

Create The Love of Your Dreams

*...the essential How-To Relationship Book
using The Law Of Attraction*

By Nanette Geiger

Foreword by
New York Times Bestseller
Peggy McColl

Create & Attract Publishing

Copyright © 2008 Nanette Geiger

All rights reserved, including the right to reproduce this book or portions thereof in any form whatsoever. For information contact Create & Attract Publishing, PO Box 456, Cary, NC 27512-0456

Cover design by: Jackie Edwards

Cover photograph by: Bob Geiger, Sr.

Library of Congress Cataloging-in-Publication Data

Geiger, Nanette

Create the Love of Your Dreams:
*the essential How-To Relationship Book
using The Law Of Attraction*

Nanette Geiger -- 1st Edition

p. cm.

Tradepaper ISBN: 978-0-9816306-0-1

1st Edition November 2008

Printed in the United States

*To Robert,
the one and only
true love of my life.*

CHAPTERS

Table of Contents

FOREWORD by Peggy McColl.....10

ACKNOWLEDGMENTS.....12

ABOUT THE AUTHOR.....15

INTRODUCTION.....18

Chapter 1.....21

 What is this all about?21

 HOW CAN YOU CREATE THE RELATIONSHIP OF YOUR
 DREAMS?.....21

 FAILED RELATIONSHIPS AND FOOLING MYSELF.....22

 CHANGE YOUR STORY - CHANGE YOUR LIFE.....23

 WARTS AND ALL.....24

 BLIND SPOTS - SOMETHING NOT APPARENT.....25

 BECOMING A VIBRATIONAL MATCH.....25

 INTELLECTUAL UNDERSTANDING VERSUS TRUE WISDOM...26

 WHEREVER YOU GO, THERE YOU ARE.....27

 Self-Talk Journal Exercise.....29

Chapter 2.....31

 Getting Clear.....31

 WHAT DO YOU WANT AND WHAT'S IN THE WAY?.....31

 WHEN IS A DETOUR NOT A DETOUR?.....31

 THE UNIVERSAL LAW OF ATTRACTION.....33

 CULTURAL MYTHS CARRY INFLUENCE.....35

Create The Love Of Your Dreams - Confidential Review Copy

Family Life - Journal Exercise.....36

Chapter 3.....38

Who’s Running the Show?.....38

TAKING YOUR PULSE AND TAKING IT ON.....38

WHERE ARE YOU NOW?.....39

THOUGHTS REALLY DO BECOME THINGS.....39

YOU ARE THE WRITER & DIRECTOR.....41

YOU CAST THE CHARACTERS.....43

EVERY CHARACTER REFLECTS A PART OF YOU.....46

Uncovering Belief Systems - Journal Exercise.....47

Chapter 4.....49

A CLEAN CANVAS ON WHICH TO CREATE YOUR MASTERPIECE
.....49

CLEANING IT UP.....49

PUTTING THE PAST IN THE PAST.....51

HOW TO BECOME A POWERHOUSE CREATOR.....54

VICTIM OR VICTOR?.....56

Fixed Way Of Being - Journal Exercise.....58

CHAPTER 5.....60

YOUR UNIQUE EMOTIONAL GUIDANCE SYSTEM60

STEP BY STEP – HOW CREATING WORKS.....60

EVERYTHING IS IN CONSTANT MOTION.....61

YOU’LL SEE IT WHEN YOU BELIEVE IT.....61

EXCUSES & JUSTIFICATIONS ARE STORIES.....62

THREE-STEP PROCESS OF DELIBERATE CREATION.....	63
The Three Steps.....	64
TWEAK YOUR VIBRATION.....	65
YOUR OWN TAILOR-MADE GUIDANCE SYSTEM.....	65
YOU'LL NEVER BE IN THE DARK AGAIN!.....	67
DETERMINE YOUR SET POINT.....	67
Checking In - Journal Exercise.....	68
CHAPTER 6.....	69
IT FEELS SO GOOD TO FEEL SO GOOD.....	69
FIND THAT FEELING PLACE.....	69
ARE YOU ALLOWING OR RESISTING?.....	69
FIND YOUR ENERGY BOOSTERS.....	71
EMOTIONAL SCALE.....	72
NO ONE CAN VIBRATE FOR YOU.....	74
DESIGN, DEFINE, REFINE.....	75
TWO CLARIFYING QUESTIONS.....	75
MORE TOOLS FOR YOUR TOOLBOX.....	76
Visioning.....	76
Affirmations.....	77
Guidelines For Creating Effective Affirmations.....	77
Affirming what a great catch you are.....	78
Affirming how much you adore each other	78
Affirming the traits you love about him/her	79
Affirming the ease and freedom along the way	79

