

Welcome to the Supported compilation. We decided to put these together because a lot of people were requesting to see everything in one place. So, every so many months we'll do this where we can take old ... especially when we first started Supported, there weren't a ton of views initially when it was just starting out. So, a lot of content hasn't even been watched. We wanted to put all of any certain topic into one, so that when you guys go in for the next so many months, you can always revert back to these. May it be money, may it be shadow, may it be any relationship question, not just partnership but relationships in life. We wanted to put some of those together.

So, today we're kicking off with relationships, every type of relationship so that you can come to this one place and listen to it like a podcast or watch it to get some answers and insights on difficult relationships you might be going through now.

**If I'm still attached to my ex, is that creating a block in my own manifestation practice?**

So, if you're plugged in to people that you might've dated and they're crossing your mind all the time, or maybe you're still grieving the pain of a breakup, or you're obsessed over them and you've never been with them. There's a natural process that has to happen for you to fully let them go, which takes time. It's your heart needs to fully just let it go and process on its own. Again, if you're grieving a breakup, that's something that just happens naturally. You'll see in movies, they'll tell guys, "Go have sex with a lot of chicks." It doesn't really do anything.

So, it's a natural process. Forgive yourself and let that happen naturally. However, your actionable steps when that is happening is to not engage with them. Meaning, don't check their social media or you open up that wound again, and you're reinforcing it, and their energy is really taking up a wider space for you, and it's creating that time of grieving to go slower. That's one thing is just don't engage. It's harder said than done, but it's up to you. If you really want to move on, you'll stop. The second part of it too, is all you need to do is pass tests from them. So again, if it's someone that you had been with that you left for the betterment of yourself, usually when you start doing work on yourself and you put yourself out there again, they'll pop back up as a test, testing to see if you'll settle for that again. Don't.

**I discovered that my mother's need for outside validation is really triggering for me. How can I reprogram this specific trigger?**

Those are the only two components you really need to worry about when it's taking up space for you. Now, when it comes back to the question looking back, is it blocking from other people to come in? Yes. It can be. If you're still really grieving it and your heart's still really attached to the experience and you're having a hard time, that's just taking up space in your energetic field. Again, the time for you right now is to focus on yourself, let the grieving happen naturally, don't engage past test from them. But you can't force this process. That's something that I really want to say. It takes time.

I think one of the statistics I heard, which we're all so individual and different, was it takes half the time that you were together for some people if you were really hurt in the experience. So, give yourself that licensing, but also make sure that you're not trying to rush into something right away again to just distract you or get high because it feels so good to be in love, or because it's hard for you to be by yourself. Right? Really take inventory of that, and if you're doing it for those reasons, that's another block. Those things aren't going to come in because you're not in your authentic work. That's how I'll answer that question.

**I'm having a hard time reprogramming blocks stemming from issues with my father. How can I go about this when he's unwilling to change?**

It seems that shadow's going to be the theme of today's whole lecture because ... and this goes for anything that you're finding when you're doing reparenting within your parents that just makes you feel so ... that you just reject so fully, and it's so painful or it disgusts and you don't want to be anything like them. So, what's really going on there when we're little, we notice that most likely that behavior was abandoning for you and taking away from you of your needs when you were little, or you witnessed that maybe your mom behaving that way from the outside world, she got a lot of pushback, or wasn't accepted, or was shameful, or whatever.

When you're witnessing that when you're little or you're feeling it, to you it seems unsafe and not good. So, you throw it away into your shadow and never want to be anything like that because of whatever variables, how it effected you. However, as long as that stays in your shadow and that you're rejected by it and turned off whenever you see it, and turned off if she's still like it, that owns you in the world. It dims your magnetism. You're not your whole authentic self. Being your whole authentic self means owning your power. In order to own your power, you need to have your full spectrum of human self.

If you can be activated by everything in the world, that's owning your power. It's playing you like a puppet, it's keeping you small when something feels really big and grandiose. It's also keeping you disgusted and making you look away from things that might be the perfect thing for you. However, when you do the work around it and own them and integrate it and bring this back into you, and you accept it, and you start to accept that your mother's only that because of whatever she didn't receive when she was little. It has nothing to do with her. She was, again, this little being who came onto the planet and received all this other programming. You know?

So, doing the shadow work's going to allow you to start accepting your mom and anybody else in the world that is also triggering this inside of you, and activating this inside of you. But the biggest thing it's going to do for you, it's going to allow you to start accepting yourself to be seen. When we accept ourselves as being seen, which I had to do so much work on, you can see it in my career. You can see when all of a sudden my career started really becoming noticeable, and my work became noticeable. It's because I did a shit ton of shadow work and I was like, "Okay. At last, I've really integrated all those things I'm super embarrassed about or they make me hide. Now I'm really, really willing to show up and fuck it, be seen."

It took me really having to own whatever I was insecure about or was owning me, I would own it around people who I really admired and I'd be so freaked out if they found this out about me, or I'd own it on the blog. Now I can do that stuff in realtime very quickly, and I just own it. Then once I do, nobody else can. Once I've integrated it and I'm like, "Yeah, that's a part of me. It's a part of everyone, it's the human experience." It allows me to have compassion and accept everybody in the world, and allows me to do this work with people so I don't judge

anything about them or their experience when I'm working with them. I can just look from above and right away tell them what they need to do.

So, I can't recommend that enough. If you're like, "Oh my god, but I've already done shadow work and this didn't do anything." Do it again. Pick up the book, *The Light Side of the Dark Chasers* and really do the work out of it. Really start owning your shadow. Until you do, you won't be comfortable with being seen. Therefore, it's going to be really hard for you to attract the bigger success that you're wanting in whatever capacity that is for you. It's also going to be harder for you to be your whole authentic, magnetic, powerful self.

