



TURN  
*Yoursell*  
ON



Marina J



**GOLDEN  
GODDESS  
HOLDINGS**

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YOU'RE THE  
**QUEEN**

YOU'RE THE  
**POWER**

YOU *Turn*  
YOURSELF  
*on*

This book is for you. I care so very much that you get yourself back.

For Paul and Maya, I love you.

Once you've finished this book, keep yourself high by  
using the detailed contents page to help you decide  
which part of you to turn on – Oh là là!

## FALL IN LOVE WITH YOUR DARK SIDE

You're just like a HOT pink flower! You too need the sun and the rain to flourish. The sun reflects your light side and the rain reflects your dark side to you. And make no mistake, you gotta LOVE both because you're made to! Without sunlight you cannot show your beautiful self to the world; and, without rain oh no... you Dry-out and become brittle, until you... SNAP!

Ahhh... Goddess, it is time for you to fall in love with the rain inside of you and to really own your brilliant shining light. You are nothing without one and everything with the other. The psychotherapist and psychiatrist, Carl Jung once said, "It is better to be whole than good." My grandfather, who knew Carl Jung, was closely associated with him. Hans Jacoby, an analytical psychologist, renowned graphologist, and author of many books knew back then in the 1930s that this was true. My grandmother Marianne Jacoby, (who also knew Jung) was an eminent Jungian psychotherapist in the 1940s, '50s, '60s, '70s, '80s, '90s and '00s and founding member of the British Association of Psychology; she spent her whole working life guiding people like you and me to come back to their whole selves. Falling in love with yourself just the way you are will make you that HOT pink flower *and then some*. And hating bits of you is to rip your petals off, one by one, *shredding you* into tiny pieces.

Really, what is there to hate about you? You were made perfect, I promise you. And before those voices inside your head that say "Yeah but what about my..." I'm gonna scream "WAIT!"

Breathe. Stay with me here. Every flower needs her rain and sun to truly flourish and grow, just like you.

You are made up of lots of sunshiny parts: like your happy-go-lucky self, your kindness, your fun self, your charisma, your genius, your beauty, intuition, and so on. All the things *you love* that you are, plus all the things that you'd love to be more of. This is your light. And you're also made up of the rainy parts of you: such as your procrastination, your anger, laziness, the bitchy you, your nastiness, the pathetic, ugly, stupid

and depressive you. Basically, those parts you don't like people to see, that you're ashamed of, or that you feel bad about. This is the dark part of you that you judge and spend a lot of time hiding from the world.

### **Constricting little girls to constricting little lives**

For most little girls, we grew up with the story of being a good girl and good girls were taught that it was better to only be the sweet sunny part and not the troublesome dark rainy part of ourselves.

Remember? “*Be a good girl Sally* and run along...” “Oh, isn't she sweet?” “Have you been a *good girl* today?” As we got older, we cried less and less and hid our fears more and more. We were taught, “To use our words” rather than shout when we were angry. Anger unsettled the adults around us, so we learned that we shouldn't do that too much. We realised that being the dark part of ourselves seemed to upset people, they didn't like us as much, so we learnt to hide them. When we did let out our anger, it was judged by others as ugly. When we did cry a lot, we got called a cry-baby, so we stopped. When we showed too much fear, we got laughed at.

Pretty soon we realised which feelings were deemed ugly and which were not. As we grew up, we decided it was better and safer to show our sunny selves to the world and become our rainy selves at home when no one was looking. But, because we knew they were ugly, we treated them as ugly now and berated ourselves for feeling that way. We would eat crap at night and do other deviously creative stuff that no one knew about to push down our rainy feelings, so *even* we would not feel them. Because in the old ethos we grew up with THEY WERE NOT ALLOWED in the amounts we wanted to let them out in. So we held our breath, and we held them in.

And when we made new relationships with boys who then became men, we decided that instead of showing our ugly feelings to them; we would hold them in, in case he left us. Because we kind of left ourselves too when we let them out. Because they were sooo ugly. And the shiny

people in the magazines certainly didn't have them. And the rock stars taped to our walls didn't show them. And if that pop star saw us blobbing out on the couch, he would go "euwww" at us. And if my lover saw what I did when I got my period, I think he'd judge me. I think he'd love me a bit less, worship me a bit less. I don't think he could handle me when I'm a hormonal mess, sitting in pain on the toilet or if I'm crying about something on my bed. And if I showed this rainy part of me at work to my boss, I wouldn't be the favoured one anymore.

But see, when you hate something, you give it power. When you love something, it transforms into the most beautiful thing.

What if you *could* love your poker hot anger? Would it protect you more? Would your 16-year-old self have been able to say "No" with conviction to *Kenny* when he asked if he could touch you there?

What if instead of feeling bad that we are down and depressed today, we LOVE it? Because it's our barometer for when we need to stop and receive what we really needed?

If you loved every bad feeling you have right now and felt right about feeling it, wouldn't it be a relief? *Darling, it is the difference between flourishing sometimes and all of the time.*

It's you loving YOU when you simply cannot stop crying. So, instead of blubbing, "Sorry, I'm c-c-crying so much I'm getting your shirt all w-wet" and holding yourself back *just enough (pretty crying like they do in films)*; instead, you grab onto that man, you let him be your rock and roar yourself crying, you howl your lungs out like a banshee. So he really feels you. So you really feel you.

Would you feel better after ugly crying loudly? *Hell yeah.* Let him see all of you and start loving your rain, which can only bring him closer to you. Isn't that what we all want? Hiding our feelings isolates us. The more you let your feelings out, the more used to it you will become. And then? It becomes good to cry. Good to say no. Exquisite to express how you feel.

Take *Sarah*, a 35-year-old business owner. She likes to be her sunny side at work, which is her pro-active, dynamic, gregarious and successful self.

She flicks her long wavy blonde hair with the confidence of a gleaming professional *because that's what she is*. She hates showing her rainy side, which seeps out of her once she sets foot through the door after a hard days' work; she drops her bags down on the floor, she is tired, snappy, cold, and withdrawn. She says to her partner that she's given the best of herself to her day and that's why it comes out. But has she?

