

Happy Even After Course

Day 29 – Classroom Audio Transcript

Become a Love Alchemist

April 10, 2017

Katherine: Hello, everyone, welcome. This is Katherine. Welcome to Step 4, Become a Love Alchemist. I'm very excited about the classroom tonight, such a turning point in the course. I want to just give you a moment to all say hello, so, let's unmute the line so I can hear your beautiful voices. Hi, everyone.

Good to be here with all of you. Tonight's class is really ... It's a very pivotal point in the program, and this is where things start to really come together in being able to now bring everything that you have been learning, and all of the information you've been harvesting into dealing with your partner, your former partner, because if you noticed, we haven't been talking about that much. It's all been about you being the patient on the operating table. Now, we're going back into, "Okay, there's this other person there. There are a lot of choices that you need to be making, and a lot of decisions on the table. How is this going to go from here?" That's what we're taking a deep dive into today, and before we go there, I just want to make a few announcements. For some reason, I was just told that the finale, which we added as a bonus call, on Monday the 24th, has not been on our online healing community, not been listed.

I believe it is there now, and I just want to invite all of you to put that on your calendar. This is just a classroom that we're gifting you. There's not going to be any new material or content. It's an integrative conversation. We're going to do a closing ritual together that's very powerful. I don't want you to miss it, so please make sure that's on your calendar. Also, I just wanted to give you a heads-up. We love when you tell us what you're needing. We listen to you to the best of our ability, so a couple of you wrote in, actually, a few of you wrote in, asking if we could post the discussion threads that were going just into the private groups, also on the main page, because so many of you were connecting there, and so we have done that. I don't think that there's a lot of sharing going on there, which is fine. You can share, you cannot share, whatever you want. Just in case you didn't know it was there, I just wanted to give you a heads-up that that is there in fact now, so you can use that as another place to dialogue with each other.

Also, we have received some feedback from some of you who are curious, and inspired about the upcoming opportunity to learn about how you could become a certified coach of this work. We have a special call that is just for you all, in this course on Wednesday, which is the 12th, at 6 p.m. Pacific, 9 p.m. Eastern. Basically, it's a 75-minute conversation, but if we go longer because you have more questions, I'm happy to stay

on. This is going to really share with you the opportunity to join us in the next coach training that starts this summer, because conscious uncoupling is expanding and there's a need to grow the work. I'm going to be adding to our wonderful community of conscious uncoupling coaches by taking another group of soulful and intelligent people through the process to become certified. It's a 6-month training. I'm really just looking for a certain amount of people who are going to partner with me to get this message out into the world. If you have any interest in finding out about that program, please join us on Wednesday for creating a career of purpose and meaning as a conscious uncoupling coach. I'm looking forward to that.

I think that's all of our announcements for today. I'd love to just give you an overview of where we're going in just a moment, but I first want to just open it up, and hear from you if any of you want to share about what's opening up for you. The insights that you're having, the breakthroughs that you're having. Anyone who want to just share before we move into our content this evening, just press one on your keypad. [inaudible 00:05:15] some of your openings and awakenings that are happening for you so far in the journey. Let's go to ... It says on my screen Sea, S-E-A, hi, Sea.

Sea: Hi, it's Susan Erika.

Katherine: Oh, hi, Susan Erika.

Sea: Hi. Because of you and this class, I'm working through everything. I signed my divorce papers today, and I am in shock. I just had a massage, to take care of myself, and reach out to many loving people in my life that have known all about what's going on. Just a lot of support. I called my soon to be ex after, and cried with him on the phone, and just ... We're going to have dinner together and walk our dog, and the three of us be together. I just want to thank you. I'm going to get through this, yes, I feel a mixed bag of emotions, but I'm really grateful to be in your class, in the middle of this. It's been a long journey, and I'm excited about our futures. I'm going to do a lot of good things, so it will ... I'm doing a lot of deep healing, thanks to you. I just really want to thank you and your coaches and everybody in the class, because this has been incredible for me. Thank you so much. Thank you.

Katherine: Thank you, thank you. Thank you for sharing that. We're just holding you both your hearts and all just sending a deep blessing on this new chapter. I think the class, it's just so perfect for where you are, so thank you for sharing, Susan Erika.

Sea: Yeah.

Katherine: Thank you.

Sea: Thank you, [inaudible 00:07:13] to you and gratitude, thank you.

Katherine: [Jamyllle 00:07:19], hi, Jamyllle.

Jamyllle: Hi, Katherine, how are you doing?

Katherine: Great.

Jamyllle: Thank you for taking my call. The biggest revelation I've had is that a lot of the pain, and grief, and upset around my most ... around my former partner, my most recent former partner, we just broke up in this past September, but really, a lot of the pain was about a former partner from nearly two decades ago, and a lot of ... Yeah, so this has really been, the exercise you did yesterday on the soul-to-soul mediation, I really had both of them in the [inaudible 00:08:02], but it was mainly the prior one that I had been holding guilt for that break up, basically for two decades, basically. It's really been a wonderful opportunity to both ... I really apologized to him for how I showed up for my role as well as stating who I really am, and how I'm going to move forward. Not only for that, but also just in my ... The person from two decades ago, we've worked in the same field, and we have the same colleagues.

Even though we don't see each other face to face, we're interacting through Facebook, and I see him. I still get to have my own boundaries around interacting with him, but really from just a place of who I am as opposed to being angry, or feeling guilty. It's really been a weight lifted. I've been able to ... I've been sleeping a lot more.

Katherine: Jamyllle, just to clarify, so all of these conversation was in the soul to soul mediation?

Jamyllle: Yeah, yeah.

Katherine: You were feeling shifted from that experience of having that conversation with them, even though we were doing it on the level of soul, in the level of imagining them there, yes?

Jamyllle: Yes, yes.

Katherine: Beautiful, beautiful. It set you free in some way, that's gorgeous. Thank you for that.

Jamyllle: Yes, thank you.