Create The Love Of Your Dreams - Confidential Review Copy

Affirming how good you are at deliberate creating79

“I AM” Statements.....79

COUNTER INTENTIONS AND HOW TO CORRECT THEM80

Vision Boards / Treasure Maps.....82

Inspired Action.....82

The Details - How We Met.....83

INSTANT MANIFESTATION.....85

Star Of Your Own Movie - Journal Exercise86

CHAPTER 7.....88

THE MOST POWERFUL SECRET REVEALED.....88

GRATITUDE, APPRECIATION, AND FORGIVENESS.....88

APPRECIATION AND ACKNOWLEDGMENT.....89

EGO IS NOT INTERESTED IN CHANGE.....91

Here Is My Rampage - Make It Your Own.....92

FORGIVENESS - The Gift That Keeps On Giving.....93

What Forgiveness Is Not.....93

What Forgiveness Is95

CHOOSE SELF-LOVE AND SELF-ACCEPTANCE.....96

Tend To Your Thoughts - Journal Exercise.....98

CHAPTER 8.....99

Breaking Free From Expectations99

TO CREATE WITH WHAT YOU ALREADY HAVE, BRING
NOTHING.....99

NOT CHOOSING IS STILL A CHOICE.....100

BOOK OF POSITIVE ASPECTS.....	100
ACKNOWLEDGMENT - AN ACT OF CREATION.....	101
WHAT DOES IT MEAN TO BRING NOTHING?.....	102
HEAVY BAGGAGE WEIGHS YOU DOWN.....	103
HOW THE BOOK OF POSITIVE ASPECTS WORKED FOR ME	104
Re-Creation - Journal Exercise.....	106
CHAPTER 9.....	107
YOU ARE IN THE DRIVER’S SEAT	107
NOW YOU HAVE THE MANUAL - GET READY TO START YOUR ENGINES.....	107
TAKE YOUR VIBRATIONAL PULSE.....	107
Abraham-Hicks teaches a simple three-step process. . .	108
BRING LIGHT TO THE SHADOWS.....	110
TELL IT LIKE IT IS.....	113
Emotional Guidance System - Journal Exercise.....	115
CHAPTER 10	117
IT GETS BETTER.....	117
THE BETTER IT GETS, THE BETTER IT GETS.....	117
THERE IS NO “SECRET”.....	117
MY TRANSFORMATIONAL TIMELINE.....	119
DON’T HOPE FOR ANYTHING.....	120
THE LIST.....	120
THE BONUSES.....	124
Chapter 11.....	127

Create The Love Of Your Dreams - Confidential Review Copy

TWO DELIBERATE CREATORS AND THEIR LOVE STORIES.....127

 TAMMY AND HECTOR.....127

 DEANA AND ANGEL.....130

 Robert’s Poetry133

 Found somewhere on the Internet, but it expressed his
 feelings for me early on. (All others are written by
 Robert.).....133

 Sexy Lover.....134

 While we were dating.....134

 On the two year anniversary of our first date.....135

 And more since we’ve been married.....136

 A Haiku.....136

 She Lives in my heart.....136

Recommended Resources.....138

 Web Sites To Consider:.....139

FOREWORD by Peggy McColl

When Nanette Geiger asked me to write the foreword for this book, I was both honored and delighted. You are holding a goldmine of information in the palm of your hands, and if it is your desire to create and attract (and enjoy) a totally loving and fulfilling relationship, then you are in for a treat.

For decades I have studied personal development. I have found many books to be helpful, but the gems that stand out from the rest are the books where the author shares from their own positive transformational experience, which provides a learning experience for everyone. Nanette openly shares her own journey in the most beautiful and compelling way. You may find, as I did, that you are captivated by her honesty, sincerity and extraordinary story of how she attracted her soul mate.

As you go through *Create the Love of Your Dreams*, please do yourself a favour and invest the time to do the exercises as well. It isn't enough to read the information to experience your own transformation. As I have explained in my own books, it is the understanding of the knowledge and the application where the transformation will occur.