Let's see: Because *Sarah* only allows herself to be her sunny side at work, she brushes off any rainy feelings, so she doesn't take the cues that she needs to take breaks when she needs to; she says "Yes, of course" to them when she wants to say no; she worries about upsetting people *all the time*, so she often says, "Oh, that's alright," when really she wants to say, "No, this is not fucking alright with me." But she doesn't have the ovaries to do this see? Her days are sunshiny and her nights are rainy. And because she doesn't like herself when she's low, tired and flat *she eats*. By 8:00pm, she's in front of the box with an array of munchies by her side. *Well I've earned it*, she thinks, looking forward to blotting out the uncomfortable feelings inside with sweets and a sit-com.

What if *Sarah* loved her rainy side? Would she be able to say *no* with delicious gusto to that high maintenance client? Would she show her co-workers her vulnerability, so they could be more aware of her feelings? If she loved her rain – could she, or would she *be it* more during the day, to lovingly protect herself? So she wouldn't break agreements with herself? Is it possible that when she loves her rain she is free to use it for her good?

And what about you and him? How does this exactly work?

*Juliette* and *Elvis* had been married for 18 years. He loved the fact that Juliette wasn't like the other wives he heard about in his office. She was like a beacon of light compared to them. She'd made a real home for him and their three children while running a small business. She looked after herself and he was still really attracted to her, he *still* couldn't believe she'd chosen him. *Him!* Compared to her angelic sunshine, he often felt like the grumpy rainmaker. Irritable, igniting arguments with

his children when he got home. *Juliette* would always calm the whole lot of them down, she *really* was their sunshine and that's what he calls her, "My darling sunshine." *Juliette* meanwhile loved her husband, but often felt freer as soon as he left the house in the morning; parenting and running the household was much simpler when he was away. She didn't like how strict he was with the kids and she hated the way he often berated himself for not being a good enough man for her, and she had to be careful in the way she talked to other men because he would often get jealous.

They came to me for relationship coaching and I saw that they were two sides of the same coin.

She was the sunny side on the left and he was the rainy side on the right. She needed to also be the rainy side on the right, so that creating boundaries with her children felt good. If she avoids setting boundaries by making excuses for them, *nothing changes*. And we ask, "*Why does she gloss over the bad behaviour from her children?*" The answer is of course *because she can't be with her rainy pain; she'd rather gloss over it for a short-term "sunnier life"*.

When you feel your pain fully and are  
honest with yourself, you will always make  
the right decision.

*Elvis* meanwhile needed to do the opposite: he needed to infuse himself with his own sunshine. Yes, he was good enough, she'd been with him for 18 years, wasn't that proof enough? He needed to place more importance on being his sunny side and then they can use both sides of themselves when needed, which takes away the pressure that is so often put on one parent to be the disciplinarian, or to be the one who smooths things out all the time. And just like money, being both sides of a coin is way more valuable to those you love, than just being one. So the question is: are

you brave enough to try something new? We're going to talk some more now, but head over to page 177 for process T – “Diamonds are a girl's best friend”, if you want to fall in love with your dark side now.

## WILL BAD THINGS HAPPEN TO ME IF I'M NEGATIVE?

A special note to those of you who have been taught it's good to be positive and bad to be negative. We judge ourselves so harshly when we feel negative. So much so that we feel guilty and worry that something bad might happen to us if we continue being negative. I call it LWG: AKA Light Workers Guilt.

Did you know: it's actually your judgment of your negative side that is actually the problem? Not, your actual negative side? So while your girlfriend is apologising to you, *the inside of your head might look like this*: “I can't believe she did this, what a bitch! She knows how I feel about this!” The outside of you though sounds like this: “It's okaaaaay. I know you didn't mean it!” So you trying to be positive and nice to your girlfriend; and hating yourself for thinking bitchy thoughts *means you must be selfish and thoughtless towards yourself*. And not stand up for yourself. And not show her that you have feelings, too. As if you don't matter.

So by trying to be positive, you're being super negative anyway – to YOU! Like a lot of light workers I know, *Moir*a a 58-year-old business analyst wonders why life isn't kinder to her. *It's because she stopped being kind to herself years ago*.

Another woman I know called *Danielle* often refers to herself as a “really positive person”. She is strict with herself and tells herself off internally when she starts to feel negative. “Stop it stupid, now you're just going to attract more crap!” When she can't think positive, she just withdraws from everything.

Can you see that the meanness is just directed inwards with positive people?

Goddess, your negativity is within you for *the whole ride*, it's never going to leave you. So, you may as well make friends with it.

After all, if *you* trying to be *positive* had worked by now, you wouldn't still be feeling negative, would you? Even in this moment?

*You'd never feel it again.*

So the answer? Make friends with each negative part of you, so each part of you can finally add to you. You're now free to use each part of you with grace: Like your LOUD anger when you powerfully warn a 14-year-old boy to back off and STOP bullying a boy for being fat. *You stop the bully in his tracks. The world is cheering you.* Or when walking down a darkened alley and you need to put your, "*Don't fuck with me face*" on for protection.

Make friends with your negative side, you were made with every negative trait so that you may put it to good use. Love it and you can. Nothing bad ever happened from feeling your negativity fully in one sitting. But do expect to make the right decision for yourself. Not allowing yourself to feel how crap you really do feel will only delay your happiness. And so it gets harder and harder to feel "positive."

Let me explain: staying anything for very long – including making yourself stay positive when frankly you're not feeling it – isn't good for any of us.

*Because you negate your truth when you're positive all the time.*

You don't hear how you really feel, so you can't really act on it. There are millions of "positive women" everywhere putting a *positive spin* on everything all the time and for the millionth time; they are stuck again. You were given your negative feelings for a reason and so the more you feel those negative feelings, *the less they stick around* – because they don't need to see? *You've heard them.*

You want to find yourself sliding between feelings easily: like happy, sad, crappy and then happy again, just like you did as a kid. That's still you and as long as you don't talk yourself out of feeling negative, you'll put it to good use. Make friends with your dark side so it has no power over you anymore.

