

The Secrets to Getting the Love You Deserve

Handbook



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What's in my heart...

Notes from your meditation...

My Successes... What I Am Proud of...



Post this list by your mirror and look at it every day. Look in the mirror and compliment yourself everyday and say with conviction, "I love you," everyday until you can say it flawlessly.

Releasing Fears, Worries & Doubts...

Worries:

Thoughts around your worries... past experience around them...

Underlying Negative Belief:

Experience because of that belief

If I continue to think this way, I will

Ask yourself: Is this what I want to believe? If not, say, TODAY I CHOOSE to believe

Forgiveness Exercise and cord cutting

FOR ULTIMATE CLEARING, THIS FORGIVENESS PROCESS IS A POWERFUL TOOL FOR CHANGE.

Forgiveness does not condone what happened, but instead it releases you from the blame, shame, victim game. By doing this, you affirm that these issues are no longer part of your future reality and you choose to leave them in the past. You will feel a sense of release and peace from this that will last.

- **To begin, Use this egg to exhale all the things that bother you about this person that you wish to release.**
- **Now Imagine that he/she comes in and sits across from you. Have a good look at him/her. Envision a cord going from you to them and where it is located.**
- **Tell him/her all that you have written and don't be afraid. Now sit and listen with an open heart to what he/she has to say. Grieve out any emotions that come up. Now go over and whisper, what you did you did, I've survived and all is WELL!**
- **Sever the cord with a knife, scissors, pull the plug or whatever feels right.**
- **Watch him/her walk out. What do they look like now?**
- **Grieve your loss.**

When you are ready, command your Yang energy to return and say these words 3 times WITH AUTHORITY:

I NOW REFUSE TO INGEST ANY MORE TOXIC ENERGY FROM _____

I NOW REFUSE TO FEEL THESE FEELINGS ANY LONGER!

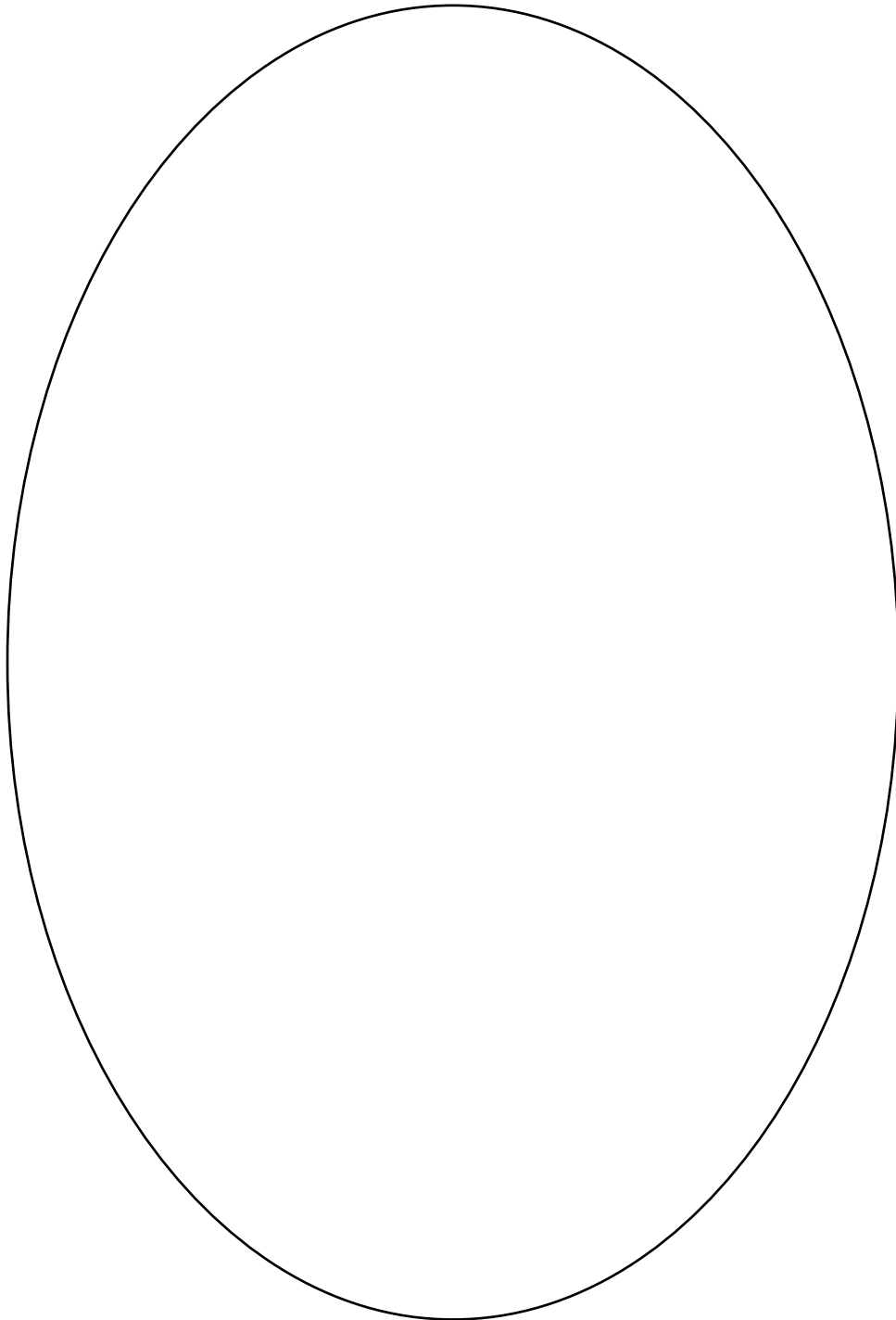
I RELEASE THEM ONCE AND FOR ALL!