So, for this, I highly, highly, highly, highly recommend that you dig way, way deeper into learning how to recreate a relationship with him that is only to your advantage. A wonderful 12-step program, if you're looking for a free resource for this, is COTA or Al-Anon, even though your father might not have been a user, but forms of using happen in a lot of different ways with abandonment. They have been dropping the ball, not being trustworthy, it's all the same issues as an addict would portray with a child. So, that's a free resource if you have the resources, I highly recommend therapy to get support from a therapist who actually has actionable tools and models for you, not just talk therapy. Someone who will actually give you stuff that you can implement and do in your life to make changes.

So, I highly recommend that. There's a book that it's about narcissistic parents, I think that this title might be correct, *Will I Ever Be Good Enough?*, is the title that starts to give you some tools. First and foremost, I highly suggest creating very strong boundaries. You can pick up any book on boundaries and really, really start to implement them. Your needs come first. Disassociating how much time he gets in your life and basically only reciprocating what he's able to give you. It's very, very, very hard to do, especially if you're still that hurt child inside of you that's needing his approval and his attention, but this is the way to start nurturing that inner child. So, really truly learning boundaries.

This goes for anybody who has a parent who takes and doesn't give. That's narcissism, it's a form of it. So, I can't encourage that enough. I want to give you licensing to do that. In order to really move forward and become your more magnetic self, these actions really have to be taken. You need to create the safe space around you where everybody who's surrounding you is only nurturing you and your needs, and reciprocating giving and receiving. If you're in a very close dynamic that's continuing to reinforce that you're not worth it, "I can leave you anytime. My needs come before yours." There's no way for you to grow into that magnetism, because you're continuing the neural pathways and continuing the reinforcement that you're not worth what you want.

So, your steps are a lot more actionable in the physical plane at this point. It's really creating boundaries, it's really healing. It's really working this out with other people who can really take you through that experience again, of free resources in 12-step program, an incredible therapist. It doesn't have to be in the traditional form, it can be somatic therapy, body work. There's so many different forms of therapy that aren't just the top therapy that I feel don't get us too far.

**With dating apps, is it ok for me to go on a date just to explore even if the person doesn't fit my list?**

This is why Supported is so important, because I know when you're doing the unblocked, it can feel very rigid, militant, that you don't want to do anything wrong. But what it all comes down to, in answering this question, is it comes down to your worth and intention. So, if I

have a client who is very well in their worth when it comes to dating, they're the type that's always sleeping around, can never say no, obsesses over someone who comes their way, gets very attached very easily, I would absolutely say no to this. It's too triggering. They're finding more magnetism and worth in not going on the dates that aren't right for them.

So, really taking inventory of ourselves right now of where we are with that. If we're a needy person who gets attached very quickly and obsesses, not a good idea. You're going to waste your time, waste your energy, you're not going to be in your power. Spending more of your energy reprogramming and saying no is actually going to benefit your magnetism a lot more. Now if you're someone who's more on the flip side who is very in your power, very in your worth, confident, doesn't get attached too easily, usually isn't that attractive to the people you go on dates with anyways, totally safe space, but it's about communicating through your actions, through your intention clearly with the universe.

So, I give an example in partnership. If you are someone who's just really wanting to explore your sexuality and where you're at because you've never done that before, setting a parameter, or a container to really do that intentionally is fantastic. Like setting two months where you're like, "I'm not in this for a relationship. I'm not in this for love or attachment. I just need to open and explore my sexuality. I'm going to intentionally and consciously take these two months to consciously just sleep with people." Awesome. You're communicating that with your worth very clearly.

Now, if you're someone who's on the flip side who's not in your worth and you're like, "Oh, okay universe. I'm really consciously, for the next two months, going to sleep with people to find my sexuality." And you get attached and you're already sleeping with people, it's bullshit. Only you can be honest with yourself of where you're at with your worth, your intention and what you're communicating. The same goes for dating apps. If you're wanting to just go and explore people, and you're in your power and your worth, and you're wanting to expand, see what's out there, really see what you don't want, get the activation of dating even flowing in you to get the nerves out. Again, make sure that you're that person who is easily detached, doesn't obsess, isn't low in your worth.

1000%, it's like going to grab a drink with a friend. It's totally fine as long as you're intentional about it. It's all about your worth and what you're intentionally projecting and communicating with your actions. So, thank you for that question.

**How can I break the cycle of responding to my ex? Is it simply willpower or is there actual programming I can do?**

So, with this one, it's a great question. Here's what I would tell a client if we're working together, and again, I need to dig a little bit more and dig into your past, and all that good stuff to see what the lesson is here you're really needing to learn. But more than looking at this as something as needing to be reprogrammed or, "Oh, I failed a test." What's actually happening is when we attract anybody in our life, whether it's a friend ... any relationship, friend, stranger, partnership. Everyone's our teacher, nobody is really our friend, our lover, any of that. They're our teacher and you two attracted each other to learn some lessons from.

The reason why you can't seem to pull away is your souls haven't fully learned the lesson yet. You might've called this too prematurely. A lot of my clients when I'm working with them, I'll be like, "When you're ready, when the time has come, when you're at your end, that's when you need to break up with this person." I let them know or I give them the option, "If you don't, you're just learning your lesson for a lot longer, that's fine. That's when your other thing

can come to you." Because again, which is so annoying on the physical plane, but in spirituality, there's no such thing as time and space.

If you can't find yourself really closing this door ... I mean, there are certain elements you can look at, like, "Are there codependency issues? Are there this or that? What does this say about me in attachment styles?" You can start to dig into those things through reparenting and through shadow. But at the end of the day if it's like, "No, I just really want to still be around this person," run into the fucking fire. Go learn all your lessons with this person. You'll know the time's going to hit you when you're like, "This isn't the one anymore and I've got to really let this go now." But don't force it, don't make it premature. Do it when you're ready. You'll know.