Do yourself a favour and come back to being natural again. All of you is made to be loved, because all of you has a purpose and this darling, is real self-love.

## SO YOU'RE HAVING A BAD DAY...

... Good! Because we're going to celebrate the crap out of it!

... And if you're reading these words right now thinking, "Nope, *I'm good thanks.*" Can you remember a time when you weren't? Might have been yesterday? Can you? Yes? Good! Because you're going to learn about real self-healing here. *The type that will transform you and your future.*

I'm not talking about the type of healing where you see someone once a week and talk it out, so you get clear on what your issues are and learn to "be" with it. No. I'm talking about deep transformation inside you, the type of healing that once you've done it, there is no need for positive affirmations every morning in front of the mirror, or talking yourself into being positive.

You. Just. Are.

(Healed already)

You were made to. So, off we go: let's heal your sticky.

### **What do I mean by the sticky?**

I mean the sticky stuff that is sticking to you – look at you – it's the stuff that's hurting you right now, like that thorn in your side that's stopping you from being 100% happy, putting a cloud over your day today, *over your life*. It's as if you're sitting in a bath of sludge, and no matter what you do to get out of it with "positive thinking," it remains stuck to you. It isn't washing off, is it? You are stuck with the sticky!

So, no matter where you go: why you could be in a glorious room full of shiny happy people, but you have gloop all over you invisibly sticking to your nice new dress. It doesn't matter where you go today, you're going to be thinking about it, or you're going to try *not thinking* about it.

If you're in the sticky, it's just going to come with you, a little like a toxic friend because it's stuck to you see? I never understand those people who "like to keep busy," when they are in pain because they haven't realised yet that they can heal their pain 100%, so they try to ignore it instead, only to bring it into every situation and conversation. Oh it's there all right, *everyone can feel it*.

Have you ever had a conversation with someone and walked away and felt heavy, or not quite right? Even though the person was smiling? It's because *you* are feeling their sticky stuff creep in between you - as they tell you how good it all is. I remember bumping into an old friend of mine. As he told me *how great it was all going in his shop*, and how busy it was getting, all I could hear was his pain. My body reacted first and I was suddenly tired. Without realising what I was doing, I looked down to see my hand already over his squeezing it and I heard myself say, "What's really going on?" His eyes immediately filled with tears and, he said, "I have throat cancer again. They just told me this morning, it's come back," and his voice cracked.

*This is his sticky, it was stuck to every happy word he told me* and yes I am pleased to say he totally healed himself from it.

So, let's get real. Let's dive in together. If you've procrastinated over doing anything about this, I invite you to stop delaying the healing (by telling yourself it's going to be alright or whatever you do or say to stop feeling it). It's there. It's here. It's in you and it's in me. My mentor had a great saying that I love to use with my clients. She said, "Stop putting ice cream on top of poo!"

If I give you ice cream while your knee is bleeding, your knee is still bleeding. If I give you a proper homeopathic cream to put onto your knee to properly help it heal plus a plaster, then you are healing and you can enjoy your ice cream. It's very difficult to look up and be inspired by life when your body and heart down there are hurting. To plaster over your hurt with positive affirmations, laughter, pleasure, sex, and a good night out is wonderful and so needed. It works for a

while until your sticky rears its ugly head again and just comes right on back. Because it's still there, *it never went away*, you just plastered over it with nice stuff.

Feel the ugly feelings; they'll get you much  
closer to healing than pretending  
they don't exist.

If you're in pain right now, the kindest action for you is to be brave and travel to the core of it. And it doesn't have to be scary. *Although it might be*. Although what's scariest is carrying it around with you for a minute longer...

How interested are you in your happiness? Interested enough to go there with me, even if it scares your pants off? Because it's exciting to know that you can self-heal anything!

Turning your ability to self-heal *on*, will stop you wasting your energy for a good portion of your day and give you the genuine healing you crave plus the confidence to navigate your own life's ups and downs. Which also means you're going to get to your desires quicker...

Now, I've done enough talking about this: I know, I know! Oh, but just one more thing before I forget: just know you can heal anything 100%, so why would you deny yourself the right to heal, by denying it right now? *You're worthy of healing this*.

**Let's get back to you:**

If you're in the midst of a bad day and it's following you around right now – shrouding you in a grey cloud, so each conversation and each situation you have today feels heavy, start by congratulating yourself right now. Deeply, from within. Go on, congratulate yourself. *Right now*.

Because it means you are on your way up. So, well done you! (More about this on the next page, stay with me here.) For now, breathe in, and then breathe out the day you've had so far. It's OK, you're in it and you're in

it with me. Together you and I are going to heal you. Actually I am having a particularly bad day today, so you are not alone; I am right with you!

## BEFORE YOU SELF-HEAL, GET CLEAR:

1. So, what's upsetting you right now? Name it. Say it out loud to yourself. "I am upset with... because..." Give yourself space to say it out loud now. *All of it*. The tiny shitty bits and the big shitty bits. You might have eaten that chocolate/done that thing again... when you said you wouldn't. Have you let yourself down again? Has someone upset you? Have they not given you what you want? Are they saying nasty things behind your back? Is a situation really getting you down? Has someone close to you died or are they not very well?
2. Now write this out in a few sentences. This is really important: don't just think it, it goes no-where, but back into you when you only think it. And do you really want to be carrying it around with you like a clumsy shopping bag, dragging you down like that? (You're way too beautiful to be carrying heaviness.)
3. *Feel it. What's the feeling?*
4. *Bring these feelings into the next couple of pages till we self-heal.*

I'm going to show you what having a bad day could look like when you decide to self-heal, so you only flourish: Because having a bad day can be one of the best things to happen to you; from where I sit, I might be having a bad day, but actually because I know what to do, it's becoming a very powerful day for me. And I have to tell you, today of all days I feel as if I've had my heart ripped out. I feel really, really sad.

So to do this, I have to feel what I feel. I'm not going to talk myself out of it with, "It's OK, it'll get better" and I don't want you to either. Never EVER be afraid to feel your darkest deepest pain. Give yourself permission to fully feel *all* of it right now, in ALL its SLUDGY GLORY!

