



# Co-Create Your Success!



Transform ▶ Align ▶ Manifest ▶ Expand

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## What is 2013 All About?

*2013 is a '6' year ... a year of love, service & responsibility.*

2013 is a '6' year which is all about love, service and responsibility. You have the responsibility ... the ability to respond and the opportunity to make new choices in your life, your relationships, your health, your purpose, your vocation, your money, your spirit.

2013 provides you support to create the type of relationships you desire to have through love and to be of service, not only to others but most importantly to your Self. If you are not full, then you cannot fill others in healthy, vibrant, loving and empowered ways for both you and them.

This is a year when you begin and end relationships in all aspects of your life. It is a year to strengthen your relationship with Divine Source and the Universe. It is a year to be charitable, tolerant, accepting, forgiving and loving which includes with your Self as well as with others. It is a year to learn how to love, honor and respect your Self and others at MORE expanded and deeper levels.

Contrast will arise. Your life and relationships will show you where you are or are not aligned with love, where you are or are not aligned with service. It will show you where your old patterns, beliefs and habits lie and how their out of alignments affect your results and manifestations. As well as, it will show you where you are aligned and what you can build upon to strengthen and expand into the MORE that you desire.

2013 also brings the challenge number of '3' which can reveal where your feelings of inadequacy, lack of self-esteem or being unforgiving can make you do things so you feel loved or accepted or so you maintain control in order to feel safe and secure. You could also get distracted by becoming scattered when you get involved in other people's 'stuff' and do things for others that aren't in alignment with you. It can show you where your co-dependency behaviors and patterns run you.

To be of service does not mean you have to sacrifice and drain your Self. Or to say yes, when you really want to say no. You can fall into the trap of being the unhealthy care giver or the rescuer because the payoff makes you feel good and important about your Self. But the price you pay is really not worth it. Underneath you probably will get angry or resent it, feel drained and have nothing left for your Self. Learn to be of service in a healthy, loving way which serves all, including your Self.

In 2013, commit to remaining open, be emotionally intimate (into me I see) with your Self and others and have the courage to speak from your heart. Pay significant attention to details that make your ideas or plans successful and do not allow your Self to get side tracked by other's opinions or agendas.

### IN THIS ISSUE

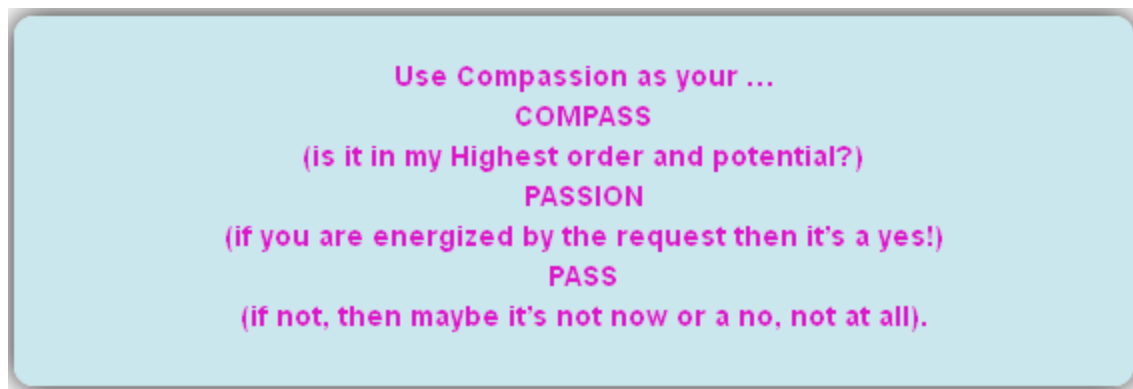
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#### Our Mission

*We are of service to inspire & teach new systems which create Empowerment, Thrival & Diamond Life™ Success.*



Always check in with your Self and see if what is being requested is in your Highest order and potential; remember, if it is for you, it will be so for them even if the answer is no.



Follow through and complete what you start and have set the intention to do through a vibration of love ... Living Only Vibrant Energy in all that you are and do. 2013 could be your best year ever ... have fun in co-creating your success!

## *Do Your Relationships Work For You?*

What does it mean, “do your relationships work for you?” Well, are you happy in them? Do you feel fulfilled, passionate, energized, engaged within them? Are they Loving? Caring? Supportive? Honoring? Respectful? Fun? Would you consider them amazing relationships?

