



Introduction

Wide Awake

Cold and shocked she opens her eyes to greet the new world that seems strange and unwelcoming. She wonders how she could suddenly have been so bad as to get kicked out of her warm and cozy environment. Did she do something wrong—she wonders to her self. Her cozy environment, in her mommy’s tummy had been so comfortable most of the time, except for the occasional shocks and stabs she felt in her heart. Those electrical shocks and stabbing pains in her heart weren’t so bad compared to her new world.

The cold and shock of the bright lights were not enough, that tight squeeze down her mom’s birth canal felt so constricted and tight that she thought she would be caught there, but the sudden slap on her “tiny rear” *blasted* her into “consciousness.” I don’t think I was ready—but would I have ever been?

Several times a month I have this recurring dream of re-entering the world with all the trauma and insults. I can still feel what the electrical shocks felt like anytime my mom felt hurt, angry, or any type of emotional pain. It is strange to *imagine* that I was “*awake*” enough to remember the pain I felt when I realized that my mom didn’t want me—and I knew this in her womb.

Each night I ask to remember my dreams and more and more information is presented. Sometimes I remember and sometimes it takes a while. The emotional pain, at times, is too much to recapture and takes some time to be integrated into my conscious awareness.

Remembering my pain and my journey, I have been told will help others to recapture their emotional pain and heal it. This is the reason for this book containing tools and experiences to assist in healing the pain and trauma that we each have chosen as part of our spiritual growth and awakening. It is my hope that the information contained will touch your heart and help you to heal your emotional wounds and regain your individual personal power.

Love Secrets is written with a vision and intent to offer you hope and assistance in creating the relationship you have longed for whether you are young, or old. This deep longing for a meaningful and lasting relationship is probably one of your heart’s deepest desires.

I want to throw you a life raft, if you feel yourself sinking in quick sand from your own fears, beliefs, and patterns, bringing pain and suffering. Effective tools are being offered and a road map to create the relationship you have dreamed of, but found it hopeless to create on your own.

You will find support and methods to change habits and patterns, which have perpetually pushed love away, while creating more and more pain. Secrets for creating love and the relationship of your dreams is offered along with a guide to follow.

In the following pages you will be guided through sharing my own past experiences, and the failures and success of many clients and students. You will find patterns and experiences to teach you these “Love Secrets” to “Stop Fighting and Make Love.” The names have been changed and situations enhanced in order to protect the true identity.

I recommend that you make “Love Secrets” your manual to be used slowly over weeks or months with your partner. Set aside time to work with each chapter at least one to two hours per week. Take time to integrate each assignment before moving to the next chapter.