In this book Nanette suggests: "Researchers say that we have roughly 60,000 thoughts per day and that approximately two thirds of those thoughts are repeated thoughts. If that is so, can you see how life more or less stays the same with very little deviation? It is not that life truly stays the same. It is continually changing but it is being recreated from the pattern of those same thoughts over and over again. So it doesn't appear to change much at all."

Create The Love Of Your Dreams - Confidential Review Copy

Many years ago I observed an interview with the legendary Og Mandino (author of *The Greatest Secret in the World*) and he was asked by a reader: "Og, what will your book do for me?" and his response was brilliant. Og said: "Nothing! This book will do nothing for you; it is only paper and ink. However, if you take the information contained within these pages and apply it in your life, your life will change in magnificent ways." Those may not have been Og's exact words, but that was the premise of his response. Therefore, I say to you: Nanette Geiger's book will do nothing for you unless you apply what she has ingeniously shared with you in this powerful testimony, which does involve changing your thoughts to more positive and empowering ones.

Perhaps your life is working for you and maybe there is only one area that you would like to improve (i.e. create the relationship of your dreams), but I'm confident that you will find the strategies Nanette has laid out for you will guide you to not only create the relationship you have deeply desired, but it will also help you grow to become a better YOU.

Embark on this journey through the pages of this book with an open mind, a loving heart and a desire to become the best you can be. You will create and attract a beautiful loving relationship AND find your life will be blessed in many ways.

INTRODUCTION

I have always been a seeker. I've had a deep inner knowing that our thoughts have the ability to create our reality for a very long time. But for so many years of my life, I either followed the crowd (mass consciousness) or tried to change some aspect of myself (to no avail) and would get frustrated and give up.

Sometimes my life worked; sometimes it didn't work so well. Sometimes it felt like my life was completely insane and purposeless. How could I "know" certain things, such as the existence of a powerful guiding Law in the universe, and yet not know how to practically and with explicable results tap in to that power to set my course back on track? How can I, in fact, keep moving from success to success without so many darned relapses into failure? These are questions that I desperately wanted the answers to. In fact, so desperately that they could not possibly come with the mindset I was holding at the time of my desperation. And why? Because the Law of Attraction states that like attracts like. My thoughts were persistent, but I was looking at what was *missing* - focused on the lack of what I wanted.

It thrills me to know that the Universal Law of Attraction is becoming more mainstream in our culture. Movies like *What the Bleep Do We Know* with its conversation on quantum physics, explains how we now appear to be in one big quantum soup of co-creation. The movie *The Secret* brought a tremendous focus on the Law of Attraction. And, of course, Abraham-Hicks has been teaching the *Science of Deliberate Creation* and the *Art of Allowing* on CD, DVD, and best-selling books since 1986.

Create The Love Of Your Dreams - Confidential Review Copy

Many titles in the New Thought movement teach these principles. Funny how many titles actually come from the early 1900s and are still considered in the New Thought genre, such as the enlightened author, Neville Goddard, to name just one.

The teachings in many of the New Thought books offer information on how to attract. Many of them rely on Christian methodologies, which for me at a certain time in my development were just not my “cup of tea”. In fact, I shunned organized religion and anything that smacked of it was resolutely discarded. Unfortunately, I was throwing the baby out with the bathwater. I recently revisited a book I read 20 years ago that used the word God and forgiveness quite a lot and now find it amazingly useful.

Now I have learned that Universal principles such as Love, God, Spirit, or Oneness are non-denominational. The Law of Attraction is not personal; it does not prefer “do-gooders” to people who are just doing their time on Planet Earth.

Never before has the Law of Attraction been so nailed down, clear to understand, with repeatable and quantifiable processes as with the teachings of Abraham-Hicks. I practice these processes daily.

If the movie *The Secret* was an introduction to the Law of Attraction, then I consider this book to be an advanced course on the Law of Attraction. This book, and its processes, are not for wimps. This is a Call to Action or, as you will learn, a call to “focusing your awareness on your vibration.” Action is only a small part of the creation process. Clarifying your intentions and feeling aligned with inspired action is what make the difference. Focus on your vibrational output – how you *feel* – is everything. Your feelings are the vibrations you transmit 24/7. The way you

Create The Love Of Your Dreams - Confidential Review Copy

think and feel about anything in any area of your life is what is transmitting to the Universe. Consider that your dominant vibration. The Law of Attraction will send you more of what's similar to what you are vibrating.

