant, or caring, or wild. You won't be 'doing' you, you'll be 'BEING' you naturally without effort, swimming through the room of possibility, gifting the room with your natural essence of Love and Light in a body on a planet, ;-). Free.

Some of the greatest compliments I received from doing the original survey to my community, asking them what THEY wanted me to write about that would be the biggest contribution to them ... was my energy.

*"You make me feel like dancing! I just really like your messages and how you deliver them."*

*"I like how the words you use draw me near. I feel safe to be seen even though I'm literally just reading your newsletter."*

*"You're fun, sassy, super intelligent and you touch something deep inside me ... that I want to be touched by someone who honors me like I feel you do."*

*“I admire your vulnerability, openness and authenticity. You really seem to care about helping people achieve greater pleasure in their relationships and lives.”*

*“You’re there, talking the words that most people would never speak, sharing highs and lows and challenges from an authentic perspective. So refreshing, you give like the size of the ocean yet you also ask for what you desire with confidence. I want to be like that.”*

*“As strange as it feels to admit this to a woman I’ve never met... when you say you love me and adore me ... I actually believe you Allana.”*

I share these beautiful comments with you for a few reasons:

1. I don't TRY to do any of this. It just happens naturally the more I love Little Me and become 'The One' I've been seeking. I promise it will happen even more to you, too.
2. I honestly keep these comments in a file on my computer to read when I have a bad day or when people are mean and I need a pick-me-up. I'm not perfect and my sweet heart needs tending to like everyone's does.
3. When you show up fully in life, 10% will adore you, 10% will curse you, and the rest think you're okay. Know that this is normal and a GOOD sign that you're on the right track to being fully expressed as YOU!