God, I mean if I look back at all the times when I finally knew it was time to leave even though I really still loved a person. One time, my last partner, I woke up and I heard a voice. It was a voice that said, "You need to go." It took me a year to leave that person because I had to really, really reach the end of the rope where I was like, "Yeah. No, this person does not want to get married or have a kid and I do." Even though I still madly love this person, I want to have a family with this person. His mother felt like the mother I never had. It was so hard to walk away from that when things are fine, but I had to hit that point.

I finally had a straw where it was like, "It's time. I'm ready to be me. I want to be alone. I deserve more than this." You'll hit your point, don't force it. Run into the fire, there is no such thing as time and space. Learn all your lessons or they're just going to show up in another partner with more lessons. So, might as well get them out with this one now, whatever those are. Give yourself a break. You didn't fail a test, all that kind of stuff. You're just still learning what you need to learn until you hit the breaking point.

**If I meet someone who is a stellar match for me even though they don't match my list, is it possible that my list is wrong?**

Great question. So, I want to make sure I answer this clearly because I don't want to give licensing to low self-worth. People who are calling in partners, that's why the list is such a good reflection for those people. Automatically sitting here, if you're someone who often is a doormat in dating situations, or is the person that somebody sleeps with and then leaves, this advice, the list and really sticking with the list is actually really, really good practice for you. To help you have willpower in saying no to things that will often lead to things that don't make you feel good.

However, if that's not the case, a great way ... I think expanders are such a big answer today, but again, your soul's always going to communicate what it's looking for through what it finds interesting or what it gravitates towards. If you're finding the opposite sex or same sex in your life, whatever you're attracted to, and you're really lit up about aspects of these different people, or characters in movies, or TV, or at work, even though they're not the person. Tune in to what's lighting you up about them. Is it that they'll be a protector, or that they're a provider, or that they have a great sense of humor, or they're so warm, or they come from a great family? If you're someone who's like, "Oh, my list. I'm having trouble making it. I don't know what my person's like or what it looks like," tune into that. Tune into what your soul's gravitating towards.

Use those elements, those core elements to make your list. Again, that might not look like anything in terms of physical. It might just be qualities about a person. The more open you can be and just sticking to qualities, the better. But the opposite of that, if you're someone

who literally can't be attracted to someone who's short. A, do some shadow work around where you picked up that programming, then have that on your list that they have to be tall. But being open to what your soul is gravitating towards is great. Compiling your list more from that space is going to be really, really productive. That's going to help you that when someone comes along that doesn't have some of those key, core qualities, they're a no. They're just a no. You know? But being open.

This goes back to the person who's strong enough to just be exploring dating consciously to do it. You'll start to see what your soul's gravitating towards or what you don't want, and it'll get a lot more clear and easy. But being open, the more open your list is with the core qualities, then you can let some more things in to explore and really recognizing what you do or don't want. At the end of the day, every single one of us, you, me, anyone watching this, what we are right now isn't truly who we are. It's a compilation of a shell of what we've been programmed and loved for. So, a big part of the human experience and spiritual evolution is seeing a reflection through our mirror and learning through our teachers and mirrors who are showing up to really start to show us who we are.

Whether it's through lessons, whether it's through a reflection of love, but everyone of us is just trying to get back to our authenticity. So, really being able to tap into our essence and knowing that most things we're attracted to have just been programmed into us. But what we actually desire, the actual connection we're really looking for in love, it's someone who shares the spiritual values of us, the same financial values as us, the same interest as us, the same intellect as us, and someone who can be a really autonomous partner, who can reflect our autonomy. That's what the soul's really looking for. That deep, deep alignment. So, allowing those core things to dictate your list is always going to open you up for more experiences to meeting people who inhabit that list.

**I settled for my marriage when I was young and had low self-worth. Is this holding me back in manifestation?**

So, this is a really good question, right? Because when we chose a certain career when we were young, or relationship when we were young, especially out of low self-worth, kind of a fear of, "I better take this one. I'll never get something better." Then the question is, the magnetism, is it rolling in the wrong direction and only tests are going to come at me unless I do something? So, what I want to say about this, if you're in a marriage or relationship that you settled on when you were young and you're aware of it, there's a couple of things you can do. Doesn't mean you have to run and leave again.

I like when my clients are in the tension. If it's not terrible, there's not abuse, and it's not incredibly toxic, then it's a whole nother story. But if it's actually in a pleasant relationship and you're really happy with the person that you "settled" with, and now you're worried that, that's going to be blocking your magnetism. It's absolutely not. Anywhere that you're settling in the relationship and being small will, anywhere that you are not wanting to do what you need to do for yourself will. But just actually physically being with this partner isn't going to do it. Especially if this partner is supportive, and kind, and believing in you, and happy, and loving. This is actually all about you.

So, it doesn't have a lot to do with the person. What I mean by that is, whenever we're in a relationship and we're trying to manifest, and this is if you're in a great relationship or a bad relationship, the energy of the partner can effect your manifestation process only if the energetic is a block. Meaning that they are negative, belittling you, not believing in your dreams, they're very lack-lack in mentality and you're trying to grow out of that. These are

the points when a partner will mess with your personal manifestation process. Again, I'm not talking about things you're manifesting together. Say, a home or a trip together. But I'm talking about your individual manifestation process.

They will inhibit it because it's simple energy. They're making you feel small and needing to shrink, therefore, they're blocking you. Means newer things can't come through until this energy alleviates and lifts. Now, that doesn't mean if you are married you have to divorce them, but it does mean that you guys need to do the work together. Meaning communication, therapy, I love the book, we had it as a book theme for our book club, *Getting The Love You Want*, doing the work out of that together. Starting to use the Imago Technique to truly, truly communicate both of your deepest and intimate fears, so that you can start to create freedom and ease so that, that block can ease down and you can feel powerful. But that's the only time your partner's going to be blocking you, is if they're shutting you down in certain ways and not leaving all of your energy open, and supportive, and bright and big.