Katherine: Thank you for that. In step four, in the book, I tell this story about ... I'm so happy to hear that you guys are engaging the soul to soul. This is a very powerful tool, and I tell the story about my high school boyfriend, which sounds trite, but it wasn't a trite relationship. I really bonded very deeply, we bonded with each other very deeply. It was almost a four-year relationship, and we had plans to get married. Of course, we're just so young, and by the time it was like time to get serious, we're old enough to really contemplate that he want to go in one direction, I want to go in [et cetera 00:10:30]. We

had this very kind of dramatic breakup. I promised him, in my 19-year old brain, this made sense to me, I promised him, "Let's go our separate ways now, and we'll make all our choices, and then when we come together we'll have the opportunity to do it differently. We'll get married. Let's come together when we're in our 60s and we'll get married." I never really completed this. He went on and he married somebody else the next year, which broke my heart and just crushed me.

I dreamt about him. It's a very tortured separation for me. It wasn't until I was in my 40s, and I was doing the Calling in the One process, and I was looking for all the inner blocks, the love that I had. I went back and I remembered this agreement, that on some level, were still present for me. Like, "Well, maybe I shouldn't get married because then I could meet Frank when I'm in my 60s." Because I really loved him and I really felt loved by him in a way that was very deep. I completed it in a soul to soul mediation because I didn't want to call him up, because he's still married, and they have three children. I hadn't spoken to him in all those years, so I did the soul to soul mediation and I felt relieved. Just like Jamylle was talking about, she felt relieved, something happened. I stopped dreaming about him. I stopped longing for him. In fact, I met my husband a few short weeks later, and was free to marry him.

Fast forward, a few years, eight years, and somebody connects Frank and I, because I told the story in the Calling in the One book, around completing your old agreements with people. Fast forward eight years, and I connect with him, and the two of us had this very intense conversation where we're both crying. Now, we broke up, at this point, what's this? Almost like 20 something years before, but it was so traumatic for both of us that we were both really raw about it. We apologized to each other, it's very emotional. Then, he confessed to me that he had, too, dreamed about me for many years. I asked him, "Well, when did the dream stop?" They stopped, what he told me shocked me, because they stopped right when I did the soul to soul meditation. He found peace. There's more to this story that's actually in step four that you can read for yourself, but the point is is that relationships don't end because we've given the key to the condo back.

That actually does lead, and very beautifully, to tonight's conversation, because now, we're going to talk about the new future, and what we need to do to forward that future, and to really, truly bring completion, and healing, and resolution to the relational field. Well, in the book, let me get this, Merrit Malloy, I think [this 00:13:42] one, it said, this particular quote, "Relationships that do not end peacefully do not end at all." That could be taken one of two ways. Either going to have peace between you, or you're going to have peace within you. Some of you are here, my beautiful couples who are here, uncoupling together in tandem. Then, some of you are here or parallel to each other, I don't know if tandem is the right word, parallel, you're having this parallel process. Some of you are here, and you're never going to speak to that person again, but you need peace in yourself. You need to bring closure for yourself, so that's what's tonight's conversation is about. You can powerfully have closure with someone where

you both get set free, because we all know by now that you can stay bonded to a person and not even be talking to them, but talking to them in your mind.

You and your lover [inaudible 00:14:44], and you breathe someone into the center of your soul, they breathe you in. The communion between you is not just physical proximity, and that's what so painful about a break up, is how do we excavate someone from the ways that we're tangled energetically up with that person. When we talked about becoming a love alchemist, we're talking about actually shifting that toxic way that were connected to somebody through our thoughts and through our dreams, and through our angry thoughts, and our resentments, to fester on and on. Part of that is clearing all of the ties that bind, and growing beyond the person that we were that actually kept that relationship in place. Tonight, we're looking at how to really take ownership of how powerful we are to shift the field forward. Sometimes, when a person is hurling toxicity at us, we don't feel like we have a choice but to respond in kind. We're going to really talk about how you can become a love alchemist in spite of what the other person is doing. You can be the leader of love.

How we can clear toxicity out of the field, and begin to bring a spirit of respect, authentic completion with that person, with or without the other person's agreement, conscious participation. How to really clear all of the nasty things that have gone down, the betrayals, the hostile words that were spoken in anger. All of the things that have been left dangling and incomplete, and how to actually begin to communicate with each other in ways that build a better future. How do we actually align on a new future? Create an intention to move the dynamic towards a positive future no matter what has happened, and that positive future, if you have children, it's going to be the be great co-parents. Maybe to be life [inaudible 00:17:11] or maybe simply to honor the precious time that we spent together, or to honor all the learning that happened in that relationship, even negative learning is learning. Like, "Wow, I never want that to happen again. What did I learn there?"

Some of my best learning happened like that. I remember the day I learned that, "Gosh, I never want to create a relationship where I depend on someone more than I actually love them." Wow, that's pretty great learning. It's done me pretty well in life. That was a really great lesson. I dodged a lot of bullets after that. However we want to hold that person, who that person was for us, we want it to be positive, we want it to be peaceful. Sometimes, you're going to be able to share that intention. Sometimes, you're not. This week, we're going to do a forgiveness practice. We're going to talk about how to begin to generate a field of generosity between the two of you. We're going to talk about communication skills to clear the air between you. This is really about moving forward now. It's a great turning point in the course. I'll you that this particular chapter of the book tends to be everyone's favorite chapter, some really fun stories and great, just great distinctions for you to really take deeply into your heart and soul.

If you've not really been reading along, that's fine, but do give yourself the joy of reading this particular chapter, on step four, Become a Love Alchemist. Before we move

any further, let's actually do our opening centering. A little late in our game here, but better late than never. If you're in a place to do so, I just invite you to close your eyes. Take a nice deep breath, and so you could breathe all the way down into your hips, moving into a place of deep listening and receptivity. If you could open your inner eyes and listen with your inner ears, and just becoming aware of all of the feelings, and sensations in your body, noticing where you might be holding any tension. As you find it, just letting it go. Just as you breathe into the deepest part of yourself, just recognizing that you now have the opportunity to create a life that is reflective of the deeper truth of your value, and lovability, your destiny to be seen, to be heard, be valued, to belong.