Because it's here that some of your best decisions *will be made*. When you are honest with how you feel, you *can only* make the right decision for you.

And it's OK; whatever is or isn't happening to you right now, you are not alone. Even if you feel you are. Breathe that in. You are not very far from healing this 100% even if you feel there is no hope.

Because...

... *You are made to heal*. Did you know that? You might know this from the cut you had on your knee when you were little. Is it still on your knee? Nope, it's gone; there's a faded scar now, but you healed from it, didn't you? Your body is made to heal and so is your soul.

Yes, breathe that in: There is *nothing that cannot be healed* within you.

That is my belief and your belief deep down. I have seen women who have healed themselves of illness and women who have healed themselves from the most violent abuse to their heart. I have seen bankrupt women go on to double their income each year.

I have seen other women not heal from illness, nor a broken heart, nor from bankruptcy. What is the difference?

It is not what happened to them, it is *how* they dealt with it.

There is *nothing in you* that cannot be healed, unless you don't want it to be so.

Would you like it to be so?

Then, what is your choice?

To heal? Woooo! Congratulations!!! If you choose to *not* heal, because of \_\_\_\_\_, then it's best to skip this chapter. You'll come back when you are ready to face yourself and heal the sticky. You deserve to, darling, and I hope you do.

And if you choose to heal your sticky today?

☞ The painful dynamic of *this situation* – GONE. Emptied out.

You've transformed your patterns of behaviour, painful dynamics, hurt, and emotional blocks. The highest good has happened to

you so you are flourishing again in this situation. Accept nothing less than a complete and deep 100% healing.

- ✧ Side effects of you healing 100%?
- ✧ PEACE.
- ✧ To be free again and to receive everything you want. *Because there is nothing in your way anymore.*
- ✧ Your light is turned back ON.
- ✧ You find yourself glowing with happiness again.
- ✧ You look younger today and your skin has that kind of sexy sheen that makes you look like you've just been on holiday.
- ✧ He, she, or they are treating you like a Goddess again because your relationship with yourself and others has healed.
- ✧ Hey your MOJO is back!
- ✧ So you've learnt to resolve conflict quicker and can use it to create deeper emotional security within.
- ✧ Knowledge that you've turned your ability to self-heal ON has embedded solid confidence in you.
- ✧ You've become twice the woman you were because now you know how to navigate your life successfully.
- ✧ You get to create a life that turns you on. You know, the one that makes you really happy and it's stopped being that elusive feeling for you.

## TURN ON YOUR SELF-HEALING

**First Course Self-Healing** – First thing we always do is...

1. **Celebrate your brilliance** because this sticky = you must be on your way up, even if you don't feel it right now! How clever are you to have invited this situation to you? Stickiness means you are *so ready* to have a better life than before. *Yes, really!*
2. **Wrap your arms** around you; your self-love will keep you warmest on this coldest of days. Be gentle with yourself. This *is* what self-love feels like. Don't beat yourself up. It's happened.
3. **Decide that you are in the right place now. Say out loud**, "My feelings are right and I am right to feel this way" (no matter how weird you feel, don't make your feelings wrong, that's just a double whammy you don't need). Your feelings will feel big and overwhelming at this point; this is always what it feels like in the beginning; like the sticky might just stick forever to you and you'll never get out of it. You will.
4. **Decide to heal.** Out loud affirm to yourself: "I am healing this right now."

And we're going to begin by creating a healing room inside of you. This only needs to be done once and it forms the basis of your self-healing that you will find yourself using again and again:

## HOW TO USE YOUR HEALING ROOM

You were made to heal. I've created a free audio for you to listen to so you can create your healing room inside you now. It's at [marinaj.net](http://marinaj.net) (remember to use your special code TYOGoddess to access it!) Press play on the audio now. Let's visualise and brilliantly create a healing room inside of you, where you can go any time of day or night to heal yourself beautifully. You are a Goddess and you deserve a beautiful way to heal YOU always.

When you're ready, gently close your eyes and breathe 10 breaths slowly into your belly, so you get really relaxed. Then, see, sense, or imagine this room (it matters not whether you see, sense or imagine at this deep level; *how* your wisdom comes to you is always how it needs to come, trust it) so make your healing room exactly as you want it, particular to you and no one else. Have in here anything that will heal you. My healing room has large crystals hanging down with the sun pouring through them. It is where I go to heal, and I make it so that it's a place of pure bliss for me. I love coming here.

Take your time and make yours really special, just for you! You can go all designer or all spiritual; it might be a mass of swirly colour's or just you in a blank canvas. You might have a pink chaise longue in there; a golden throne encrusted with huge jewels, or choose to sit on a big ball of light. There are no rules, just what feels heavenly to you. Go ahead and create your own healing room complete with healing seat and table – any which way you wish. If you see it and it gives you pleasure, then its right for you.

If you're more a feeling person than a visual one, create a safe feeling space inside of you, one that is like a blank canvas for you to go heal in anytime you want.

You are safe here to be you and it's here that you come to create your life exactly as you want it. Take a moment to look around you: what does it all look like? What feeling have you created here?

OK, gently come up and out of your healing room and open your eyes; *however you saw it or felt it is perfect for you.*

## HEALING ROOM

To heal, we need to have a conversation with you at a very deep level and who do we talk to? All the different parts of you! It's the easiest way for you to hear yourself. So when you're in your healing room, know that all the different parts of you are in the waiting room at the back, waiting

to be loved by you. Some of them you want to meet, some of them you don't. But each is needed. Remember, each and every part of you is just a friend you haven't made yet.

Are you ready to fall in love with these friends? And so, all of you? I know that each part of you: like the scared part, the jealous part, the idiot part, the not good enough part, the part of you that feels so very ashamed for what you are doing, and all the sunshiny parts of you, like your complete and utter beauty, your massive talent, and your 'Queen like worthiness' all need to be met, accepted, and loved. *That in actual fact*, instead of hurting or scaring you, they'll become your friends, *all of them*.

The way in which you heal is very important. We're going to go deep, you and me. All the following techniques are exquisite and really work if you follow them to the letter.

