

# I LOVE YOU SO MUCH I COULD DIE



*three ways to reclaim your power for better  
feeling and fantastic living*

by adriana rizzolo



# welcome

*“There is no remedy for love but to love more.”—Henry David Thoreau*

In this book, I will share with you three ways to free yourself from the stuckness of co-dependency and comparing, and open the doors to co-creating your experience of life with the ultimate lover of all, love itself.

In the Tantric traditions they say the Goddess (aka supreme consciousness of the universe), manifested Herself as you, me and everyone else to be able to experience life and love.

To get to taste, see, smell, and love in ways that can only happen in form. You can imagine being the infinite, ever expanding and unending energy of liberation, you might get bored and throw some limitations on everything to spice things up too. Haven't you ever started a fight just for fun even when everything was going great?

You are welcome to use what works for you here and leave the rest. We have to feel seen if we want to find freedom. Take this as an invitation and guide for your harder moments to be held in love. Ultimately the vibration of Love will heal it all.



*Adriana Marie*



# *Hi there, I'm Adriana*

[WWW.BODYTEMPLE.CHURCH](http://WWW.BODYTEMPLE.CHURCH)

My father died from addiction and a broken heart. I buried him on my 25th birthday. That big/little fact awoke the desire to bring consciousness to our addictions, relational patterns and threw me into lifetime of learning about the god-sized hole we all try to fill until we hit the bottom.

Apparently, even bottomless pits have bottoms.

This wild journey of healing, redemption and radical living that I now get to share the fruits of with others, is my greatest joy and passion. This is an ode to the powerful devotions of the human heart, and to the awakening of desire to serve humanity that we all carry inside us.



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# LOVING IS LIKE DYING

Maybe it's my New Jersey, Italian roots, but love has always been dramatic, debilitating and delicious. My experience of addiction in the areas of love, sex and relating are similar to the suffering found when lost in drugs and alcohol.

To me loving, for better and worse, feels like dying. I go big and I go hard. Slowing down, softening and feeling safe is a daily practice and lifelong pursuit.

About five years ago, I found that the God sized hole in my heart finally felt satisfied when I learned how to fill it with something equally as dramatic and eternal. What came to me in meditation once as "the cock of the universe." Pardon my foul language, but it really works or I wouldn't use it.

What I mean by the cock of the universe, is filling the emptiness inside me with the a Love that penetrates beyond anything I could have ever created on my own. A love that we as humans carry in pieces, but as a whole it can only be accessed in moments through the wildness of our imaginations, music, lovemaking and orgasm, poetry, dancing, and meditation.

You see the main thing that turns the beautiful and infinite spaciousness of who you are into an existential crises of abandonment, grasping, clinging, controlling, comparing, self-abuse and shame, is the belief that you are alone in it.

Whether we are dealing with anxiety, depression, co-dependency or mental illness as a result of buying into another's narcissism, self abandonment, or just general disconnection and doubt, we all have a good deal to learn when it comes to intimacy and co-creating our lives with the only one who could really guide you where you want to go.

Yup, you got it, you.

Along with the goodness of Grace of course.

We have waited all our lives for someone else to show us the way.

To help free us from the stuckness and suffering that no amount of fucking, comedy, eating, sleeping, screaming and dreaming could change.

This is a permission slip, like you had to get in high school to miss those classes you were way too smart for or just loathed because of the lack of creative spark you really deserved, to STOP TRYING TO FIX and FIGURE IT OUT and start LETTING GO.

Letting go as a lifelong invitation, not an all at once deal like the countless pints of ice cream we thought would save us, okay maybe they helped. But only you know what it will take to awaken what has died inside you. Only you know what inside could use a dose of hope or opening.

***"In art and dream may you proceed with  
abandon.***

***In life may you proceed with balance and  
stealth.***

***For nothing is more precious than the life  
force and may the love of that force guide  
you as you go."***

— Patti Smith

I am sharing these tools I have gathered over all these years of healing and hitting bottoms, getting beat up and bruised, even if it was just inside, and opening to more and more freedom in love as I go:

- So you can know right now that Love is possible.
- As a reminder that we "all experience the weight of unhealthy or unhelpful relationships and relating and that can change.
- To come together and forge the way towards better feelings, fucking and fantastic living.