Your destiny for love and connectivity, a healthy, happy connection. Just allowing yourself to feel into that future when all of life is mirroring back to the deeper truth of your value, your worthiness to love and be loved. All of life is mirroring back to you, deep levels of satisfaction, all of your relationships, just allowing yourself to begin to be defined by that future and feeling into the abundance of that future that is right around the corner, that has been orchestrating this shattering so that you might wake up to the truth of who you are and begin to generate your life from there. In this moment, you just want to release yourself and everyone from the shackles of the old story, even if somebody hurt you, betrayed you, was unfair to you. You want to release that person so that you can be free to manifest this liberated life. You want to be freeing everyone from the unhappiness of that story, from the guilt of that story, from the trauma of that story. You want to be taking forward the gifts and the goal that you were given by that relationship, and recognize it is something that is of great value moving forward.

We come into this conversation recognizing this pivotal point in our lives, recognizing that our next relationship will not begin when we meet the next person, but with how we end this one. We surrender ourselves to the wisdom of all of life that has brought us this far, that has bound us into ... helped us find our way into this sacred circle, that we might wake up and come to our senses and claim a bright and beautiful future no matter what has gone down in the past. We're so grateful to be here together. We thank God for bringing us here. We claim this for ourselves as deep liberation, this successful passageway to this very narrow birth canal. We claim deep happiness for our future, health, and well-being. [inaudible 00:23:19] communication, grace of safety in the relational field. We claim this for ourselves and for each and every person who is listening to this audio, whether they are here right now, or would be listening in the future, we claim this, though it isn't so, it shall be. Amen.

Wow, so the challenges that you're facing, there are different levels with it, all of you here. Some of you are right in the center of it, still living with your partner as you're going through litigation. Some of you are dealing with a relationship that ended years ago. Still grieving what could have been, possibilities that that relationship held. Unable to move forward, some of you have really unenforced need to stay together in some way, because you have children, or you work together, you have a business, or you live in a tiny little town, so you have the shared community. Some of you never need to see that person again, and it's a choice. Some of you want to stay friends and some of you

don't, the betrayal was too deep, the action is too egregious. Wherever you are, you know wherever you are, today is about bringing conscious completion and evolving the relationship for the new and healthier ways. You may feel some of you even reluctant to do this, because you're still grieving or you're still hoping. Maybe you're hoping that you'll even get back together.

If that so, then really, what there is to do is to surrender to being in the birth canal and just, with all of your strength, let go of the relationship that was because who knows what could happen. We do know that you need to let go of a relationship that one of you isn't happy in. That dynamic needs to die, that [groove 00:26:01] that you were in, where you were treating each other, needs to die. We're going to let it die, without knowing, without grasping for the future of possibly coming back together. It's just an absolutely surrender. Some of you want to hold on tight because you're clinging to that negative bond, to stay connected through hostility, and anger, and remorse. This conversation about conscious completion is a brave conversation. This is where you get to be brave and it's so trusting of life, and it's so affirming of the goodness of life. This is where you are the hero or the heroine for yourself. You are standing for yourself to be happy, to be healthy, to be free, to love and be loved.

Conscious completions are really about three things, one is acknowledgement of who that person has been for you, whether that's the father of your children, or a beloved on your journey, acknowledgement who this person has been for you in your life. A great teacher, a dark teacher. They call them dark gurus. I've had a dark guru in my past, that's for sure. More than one, in fact. Then, also appreciation of everything you got in that relationship. You really start to focus on that, it starts to really set you free from festering resentments, even if they're like negative lessons, right? Then, making amends, a sincere attempt to restore wholeness to the situation by offering to make an amends were appropriate, or to make an amends moving forward like you're never going to do that again to another human being. That actually is what creates completion, and some of you have been trying to repair what has been festering between you, or just tolerating, swimming in the dirty waters, because there's been so much pain that's passed between.

A lot of times, we just want to blow it up when it gets like that, because we don't know how to clear it. We don't know how to make it clean again, or, maybe we just want to kill off the relationship. Instead, what we're talking about tonight is evolving it to a new and more wholesome form of relatedness, where you can be left with a sense, so you can actually honor the love that you shared with that person, or you can free your children to love you both and not have to choose sides, where you're at peace because you remember the good of that connection, everything you gained. You can really be left in a place where you are truly grateful. Sometimes, not sometimes, but most of the times, studies have really shown that the way a relationship ends is how we tend to remember it. Whatever happened before that, it gets devalued. If relationship ends badly, we'd linger over that hurt, and it just almost dismisses all of the good. The temptation is just to devalue and dismiss the relationship, and our former partner, and

that's where you get left with that feeling, like, "Oh, I wasted all of that time with that person."

We'll idealize the connection and then devalue now what's emerging in its place. Tonight is about stretching our capacity to actually value what was and what it is becoming, so that you honor each stage of the relationship, so that you can hold the complexity of valuing the old form of your relationship, while at the same time, you're dismantling it and leaving it behind. You can even do that even if your former partner is using that defense of devaluing you and [villainizing 00:30:46] you, that kind of primitive defense as a way to detach, because you're not bound to [lay off 00:30:58] that other person. You are your own person. You get to choose who you will be in the face of who other people are being. No one else has the power to determine who you're going to be. Life as you've known it is coming to an end, and here you are, you're navigating, some of you, in the center of it, the deconstruction of what has been so, and you're making decisions, very important decisions that will influence you and those you love for many years to come.

We all know that if we don't do this well, if we don't create a container for what shall be in the future, and start organizing ourselves around that future, we know that the whole thing can fall apart and become very ugly. An earthquake, and shake everything you've loved, and everything you've known, and everything you've built and just leave it all scattered and lying on the ground destroyed. In a conscious uncoupling, we do not let this happen. We protect the integrity of the relationship to the best of our ability, whatever is happening, rather than let it just all go to hell in a hand basket. We do our best to protect the integrity of ourselves by honoring the relationship. If we have children, by looking to form this future that is a life affirming future, a positive family future. You can move through it with your former partner, or if it's not appropriate or not even possible, you want to remember, this is about you. You being liberated from hurt, pain, and regret. You being set free from resentment.