Same, you would be blocking them if you were like that as a partner. However, it doesn't determine why your tests are coming in and all of that if you are with a supportive and positive partner. That's coming in because of you on some accounts of low self-worth, shadow, you're small where you need to move out and be big of something. Whether it's a job, or a friendship, or whatever in your life. That's why you're receiving tests. It's not because of this relationship if it's a good relationship. The other thing that I really want to say is, you didn't settle for this partner. Yeah, you did in theory, but you actually attracted it at that time, the exact medicine you needed to mirror where your worth needed to grow and flourish.

So, let that go that you really had made the wrong decision. There is no such thing as a lover in your life, or a best friend or anything. If we take all of that away and we just look at the energy of it, everyone's your teacher. So, you attracted in this partner to teach you, it sounds like even growing together, and he has been teaching you. But he isn't actually determining why these tests are coming through. That's on your half, it's your responsibility. It's you needing to do the work on yourself. However, if he is limiting you, or stifling you in certain ways where he's not believing in you and making you feel small, that needs to be addressed because that can absolutely attract in stuff, and also prevent things from coming through.

**My partner has low self-worth. Is it possible for me to grow independently while supporting his growth? Or is he bringing me down?**

This is a great question. It's all energy, so it depends on a few variables. Then there's tools you can set around this. If it sounds like he's really supporting you and always believes in you, then that creates some flow for you. It's also reflecting back a vision holder. So, it's actually allowing you to expand a lot quicker subconsciously than you're even aware of. However, there's a couple of things to look out for with his low self-worth. If energetically beneath it, he doesn't really believe in you and see where you're going. So, let's say verbally he's, "I believe in you," and helping you financially, but you can tell underneath that he doesn't actually you're going where you want to go or that you can have what you want to have. Then he is a block.

Don't worry, there's tools. But if all of that's in flow, that's fine. Now, if he does have incredibly low self-worth ... Here's a great example, if he lives in tremendous lack and he's always putting that on you, that's where some boundaries need to be drawn around this, so you can continue to flourish and also be an expander for him. The more success that you find in whatever avenue you're manifesting. Those boundaries would look like ... and a great book I love for any dialoguing is called, *Getting The Love You Want*, specifically the Imago Dialogue

Technique, which you can Google and find on the internet today, the short PDF, without having to read the book.

It's a very safe way to dialogue in partnership that's structured, and everybody feels safe, seen, and heard. But you would need to start basically just laying down some boundaries. Let's take lack for example. So, if he's in this tremendous lack mentality. Let's say he's supporting you financially and he really believes where you're headed but he's constantly looking at receipts and talking about, "We don't have the money for this, we can't spend it on that." That's too much. I mean, it's just constant lack that does not work in the energetics of manifestation.

That's when you would have to sit down with him, use that Imago Technique and say, "I understand that you're on your own journey in way of finances and expanding out of those. I understand that you come from a certain mindset. However, in order for me to really go where I want to go in business or go where I want to go in finances, I can't have any of that around me. I need to set a boundary. I don't want to hear about money anymore, about lack anymore. Just that's something maybe you can start to journal instead, rather than expressing it to me, because every time you do it gives me anxiety and it takes me down low again, where I can't expand into where I'm wanting to go."

That, again, you can have this conversation around anything you're manifesting, it's just communicating those boundaries. Now, if he's not able to live within those boundaries, that's where your answer is. He will continue to be a dome and a block, even though it seems like he's such an expander or a vision holder, and he's helping you expand so quickly. He was the medicine you needed until this point. But again, if he is able to adhere to that through communication and really allow you to flourish, then great. You guys are, through mirror neurons, simultaneously helping each other expand and grow very quickly. Of course, we can't manifest for others, which you already know.

So, the more that you can really stay on track, manifest, expand, and really get what you want, the quicker he's going to do this work and believe in it, and also do it alongside you. You have to be the inspiration. So, it's about inspiring, and boundaries, and adhering.

### **How do I know if I'm unblocked enough for a partner? Am I overthinking it?**

Great question, and I used to have this fear myself, but here's the beautiful thing about just the simplicity of energetics. You're always going to attract exactly where you're at on the subconscious level of worth. So, what I want you to do right now, anyone who's in this position not just for partnership, for houses, homes, energy, anything. I want you to sit down and I want you take some real deep inventory of where you're at and how great you are. Literally make a list of all the attributes about you that are so epic and awesome. Again, if this is pertaining to partnership, I want you to really sit down ... you've probably done unblocked partnership by now, but I want you to sit down and write out a list of why you're actually such a great candidate.

Then I want you to make a list of the very ... so, that can look like, "This is what I have to offer emotionally, this is what I'm offering as a person, this is what I can offer materially. I'm very autonomous on my own or I'm not, or I'm working towards it." I really want you to make that list to see how great you are, because we're all a lot greater than we give ourselves credit for, especially us in this paradigm that are always seeking and self-helping. We're always trying to perfect something that we're actually pretty great at right now. I want you to



do that. Then I want you to take some inventory on the subconscious plane of what your deepest insecurities are.

Insecurities only come down to fear. If you really break that down further, they come down to a fear of being unlovable. I want you to get to the basis of that and start to see what your core, core unlovabilities are that you're shadow still believes. I want you to take those to your shadow. I want you to deal with them. They're going to trigger you, that's why tests show up, that's why things show up in your life. It's to see where you're at. At the end of the day, each time you're working through that, you're growing. So, being okay with that. Once you can really see how great you are, what great of a package, you can also get an energetic feel for what you're able to attract in.

If you're not quite where the partner is that you want, then you're just going to have to keep doing the work to get up there. Both actionable conscious plane steps, as well as subconscious work, shadow and doing this partnership DRE work. Those actionable steps mean not settling for anything that you're worth more. That's the biggest actionable step is literally, don't settle for things all around in your life, not just partnership, that are beneath where your worth is, that make you feel small, and don't make you feel great. Get rid of the things in your life that reinforce your smallness, because even if we're doing this work and we're putting all this effort in, if we have that all around us, it's like it's backtracking our work. It's just beating us down over and over again.