# SURRENDER TO LOVE

You can't move past somewhere you're not willing to admit being.

Just like in the twelve step traditions, the first step towards better feelings, fucking and living the fantastic life that was made for you is surrender.

If you have ever tried to surrender and were met by the swarm of thoughts and torment telling you you're not enough and you should try something else, you're not alone.

It's natural for your nervous system to live in overwhelm, chaos or complete disconnect every time you get stressed if you have never been taught how to regulate the ways your body naturally responds and

Even when you are in secure connection, the past arises to be loved.

There is no problem with fight, flight, freeze and fawn as ways to deal with what life throws at you, but when you get stuck there, you suffer.

Simply because it's not where you are meant to live. You are here to create, enjoy and serve. It's just really hard to when your trauma is constantly running the show.

So step one says to surrender to a power that is greater than what you can come to in the moments where you are struggling the most. Your higher self, Goddess, God, the universe. The Earth and her miraculous power to heal.

# SURRENDER TO LOVE

The writer Anne Lammott says, "the impeded stream is the one that sings," and I agree.

Whether you are disconnected from your orgasms, emotionally absent or eruptive or find yourself stuck in the meaningless mundane day to day, saying a prayer, in your own language and words, preferably in writing and out loud, can begin to make big shifts.

Don't take my word for it, try it yourself. Write a love letter to the Divine asking for help in releasing your attachments to that which you can't control, and the wisdom to know what is yours and what isn't.

Be specific, be vulnerable and mostly, be messy. Sing it, dance it, feel it, express yourself.

There is nothing to fix, only more to love.







# 02 BEFRIEND YOUR FAILURES

I am aware this is a big request and all of this work goes on for our whole lives. It's how we keep waking up what's asleep within us, and transmuting the darkness that denies life into what illuminates and nourishes it. We have to slow down and start somewhere, often many times over again.

The weight of lies and shame we carry from the mis-steps we have taken over the years are all really juicy connections for nurturing the kinds of relationships we want to have. One that allows space for forgiveness and the kind of acceptance that automatically regulates us.

People in your life will have all sorts of ideas about you, especially those from the past. To stay current, to collect the pieces of your soul that have been left behind in horrible situations, we must entertain and make a good time out of befriending the ways we've failed to show up for ourselves and one another.

Everything from faking orgasms to betrayal had a purpose in your life at one point, and to keep these life sucking forces out of your way, it helps to admit that you have them inside you, just like everyone else. You have the capacity to do good and be bad. The thing is, when we identify ourselves with it we start to live into the belief that we're not enough as we are.

# BEFRIEND YOUR FAILURES

We repeat cycles not because we deserve to feel bad, but because our soul's signed up to learn. Each of us with a specific area or two to make a mess of and learn how to eventually care for, and create change.

The next time you find yourself in a sea of shame or blame, repeating the reasons and ways it's too late for you to receive the communication, pleasure, understanding, forgiveness, empathy and fantastic feeling life your heart knows it deserves, take that part of you for a walk, and let it talk.

Literally take guilt, unworthiness, punishment, pain, abuse, whatever it may be for you for a brisk wisdom walk. With each step you are making space for that part of you to breathe and to release, not because it's bad, you are not whole without your shadow, but to make enough space where you will be able to speak for these parts as opposed to from them. This is a practice, so be gentle with yourself and know you will forget and remember many times.

On one of these wisdom walks, call someone that you trust and ask them to hear you out without judgement or the need to fix your problem. Ask if they can help you practice loving in this moment what has been left unloved within you from the past. I know this can be vulnerable, but the only way to really free yourself from the shame that binds you, is to share.

We assume that we should have the skills we need to communicate our needs and disagree in ways that bring us closer together, but that is simply not the case for anyone. It takes practice and oftentimes professional help too.





# TAKE IT TO THE STREETS

Lastly, we open our beautiful messy, imperfect hearts and lives to being of service. This is how we stay in the flow of a love greater than ourselves and open to more meaning and possibility. Knowing we are needed can be regulating and healthy.