The container that we're talking about is another intension that I want to invite you to set for yourself this evening, which has to do with a positive future for the relationship. Where you're both free to move forward with goodwill, with peace, with each other's blessings. Letting go of love, it's rarely a go with the flow organic thing. You really have to make the effort to do that, because the pain that we've been in and the trauma will keep turning our head backwards. It's a conscious turning our head to the future, and particularly because you're grieving a future that you had hoped for, so that's where we want to be. We just want to stay in that sadness. I'm not asking you to turn away from that sadness, I'm asking you to actually consciously become more interested in the possibilities that your life now holds from here, than you are in your pain. Just be more interested in that future than you are in your past.

For some of who have ... you have built in motivation, if you're a parents or if you really, really both of you don't want to lose the connection, want to stay friends. My friend Michael Beckwith said, "One's pain pushes until vision pulls." Pain has really been

pushing on you to grow now, and I want to substitute some of that pain with vision, so that you can embrace a new possibility, reforming you're happy even after life. Sometimes, I look at Mark, my former husband, and I can't tell you how grateful I am for this beautiful relationship that we have. It is so touching to me that we can create this kind of relationship where we really have this fundamental sense that we have each other's backs, and that we are a family, a quirky family, a different alternative family, but we are a family. I know if I was in dire need, he would be there for me, and vice versa. To me, it's not what I hoped. It's not what I wanted, but that's what we've created inside of setting this intention that we set when we were deciding first that we were going to not continue our marriage.

That we were going to align upon the intention that our daughter was going to have a happy childhood. That was the smartest thing we did. Many of us who were on the spiritual path, we see the having of those things that we want in life as evidence that we are spiritually advanced. We can manifest, we can manifest money, or right livelihood, or happy love life, and so we see that as evidence that we're spiritually evolved, and so when we go through these periods of loss, and transition, and emptiness, we can dismiss them as somehow wrong and bad, or as evidence that we're not doing something right on the spiritual level, that we're spiritually inferior, [inaudible 00:36:39] so much more than we do. All lives of goodness, and merit and beauty have periods of loss, and contraction. This is just human. We have to come to terms with loss. I think the only ones in life who don't lose anything are those people who don't dare to love. What it is to be a lover of life is to understand the risk of love and decide to do it anyway.

Wherever you are in this process of letting go, I invite you to turn your attention towards the future that you're committed to creating. Be willing to discover a new kind of happy ending, where there's just a special bond that can never really be broken because of your awareness of all the good and all the grace. Even if somebody behave really badly, and you're making the decision to not see that person anymore, you can still hold them in your heart with appreciation for all that you gained. I once had the privilege of speaking to author Michele Lowrance, she's a judge turned author. She wrote a book called The Good Karma Divorce. She's a family law judge, and she's a Buddhist, and she wrote this beautiful book of all of her years of presiding over these divorce proceedings one after the other, and custody hearings, and all of these. [inaudible 00:38:27] in that book she talks about how people come into the judicial process hoping that the judge is going to be a priest and finally bring fairness to the situation, and restitution.

She reminds us all that judges are not priest, and attorneys are not social workers, and that's not what family court is about. She's really advocating for more conscious break-ups. She wrote, in her book, excuse me, "Many people mistakenly consider karma and fate to be the same thing. Fate is a concept that the path of one's life is predetermined. Karma, on the other hand, connotes the ability to alter one's life by altering one's thoughts and one's actions. You could say karma is a way to make your own fate." What I love about that quote is that what she's talking about is that karma is really the ability

that we have to weave our way towards the fulfillment of love in all moments. It is the active process of co-creativity, it's a living process of cause and effect, because when we're living unconsciously, and behaving reactively, or we're acting out of our own self-interest and not taking other people into account, the well-being of all who are being impacted by this, we're setting things in motion.

We're generating a wave of energy when we act out of our big feelings, and indulge reactivity, the desire for revenge, or to hurt the one who's hurting us. We literally generate a wave of energy that scoops other people into that vortex. Then, everyone's behaving badly, and getting neurotic, and scared, and acting out of fear. That's when we get back and forth, we get stuck in that vortex. What we want to do instead is to become a love alchemist, and not let the momentum of the toxicity that might be in your field right now, to determine who you are going to be. You, as a love alchemist, need to make the decision to be the leader of love, so that you are bigger than that. You need to recognize most likely that you have a more disciplined consciousness in this moment than your former partner, that you are more awake right now, because you're here. You have this field of support. You've been working on yourself to some extent here doing what you can do, to clear the path, to take responsibility, to use what happened to effort your own evolution. You have an advantage. You have your emotions, but you are not overly identified with those emotions.

They don't have you. You're the one, you're the leader. What it means to be a leader in this way is to awaken to yourself as the co-creator of the future. There's a lot of things that are happening right now that might be out of your control, but you do have control over who you will be in the face of those things. That's the invitation of this week. To set an intention to have a positive future no matter what your past and present may look like. In the last few weeks, you've been getting conscious about yourself as the source of your experience, and this is the positive use of that. You are the source of this experience, how will this experience go? Connected to a deeper truth of you who are, your worthiness, your value, your power. How are you going to show up that is reflective of that deeper truth in a way that is going to trump whatever is happening in the field and begin to weave more kindness into the field? Generosity, less reactivity, more of a sense of teamwork, we're in this together.

This is a win-win situation that we are looking to create, and it's a really beautiful place to be standing, particularly in the face of this heartache and disappointment, because when you decide to be the giver of life and the giver of love, and the one who extends blessings, and the one who stands for goodness and kindness in the face of heartbreak, that's when you are a true giver of life, because here you are, this is your Job moment. Everything you've lost in the face of that, you are still going to align yourself with all that is good and all that is beautiful and true. You are going to choose to be a generous generator of life and of love no matter what. You are choosing a not just blessed life in the face of this disappointment, but to be a blessing. This is where I want to bow to you and [inaudible 00:44:31], those of you who are making this decision. I can't think of a more holy thing to do.