If you can see that list of how much you have to offer and you're really making those actionable steps in your conscious life of not settling, getting rid of anything that makes you small. Like whoa, you are already probably so much more in alignment with what you're calling in, than you even know or believe. So, good luck and you're on your way. Even if you feel like you're being triggered again, it doesn't mean that you're not there. You've probably done leaps and bounds to get closer, and just yeah, keep looking at how awesome you really are. Truly. Then where you're not super awesome, you need to work on that.

**I've been sleeping on and off with a man since high school, but we've never made the commitment to date one another. How should I proceed?**

Girl, he's just not that into you. No, I'm kidding. But I'll break down the layers of it because this is applicable for so many other things. You have two options here. A, he's a twin flame, so if you've done partnership, he's your twin flame. That's why you guys have such a crazy kinetic connection, you come together to help each other grow and do things and go off. He's not a soulmate. If you don't believe me, if in your heart and in your mind you're like, "He might be the one, even though all this time he hasn't wanted to be with me or ask me to be with him," fucking run into the fire. Get burnt a little so that you can finally let him go and allow your person to come through.

Now, you'll only ever hear me speaking this harshly to my female clients in their 30s, who are wasting their time on guys who aren't showing up for them. I can't help it, I say this to all my clients in exactly the same tone. He's just not that into you. If you don't believe me, go approach it to beyond relationship. If you were his dream girl, if you were his one, he would not allow this to just be a hookup situation. You would be getting his expression and his emotions, even if he's not like that in other relationship with women. So, if you don't believe me, the biggest thing I really want you to do is put it on the table, say, "Let's give this a real go. I really want to go all in. I want to try this." Jump off the cliff.

Then if he burns you and he's like, "Oh, I'm not ready for that. It's not what I want in my life. I love you so much, I think you're amazing." Or, "Let's give it a go," and then he lets you go. At least then you'll have worked it all out of your system so you have space for your true partner who is going to show up in all the ways you want, to come through. You won't cheat on him later if you really explore this. It sounds harsh, and I sound crazy. Not crazy, just mean. I wish that people would've been mean with me when I had one of these from child ... I did have one of these from childhood. It was exactly like this. Again, he was successful, and I thought we always had this thing and we would always have this thing. Guess what? He's married to a super awesome chick, and they have two kids, and he could give two shits about me.

When I put it on the table, it just didn't go anywhere. It's because we had that twin flame energy, that past life, "We're here to teach each other lessons," energy. My fiancé's so much better than him. So, that's the best advice I can give you. I hope a lot of people tuning in, in the dating realm are really hearing this. Your person isn't going to let you go. They're not going to just want to hook up with you. They're really going to want to take it home and you'll understand that when you harness that energy. When I really started to figure out the dating energetics, when you're in that space of authenticity and projecting worth, it's like you can't get them away. At that point it's so magnetic. I feel like Lila would ask that. I don't know with people, you know. She has this ex and he won't leave her alone.

There's a projection of worth that's so strong, so in your power, not settling for anything less than you want, that it is love potion number nine, and therefore, the people can't let you go. So, that's my biggest advice is, jump into the fire and just say, "Come on, let's do it. Let's commit. Let's go for it. Let's get married. Let's do it." If he doesn't show up, at least you'll know. If he does show up, rock on and write me an email and prove me wrong. You were the wrong, you can be an expander for other people. Although, I probably won't share it because that does not happen very often and it's going to plant way too many Disney fairytales in people's head.

So, you can thank all of the amazing rom-coms you watched that taught you that this is what's happening, that he is going to come back and marry you. I know I'm thinking of My Best Friend's Wedding, and I got all the things going through my head right now. But if you're not convinced, show up and see if he does.

### **Am I blocking my partner from coming through if I'm interested in the idea of open relationships?**

No. It's actually totally fine. The really key thing when it comes to the energetics of partnership is number one, you need to find a couple of expanders of people who are in a successful relationship that you desire, that are very open minded, and open sexually, and allow each other to explore their sexuality. Unless you come from that, you were raised with two parents who were that way, or you've been exposed to it a lot, that those expanders and those relationships are really happy, very secure. It's a very safe relationship where they have really specific boundaries about the openness, so it really flows and works well. Unless you were raised around that, you need to go find about three of those.

Once you see to believe that, that's possible, that people out there can have those relationships, it's perfect. There are no rules when it comes to the type of relationship you want. The most important thing is, is that you've done the work. How do I want to answer this? You've done the work so that you know at the bottom of your sexual interest, it truly purely is a sexual expression. It's not covering up ... A lot of things I've seen in my practice when women or men are hyper overly sexual and into really kinky experiences, it can be from

child molestation, exposed to porn far too early. There's a lot of subconscious things that could be contributing to it. But on the flip side, I have clients who just have a lot of Scorpio in their chart that are highly sexual. It's the way they express their creative energy, and they're just into a lot of stuff.

Either is fine. But I encourage if it's the first to go do the work on that to start healing those so that you're not using these more nontraditional sexual experiences outside of yourself to validate pain that lives inside of yourself, or a gap in worth that lives inside of yourself. If that's not the case, rock on. If you're just someone who's really wanting all of these different sexual experiences, it's amazing. It's incredible. You're uninhibited and rock on, it's an art form. So again, for you, it's going to be expanders who already are in that type of partnership that are very open sexually. Three come to my mind of friends that I know, that have completely open relationships. They have very strong boundaries around it.

They're two incredibly evolved people in each of those relationships, so they're able to carry this out very successfully. So, you need to go see to believe that, that's possible before you're able to actually manifest, before you're able to have space to manifest in the partner who's on the same wavelength as you, but it's 100% possible.