And if that is so, do you think it would be helpful to know what you're doing so that you can shift what needs to be shifted? Wouldn't you like to know how and why you are attracting those same dead-end relationships?

Throughout this book I refer to the teachings of Abraham-Hicks frequently. I also reference my personal experiences with the transformational technologies of Landmark Education, which has expanded my perception. Additionally, I reference *A Course In Miracles*, which is a lifetime course of study. This study has enabled me to experience deep and lasting peace. These teachings have all been deeply instrumental and informed me every step along my path.

Never again do you have to feel like a victim of circumstances. This book is here to help you remember what is already yours and to empower you on your path of creating the relationship of your dreams.

After all, what fun is life if we don't have someone to play with and someone with whom we can share our deepest dreams?

Enjoy the journey!

Chapter 1

What is this all about?

HOW CAN YOU CREATE THE RELATIONSHIP OF YOUR DREAMS?

It's the most basic drive in our nature to feel and to be related. What do I mean by being related? I define relatedness as the ability to feel in sync with or in touch with others; the inclination and willingness to be open, generous and free from prejudice toward and in rapport with one another. Feeling or being in relationship is a basic drive of human nature that begins after we reach pre-school age, around the ages 4 to 6. Relatedness and relationship is what makes humanity as an entity workable. It is what makes any community behave cohesively.

I don't believe there is a person on the planet who, at some time in his or her life, deep down hasn't always wanted the relationship of his or her dreams. Regardless of what they may say, "All the good ones are taken", "It's too late for me", "I've given up expecting my prince/princess to come - that's what fairy tales are made of", or "I've always been a loner", etc. people truly and deeply desire someone to share life's journey with.

That is the language of the resigned, cynical person who has been beaten and worn down by the external world and their own internal beliefs which no longer serve to empower them.

Perhaps you haven't said those words exactly but maybe something more like my self-talk: "I really want to share my life with my soulmate - I'm ready". I'd said it for years - about 13

years actually. I was alternatively bluffing, testing or outright lying to myself and the other guy. And many relationships have come and gone.

FAILED RELATIONSHIPS AND FOOLING MYSELF

Talk is what I was about, until finally talk got so cheap that I seriously sized things up and said: "That's it, I've had enough of another failed relationship and doing things on my own." Yes, I was convinced that I liked myself and my own company. I still do and I did then. Being independent and self-sufficient is great, but not to the exclusion of others, and that was where I was headed. Further, I had a deep knowing that all of the wonder of life gains more sweetness when it is shared. For heaven's sake I really wanted to share what life is all about, or at least what I thought life was *supposed* to be all about.

Now don't get me wrong, I was often in some form of a relationship, either a committed relationship or dating and non-monogamous. There was never a lack of men for me to be with. I never realized that this was my way of avoiding true intimacy.

In fact, in that 13 year period there was Tim, whom I considered an interim guy; then, Gary (I dumped him and that broke *my* heart); Ron, married him on the rebound from Gary (I was semi-comatose to have done that, I realized later), then several flings in between. Then - I stopped dead in my tracks - there was my Swiss man! We were head over heels in love - everybody thought we'd marry. And 2 ½ years later WHAM, a hideous breakup. Gary with no details, he didn't have any details he could share. One day he said, "You're my best friend", and then a week later it was like someone had performed a brain

Create The Love Of Your Dreams - Confidential Review Copy

transplant. He couldn't explain his behavior. I tried to get some information out of him without success. It was over.

I have my explanations and stories as to why and how these relationships and their ends came into being. But they were mostly devoid of my understanding of the critical insight that I was the common denominator.

My style was to shut out the hurt and usually pick up another relationship. To make a long story short, then came Jerry. After that breakup I went on a dating spree. It got to be a kind of habit.

Then Nick - after putting aside much of my own resistance and with his cajoling and wooing, I finally thought he was going to be Mr. Right, even despite our East coast West coast affair (oh, unavailable again), is a pattern starting to emerge here? I'd say so).