You need a process from the opposite page because:

***Something has happened externally to you.***

We are going to use everything painful that has happened to you, or is happening to you now to heal beautiful you 100%. So come to your healing room exactly as you are, scared, worried, exhausted by it all, bloody angry, or...??

Or

***You just know an internal shift is needed.***

The second way of healing is because you simply want more for yourself, so it's not triggered by anything in particular; this is your internal self-love talking!

# MENU

## MAIN COURSE SELF-HEALING: WHAT WILL IT BE TODAY?

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### **Choose from A–T: Which healing process do you need?**

#### **1. Healing Room Healing** (From Page 142)

- A – I am hurt by you because...
- B – Why does this keep happening to me?
- C – Wish I was more... (e.g. confident, intuitive...).
- D – I just want to go to my healing room and see what pops up.
- E – You're bugging me! The Love Bug Technique.
- F – Turn on the shower of sequins.

#### **2. Flourishing when you're fucked off!** (From Page 149)

- G – Get your anger out NOW!
- H – Go fuck yourself! Arguments.
- I – Un-sticking your sticky situation.
- J – Quick un-stick!
- K – Quick un-stick for you and him.

#### **3. Extras** (From Page 156)

- L – What am I secretly ashamed of?
- M – Be inspired by my best Goddess me!
- N – Become the best friend I ever had.
- O – Turn-on process.
- P – Short turn-on process.
- Q – Belief be-friender.
- R – Down in the dumps?
- S – Self-sabotage.
- T – Diamonds are a girl's best friend.

*Once you've chosen the process you most need, then you're ready to begin. Flick to that page and remember before each healing you do, gently close your eyes and breathe 10 breaths slowly into your belly, so you are fully relaxed. During the healing, you can go as deep as you want and know that however you see, sense or imagine this part of you is perfect for you. They are a genuine part of you so it doesn't matter if you don't see them, if you've asked to meet a part of you, they will show up and you'll just know they are there. If you don't hear your answer, it's OK, know that asking the question is enough for the healing to begin. Remember, they're going to become a good friend to you. After you've completed the healing gently come out, squeeze your fingers and toes and firmly feel that you are back in the room:*

## I. HEALING ROOM HEALING

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### **A – I AM HURT BY YOU BECAUSE... (Write down how they've hurt you.)**

1. So, I feel... (write down, then close eyes to feel fully).
2. Healing Room – meet the feeling. It's a part of you – who is it?
3. They need to be listened to; ask them, "Why are you here?"
4. How are you actually trying to guide and help me?
5. What's my next step? Why? How will this help me?
6. Commit to beginning this act of self-love in the next 24 hours.
7. Thank your new friend, choose to understand, like, or love them.

### **B – WHY DOES THIS KEEP HAPPENING TO ME?**

1. In real life you are treating me like...
2. Healing Room, meet the part of you who treats you the same way.
3. What does she do to you?
4. Why, what does she believe is true?

5. Is she treating you like a Goddess?
6. Have you been treating her like a Goddess? Time to make friends.
7. Ask her, “How are you trying to help me?”
8. What does she need from you to be at peace with you?
9. Pledge to do this as an act of self-love in the next 24 hours.
10. How will you know that you're doing it, or have done it?
11. Thank your new friend, choose to understand, like, or love them?

### **C – WISH I WAS MORE... (e.g. confident, intuitive...)**

1. Healing Room, who do you need to meet to help you with this?
2. What do they want you to know?
3. What's my next step? Why? How will this help me?
4. Commit to beginning this act of self-love in the next 24 hours.
5. Thank your new friend, choose to understand, like, or love them?

### **D – I JUST WANT TO GO TO MY HEALING ROOM AND SEE WHAT POPS UP**

1. Healing Room, meet part of you who most needs to be healed. We will call her *current you*.
2. Ask her, how much goodness is she currently willing to let into this part of your life on a scale of 1-10?
3. Invite *successful you* in this area of your life to come.
4. Let *successful you* show *current you* how letting in 10/10 goodies into this area of your life will benefit *current you*.
5. Let a Q & A take place, where *successful you* talks *current you* into letting in a higher level of goodness.
6. Will *current you* raise to 8, 9, 10/10? Keep going until it rises.
7. Finish at the highest level of success you are comfortable with.
8. Write down whatever your heart tells you to.

### **Healing Room Healing D – For example:**

Imagine you are sitting in your healing seat. What would you like to heal today? Bring forth a particular situation that's been bothering you, or a belief you want to heal. Now I want you to imagine there is a waiting room next to your healing room and this room contains the next part of you, the you that you most need to heal. We'll call her *current you*. Let's bring her out and see/sense, or imagine her coming out from the waiting room and into a seat opposite you at your table. Who is she? For example, is she the part of you in charge of your career? Your success with men? Your success with women? Is she your gatekeeper to receiving? Is she your block on receiving more money, more happiness? Is she your confidence, your power, or your motivation? It could be any part of you, trust what comes up for you, it's always right! Seat her opposite left. This is the part of you currently in charge of this area of your life. Does she look like she's having a good time? Mostly, she won't be. Ask her how much goodness she is currently allowing into this part of your life on a scale of 1–10?

Now please invite *successful you* who is already successful in this area of your life to sit to your right and tell *current you* why it would benefit her to let in a full 10/10 of success. Why would it benefit her to let more goodies in, what would she get? Then let a conversation naturally take place, where the two parts of you talk it out until *successful you* convinces *current you* to let in as much goodness as she dares to. What number is she willing to go to? An 8, 9, or 10? See her open up and expand to receive more. Thank her for being Team (insert your name here) and Yaaaay! Your subconscious has caught up with your conscious mind. You are all on the same team now. Hug yourself and gently open your eyes. Write down whatever your heart tells you to.

### **E – YOU'RE BUGGING ME! THE LOVE BUG TECHNIQUE**

I called it this because when someone bugs you, you're going to turn it into L.O.V.E. This technique allows you to THRIVE every single time

there is conflict. Because every time there is conflict, every time *they* exhibit behaviour that *hurts you, upsets you, annoys you, or squashes you*; I want you to immediately say to yourself:

“I give myself permission to fall in love  
with that part of me too”

Because this is an opportunity to LOVE that part of me that I find so abhorrent in them. And that's how I want you to think! I want you to rub your hands in glee – every conflict; every upset means more of you to LOVE. This is YOU evolving. (And this is real self-love.) Even the bits you think you're gonna hate!