**How do I determine if an issue in a relationship is a 'real' problem or if it's just something that was triggered by past trauma?**

They're the same thing, because we attract in partners that are representations of our childhood. When you do a daily programming exercise on any of the triggers that are coming up in your relationship, it's very quick to see, "Oh. Yeah, my mom was like this with me, or my dad was like this with me. Or I treat my partner the same way my" ... That's how I am. I treat my partner the same way my mom treated me, which is awful. Not terrible, but I'm selfish and I project all my things, and I really need him to do stuff for me. It's all my shit. It has nothing to do with him. So, they're kind of the same thing. Even if it's a real problem in your relationship, a great way to start to survey, "Is this the right relationship for me? Or maybe we need" ... I believe every couple should be in counseling, I think. Because we're all just trauma bonding at the end of the day to help us evolve out of the cycles, and break them, and continue to be a more evolved couple.

However, if it's something you're surveying like, "Oh, should I actually be in this relationship?" I really want you to look at if your needs are being met, and if you're constantly feeling small in the relationship. Not because you could be a codependent so you don't speak up and you're making yourself small. No, because your partner is emotionally abusive and making you feel small and not meeting of your needs, just making sure all of their needs are met. That's when it's time to really evaluate a relationship. Also, if a partner is not supportive, doesn't believe in you, believe in your dreams, those are under indications that it's time to really reevaluate if this is the right relationship.

However, if it's little fights you're having daily, or communication errors or triggers that are a representation of exactly what I was talking about before, that's when it's time to really do your daily reprogramming. Take accountability, change yourself so that your partner's energy will just change around you as well, and consider counseling. I mean, there's no better thing to bringing light, because the problem with all of us is we all kind of think we're perfect. Even us seekers who are out constantly self-helping and looking for betterment, we still feel pretty superior to other people, subconsciously. Not other people, but to our partners because we're doing work, and we're going to yoga, and we're meditating. Whatever.

We feel enlightened and we can often look at a projection of our partner where they may not be as enlightened because they have different modalities of self-care. The problem is, is that as a person, we aren't aware of all of our things. That's why we have relationships that are perfect mirrors to show us what we actually do need to work on. So, your partner feels the same as you in their own way, that they are smarter, a little bit better, but they love you but they have a hand-up on things. That's why counseling is so good, because it actually brings to light both of your bullshit at the same time. So, do your daily reprogramming, exercise, also really start to survey.

If continually your needs aren't being met, if you're being made to feel small, if they don't believe in you, that's when it's time to actually reevaluate a relationship in general. But if it's a small bickering, normal, relationship triggers, that's when it's time to do the work and maybe consider counseling.

**I tend to compartmentalize the relationships in my life. Could this be blocking manifestations since I'm not fully integrated in this way?**

You sound like a Virgo. I don't know if you are, but you sound like one. My partner's like this actually. It's actually really smart and honesty. So much of this practice and this work is about protecting your worth and your level of being able to feel worthy in the world. So, if you have groups of friends that don't technically intermingle well, or they're not on the same page, or they're not in alignment, bravo for you for understanding great boundaries and keeping them apart. I have Aquarius and Leo on my chart, so I won't everyone to be together all the time, and then I'm constantly in conflict with people. Like ... you know, not getting along well. I'm like, "Let's all play."

So, it's actually really smart what you're up to because it's helping you wherever you are presently in any situation, able to connect fully, more intimately without having to step on eggshells to have the second nature. Which is called codependency. It's a form of codependency and people pleasing of, "Is everyone getting along? Or should I go talk and do this and make this peace?" It's just not your job. It sounds like you're actually doing the perfect thing to protect your energy and space so that you can have these deeper and meaningful experiences with certain groups of people while also still being able to be in your worth and your true authenticity, so you're not doing an ego dance while you're there trying to people please everybody.

**How should I navigate ending a relationship when I'm not financially independent?**

Amazing question, and here's some shadowy stuff. No, I didn't tell ... well, they're all different, because I kept evolving as I went. In the first so many relationships, I didn't tell the partner when I was leaving because I am a codependent and a love avoidant. Growing up I never was taught any skills of how to communicate in a relationship, let alone really difficult things like, "Hey, there's a big chance that this isn't the right relationship for me and I'm scheming to leave." So, the last one, I would've stayed with him forever if he wanted to get married and have kids. We had that conversation many times.

He started telling me the first time when we got together when I was 25, he told me the first time at 27, he's afraid and he doesn't know if he wants that. I almost left then and he said, "No, no, no. I'll work on it." Then I think the next time was around 29 and around 30, and I was like, "Yeah. No, this person is not going to change his mind and that's okay. That's his

thing and his path." I had to come to terms with that. So, each time we had that conversation, I said, "Look, I can't. That's not the future I want." There was that. That communication was there. And the very last time we had it was in around February of my 30th year, I had just turned 30. He did this whole thing and he's like, "I want this, I'm going to work on this. I want to have kids." He got a thing that's for babies and it was silly, but whatever.

So, the funniest thing of all, I do have to say, is now that I'm in a relationship with someone and I'm engaged, I don't even think I want to get married, and second, I can't seem to have a kid. So, it's really ironic. But in those situations too, I already knew about when you jump off of such a big cliff in your worth and you've expanded around it, because I had a lot of friends that had what I wanted in life, I knew that actually when I would leave my last relationship, a lot would take off for me financially. Because I knew that was blocking me, that I was still so safe with it.

So, I guess what I want to say to you is A, if you're not financially ready to ... and PS, when I did leave him, money started to come in, but about two months later it dried up completely. That's when I was finally getting the download like, "It's time to teach this, you've been sitting on this for so long. It's time to put this into the world," and then everything took off. So, he was blocking me, in a way, financially for sure. Absolutely. Because he would've never supported this all the way, he would've quietly, but also quietly he would've been like, "This is crazy." So, my message to you would be, at this point in time, be building a "fuck you" fund, a bridge fund, so that you are able to have something when you do make that choice.