In step one, we set an intention for yourself. We get your life out of this break up, to rise into the fullness of your power. To graduate from the self that you were in that relationship that co-created it to go that way. Today, I'm inviting you to set a second intention, and this time, about the future that you're committed to creating, as it relates to this relationship. This will become your new north star. You can be holding that within yourself and not share it, or you can share, and maybe get the buy-in and agreement of your former partner to stand there with you, but this becomes the place where you're standing when you're making any decisions about how things are going to go, how you're going to do the arrangement of sharing time with your children. How you're going to work out your many stuff. Where everyone is going to live. This is the north star. I just want to invite you to notice, if you have resistance on any level. If you do send love to that part of yourself, notice those feelings.

I'm not asking you to do this on top of those feelings, send love to the part of you that's saying, "I don't want to. It's the other person's fault. Why do I have to be the leader?" What are you feeling? I can see that you're feeling. What do you need, and see that you need. What's the assumption that's underneath those feelings and needs? [inaudible 00:46:56] back, noticing it, sending love to that part of you, what's really true. We want to do this with our whole selves in a holistic way, because it's the right thing to do, and because you love yourself enough to care about your future, and you do not want to be stuck in prolonged grief over this relationship for the next decade of your life. You do not want to set yourself up to be saddled with festering resentments for months, if not years to come. This is you moving yourself forward, loving those parts of you, helping those parts of you make empowered meaning of this intention. Setting an intention has three components that make it really powerful. One is, it's about the future you're generating.

It's not going to be like, let's go back to being the friends we once were before we became lovers, because that's about the past. Or, let's solve all of our problems with the past. It's going to be more like, our intention is to foster that fear of honor, respect and generosity between us so that we're great co-parents for our daughter, in a way that supports her to have a great relationship with both of us. It's future focused. What are we standing to create? It's also created in the affirmative. It's not going to be like, "Let's stop being so petty, or let's stop fighting so much." It's going to be something like, "It's our intention to take care of ourselves, each other, and our community by creating a lot of kindness and cohesion during this next stage of our relationship." It's focused on the future that you want to happen, not what you don't want to happen. You want to make it powerful. You want to pack a punch, like it causes you to rise, not like, don't squander the intention just to get along better.

Make it big. Make it bold. Our intention is to create a happy, even after family, where the kids feel comfortable with all of us, and they feel like we're just an extended family, not a broken one, an expanded family. Mark and I are setting this intention, our daughter would have a happy childhood, it called us forward. It pushed on us to grow. It pulled us into that future. Let's give you an opportunity to set an intention that you can

really stand on. If you just close your eyes for a moment, take a nice, deep breath, and just notice what's present for you. I'm asking you to set this intention. If you're noticing that there's a part of you that's held back to sending love to that part of you, in identifying with this deeper center, that's also resonating with this conversation and can feel into that future, and that possibility of peace between you, and harmony, with form of the relationship changes, but the care is still protected. Let's just get present moving into this process with some of the gift that that relationship has given you. Just listing some of the gifts for yourself for a moment. What did you gain in that connection?

Actual healing, an image of myself is attractive, a child, I'd open that for you. What did you learn, what did you heal, what gift did you receive? Wherever your partner is right now, just imagine, you can send out a thank you to that person, deep sense of appreciation for all that you receive. Just take a moment to say thank you. As you do that, just taking a deep breath, releasing the future that you had once hoped for, and leaning in to discover the new future that you can stand for creating in its place. Just asking yourself, "What do I really want us to create moving forward from here, for ourselves and for others? Given this separation is a reality, and is happening, how can we move forward from here in a way that honors all we created together?" Just asking yourself, "What am I hoping to feel in the energetic connection between my self and my former partner? What do I want that energy to feel like post-separation, post-break up?" Naming it, "I want to feel at peace. I want there to be a spirit of gratitude, fondness, humor. I want to feel safe in that connection."

What are the actual feelings that you want to be having in that future? [inaudible 00:53:57], appreciation, and what are the feelings that you want others who are impacted by this separation to be feeling when they're in your presence? When they're coming to you, and they know the other person, or you're in the same room, and you're all together in the same room, what do you want other people to feel? Whether that'd be your children, or your friends, your family. What intention can you set for the creation of that new future? How do you want to name that new future? How do you want this story to go? What are you willing to stand for as a co-creator with life? My intention is to create a great relationship with my former husband and I to co-parent or treat children beautifully together, where there's harmony, and humor, deep sense of respect and honor between us. My intention is to always appreciate, and honor, and value gifts that I received from that, my former partner, so that's how I hold that person inside my heart, is always with a sense of gratitude.

Just open your eyes and write your intention down. You might not have it fully, you can appreciate what came to you now and work on this more this week. Again, if you're a part of a couple, some of you are here together, if you're both open to it, and it's not a requirement, but you could come together to compare notes. See if you can actually align on that vision together, of what you want to co-create in your future. You might have this whole download of a vision, but see if you can actually come up with a mission statement for the future. Just two or three sentences that you can memorize, that can really help you in times of choice, in the moment. It's wonderful to set an intention and

to recognize that we're setting something in motion and what it means to be a leader is to now step up as a co-creator of this future. I learned this really from my former husband when we were in the mediator's office, and the mediator said to Mark that he was ... he would have ownership of a certain portion of my royalties from Calling in the One.