Goddess, the more of YOU that you can genuinely LIKE today, the more of YOU, you can love; the less people need to show up in your life displaying these traits *because you've healed your resistance to them within yourself*. So, no internal resistance means the outside world will no longer need to show you the part of YOU that you need to love because you've done it! Baby, you've evolved.

And once you've done The LOVE Bug Technique? If a person comes into your orbit super angry with you? They'll have no power over you anymore. You're at peace with that emotion of anger in you because you understand it; you love it because it helps you in certain situations. So you will have the same level of compassion for them as you do with yourself. It doesn't mean you condone what they do, but you will be able to stand tall in their presence, stay in your power during a conversation, and state clearly whatever you wish. Now you can use this process inside your healing room, or do it consciously with your eyes open. You are free! So choose a person who hurts you:

1. What annoys and bugs you about them? (Pick one trait.)
2. Where is that in me? Do I like being this, or do I judge myself for being this?

3. If this trait were a person walking into the room right now, what would she look and be like? How can she be a friend to you?
4. In what area of your life can you use this trait to help you?
5. How can you use this trait as an act of self-love in the next 24 hours?
6. Permission to L.O.V.E. my new friend because she helps me.
7. You've caught the L.O.V.E. BUG! Spread it around!

Oooooo, you've just filled yourself up with more acceptance and love. Congratulations Goddess! Rinse and repeat with all the other things that annoy you about them for more and more LOVE. Notice what you feel inside; does it feel as if your chest has expanded? Many of my clients report this and it's as if the body reacts immediately. If you don't feel anything it doesn't matter, it will work whether you feel it or not. Now you'll be able to support yourself in the moment and you'll also see through their pain and have compassion for them. *Because when somebody does this to you? It means they're in pain.*

### **Fancy an example of how this stuff works?**

Well, let's say you work in an office where the payroll staff are bitchy and complain a lot. The Moaning Minnies! They invite you to join them on their way out to lunch most days, but you decline to go and choose to eat lunch at your desk (just so as to avoid them).

1. What annoys you about them? Bitchy.
2. Where is that in me? Are you doing this to yourself or another? I'll walk past a woman and think, "You definitely don't have the legs for that skirt!" I hate that I say it, but I can't help it! I'm such a bitch sometimes!
3. The bitchy part of me would look all slanty eyed and super bitchy. She'd be one of those superior looking women who are quick to air your faults. Bitchy Cow, that's her name. God, I hate her. OK, big breath, *I know she can become a friend when I see the help she also gives me...*

4. Hmm... she helps me in all areas of my life in that she allows me to say exactly what I think; especially when the person in front of me isn't hearing me. Like the French maître de at the restaurant last night, who wouldn't apologise to my pregnant friend about the raw fish she served her because, "It eez disgusting to serve it any other way."
5. As we left, my Bitchy Cow blurted this out in a large boomy voice in front of the whole Saturday night crowd, "*I'm sure your customers would be disgusted if they heard what you've just told us!*" One quick ushering away and a huge discount and apology later, we'd helped this spiky maître de finally give the good service she'd meant to. Thank you bitchy cow, love you!
6. Now I've realised that this is a part of me and that I love her and because she has become a friend to me, something in me is changed. The Moaning Minnies in the payroll department don't upset me anymore because I just see them as women who haven't figured out how to heal their problems yet in a way that makes them feel good – or how to be happy. I feel a lovely gentle compassion for them and funnily enough they are softer towards me, something in them has changed, too. There is no longer this undercurrent between us, they have no power over me, so I now find myself doing what I want to do, which is – skipping out to lunch on my own, or meeting up with friends. I'm very, very able to say out loud in a fabulously loud booming voice, "No, thanks!"

When you love and enjoy every part of you, you are free to use them when needed and won't fight them on their way out of you.

## **F – TURN ON THE SHOWER OF SEQUINS!**

Now, I thought you might like a little shower of sequins to wash off the darkness if people have passed judgement on you, have been nasty, or

bitchy towards you *and you've been affected by it*. It's a little extra love from me to you. Here is your gorgeous new mindset:

1. What did they do to you?
2. How did they make you feel?
3. Their treatment of you: did it add to you, or take away?
4. Would a truly happy person act in this way towards you?
5. So, they're in pain. *This is them in pain.*
6. Why did you attract this to you? *Because you need to make peace with the part of you who treats you the same way.*
7. Go back to your answer from No. 1. In what way have you been treating yourself in the same way? How did you already make yourself feel smaller, unworthy, rejected, abandoned, and ashamed before you even came into this situation? How were you already not in your power? Can you see that you were already weakening yourself with your own thoughts about yourself at some point? Can you see that you were already putting yourself down? Was it just before the situation? During? After? How were you already judging yourself, being nasty, or bitchy towards yourself? What did you say? Take a breath...
8. Somewhere you were already doing this to yourself. If you can't see *how* right now, it's OK. Just know that it is there, ready to heal.
9. It's shown up in your life for you to see that you set this judgemental, nasty, bitchy precedent and they were vibrating low enough to follow your lead and treat you the same way.
10. Now is your time to thank them for showing you your own judgemental, nasty, bitchy way of dealing with yourself. Thank them for being brave enough to show you because if you treated yourself beautifully, then what happened would not have rattled you. It would have had no power over you then, or now. You'd see it for what it was, which is – that they'd slipped off their happy horse.

11. Time to heal it, go inside and make friends with the judgemental, nasty, bitchy side of you. Go to your healing room and choose process E, LOVE BUG TECHNIQUE.
12. Remember: when people are bitchy towards you, they are just as bitchy towards themselves. When people are nasty towards you, they are just as nasty towards themselves. And when people judge you, they pass just as much harsh judgement on themselves. It's them that suffers the most. They've disconnected themselves from source. They've just fallen off their happy horse. Leave their harshness behind and remember – YOU'RE BEAUTIFUL. *It's them that are teaching you to NOT treat yourself as they've just treated you.* They've just given you a very generous present bless them. They are trying to *up* your standards for you. Do it. Otherwise their world doesn't change and neither does yours.

