



# Co-Create Your Success!

Transform ♦ Align ♦ Manifest ♦ Expand



With  
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February 2013  
Volume IV Issue 3



## February ... The Month of The Heart & Love

Interestingly enough, in America, February is the month for Heart Awareness. And as we all know, it is also the month of Love with Valentine's Day on February 14th. So what is at the heart of the matter for you? Since 2013's theme is all about relationships, and how love, service and responsibility plays out in them including the one with your Self, what comes up for you?

Are you happy with your relationships? Are you happy with the relationship you have with your Self? Do they work for you? What happens when you do not have a significant other during this month of love? Has your heart been broken due to hurt, disappointment or a relationship ending? Have you completely let go of it or does the pain from the past bleed into any new or current relationship? Are you finally sick and tired of feeling this way ready to move on so you can create something new?

February is a perfect time to take a look at these questions. Remember, we are being supported energetically by the Universe to do our 'work', to clean up the past, to create the future we desire. And we add Mercury going retrograde from February 23 to March 17 which gives us a bonus time to revisit the past to resolve it, to complete projects and to develop new ways of communication with ourselves and others.

You may even find your communications being hindered, electronics going awry, appointments being missed because there is a wire loose in connecting you with your Self and others. It's a time to slow down and take stock in what is going on within you and around you. It's important to stay centered and grounded so you can be flexible and responsive (not reactive) with what occurs or communication breakdowns. It's an opportunity to create something different and play in a new way of 'be'-ing.

We are also in the age of Aquarian which is about unification, cooperation, collaboration and co-creation so if you see your Self trying to go it alone, be the lone wolf, the Universe will call you out on it. It is no longer the time to say "I can do it my Self. I don't need anyone." Yes, we don't want to need someone, but we certainly want to desire someone so we can share and connect with others. This applies to not only with a significant other, but also at work, in business, in family, in friendships.

But most importantly, it is about being in connection and collaboration with your Self ... not to separate from your Self, to abandon your Self, to disconnect from your Self. You can utilize the month of February to reconnect with your Self on a whole different level ... to love your Self more, to accept your Self more, to honor and respect your Self more. Even if you have a good relationship with your Self, you can deepen and expand into the more of it. The Universe is infinite and there is infinite love and opportunities!

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### Our Mission

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

Do you try to keep your heart safe? Do you continually protect your Self from being hurt or disappointed? Have you built up walls so no one, including your Self, can't get in? Do you have the equation: love = pain? If yes, to any of these then use February to fall in love again. I don't mean with another but with your Self. Learn how to love again, to connect again, to communicate again with your Self.

Instead of living in the past of what isn't or what could have been with the 'what ifs' on Valentine's Day, choose to live in the present by creating a special day for your Self. Give your Self flowers, go out and do something fun, take a candle-lit bubble bath, cook your favorite meal, hug your Self, appreciate the beauty of who you are (even if there are things you want to change about your Self and your life). Love your Self up in ways that make you feel good. Let it be the day of love for you and you falling in love with you. You are the significant other!

*“People often say that “beauty is in the eye of the beholder,”  
and I say that the most liberating thing about beauty is realizing that you are the beholder.  
“This empowers us to find beauty in places where others have not dared to look,  
including inside ourselves.” – Salma Hayek*

A great book I recommend to clients is *Love Without Conditions* by Paul Ferrini. It helps you to look at love in a whole different way and opens the doorway once again to explore love and the way are love and 'do' love.

I would like to also invite you to join us on Valentine's Day with our Special Valentine's Day Ask Amanda! free webinar. We are joining together to talk about and share the experience of love. You can ask your questions about love and relationships. We see it being a magical night to create more love within all of us and our lives.

So have fun this month. Fall in love with your Self! Heal your heart. Become energetically aligned to open to and receive the MORE love that is available to you. And learn how to focus on and communicate the MORE of what you Truly desire to your Self and with others!

## *It's Time to Fall In Love With Yourself!*

*“There are two basic motivating forces ... fear and love. When we are afraid, we pull back from life.  
When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.  
We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves,  
we cannot fully open to our ability to love others or our potential to create.  
Evolution and all hopes for a better world rest in the fearlessness  
and open-hearted vision of people who embrace life.” — John Lennon*

Imagine, as you wake up in the morning, you give your Self a great big hug, you're happy to be alive, you feel good about your Self, you love and accept your Self no matter what. Imagine, as you put your feet on the floor, you are excited to start the day even if there are challenges or obstacles you must address. Imagine, knowing and trusting you are the creator, you are the 'I AM' who can create the experiences you Truly desire and you look forward to it as you move into the day.

Maybe you can't imagine this. Maybe you can't envision this for your Self. Well, it can be so. The first step towards making this a reality for you, is to be totally and utterly in love with your Self. Unfortunately, many look to the outside to fall in love and to be in love. And through their experiences they become disappointed, hurt and even disillusioned with love. What they have forgotten is to be in love with themselves despite who is in their life or what is going on around them.