He surprised both of us and said, "No, no, Katherine worked very hard for those, that book, to write that book, those royalties really belong to her." That level of generosity has since come to characterize the connection between us. When he moved into his apartment, I made sure to ... I bought him a lot of gift to make sure that it was furnished properly, and he was happy in that home. It was like just a blessing. It wasn't just like he left and now, he's on his own. It was a family event to set up a new apartment. It was something we did together, where I was extending ... He didn't ask me to do that. He didn't expect me to do that. See, this is where generosity comes in, being the leader of generosity, because families, we all know that families, that your marriages are built on generous, kind, thoughtful gesture at a time, where we're putting money in the bank account of the emotional goodwill between us. Post-divorce families are that, too, if you're raising children, particularly. It's creating this feeling of abundance in the family.

Even though you're not feeling very abundant, it's a really a stand that you're taking. This decision to be generous from the deepest part of you is just like this yes to life and yes to love, where you are choosing to be bigger than the hurt part of you and bigger than the need to be right. You take a stand to be generous, generous is the same root as the word generate, or genesis, which is to create. A generous act creates, literally, creates what's happening between you. If the other person is angry, and hostile, and antagonistic, when you do simple generous gestures, without ... not like a manipulation, but as where you're standing, and the future that you're standing to create with that person, is very often will deescalate the other person's anger, and set the whole conversation on a different path. The next thing we want to be doing is we want to start to evolve the field between you and your former partner. I think the work that you've been doing in the last couple of weeks, in particular, has been very powerful, about how we have been training others to treat us poorly, or how we have been setting others up to fail us.

Or, how we have been choosing people with certain limitations and then being angry with them for playing out their patterns, which by the way, we saw before we're in a committed connection with that person. Whether we chose someone who is predictably going to play a certain role, or we turn someone who normally shows up for other people, into someone who didn't really show up for us, or train someone to be a narcissist, and then just blame them, and torture them, or hated them, or blew up the relationship because of it, really didn't ... because we didn't own our part in the dynamic. Now, this particular part of the course is to begin having seen our part in the dynamic, to begin to change the field in how we're showing up, so that we graduate from who we've been being to the best of our ability in relationship with that person.

For example, I'm going to give you, for example, because this sounds a little like ethereal and, "What is she actually talking about? What does she mean?"

Excuse me. A few years ago, I went to visit a family member. I got on a plane and I traveled, and I went to visit a family member. We had this really long standing dynamic in our relationship that was very painful to me, where I felt I was always invisible, and she was always pretty narcissistic. That was just my story about her, and I had a lot of evidence for that story. I'm standing in her kitchen. She's making dinner. She asked me how I'm doing, which is great. She's asking about me. That's not always how she is. I'm happy about that. I just gotten my first book onto the LA Time's Bestseller List, which was a really big deal. I was a first time author. It was super exciting. I'm sharing this with her, and I'm super excited about it, and her response is, "Oh, well, that's cool. Hey, do you think we should have peas or corn with dinner?" I'm crushed, because there it is again. No matter how great things are in my life, no matter how much I accomplished, I can never do enough to be seen. I just shut down, because I've had this experience over and over and over again, and I never stopped being shocked at the lack of care.

I just shut down and I just said, "Well, I'd prefer peas." Then, I left the room, and I went and watched television. I barely talked through dinner. I just responded politely to whatever she spoke about. We went to bed early, and I was upstairs reading a book, and because of what I do in this particular work, with this whole idea of self-resource, I stopped myself, and I said, "All right, come on, you're absolutely certain this is just her and her limitation and how narcissistic she is, but if just on principle you wanted to look to discover how you related in ways that might have perpetuated this experience of invisibility, what might I have done that contributed to this?" Truthfully, it was the first time I ever, in years, asked myself that question, "How might I be responsible for her self-absorption?" What's occurring for me is her lack of care. Really, once I asked that question, I began to see something I had never seen before. I noticed that the moment she disappointed me, and she didn't respond to the way I wanted her to, that I withdrew my energy. I left the conversation. I did not continue a dialogue with her.

I did not even tease her about her response. I just took my marbles and went home. I put my towel between my legs, and I just disappear with myself. I was shocked to see that, and that's when I made the decision, I really, loud and clear, got this message, "Wow, you can't ever get someone with a lesser consciousness than you the power to determine who you are going to be." In that moment, what I did instead is I closed my eyes, and I just extended my energy out. It was almost like I popped my energy out of my body, and I feel the entire house with my energy, which is something I did in my mind. I shifted that, and then I went to bed. The next morning, when I woke up, I felt great. I wasn't carrying that moment with me. I had no resentment for her, towards her. I just bounded downstairs to make a cup of coffee and she was in the kitchen. She responded to me immediately. She turned to me, she asked me what I wanted to do that day, where I wanted to go. When I responded, first of all, I was shocked because she never asked me those questions.

I gathered myself, and my energy is extended, so I started to think about, and I literally told her what I wanted to do. She began to organize her day around what I wanted. Now, this might seem like simple to you, but I want you to understand, I was like in my 40s, my whole life had been inside the other dynamic with her. For years, I just thought it was her. That was the last time I ever believed that the problems that I had with other people are all about them, last time. That lifted forever for me, and it was also the last time I just ever indulged to conversation that other people can't change, because I get to change. When I change, they will change. Not all the time, but a lot of times. You want to stop giving your power away. You assume that it's all the other person. This week, I'm going to be inviting you to actually go back over the work that you've done in the last couple of weeks, and these old ways of relating that had been generating evidence for that source fracture story.

I'm going to invite you to make a list of new ways of relating. We're just going to focus on three. If you have more, God bless you, but I want you to stretch to see if you can find like three new ways of relating that you can begin to put into practice with every dealing you have with your former partner, even if it's in your mind. I want you to start showing up in relating in ways that are reflective of the deeper truth of who you are, of your value, of your right to take up space, of your visibility. This is a week where you want to be doing your heal your heart. We're going to do some really wonderful things and that's one of them. If you've always just like disappeared yourself, you're going to begin [presencing 01:09:26] your thoughts and your opinions, your preferences. If you've been combative, you're going to show up with a more collaborative spirit. You're going to show up and give people the benefit of the doubt. Maybe they are there to make things right between you. Maybe they want to do the right thing.