CHANGE YOUR STORY – CHANGE YOUR LIFE

I decided that it was high time to change my drama and change my life. By now I had had enough of the New York City lifestyle. So I picked up and moved to North Carolina to re-invent myself. And indeed that is what I did after living 14 years in New York as an aspiring opera singer - sometimes working, mostly not. That is, I had a day (actually, night) job that afforded me a flexible schedule so that I could train, audition, travel, etc.

I knew in my heart of hearts that having a stressful lifestyle in New York no longer suited me. I would be truly anonymous as I knew not one soul, nor had I even visited the state. I decided that it seemed like the best place to move based on my research and my soul search. So now I'm really alone, right? Yes, I was excited about the adventure. And knew for sure that *now*, having changed everything familiar, I could recreate myself and create

the relationship of my dreams, without all the insanity of New York and my former lifestyle.

If someone had told me it would be yet another six years until I met the man of my dreams, I would have said, "No way." But so it was.

First there was Len. Several more unessential relationships; old habits are hard to break. Peter looked pretty good at first - oh no, very wrong and painful. Nick crept back in for a spell - what was I thinking?

You get the idea. I had no trouble finding men; it was finding and holding on to the one that actually worked. That was what I longed for.

I thought I had learned a lot about attracting the situations, people and things I wanted. In general, I could say that my life was getting better. I had an array of wonderful friends in my life. I loved my peaceful and beautiful environment. A lot was working for me. But if you want to compare a life of getting along pretty well to thriving and having the relationship of my dreams with whom I could create, be straight with, open my heart and be vulnerable with, baby, I had not a clue. Perhaps theoretically, since I had some successes here and there in various areas of my life; but when it came down to repeatable results that I could count on and re-create, that was quite another story. That is why I say here and now that this book is not for wimps.

WARTS AND ALL

You must be willing to take a real look in the mirror and be straight with yourself. Get your head out of your rationalizations, justifications, pointing the finger and complaining. *You* are doing it all to you. And that *is* good news.

Create The Love Of Your Dreams - Confidential Review Copy

Are you familiar with the quote “follow your bliss” as coined from the reputed mythology and comparative religions expert, the late Joseph Campbell? To me this was the good news revealed. “When you follow your bliss. . .doors will open where you would not have thought there were doors, and where there wouldn’t be a door for anyone else,” said Campbell. Unfortunately, I could not see how that would actually pan out.

Clearly it was not panning out for me. As accomplished as I was as an opera singer, there was much more unemployment than employment in my world. I thought I was following my bliss. The rejections were agonizing, but I just stuffed it and put on a happy face. I kept paying exorbitant fees for lessons, coaching, classes, and on and on. Certainly singing the world’s greatest music does have its own rewards, but emotionally it feels like walking around with an unrequited love. It’s like having a heavy heart on top of ecstasy. Talk about conflicting emotions and split energy!

BLIND SPOTS – SOMETHING NOT APPARENT

Little did I understand that there was something below the surface, indeed something below the level of my awareness that was stuck in my vibration, as it were, effectively holding me apart from the fulfillment of my heart’s desire. Had I known then what I know now. . .

BECOMING A VIBRATIONAL MATCH

What I now know is that in order to be, do, or have anything in life, you must first be up to speed with it. That is, you must be in the vibrational vicinity of what it is you want. For example, what you have in your life experience right now is always a match to who you are vibrationally, the good and the not so good.

What exactly does that mean?

You are a match to your present salary and you are probably a match to a 5% - 10% increase in salary. But if you are currently earning \$75,000 most likely it would be a real stretch for you to get a \$100,000 raise. That is, you are not a vibrational match for that amount increase and it is not within your current belief system to obtain it. That is not to say that you couldn't be a match. You can. It takes practice. This book is about finding the way to actually creating a vibrational match to what you desire. And that is exactly what I will teach you -- how to attract and thrive in the relationship of your dreams.

Looking at what I created, I realized that I was a match for a gorgeous and powerful operatic vocal instrument. What I was not a match for was having a hugely successful operatic singing career. On some level, I did not believe I deserved it. I mistook what I heard to be "the truth," i.e., "you really must have the right connections", "you need to have come from the best conservatories", "without top representation you don't stand a chance", etc., etc. But even more insidious was the deeply embedded beliefs I held from childhood and cultural conditioning. Beliefs such as the "starving artist mentality", "only a few rise to the top:", "you've got to pay your dues," "if you're not born with the silver spoon. . .", and so on. But the biggest one of all those subtle themes that wove its way in and around other areas of my life was the *unworthiness* theme.