THANK YOU GOD, THANK YOU SELF!

Now safely burn your sheet and watch it burn! Wash your hands of the whole thing, feel your feelings and drink water to cleanse.

Forgiveness Exercise

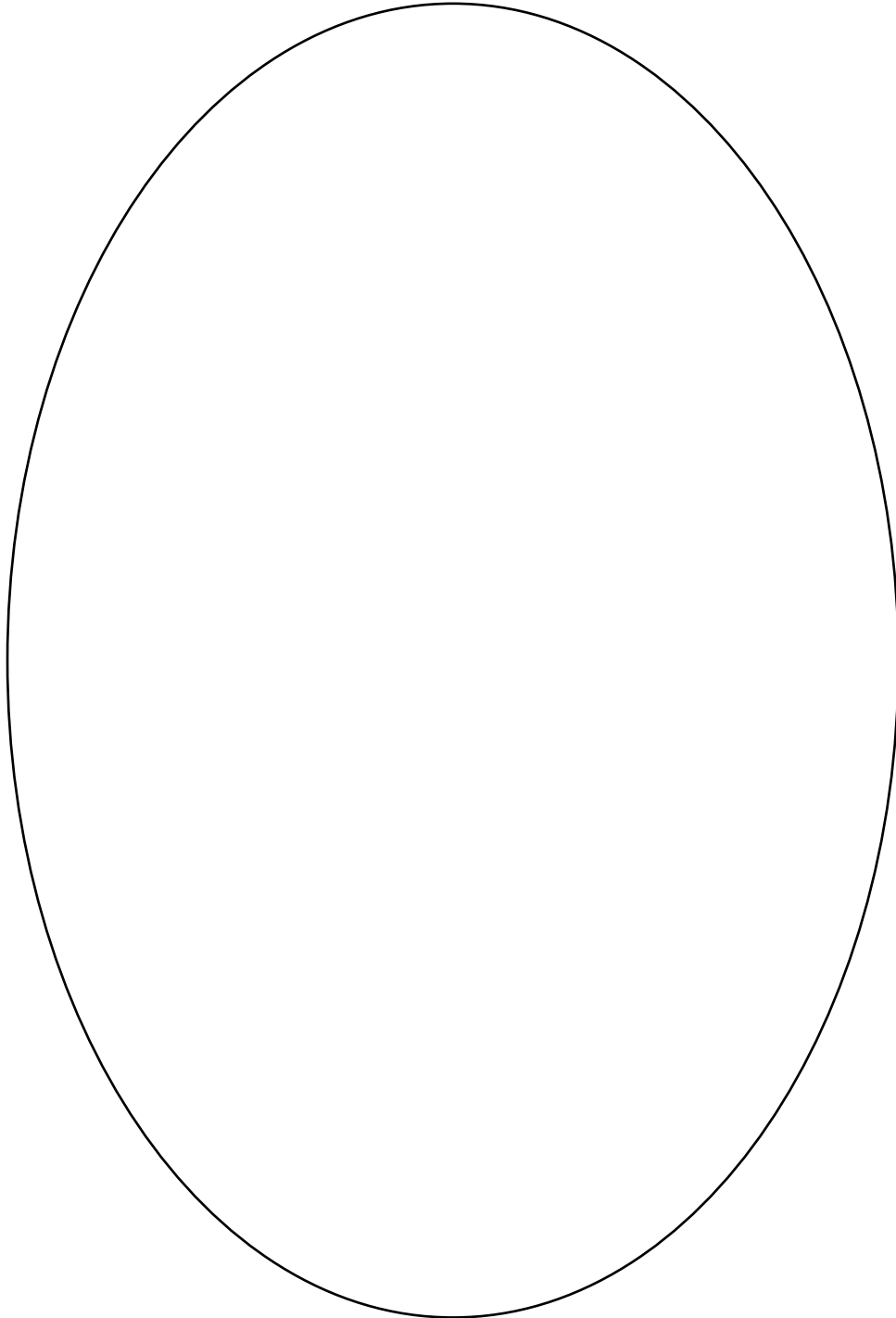
NAME: _____



AND EVERYTHING ELSE!