If you've always spoken in disparaging ways about yourself, you're going to start speaking about yourself with a very respectful tongue. That's going to actually set both of you free, to begin to manifest that healthy new future between you, that you're standing to create. The other thing I want to do with you tonight before we move into this entire week of becoming a love alchemist, what I actually want to do on the call is to take you through an exercise. This exercise has to do with being capable of how do we clear the air of festering resentments, because I know a lot of you are saying, "There's so much anger here. It's such a [inaudible 01:10:49]. How can I actually clear this?" I just want to give you, take you through a process that I created to help you clear the air of festering resentments and the toxic emotional residue that is still in the field, so that you can begin to release each other from all of the negative karma that has accumulated in the relationship.

All of the ways that you have learned to not trust, letting your guard down in the company of each other. All of the festering hurts that are still present, no matter how much you've tried to explain why you did what you did, where the other person has tried to explain why he or she did what they did, because this festering resentments, if you have a community, if you have children, they really cost so much. If you can clear the air, then you want to do that to the best of your ability. Children are like little energy

sponges, and they can read the field. You can be polite, this is where amicable divorces stop, and this whole very creative idea about bird nesting where if you have kids the kids stay in one home and the parents rotate. I always tell people, "Look, home is not a location. Home is a relational field. That's the true home. If you'd have two parents who are very tensed, and have a lot of festering resentments, but they're even doing the bird nesting, because they want the best for their children, it's a step in the right direction but ... I'm not necessarily advocating for bird nesting. I personally wouldn't want to do it because I think it's disruptive to parents, and we want parents well, and healthy, and whole.

Sometimes, it works great. Like my situation where I'm in the same apartment building, I don't know why everyone is not doing that. That's a great solution, frankly. Or in the same complex, or in the same block, or something. I know a lot of creative ways to do this well. Even if you're doing that well, you're creating the external structure, which is what we're talking about in step five, if you do it on top of resentment, that's still seething beneath the surface, the children are still being torn. Constance Ahron did that, wrote that book, *The Good Divorce* back in the 90s where she talked about how divorce doesn't damage children. It's the resentment and the anger that goes unresolved for months, if not years, between warring parents. Even if that's a cold war, that's what damages children. Then, [John Gottmann 01:13:57] validated that with his study, when he studied children who comes from very highly contentious homes, where the family is intact, but the parents are constantly fighting.

That war with each other, not fighting well in a way that resolves anything, and those children have the same, exact destructive tendencies as children of contentious divorces. I'm saying all of these just to motivate you to clear the air with your former partner, that should be willing to let it go. Now, let's do this as an exercise, so just putting everything to one side for a moment. Closing your eyes, taking a nice deep breath, and just actually imagine that your former partner is sitting before you. Again, if your former partner has been volatile, or dangerous in some way, imagine that this person is 10 feet away, and there's a firewall of protection, so you're safe, but your former partner is there. Just imagine for a moment, see if you can get related to what that person is resenting you for. There's an exercise in the book where you're going to be able to do that for each other, or you're going to flip it around, but for this purposes, I'm going to really push on you to be a grown up for now.

Let's just see if we can do it in our mind's eye for the other person. Just in your mind's eye for a moment, what do you imagine that that person is resenting you for? Just choose one thing for the moment, resenting you the most. Just taking a deep breath, again, recognizing that you're safe, safe to hear that resentment. Now, I want to invite you to just put your reasons for why you do what you did aside and put your defenses aside for a moment, and just see if you can actually see the situation from the other person's perspective. Even if you're certain they're wrong, or they have wrong information, that they're just projecting. Just leaving shame and blame behind, just be curious about their perspective, and see if there might be more than one way to actually

see this situation. Just setting aside who's right and who's wrong to see if you can discover one way that you might have contributed to how things went down between the two of you.

See if you can name the impact and the cost of your behavior on your former partner, for this choice that you made, this action that you took, or didn't take. For some of you, it's what you didn't do because you didn't have the courage to do it. Just see the cost. Breathe deeply, just look at the impact, your choice, your behavior you had on the other person. Even if you didn't mean to do so, even if it was completely unconscious, even if it's just because you were scared, or you were self-absorbed, you just weren't thinking. Just being curious about how you might have caused someone to become mad at you, and upset with you. You might have hurt someone, or disappointed someone, or shocked someone, and just be humble and willing to tell the truth. No one's listening. This is just something you're doing within your own heart right now, okay to admit that you made a mistake. It's okay to admit that you lacked courage.

You weren't a perfect person yet. You don't even need to agree with the other person's perspective or what they did with it. From this moment, it's just about empathizing with that person, more about empathizing than agreeing with him. What was the impact and the cost of your behavior on the other person? Now, I just want to invite you to imagine letting your former partner know that you can actually see the impact of your choices on them. Just let your heart be touched by what it cost the other person, that you weren't in your power, that you were not an integrity, that you were showing up from the weakest parts of yourself. See if you can actually even mirror back what you imagine that person might be feeling. Allowing yourself to be touched. Some of the choices that we make, or actions that we take, we can never really go back and undo them. We set things in motion that can't be taken back, however, we can always look to find some amends that we can make, whether that's with that person directly, or by making an amends moving forward.

I will never, ever, ever lack the courage to tell the truth again. Or, I will never, ever, ever, ever use someone again because I don't believe in myself and I can't trust myself to do right by myself. Where I have to ride on someone's [inaudible 01:21:49] and pretend to love them when I really don't. Whatever that was that came up for you, because the next thing that you want to do to really bring completion and healing is not to explain why you did what you did, but it's to look to see if there's an amends that you can make, with the sincere desire to make things right and to restore wholeness of the situation. What would wholesome, right action be in this situation? It might or might not be with your former partner. What would restore wholeness to the situation? Just see if you can find an amends, I will never [hand pack 01:22:57] a man again, make him feel like he's not good enough. I will never again lie to a partner. I will never again withhold my true feelings.