It's totally fine to be in this relationship still. Trust me, again, I have energetics. I was born with that gift. So, I have to detach from being a physical being a lot of the time in order to just get into energy. I just see energetically what's going on. So, I'm going to say this from that place, you guys both attracted each other for lessons. Nobody's your lover, nobody's your friend, nobody's any of that. Everyone is your teacher. You totally attracted each other for lessons. He is here learning the exact same lessons that you're learning in different ways. You guys have different lessons you're taking from this. So, one of the lessons that you may be teaching him right now, is that he's more worthy of a partner ... even though this might be really triggering to hear, he's more worthy of a partner who wouldn't be leaving him, or who would show up differently in the end.

**A friend did something unethical and when I pointed it out, they ended the friendship.  
How can I deal with the subconscious feeling that I somehow did something wrong?**

So, because of whatever parents you guys were raised with, you guys have very specific lessons to be learning in relationships and love. At some point, when we spiritually evolve, we have to be okay with the fact that the other person, as well, is sitting there learning their lessons. He's here to learn just as much as you are. So, if you're not fully capable and ready to have all the conversation you need to have, even though I highly encourage you to go find those skills, it's okay. It's okay. You're going to know when it's time to leave, and even if you don't have all of your finances in place at that point, I would really encourage you to have a shit ton of expanders in point that were women who were in your circumstance.

Yeah, you identify as a woman in a straight relationship ... were in your circumstances, and then they went out to do well on their own right after they left their relationships. I would have quite a few of those in place. Until, on a subconscious level, you're like, "Oh my god. She did that? I could definitely do that. She did that? I could do that." Or whatever. That's what I would suggest. But all is good at the end of the day, everything happens when it's supposed

to. There's no such thing as time and space. So, if it takes you the next four years to figure it out, that's fine. It's your journey, your lesson in life. If it takes you the next two weeks, that's great too.

So, really focus on being in your worth, expanding right now, and obviously picking up skills in how to communicate stuff when you need to. I'm still figuring that out. Yeah, it's all going to work out. You're going to leave when you're supposed to and you're going to be really magnetic when you do it.

This is a hard one. Oh, it's so painful and hard. I've been through this, I've been the abuser in this, I've been the receiver in this. What happened is your friend wasn't in a conscious space where they were ready to hear it, or accept it, or feel it. You were their catalyst into having to look at this and it's very triggering and painful. The way they acted in response is called emotional manipulation. It's a way to knock you down and control you and your energy, in order for them to still feel like they have control in their life, and they still have reputation in their life, and they still have confidence, and all these great things.

What I can say is congratulations. I think when these things happen, it's revolutionary and it's so important. So, good for both parties, even your friend. You were a catalyst that you're helping your friend spiritually evolve, whether you know it or not. It's something they're thinking about. Friendship breakups, I'll argue, are far more painful than actual de-friendship breakups that are far more painful than actual relationship/partnership breakups. I mean, the ones I've had, have been way worse than the actual partnership ones, and they hurt almost so much deeper. So, on your part, what I'm going to say is very intellectualized, so it might not feel great. But what you do need to do right now and focus on doing is forgiving your friend, because it's not like your friend's a bad person. It's not like your friend is bad for trying to hurt you through emotional manipulation.

Your friend doesn't have the tools and they're not ready. I personally have been there before, so I can tell you firsthand, they're just not ready. Even though that's so hard to receive because you are on the abusing end of the situation, or you're on the abused end of the situation, your biggest goal right now is to take care of yourself and forgive. That doesn't mean picking up the phone and calling your friend. Let them come around, or let the dust settle until your friend's in a space where you guys can have that amends. But right now you really need to focus on sending love, and taking care of yourself, and forgiving, and forgiving yourself, because there's this whole thing in spirituality, especially in the Kundalini world that's all about conscious communication.

I think it's great when people are capable of that, fantastic. However, not everybody is. So, when you're consciously communicating with a person that's not there and capable of it, it's actually going to not be received. There's no real communication that can take place in deep communication. So, just really being aware of who's ready for that versus who isn't, or getting into these situations. But your big thing is, you didn't do anything wrong. You have a friend that wasn't ready for this, or to receive it, and they're emotionally manipulating you right now. For you, you need to take care of yourself and practice forgiveness. Because here's the thing, when you don't forgive someone, their energy owns you. So, that's the way to actually allow it to move through is you just forgive, forgive, forgive. Then it lessens the pain and tension for you.

**It seems like the more self-work I do, the more quickly people fall for me. I often don't reciprocate these strong feelings so soon. How do I navigate this?**

Are you an Aries or a Gemini? That's what I like to ask. Those are the signs that tend to come up against this a lot. Some of my Aries clients, and one of my good Aries friends are like, "I have enough friends. I can't even juggle more." But yes. So, I think the real tool to look at here, or the real thing to be working with here, is starting to get very clear on energetic space, is the best way to put it. I had this happen to me as well, and especially can relate to the second part of your question of, "Oh my god, now they see me as really perfect. I'm only going to disappoint them because I'm human." How do I put it? And, "I have people that want to hang out and want to do this, and once they meet" ... and especially as the brand grows more and it becomes more and more.

I mean, I hang out with friends once a week. I'm the most autonomous, quiet, alone person. So, I think just getting very clear about energetic boundaries and responses. If a person that you're already feeling, you're like, "They're great. It was so awesome to connect with this person, but I just know it's not someone I want to take up any emotional space or time in my life." If they reach out, I think having on hand, energetic responses, are really good. That, "I'm really swamped right now with my life and whatever, let's circle back around." Or if you want to be more direct, but really figuring out what your responses can be in order to not feel the obligation of having to garner this friendship, or this hangout, or this person.