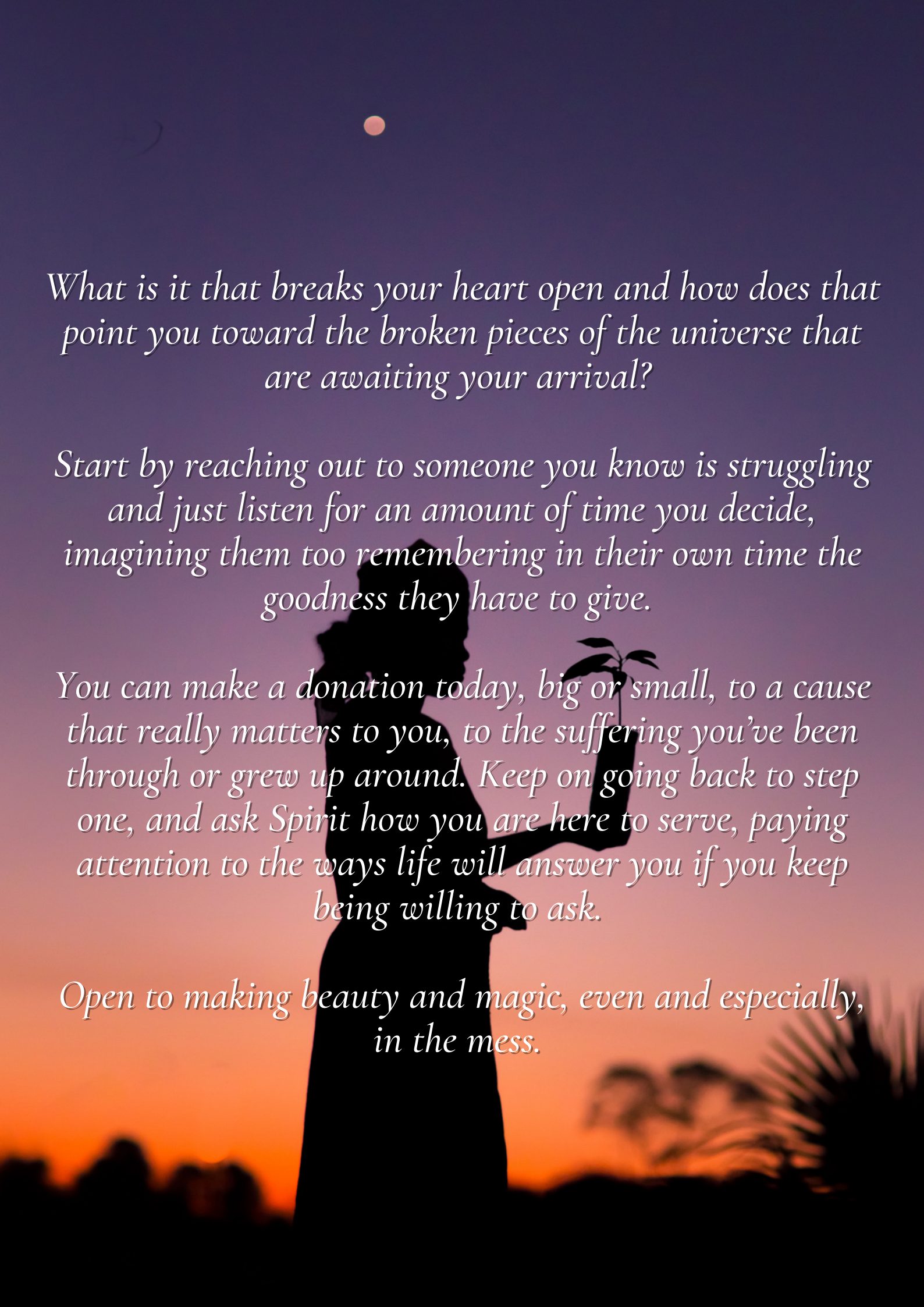
When we choose to be aware of who and what is going on around us, even if it's with a family member or a partner you are having a hard time with, get curious about how you can help, you create waves of courage you didn't even know you had inside. Ultimately service can take us to the source of Love that is always there shining like the sun, even when we are alone, lost and cold.