INTELLECTUAL UNDERSTANDING VERSUS TRUE WISDOM

I could reason with myself all day long that all manner of people come from nothing and produce tremendous results in their personal and professional lives and in the world. We all love rags

to riches stories, they give us “hope”. But somehow that was not enough to make a difference for me. The word “hope” has become a 4-letter word for me. It is a devalued word that keeps aspirations and dreams at arm's length. Always reaching, hoping someday . . . The word “hope” is a weak dilution of empowering states such as expectation, trust, and knowing. States that we as creators have access to as an innate sense. Not conceptually but experientially.

So naturally, what was showing up in my world was more of what I believed in on the most fundamental levels: that life was a struggle; that *hopefully* (that word again) it would eventually get marginally better and in the meantime I'd find some diversions that represented a semblance of a life. A vacation, a shopping spree, a fling, all the distractions we know how to muster up at a moment's notice. Oh I could fake it with the best of them - my great life that is. Wow, what an actor I was.

WHEREVER YOU GO, THERE YOU ARE

This was still essentially the way things went for me after my move to North Carolina. The only difference was that the huge stressors of living in the city were no longer part of my everyday life. I thought “my life will be different when I move.” The only problem is that all my baggage traveled with me!

If you are still not getting what you say you have been wanting in your life, there is something off target in you somewhere. I am not saying you are bad or wrong or flawed. That is what our conditioning would have us believe. There is something that needs to be uncovered; something presently hidden from your view. I want you to know that you are more powerful than you can possibly imagine and that great things are happening for you

Create The Love Of Your Dreams - Confidential Review Copy

and to you. We reclaim more power every time we uncover or distinguish something for ourselves that was previously outside our awareness. Think of the concept of 'distinguishing' as being similar to focusing a camera's lens. When you aim at the subject, the background goes out of focus. You don't see the background clearly until you put the focus on it - then it becomes distinct. To distinguish something in life - not just out of focus but actually hidden from our view takes a focused intention to be a 100% responsible, fully-functioning, powerful creator.

You can be a tremendous source of inspiration and empowerment to those who know you. I know you can be. Indeed, that is who you truly are! You come from the source of all creation and are part of that huge ocean of truth. By tapping into who you truly are, you will gain the clarity you want to move forward effortlessly and fearlessly in attaining the relationship that your heart has been longing for.

My mission is to show you where you are off target just enough to prevent you from hitting that bull's eye of your heart's desire - attracting the relationship of your dreams and enjoying a thriving life of love, joy, and sharing.

Check in right now. What is your self-talk; that is, what have you been saying to yourself about all that I have said? Are you saying, "I don't have any self-talk, I don't do that"? Bingo - that would be self-talk! What is your internal conversation about? What kind of relationship you *should* have; why it has taken so long to have a fulfilling one, or the reasons and justifications as to why the last one didn't work out? That's all self talk. Sometimes self-talk sounds like a parent, a teacher or, an older sibling!

Create The Love Of Your Dreams - Confidential Review Copy

Throughout the course of this book, I am going to suggest that you consider the questions following each chapter by writing your responses. In fact, as purchaser of this book, you can download your free workbook with all the exercises in this book along with plenty of space to journal. Just go to www.SSSSSS.com/workbook. Enter the last two words from page 97 as your password to gain access to your Workbook.

Self-Talk Journal Exercise

You will gain tremendous value without writing or journaling. However, I have found that writing my thoughts and feelings in the form of a dated-entry journal helps me to clarify what is *really* going on. Keep it private; only you need to read it. It will also be a wonderful tool for you to track your successes and miracles. You are ready for miracles, aren't you? Well, get ready.

For starters, you need a baseline measurement to know where you are now. You can get anywhere you want to be. But just like any direction guidance tool, a map, or your GPS, you need to know where you are now and where you want to go before you can chart a course to get there.

The following exercise will illustrate where you are on the scale from resignation to bliss.

Questions to consider. Be as honest as you can. This is for your eyes only.