Or do you find your Self more often than not ... frustrated, deflated, disappointed, angry within them? Are they constantly full of drama, struggle, arguments, upset and pain? Do you feel misunderstood or not able to express your Self? Do you find your Self chasing after someone or something to feel better, loved, accepted, approved of or validated?

If the answer is yes to some or all of the later, then I am probably not telling you anything you don't know (maybe you don't want to admit) ... your relationships do not work for you. You probably are settling for a morsel of something or someone, rather than realizing **you are worthy of being and receiving the whole cake!**

I was recently given the book, *Life's Golden Ticket* by Brendon Burchard. As I was reading it, I was so excited about the way it laid out to show how **our past can infect to affect our present experiences and our future creations.**

The book is a wonderful illustration about how our past experiences, conditioning and programming creates veils and we subconsciously operate from the energetic patterns they create. If we are not aware of them or do not understand them, then we make assumptions about ourselves and others.

We take it personally and think it means something about us, instead of realizing it's just 'stuff' which usually tied to the past. Instead of finding out what's truly going on, many operate on automatic pilot and do not ask ... what am I or the other really thinking, feeling and doing? What's really going on underneath and running me?

For most, these involve **various patterns and degrees of co-dependency** where we altar who we are so we can fit in, be liked, be loved, be accepted. If you are unclear if this is you, then see if any of the following rings true:

- Your relationships lack clear communication plus you don't know how to communicate your needs and wants or what you're thinking and feeling
- You walk on eggshells in your relationships so you don't rock the boat in order to feel love, safe and/or secure
- You stuff your feelings so you can shut down your emotions and not feel what's really true for you
- You've lost creativity, passion and joy in who you are, in what you do and in your relationships and life

- You tend to point fingers, blame others and don't want to acknowledge or own your part in what you create within and around you
- You say yes when you want to say no, then get mad and resent others for 'making' you do it
- You live in the world of 'shoulds', have to and how you and others should 'show up'
- You feel disconnected from your Self and lack clarity about what are your needs, desires and dreams
- You turn to food, shopping, sex, drugs, alcohol to numb out the pain and to feel better
- You feel unworthy and underserving of the love and abundance available for you

If any of this sounds familiar or you answered yes to any of these, then understand you do not have the recipe or ingredients to create amazing relationships. And if it goes on within one type of relationship i.e. with a significant other, then it occurs on some level within all of your relationships ... the relationship with your Self, the relationships with friends and family, the relationships at work and even the relationships with other aspects of your life such as your health, your body, your money, your spirituality.

And know none of this is your fault. Nor is it the fault of others including your parents, family and others around you. There is no fault. It's just is what it is.

**What it is ... is the patterning of your thoughts, feelings and beliefs which affect your decisions, behaviors, habits and results.** And the good news is you can change it. To do so, you will require a clearer understanding of what's running you. Awareness is key to taking the first step in shifting anything within your life, your experiences and your outcomes.

I highly suggest you take our FREE Co-Dependent survey which will reveal clues as to what you do usually without even realizing you are doing so. By knowing what you may be doing and how it affects you, will empower you to make a choice and a different decision. In time, you will learn to trust these decisions which you probably second guess now.

You even have the opportunity to choose what an amazing relationship looks and feels like for you. **Make a list of the qualities and feelings you would like to have in your relationships.** Compare them to the results of your current relationships. If there is contrast, then you know you have some work to do to create what you really want.

And here's the secret ... whatever is on the list is what you personally have to become aligned to first in order to manifest it with others. For example, you will become more loveable, more respectful, more caring, more generous if those attributes are on your list. In order to do so, find the energetic patterns which block or limit you in manifesting what you want.

This is the year to create relationships that really work for you! Let go of what you don't like and what doesn't work, so you can bring in what and who you like and does work for you. It's always your choice!



*Amanda Butler is a relationship expert, specializing in helping people resolve co-dependency issues within themselves, their relationships, their careers. She teaches individuals how to shift the past and their patterns which keep them stuck in the rut of continually creating the same type of relationships and results. Over the last 11 years, Amanda has developed and facilitated powerful systems such as The Diamond Co-Creative System™ and the Diamond Power Within™ programs designed to realign, restore and re-energize individuals so they can create confident, successful and fulfilled lives.*