## 2. FLOURISHING WHEN YOU'RE FUCKED OFF!

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### **G – GET YOUR ANGER OUT NOW!**

What do you do with your raw, ugly, anger? Your incandescent rage? What's irritating you pussycat? Wanna meditate it out? Are you trying not to feel it, so you swallow it down, down, down and assure yourself and everyone else that you've "*let it go?*" Ah, yes those ridiculous words at a time like this... "*let it go.*" Because that's what enlightened people do, isn't it? You don't want to be carrying around all those negative feelings around with you. And knowing you, you'll probably end up manifesting something quite horrible for yourself anyway, so quick, quick, let the ugly thing go and then you're done with it. But are you? You might be thinking you are, but how is your body feeling? Check in with it. I'm betting you can still feel you're angry, but the difference *now* is that you've decided *that feeling angry isn't right, so you choose not to.* And yet... *it's still in you.* See, it doesn't matter how much yoga and meditation

you do, if you have felt angry in the past, or are feeling angry now, I have three words for you:

GET IT OUT.

(Actually! It's four!)

NOW!

What do you do when all you want to do is yell and scream? GET IT OUT.

What do you do when you don't even think you're angry, but instead feel tired, depressed, lack lustre with a MOJO rating of -1. GET IT OUT.

What do you do when you feel angry at the world, yourself, him, or them? GET IT OUT.

Anger is a thick, heavy emotion. To not let it out means it blankets your insides with heaviness. And it stays in you. And darling, if it stays in you, it has a nasty habit of coming out at the wrong time *at the wrong person*, "F\*\*K YOU! You yell whilst driving." Great, and cathartic though that was; *you know it's still in you.*

How do you know if it's in you?

If you haven't allowed yourself to express your anger *fully* in the last 7 days, then you're carrying it Goddess, *oh yes you are tra lá lá lá lá*. Irritated with that slow person who couldn't walk any slower if they tried? Wanna yell at the unhelpful help desk? Always annoyed at the same things your children forget to do, though you try to hide it? Do you find yourself brittle and snappy with him? Like a brandy snap only waaay less sweet and waay louder when you SNAP?! You might be saying to yourself "*Well this would make anyone angry*" and you're right. All of us carry anger. And if you're reading this right now thinking, "Well I don't, I just cruise along," then Goddess, I'm going to assert that it's in you all right. Even if this paragraph is making you irritated, then bingo it's in you! Found it!

Here's the thing about your anger: when you GET IT OUT, you unleash your POWER and this is where it gets really cool. Imagine you're walking down an old cobbled street in Spain, seeing those big

mamma's shouting at their not so little sons anymore whilst putting their washing out? Think they have a problem with getting their anger out? Would you want to mess with one of them? Thought not. They are in their power. And you are about to be. We are far too quiet, *swallowing down what that awful woman just said to us*, where does that anger go, I ask you? In you and it stays in you. And if it's invited to stay long term, it also has the power to add illness long term. Goddess, it has no place in you anymore. No amount of yoga or meditation is going to get it out of you. You cannot meditate your anger away; you can only cover it up. Ready to get it out?

Good! You deserve to feel lighter and empowered *NOW*.

**Here are your three anger choices; choose the one that fits you like a glove:**

**#1 Lion Pose.** We're going to do Lion Pose together because we need to ROAR it out of you. This is an ancient yoga posture and it's fabulous for getting out your anger, your shame, and anything else that's in your way of having the BEST day today. Be in a room on your own, out of earshot. Wherever you're sitting, sit up straight and close your eyes. Breathe deeply; gather your anger and anything else that's in your way of having your best day into a little ball and put it into your stomach (like tiredness).

In a moment, you're going to say bye bye to this energy as you ROAR this old, dusty energy out of you. But just before we ROAR, there are two rules you must follow: 1. Is that you ROAR from your belly (not your throat, so you don't scratch it) we do this by breathing into the belly first and 2. That you are as loud as you dare!

Ready?

Hold this old energy in a tight little ball in your belly. It has no place in you anymore. Take a deep breath in through your nose, stick your tongue out fully, eyes gazing up to the sky, hands placed on your thighs, push your chest out and ROAR it out! Close your eyes again, pull whatever else needs to get out into a tight little ball in your stomach, and

repeat two more times. Feel that extra space in you? Now, there is more space in you for the good stuff to come rushing in! ROAR!

**#2 Anger Liberation.** Tape up a wedge of magazines, take a wooden rolling pin and put on some gloves to protect your hands. (Trust me on this one, you do not want pillow like blisters). Place the magazines on your bed. Put on some LOUD music that pisses you off as you slam the wooden rolling pin onto the magazines: bash, bash bash and arghhhhh! Scream, shout, and bang that wedge until you have GOT IT OUT. Repeat daily until your anger is fully gone. Only you know when that is. And if at first you feel a bit self-conscious, embarrassed, and well, *silly*? Fake it till you make it honey! Out of no-where your real anger will come out and your real power will rush in to take its place.

**#3 Humming Bee Breath.** (Also known as Bhramari Breath) This is brilliant for getting your anger and fear out. It's also been proven to lower blood pressure.<sup>3</sup> I use it before I go to sleep at night if I've got a busy head. I sit in my parked car before an important meeting and 'hum'. (Windows up – don't care if you stare – *cause this really works!*) You'll feel decidedly still, centred, and peaceful afterwards: So, sit tall, place your finger on the flap of each ear so you block any sound. Close your eyes and take a deep breath and 'hum' until there is no breath left in you. Repeat 10 times, then keep your fingers in your ears, and see if you can feel your heart pumping blood through your body. Place your hands in your lap and sit quietly for a few moments. Feel the silence that surrounds you. It's been there the whole time.