1. What is your present state of relationship? Married? Happily or needs work? Divorced and embittered, or free from strings? Estranged without closure? In between relationships and looking expectantly, or resigned and needing to pull back for now? In an on-again-off-again

Create The Love Of Your Dreams - Confidential Review Copy

relationship? Desperate? Casually dating and waiting for Mr./Ms. Right to cross your path? Hermetic?

2. What is some of your self-talk about the answers to the above questions? Is your head in the sand (“oooooh, someday . . . “)? Optimistic (“I know she’s out there”)? How do you judge yourself about it all? Do you hear the voice of your “critical parent”, a mother, father, sibling, or aunt giving you advice?
3. What have you been doing that has not been working in any existing or past relationship? Do you find fault easily? Even if not openly expressed, do you have critical thoughts and hold onto? Do you complain in general? Do you keep your commitments? Are you withholding, controlling, or begrudging? Are you self-sacrificing or do you maintain healthy boundaries? What about self-care – keeping balance and well-being in the foreground?

Chapter 2

Getting Clear

WHAT DO YOU WANT AND WHAT'S IN THE WAY?

The lush, green environs of NC, the slower pace, the nice people were all a very welcome change for me. It took a while to slow down, but I eventually made a life. But something was still missing.

News flash, folks - very few of us are suited to live a hermetic life. We are meant to be in the world creating, mixing it up. That's the adventure part that has been trained out of most of us. We're encouraged rather to follow the path of the masses, (don't rock the boat) and to live a life of safety. For many, that life borders on benign monotony. We are all creators at the base of things, trying a little of this and adding a pinch of that to see if that recipe works. This was what I was after now - the perfect recipe for my life. And I was going to find the key ingredient. Certainly, if it was going to take some work, that was okay with me. After all, I have been a student of personal growth and spiritual development most of my adult life. To me, everyone who draws breath is a spiritual being having a human experience. So whether you think of it or not, in my mind you are on your spiritual path, the exactly perfect path for you, no question.

WHEN IS A DETOUR NOT A DETOUR?

No matter what life looks like for you now, no matter what kind of people show up, no matter what the circumstance or situations you are finding yourself in, I guarantee you that this is your very own, tailor made life adventure, specific to you, for adding to the

Create The Love Of Your Dreams - Confidential Review Copy

excellence of your life. No one else has one exactly like yours; everyone else's is their own tailor-made experience. Indeed, humanity is an adventure.

Life is not for wimps at all. It starts to get really good when you begin to see what has been in the way. And I mean what has *really* been in the way - not the stories and excuses and perhaps not the things you think. This has little to do with your stories and perceptions about what your life looks like right now. An example of this is a friend of mine, who is gay, and hasn't found a successful, committed relationship. He blames the town he lives in. He claims all the homosexual men are still in the closet - in southern California, no less! Some claim it is because they have young children or have too much debt to burden someone else with. These are all excuses and stories. They're reasons and justifications, so well rehearsed that you believe they're true.

I've read many, many, books on self-development. In many of the books I had read, one practice that I would routinely ignore was when each author asked me to make a list of what was not working in my life. No, I wanted to get to what was working and what I wanted. Rather than face what was out of balance and get responsible for the stuff I didn't like so much, I just wanted to jump to the good stuff. Just like the kid in a restaurant who turns to the desert section of the menu first.

Oddly, as much determination and dedication it took for me to get to my level of singing, I was unwilling to look at this stuff. Too disempowering and unpleasant, I thought. Unpleasant? I'd say! Get real - try looking in a sewer - own it and then clean it up. That was the message I had to get and get powerfully.

Create The Love Of Your Dreams - Confidential Review Copy

But, don't despair: the bad news is bad, but it is brief and the good news is really so very good *and reproducible*. You will be able to map this over to other areas of your life.

It was time to get honest with myself. Time to look at every ugly detail and find out exactly what was not working in my relationship history and why. If I really, really wanted the man of my dreams to show up, I knew that I had to be on a level playing field. Leveling the playing field meant getting straight with myself as to what was really there and what was really blocking me from what I *said* I wanted. And unless I did something radically different than what I had been doing, I would just end up attracting the vibrational equivalent to what I was already getting. Same guy, different name and face.

You've all heard the definition of insanity: doing the same thing and expecting a different result. The only problem was that I did not know how to undo that.

What was I already doing that was not working? Who was I already being that was keeping me blocked from attracting that desired one into my experience? You can ask yourself the same questions.