Forgiveness Exercise

NAME: _____



AND EVERYTHING ELSE!

I Want...

I Appreciate...

What brings me Joy... What I Love...

Signs...

The List

I WANT IN A MATE... FOR HIM TO BE:

1. KIND
2. POSITIVE THINKER
3. ADVENTUROUS
4. DARING/COURAGEOUS
5. INTELLIGENT
6. SYMPATHETIC
7. DOWN TO EARTH
8. RELAXED YET ENERGETIC
9. PASSIONATE IN BED
10. ROMANTIC/THOUGHTFUL
11. EXPRESSIVE
12. CHIVALROUS/GENTLEMAN
13. SELF SUFFICIENT/FINANCIALLY STABLE
14. DEVOTED/GIVING
15. SECURE IN HIMSELF
16. STANDS UP FOR HIMSELF
17. NON-JUDGEMENTAL
18. DOG LOVER
19. RESPONSIBLE WITH \$\$\$
20. CONCERNED ABOUT HIS HEALTH AND LOOKS BUT ISN'T OBSSIVE
21. PHYSICALLY FIT (EXERCISES, STRETCHES)
22. MUSCULAR BUT TEDDY BEAR LIKE
23. SPIRITUAL NOT RELIGIOUS
24. CHARISMATIC
25. FUNNY TO ME
26. ENJOYS READING
27. ENJOYS BEING WITH ME
28. ENJOYS SNUGGLING
29. SAYS "YES" TO ME
30. SPONTANEOUS
31. ENJOYS DANCING WITH ME
32. ENJOYS THEATRE/ BALLET/ MUSICALS
33. PLAYS AN INSTRUMENT
34. ENJOYS MUSIC
35. LIKES TO SHOP WITH ME
36. INTUITIVE
37. WOULD WANT TO HAVE A CHILD WITH ME
38. ENJOYS NATURE- SUNRISES, SUNSETS, GARDENING
39. GENEROUS
40. DEEP THINKER
41. DRINKS TO HAVE FUN- NON-ALCOHOLIC
42. SEEKS HELP FOR INJURIES
43. IS PATIENT, ESP WHEN TEACHING SOMETHING
44. IS NOT RULED BY FEAR, BUT KNOWS HIS LIMITATIONS
45. ACTS LIKE A MAN BUT CAN BE VULNERABLE WITH ME
46. EXPRESSES HIS ANGER BUT NOT DIRECTED AT ME
47. MAKES HIS NEEDS IMPORTANT BUT NOT THE CENTER OF HIS UNIVERSE
48. IS WARM AND SOCIALBLE
49. LOVES TO PLEASE ME
50. IS FLEXIBLE (NOT JUST IN HIS LIMBS)
51. IS PLAYFUL
52. SEES MEANING IN THE EVENTS OF HIS LIFE
53. HAS A HOBBY/PASSION/MEANING IN HIS LIFE OUTSIDE OF ME
54. UNDERSTANDS AND LISTENS TO ME
55. IS RESPECTFUL (NOT CONTROLLING)
56. TRUSTWORTHY
57. KEEPS HIS WORD
58. HELPS WITHOUT COMPLAINT
59. ALLOWS ME SPACE AND FREEDOM TO BE MYSELF AND EXPLORE LIFE
60. ENJOYS TRAVEL
61. LIKE TO COOK
62. LIVES IN THE PRESENT NOT THE PAST
63. LIKES TO TAKE WALKS
64. ENJOYS THE BEACH
65. SWIMS
66. LIKES PLAYING IN THE SNOW
67. ENJOYS BOATING

68. ENJOYS SITTING BY/MAKING A FIRE
69. ENJOYS LAYING ON A HAMMOCK
70. ENJOYS DOING MASSAGES ON EACH OTHER
71. ENJOYS DRESSING UP TO GO OUT
72. ENJOYS AMUSEMENT PARKS
73. TAKES RESPONSIBILITY FOR HIMSELF
74. SELF-MOTIVATED- MAKES LIFE HAPPEN FOR HIM
75. CARES ABOUT THE ENVIRONMENT & ANIMALS BUT
ISN'T AN EXTREMIST

76. IS EASY GOING, NOT PICKY
77. ISN'T AFRAID TO WALK IN THE RAIN
78. SEEKS FLOW IN LIFE
79. WOULD BRING ME FLOWERS SPONTANEOUSLY
80. IS STRONG YET GENTLE: KNOWS WHEN TO
PHYSICALLY TAKE CONTROL OF ME AND WHE TO BE
SENSITIVE
81. TAKES INITIATIVE TO HELP
82. SPEAKS HIS MIND
83. TRUSTING