## **H – GO FUCK YOURSELF! ARGUMENTS.**

What happens to you when you argue with him? Do you get all hissy and explosive like Pompeii? Or do you give him the silent treatment because *he still doesn't bloody understand*? Whatever argument style you use,

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3 The result indicated that slow pace Bhramari pranayama for 5 minutes induced parasympathetic dominance on cardiovascular system. Department of Physiology, Nepal Medical College, Jorpati, Kathmandu, Nepal.  
Nepal Medical College journal : NMCJ 09/2010; 12(3):154-7.  
Source: PubMed

there's one thing always happens to us women: We close up. Yup. Where once our petals were open to receive from him, they've now closed up. And what happens if you've been arguing with him since the turn of the century and he still doesn't listen to you, so nothing actually gets resolved? You remain closed to him. Closed to receiving fully from him so you don't get hurt again.

You might have just argued with him today. Or maybe you can recall an argument you had with him, a loved one, or someone at work that still hurts? This process will detox you, so that you can receive from him, the way you were made to.

P.S. This also works if you've argued with a woman, or it's more about a situation rather than a person; either way, just turn the *he* into *she* or into *the situation* below!

I want you to take a deep breath in and take the stance that both of you are right. There is room for both of you to be right. Can you look to his side of the argument and see how he was right for him?

### **WE ARE GOING TO DO THE “I AM RIGHT, HE IS RIGHT” PROCESS TOGETHER**

1. On a sheet of paper, write at the top what you've been arguing about or making do with. On the left hand side, write, “I am right because...” Make some space underneath this and write, “He is right because...” Make some space underneath this and write, “I receive the gift, which is...”
2. OK, why are you right? Why are you right to feel the way you feel about it all? And so, why is he right to feel the way he does? Why is he right for him that he did what he did?
3. What gift is this giving you? This might be really easy, or it might be a case of, “Geez, I have no idea!”

When my first husband walked away from my baby girl and me, I lost financial support, our home, and was left with no external security.

At the time he said, “I’m actually doing the right thing by you.” Now at the time, the government agency that collects money on behalf of single parents said otherwise. My family, my friends, and even their husbands were disgusted with him and said otherwise, and so did I. I was fragile and in shock. How could he do this to me?

You could have had 100 people in a room and 99 of them would have agreed with me that he is wrong. He would have been the only one to say he is right. I had the next 18 years ahead of me to prepare for, alone.

But, if I had kept that feeling that he is wrong and I am right, then it would have kept me stuck and heavy with grief for years. I wouldn’t have gotten what I wanted so quickly if I’d stayed stuck there. And so I remember deciding consciously to make him right as a way of untangling from the situation, so I could open again and receive from the world. So, I decided that *he was right for him* to walk away, and here is the clincher: How *can* this be right for me? Well, what is the gift of him leaving? What did I get because of it? A me that is twice the woman I was! I chose to use what happened to me as the biggest springboard I’d ever known! The gifts are countless. One of which is my coaching. Pretty much anything and everything that could have happened to me in those years did, so if you tell me about your life nothing about it will scare me, nothing. I also know the pendulum will swing hugely into you being really happy when you heal, just like it did for me. I’m so grateful he turned away from me. So, so grateful! What gift did you get?

## **I – UN-STICKING YOUR STICKY SITUATION**

**There is a situation sticking itself to me and I can’t get it off!**

1. What are *they* doing to you? Why are you upset? Write it out.
2. Go back to what you have written in step 1 and substitute where you have written *they*, *my*, *them* to “*I*” or “*me*”.
3. Close your eyes, ask yourself, “In which part of my life, am I doing this to myself, or another?”
4. What do you wish *they* would just do?

5. Go back over step 4 and substitute *they* for “I”. So, what is this situation teaching me? Write it out.
6. What part of you is this trying to turn on?
7. Out loud say, “I forgive you now because this gift is far greater than the pain you caused me. Thank you.”

Congratulations!!!! You have just used your sticky to become more magnificent!

### **J – QUICK UN-STICK!**

(Takes 1 minute and is portable, you can un-stick yourself whilst you are walking.)

1. What's happening in your outside world to upset you?
2. Where are you doing this to yourself, or another?
3. HUG yourself as you receive this present from them.
4. Thank them!

Once you've learned the lesson, it no longer needs to appear; so the stick is gone and you've unstuck yourself. Oh, you're fabulous!

### **K – QUICK UN-STICK FOR YOU AND HIM**

Example:

1. Look at him and you. What upsets you the most? What annoys you? What do you wish he would stop doing? Start doing? Do more of? And so on. Write a little ditty for you right now *on you and him*, e.g. is it his flagrant disregard for your needs? Can he just skip out whenever he wants: to the gym, to a boy's night out, to his business retreats, with scant regard for what you and the kids are needing? And yet when it's your turn to leave the nest, you don't get the same love, forethought and care back?
2. Well, is it possible that how he hurts you is how you hurt you? E.g. your flagrant disregard for your own needs?

3. HUG yourself as you receive this life-changing gift from him because you're choosing to *raise your standards*. Your own relationship with yourself is demanding that you respect yourself. Choose to, because this is the gift. If you don't learn it now, he will continue to need to show it to you. You don't want this! So, what are you going to change about your mornings?
4. Thank him. Without this, you would still be trundling along with that same level of mediocre respect for yourself and Goddess, you so deserve this next level, it becomes you!

### 3. EXTRAS

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#### **L – WHAT AM I SECRETLY ASHAMED OF?**

Every woman carries inside her something she wishes she didn't do. So, she hides it and thinks no one else is like her.



There is money shame = "I have \$23 left in the bank until I get paid."

There is parental shame = "I shout at my son, but in public I am the perfect mummy."

There is body shame = "I am addicted to eating a tub of ice cream in one sitting after I work out, every bloody time!"

You are not alone!



Every single person in the world can remember a time as a kid when their parents, or a guardian, asked them to stop doing something. Maybe nicely or angrily. Can you recall a time when the same thing happened to you?

I can. I was 12 years old and went to fetch the milk that had been delivered to the door by our milkman (remember that golden age?) As I breezed past my parents, defiantly holding one glass milk bottle by its