By now I believed what I had studied about the all-powerful Universal Law of Attraction. Putting it into action was now my job. And that effort could only come from me. What did I want? And which limiting patterns was I prepared to give up to create new ways of being and therefore new ways of attracting and allowing into my life experience?

THE UNIVERSAL LAW OF ATTRACTION

Simply stated, the Universal Law says that like attracts like. What you think and how you *feel* about it (your vibration) you attract.

Create The Love Of Your Dreams - Confidential Review Copy

Thoughts are creative and when enough emphasis and energy are placed on them, without contradicted energy, those thoughts actually become things, events, situations and tangible in your experience.

Researchers say that we have roughly 60,000 thoughts per day and that approximately two thirds of those thoughts are repeated thoughts. If that is so, can you see how life more or less stays the same with very little deviation? It is not that life truly stays the same. It is continually changing but it is being recreated from the pattern of those same thoughts *over and over again*. So it doesn't appear to change much at all.

The Universe is in constant vibration, motion and continually expanding. You are part of this continuum. You have the gift of free will that allows you to choose your thoughts and feelings.

This is a Universe based on inclusion. What you put your attention on is included in your vibration and will expand in your experience. The more you place your attention on the same kinds of thought, the more similar types of experience will show up in your life.

For example, the first model for male relationship was my father. He was emotionally unavailable and often not home, so my natural understanding of male relationship was that 'he is unavailable'. Couple that with his angry, drunk and verbally abusive behavior when he was home and now I had the default setting of being afraid and wishing he was gone, wanting his love and attention but preferring that he not be around. A real push / pull. It was more peaceful without him and when he was around he wasn't available. That took some reconciling, but first I had to acknowledge and take responsibility for the meaning I had given

everything from my earliest memories. (I'll go into more detail about that later.)

In the past, any man (and I mean *any* man), who attempted to exercise authority over me was going down. I think my first recollection of an authoritarian male was my 8th grade science teacher. I was a straight 'A', student but I did not like his way of being bossy. We fought. I was a little witch and ended up being placed in the corner of the room for the remainder of the class. "Don't try to dominate me" was stamped all over my attitude. Without going into the gory details, suffice it to say, I have been vicious to many men. And with my sweet façade, they never saw it coming. Ouch.

It took me a while to clean-up my vibration around all of this. Needless to say, you have some clean up work to do as well. It is well worth it, especially since you get to be your powerful masterful self and create exactly what you want.

CULTURAL MYTHS CARRY INFLUENCE

Remember 20 years ago when that magazine article came out declaring that if you were 40 years old and had never been married you were "more likely to be killed by a terrorist" than to get married? If you remember that, how did it affect you? I know some women who went into a frenzied panic.

I'm telling you all of this because I want you to be aware of how our backgrounds and the cultural conditioning can affect our lives and what we create as a result of those ingrained and self-limiting beliefs. It is so there we don't even know it exists. It is like the air we breathe. Similar to the backdrop of a set that appears so real in dimension and perspective that we take it as the real thing.

Create The Love Of Your Dreams - Confidential Review Copy

When you can name your own self-limiting beliefs – you see them for what they are – then you can recreate them. You create after the image and likeness of your Creator. You were made in the image and likeness of the Creator, Unbounded Energy, Infinite Love.

Let me be clear here. You do not have to be married or even in a relationship to be self-actualized. I assume you're reading this up this book because you are ready to get straight with yourself and acknowledge that something about yourself and relationship isn't working. If you want the relationship of your dreams, then you get to say so. You get to create it exactly as you specify. It will be your relationship by design.

First, you absolutely must know what your self-talk and cultural conditioning is, what your limiting beliefs are, and take responsibility for that and your personal stories to get to the bottom of why s/he is not here yet. No excuses.

Family Life - Journal Exercise

Questions to consider. Be as honest as you can. Remember, this is for your eyes only.

1. If you grew up with two parents in the household, for any length of time, how did they (or do they) treat each other?
2. What was the tone of the non-verbal communications? What are your recollections; a look, a body gesture or stance, a tone of voice?
3. If you were raised by a single parent, what were the spoken or implied messages coming from that parent regarding the other parent? Or regarding their relationship in general?

Create The Love Of Your Dreams - Confidential Review Copy

4. Are there any early memories you can trace where you made a conclusion about relationships or about yourself and relationships?