We're not taught how to love ourselves, how to take care of ourselves, how to value ourselves. Our conditioning and programming has shown us in order to be considered lovable and successful we must achieve on the outside whether it be conquering a love quest, attaining our career goals, having money in the bank.

We forget and don't necessarily know how to love, to care for ourselves, to cherish and adore ourselves along the way. Instead we usually criticize, judge and push ourselves to the brink of exhaustion, frustration and even destruction before we see something is requiring a change.

We forget to acknowledge the steps we make along the way, to praise the work we have done and to celebrate our wins.

Typically, when we achieve a goal we immediately move on to the next thing and do not revel in the joy of what we just did. And this even happens with our love relationships ... never quite satisfied, taking inventories of what's not or who they are not, someone including your Self not living up to expectations. This occurs when you do not feel the love for your Self within and looking for the outside to fill you up and make you feel better.

When I work with clients I usually begin with the journey of having them learn how to fall in love with themselves. To learn how to love free of conditions which means to rid themselves of conditional love and all of the judgments and non-acceptance they have about themselves and others. When we conditionally love, you and others must 'show up' a certain way through the rules of what it 'should' look like, how you 'should' act, how you 'should' be. There is a lack of acceptance, compassion and grace.

I teach them how to be in relationship with themselves first before being in it with others. According to Webster's dictionary, the definition of relationship is "connection, association, or involvement: an emotional or other connection between people." What most forget and have not learned is the most important relationship first and foremost is to have one with your Self. To be in connection and relation with Self. It's the most generous and kind thing you can do for your Self.

In John Lennon's quote he said, *"We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create."* His point about loving all parts of ourselves is key. Yes, there may be things about your Self you don't like, how you feel or what you may have done or didn't do but this gives us a playground to play within.

These "imperfections" give us the opportunity to learn, heal and grow. It does not mean anything about us, it's just what it is. Acceptance is a huge gift you can give to your Self. Acceptance does not mean you condone the action, it just means you accept what happened and from there you can learn and change it to match to the vibrations (thoughts, feelings, beliefs, words, actions) of what you desire as to the experiences and outcomes.

Without contrast, we would not know what doesn't work for us and what we don't like and don't want. We can shift our perspectives of problems, issues and challenges by seeing them as opportunities then as gifts to a way of 'be'-ing. We do so by being open to be aware, to acknowledge, to accept and then to choose what you want to do with it – ignore it or change it. 'It' being the energetic vibration of what you are creating within you and around you within your relationships, life, work, health, money, etc.

Life is full of ups and downs, of problems and solutions, of successes and failures. When you are in love with your Self, rather than beating your Self up, hating who you are, comparing your Self to others, you can move through any aspect of life with acceptance, compassion and grace. Even at times in which you are not happy with how you behaved, what you said or did, you can still have the unwavering vibration of love within supporting and guiding you.



Fear no longer stops you. The fear before falling in love with your Self showed up as judgment, blame, guilt, shame, not good enough, not lovable, not successful, envious, jealous, condemnation, to name just a few. But when you are in love with your Self, fear has a different definition. Rather than the energetics of fear being about Finding Evidence that Appears Real (all based on the past, conditioning and programming), it is about **Focusing Energies to Alter Results.**

You have the power within to choose what you do with your fear. It no longer stands in your way, and in fact, you utilize it to get you to where you want to go. And *“when we are in love, we open to all that life has to offer with passion, excitement, and acceptance”* as John says.

**Here are 5 Tips to Help You to Fall In Love With Your Self:**

1. Make the commitment to journal every day; the most optimum time is in the morning when the subconscious is near the surface after you awake. This helps with your awareness about you and your life and to connect with your Self.
2. Get in touch with your feelings. I know this sounds sappy but most don't know what they really feel about themselves, others or circumstances because they are afraid of what it means and stay in denial which leads to more issues and unhappiness.
3. Find out what runs you, what are you afraid of? A great tool to help sort this out is our free **Co-Dependency Survey**. Take this and read the in-depth assessment it will give you based on your answers.
4. Accept your Self as you are ... “the goods, the bads and the uglies.” If there are pieces you want to change, then be willing address them and find the help and steps to assist you.
5. Give your Self a big bear hug and tell your Self “I love me!” at least once a day. At the end of the day before you go to sleep, write down at least one (if not more) win for the day and one way you appreciate your Self (even the small ones count!)

The books, *The Artist Way* by Judith Cameron and *The Four Agreements* by Don Ruiz Miquel can assist with the process of connecting with your Self and falling in love with you. If you would like further assistance I offer a complimentary 15-Minute Consultation to help you match your desires with ways to help you create them.

Plus check out our simple and powerful tool, **The Universal ‘L’** which can assist you to create more love with your Self, with others and in life!

I have found the journey of falling in love with your Self to be the most exciting and enlivening one there can be. And it's the most important! It creates an inner peace, confidence and power to create what you Truly want. I leave you with this ...

*God grant me the serenity to accept the things I cannot change.  
The courage to change the things I can.  
And the wisdom to know the difference.*



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*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.*