I will never again be with someone who I'm constantly criticizing. I will never again allow someone to walk all over me, because it's bad for their soul as well as mine. I will never

again kowtow to a bully. Not good for them and it's not good for me, or anyone else. When we can really acknowledge the impact of our behavior and our choices have had upon others, and then we offer to make an amends, where we either offer to pay for a mistake that we made that might have caused that person something, or where we do more than our fair share because we recognize that this mess is largely ours to clean up. Or, whether we stretch ourselves to give a meaningful gift, not just an apology, it's this gesture of amends that begins to restore the field between us. It evolves us beyond the toxic residue that may have been festering. You can open your eyes and write down notes for yourself, what you saw, about the amends that you might want to make. Because this is really about restoring wholeness to the field between us, what creates conscious completion, acknowledgement, appreciation, and the making of an amends that restores wholeness to the field.

At this point, I just want to invite you to just notice what is opening up for you in this conversation. It's been a deep one talking about intentions, letting an intention, being the co-creator of that intention. Being the leader of love, running things in the more positive direction through generosity, and then this making of amends to clear the field. You can do it the other way, too. You can go through the exercise and you can imagine sitting with your partner, and sharing your resentments, imagining that person looking at you and really letting their heart be touched by what you're saying. Being [contrition 01:26:36] in their eyes, being deep sadness at the suffering that he or she has caused you. Imagine that that person is having empathy for you and feeling you. Imagine that person can mirror back to you the hurt that they caused you, what it caused you, that they behaved that way. Then, imagine that that person is offering to make an amends by taking wholesome, right action, to do right by you.

Even if that person isn't interested in doing that, you can begin to clear some of your resentment and get more complete, because that then show that the brain doesn't actually know the difference between what we imagine and what's actually happening. Many of these things that are stuck in our bodies are actually a physical phenomenon that makes sense, the fight or flight, the deregulation, all of these things that we've been going through. Maybe you can get yourself back into a more powerful center, and you can imagine that this person has a soul that might very well be interested in making an amends to you, even though their personality or ego self is not interested in this moment. With that, we will end our class here. I just want to actually open the lines up and give you a chance to share some of the takeaways from the conversation tonight. If anyone would like to just maybe share some of your key takeaways by pressing one, I'd love to end the call by hearing from you. Just press one on your keypad.

You can just share something that touched your heart about this conversation, that inspired you, that moved you, probably meant something to you. Press one on your keypad. Hi, Maureen.

Maureen: Oh, hi, Katherine. I was so delighted to participate in class tonight because I just want to share with everyone that I actually experienced a result from this process last night,

HappyEvenAfter2017-Day29

Page 18 of 20

because I did the homework where you do the soul to soul thing, and that you [inaudible 01:29:34] that meditation. I'm in the process of renegotiating a lot of financial things with my former husband. I did that with him and I sat there, and we have been arguing about some things, relatively simple, of who's going to get to be the head of household for our tax return. I heard him say, when you said in the meditation week, for the ... until they say, yeah. I heard him say yes. I felt my soul communicate with his soul, and then I remember finishing the meditation. I thought to myself, okay, we were going to see if this is actually real in the morning, when I hear back from him. You know what, Katherine? His response was, "Maureen, I was wrong. Joseph did live with you for seven months out of the year, and you may claim him as head of household."

Katherine: Wow.

Maureen: I know, and so, it gives me so much confidence because I feel like I've really tried so hard. I've been divorced for four and a half years, so I've had a lot of time to [leech 01:30:45] away all of the emotion and to give away the resentment back to God, and just have him deal with it. I feel so grateful for that, but I'm so hopeful that the negotiations that we'll go into, that ... There are things that I need to make amends for.

Katherine: Good, so you're on the right journey here. This is the right track to be on, and that's beautiful. You had some validation about this idea of deescalating, and how much we can actually do in the field between us, even outside of our conversation, what we're talking about at the top of the call. That's great, Maureen, thank you so much.

Maureen: Thank you, Katherine.

Katherine: Jamylle, go right ahead.

Jamylle: Oh, okay, thank you. What's come up for me, somewhat surprising ...

Katherine: What touched you ... Yeah, what touched you and inspired you about tonight's conversation? Yeah, what moved you tonight?

Jamylle: Okay, okay. What touched me and inspired me. Hearing my former partner say how much I hurt him, yeah.

Katherine: Yeah.

Jamylle: Yeah. That's what touched me.

Katherine: That's good, sweetheart, you got a little bit of relief in your heart. That's beautiful. Then, you want to do more of that, okay? Do that one again, okay?

Jamylle: Okay.

Katherine: Yeah, awesome. Thank you so much. [Siobhan 01:32:20], hi, Siobhan.

Siobhan: Hello. Thank you for a good class. I was really inspired by your story with your family member and see opportunities to practice that in other relationships in my life, in addition to with my former partner. That was really useful, just the reminder that we're the creator of our life. Thank you for that.

Katherine: You're so welcome. Thank you, Siobhan. All right, everyone, so we're going to move into the next portion of our call. We have [Melissa Monahan 01:33:01] with us today. Hi, Melissa.

Melissa: Hi, Katherine. Hi, everyone. Great to be with you.

Katherine: Thank you for being here. Everyone, we're going to take a two-minute body break, and when you come back tonight, those of you who want to participate in the community engagement portion of the call, you're going to be with Melissa. I'm jumping off the line at this point, but if you're listening in over the webcast, and you want to participate, you got to dial in now. I will be with you, though, hopefully in your inbox first thing in the morning, to continue the conversation about becoming a love alchemist. Melissa, we're going to give them a two-minute body break, and give them a chance to stretch, [crosstalk 01:33:47].

Melissa: Okay, sounds good. [Crosstalk 01:33:47].

Katherine: Yeah, sounds good. Let's say goodbye to those who need to leave at this point in the call. Bye-bye, everyone.

Speaker 1: Thank you.

Speaker 2: Thank you, Katherine.

Speaker 3: Bye.

Katherine: Thank you, goodnight.

Melissa: Bye, everybody. Thank you.

Katherine: Bye, thank you.