Your flavor of love and reassurance is necessary and needed.

When orgasms are weak or non-existent, when the dependency on others has robbed you of your freedom to feel whole and good, and when your life is in a moment that is more frantic than fantastic, it's time to be reminded of how much life you have to give.

How much meaning you carry inside you, just for existing. Giving, even when you feel like you have nothing, can be a great way to squeeze some juice into all that has gone dry, dead and depressed within. Not people pleasing which suppresses sexuality and suffocates the heart, but the genuine taking care of yourself so that you can show up for the world in ways that bring a more authentic, inspired and meaningful life.



A silhouette of a person holding a small plant against a sunset background. The person is standing and holding a small potted plant with two leaves. The background is a gradient of orange and purple, with a small orange circle in the upper left. The text is overlaid on the image in a white, serif font.

*What is it that breaks your heart open and how does that point you toward the broken pieces of the universe that are awaiting your arrival?*

*Start by reaching out to someone you know is struggling and just listen for an amount of time you decide, imagining them too remembering in their own time the goodness they have to give.*

*You can make a donation today, big or small, to a cause that really matters to you, to the suffering you've been through or grew up around. Keep on going back to step one, and ask Spirit how you are here to serve, paying attention to the ways life will answer you if you keep being willing to ask.*

*Open to making beauty and magic, even and especially, in the mess.*



*Who you are is healing, and there is a purpose inside of all the pains in life.*



Dearest Friend,

Thank you for joining me on this journey of acceptance and self-love. I know that it is worth the work it takes to continue building an authentic, joyous life of service.

I am here for you if you need anything and would love to see you at one of my virtual classes, trainings, in-person retreats or 1:1 sessions.

At Body Temple Church our community is welcoming in all to gather as a collective and experience one another's' presence through dance, energy healing, somatic practices, grief work and so much more.

To all that you are becoming-I see you and I am here.