You're probably also a light being. Light beings have so much light that a lot of people want to be around the light, and that's a gift. It's special, but it's a big burden at the same time. Especially if you like any autonomy. I would really just get very, very, very clear on what I want my week to look like, my energetic space to look like, who I want to fill that time and place. Then put a boundary on what you don't want to be in that space and then have some really great tools on hand, some automated responses that you use that are really kind and very respectful of the other person's feelings, but basically letting them know that you don't have time and space right now in your life for it.

Yeah. I mean, I'm the worst. I connect people with other people, I'm like, "You'd really like my friend so and so, I'm going to send you guys in an email." It's true, they end up being good friends and the pressure's off me, and if I ever want to hang out with them as a group at some point, I can pop in or pop out. But I think it's yeah, just getting very, very clear about your energetic space. What it looks like, what it feels like, who consumes it, how often. Then just being very clear on, "No," to the others and the rest.

**I am writing a book about my soulmate that I lost to suicide about 10 years ago. Will a new partner be unable to come through until after the book is published?**

Thank you. I love that question. It's such a nuance, and also, I'm very sorry you lost your partner. Oh god, how devastating that must be, and how hard. That's something I haven't experienced in my life, so I have so much compassion even though I don't know how to feel that pain. But I just want to say I'm sorry about that, and I'm so proud of you for writing this book that can be a guidance in healing for other people. So, thank you for taking that responsibility on and sharing that, especially through your grief and pain.

Now, to answer it. No, it doesn't have to be. In fact, it's actually so obvious energetically in a way, and I don't mean that it should be so obvious to you. It's so simple in a way to remedy. It's only going to be a block if you believe it's a block. So, if you've somehow taken on the responsibility or imprinted that, "Who would want to be with me while I'm writing about a past tragic experience?" Or, "Because I'm putting energy into this experience that was once in connection with a partner of mine, nobody will be able to come in and be in that space." That's only true if you have a subconscious belief that it's true.

If I were in your position and I'm ready right now to explore this manifested partner that I'm calling in, I would absolutely do the work, the DRE work on reprogramming this belief. Because you absolutely could still manifest a partner right now. Writers do it all the time. You have to think about writers that are writing about their life and using that as their material in film, and television, and yatta-yatta. In my mind, I'm like ... Who is it? Seinfeld.

That's obviously a very different topic and subject, and it's comedy and all these things, but you can still be writing about a past partnership and have someone come through, even if it's a very tragic partnership. So, it's all up to you to examine why you believe that, where you picked up that belief from and reprogramming it to create space for your partner to come through.

### **How do I navigate a friendship with someone that I like but doesn't make me feel seen?**

The only reason why this energetically matters towards your manifestation practice is, if not being seen makes you feel small on a subconscious level, because it will be a block for you and you need to work through it. If not being seen is a common thread in your life, it's definitely a block you need to work through in order to connect with the things you're manifesting. If it doesn't bother you ... I mean, I'm assuming it does since, you're asking, but if you ... like for instance, I have a couple of friends where I can look at them and have a laugh. It's really funny because they're so narcissistic and they're like Daria, and I laugh. I'm like, "God, you're such a character. I wish I was a writer right now." But it never makes me feel like it has anything to do with me.

So, if you're not in that detached space where you're so in your worth that you know that's them, and this is ... it also might be a reflection of the fact that you don't project that you demand to be seen. So, there's something there to look on, to look at. Where you would really look at that would be the daily reprogramming is really great for that, and also integrated is really good for that. So, it will affect you if it bothers you. If it bothers you, you need to be honest with yourself and you need to create some distance and space, and you need to go do some work to evolve your subconscious self worth so that you're demanding being seen. You might be tested a few times with this, and you need to then pass them and only accept that if this is a true block.

Then you'll probably get a point where you're like, "Oh, god. I can see that's all their stuff, or that's their thing and I can just be around them. Limited, because I don't need to spend a lot of time with a narcissist or whatever," but if you're not in the space, you need to do work and you need to create space because it will block you.

### **I always attract romantic partners that breach emotional boundaries and leech onto my energy. How can I close that portal so I never attract that again?**

Figure out which parent you were enmeshed with when you were young. It's that simple. So, what enmeshment means is that through one of your caretakers that you were growing up with, you served as their significant other. A great example with my mom and I, and I love my mom, she's so amazing. Even though she struggles with addiction today, she's still the one person, my whole life, who no matter what was like, "Do whatever you need to do. You can be whatever you need to be in a lot of ways," and gave me the freedom to just explore that. She really broke a lot of cycles in her own family, but just as a bystander of being an 18 year old mother who was so poor, I slept in the same bed with her until I was like, I mean like 11.



It was crazy and it was just out of we were in one bedroom apartments or whatever, it was out of convenience. It wasn't even like anything weird was going on, but I served in many ways, as my mom's partner at times, and I served as my mom's mom at times, and all these roles that happen. So, when you can start to figure out ... and there's great books on this, just go into Amazon and type enmeshed parent and things will come up. Many of us were parented this way, it's not our parents faults. It's just what they were raised like and it's up to us to break the cycle, but when you figure out who you were enmeshed with and you start to do that work, both simultaneously codependency and enmeshment with reparent and shadow, watch what magic starts to happen. Because you're going to learn how to create boundaries and that, that's no longer acceptable for you.

First on the subconscious level. That's why you need to be doing reparent when you do it because none of the things you'll be working with will fully address that on a subconscious level. It'll be mostly intellectualized in conscious state. So, you really need to go back to reparent and be like, "That wasn't okay. I need boundaries here." You need to show your subconscious, "I'm not taking this anymore." Even if while you're down there you literally draw a circle around yourself and nobody's allowed to come into that space without asking for your permission. So, whether that's emotionally, physically, financially. It's just because somewhere you were growing up ... it could've even been a sister or a brother. You grew up enmeshed with someone, or you watched your parents enmeshed with somebody.

Something there is going on and when you break that and reprogram it, you'll stop attracting that experience. As well, it's really important to expand through healthy relationships that have the boundaries that you want.