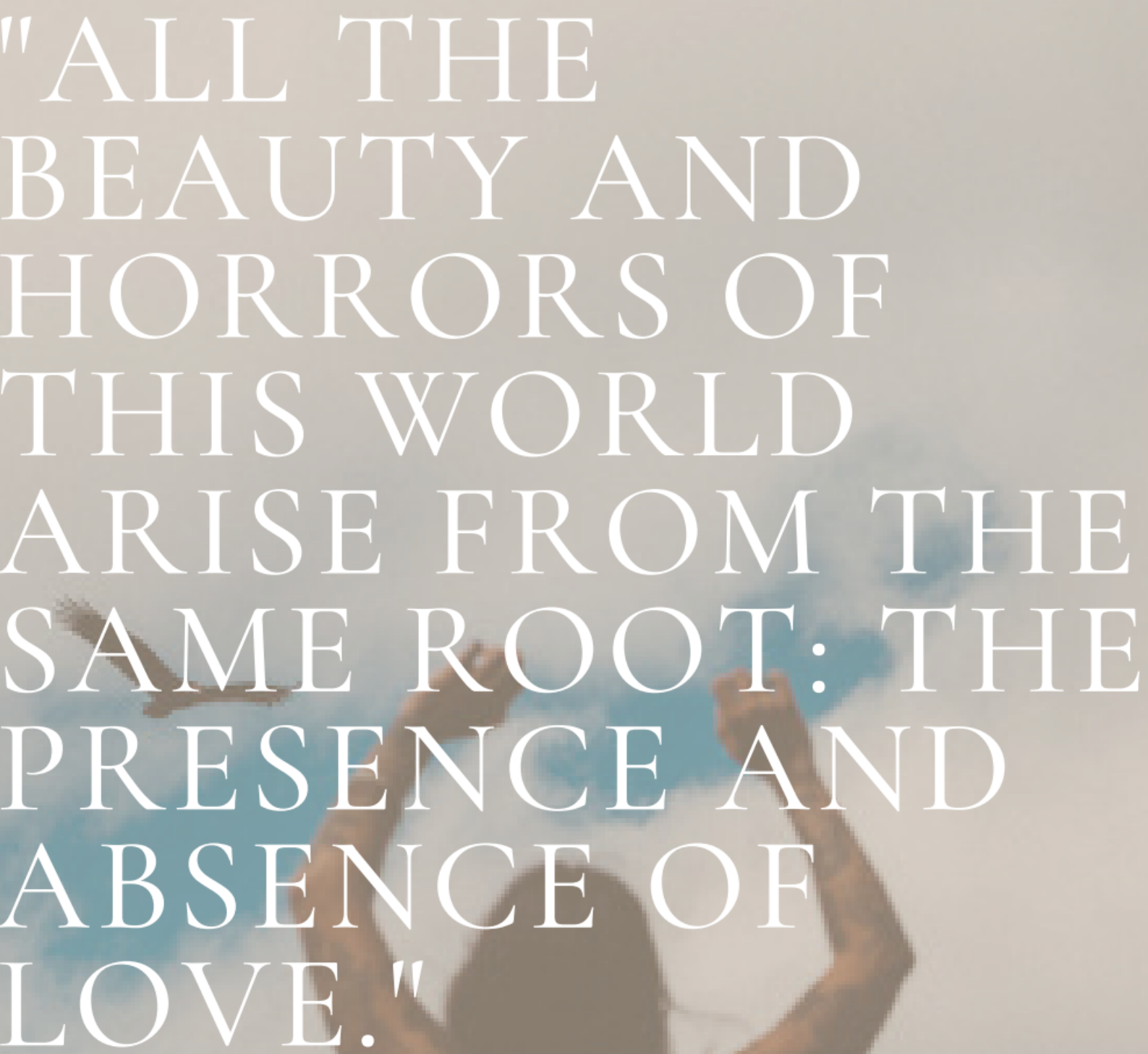
*"The way we deal with grief has a lot to do with whether or not the grief heals and strengthens us, or ends up depriving and starving us. We've learned a lot of things about grief over the years, like that strong 'grin and bear it,' stiff-upper-lip response to grief, which involves denial and is not an optimum strategy for dealing with a mourning period. My own reaction to people that are grieving is to really give them a lot of support in grieving and letting the process run its course.*

*This includes not just the grief from the loss of a person(s), but the grief from the loss of any dream in life; of anything that you've invested in that was lost. There is a reaction to loss that is a grieving process, and if you do not deal with the grieving in a way that is true to your being, it is untrue. It's just as untrue to grieve when you're not feeling it, as it is to not grieve when you're feeling it.*

*You can't really demand any person be on a schedule. You have to ask them to be true to their own heart, to say to somebody, 'You haven't grieved enough,' 'cause they say, 'I'm not feeling anything,' isn't really necessarily tuning appropriately to another person. But when they don't grieve in harmony with their deepest truth, they end up veiled from their hearts and they end up increasing cynicism about life and increasing fear also- fear of future involvement, fear of any risk.*

*So, how you go through these processes is really very critical to your own evolution. From a spiritual perspective, from your spiritual, from your soul's point of view- all of these things are offerings being made to you, to give you the stuff through which you can grow clearer and stronger and emptier and more available to your heart." – Ram Dass*



A person is shown from the back, with their arms raised in a gesture of triumph or prayer. They are wearing a white t-shirt. The background is a bright, overcast sky with soft, white clouds. The overall mood is one of hope and positivity.

"ALL THE  
BEAUTY AND  
HORRORS OF  
THIS WORLD  
ARISE FROM THE  
SAME ROOT: THE  
PRESENCE AND  
ABSENCE OF  
LOVE."

—JOHN  
WELWOOD



# GET THE FULL TRAINING

At Body Temple Church we lead classes, courses and trainings so you can get more in touch with the wild healer and artist in you, and welcome the wisdom in your wounds. Our Wounded Healer Program is now being offered as a self-paced program!

Learn to accept, love and nurture your wounded and wild pieces to become more of the authentic and radiant you.

We would be honored to have you with us there.

WOUNDED HEALER PROGRAM





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