



Co-Create Your Success!

Transform ♦ Align ♦ Manifest ♦ Expand



With
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The Energies of May & the Eclipses ... What Does It All Mean?

May is a month of 'shaking it up' which can bring about a lot stress and turmoil but it can also open the doors to opportunities for healing and transformation. With two eclipses occurring ... **the New Moon/Solar Eclipse today, Thursday, May 9th, 8:23 EDT** and a Full Moon/Lunar Eclipse on Saturday, May 25th, I would say hold onto your hat, it's going to be a ride!

And you're the one who has the choice as to what kind of ride it will be a fun roller coaster ride or a bumpy, twisted ride. If you're one who tends to **resist change both internally and externally**, then you might feel like it's really bumpy with lots of struggle, suffering and upset. Then during this time, you're being asked to step out of your 'familiar' zone and deal with the discomfort and what no longer works for you or within in your life, relationships, career, health, etc.

But, if you choose to **embrace change as an adventure**, you will feel like it's a roller coaster up and down but you see and experience it as an explorer and lift you hands to the sky and say Whoohooo! Things and people will not irritate you so because you understand that if you're in 'reaction' then it's all about you and there's something for you to look at as to what is being triggered within you, how are you being hooked in or ways your buttons are being pushed.

Eclipses bring us disruptive energies to **wake us up and ignite us into action to release the bondage from the past and fears which have controlled us.** We're being asked to take our Soul's path rather than live from conditions and programs which no longer serve us.

Are you living from your authenticity and love rather than scarcity and fear? Do you operate from the outside, in which is based on outside circumstances, influences and opinions of others, or from the inside, out which allows you be your True Self? Do you let the small reality of your current conditions derail you from your goals and dreams?

Remember, **we are shifting from the Piscean age of competition, domination, separation and fear to the Aquarian age of the collective, cooperation, collaboration and co-creation.** And with this, it's not only an external process but it's occurring within us. **Not only are our outer lives shifting and changing, but so is our inner being** which means the old paradigms, rules and structures don't work for us anymore.



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Our Mission

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

We're seeing this throughout the world where governments, economies, corporations are being shaken up and being forced to 'right' themselves up. And as are we. Think about how you may have spent money before, literally throwing it out the window for things you may have not needed but wanted, because it filled a void within, gave you a temporary relief or feel good which did not create sustainability. **Now, we are being asked to fill the void from within, not from the outside. We're being asked to find the True sense of power, security and stability from within, rather than from outside of ourselves.**

We are learning about ourselves and what makes us tick. If you are avoiding it or ignoring parts of you that are calling out then you probably are being faced with difficulties and challenges. During times like the eclipses, they will become even more intense to get your attention. **Your Soul** wishes to direct the show rather than creating from your pain and wounds of the past.

It is about allowing all aspects of us ... the masculine, feminine and inner child to have a voice, to be strong and empowered and to live life to its fullest in thrival mode rather than survival. If you don't understand what I mean by your aspects, read the article, *The Universal Laws of Divine Union & Polarity* in the [March 2013 newsletter](#).

A couple things I'm doing this month to ensure a fun ride for my Self is ... [The 21-Day Manifestation Process](#) so I focus on what I do want and the big REALity, not what I don't and the small reality of current conditions. Plus I am continuing my practice of daily meditation, checking in and connecting with my Self and the Universe (God, Higher Power, however you describe it for your Self) so I am energetically aligned with me and what is mine to do and contribute to others in the Highest Order and Potential throughout the day. Join me and let's be empowered and have fun together!

P.S. Be sure to listen to the FREE webinar from 5/9 and next week to help with your journey through the energetics of the eclipses!

P.P.S. This is a perfect time to dive in and invest in your Self and go to workshops, webinars or do individual coaching or healing sessions so you can step into your MORE! Check out our [Packages](#) or the new offering of the [One-on-One 3-Day Intensive](#) ... it will get you to where you want to go!

Honoring The Mother & Embracing Your Divine Feminine

Honoring The Mother ...

Sunday is Mother's Day. It's a time of celebration when we stand up and salute our mothers. In many families for many sons and daughters, it's easy to feel our hearts full of gratitude and appreciation for our moms. We respect and honor our moms for all that they are, all they do and all that they do for us.

At least, that's the ideal scenario but what if this isn't true for you? Many times, sons and daughters feel their mothers weren't there for them. They have their stories about how their mothers 'should' have been or how they 'should' have shown up. Maybe she was not emotionally or physically there for you. Maybe she said some hurtful things to you or about you. Maybe she didn't listen, acknowledge or support you in ways you would have liked. And worst case scenario perhaps there was some type of abuse ... physical, sexual, verbal, mental or emotional.

Some or all of this may be true and your scars may run deep. But with all due respect, when is it time to give it up so you can move on? It's been proven over and over again, when you live in the past, hold onto the past, you can't move forward and manifest what you really want.

Consider that Moms, just like the rest of us, have done and do the best they can with the 'tools' they learned and experience they have had. Let's say your mom was brought up in an environment where there was a lack of emotional connection or even abuse, then what model did she have to follow to be any different? Let's say she didn't know how to express her feelings because in her life she was taught to suppress them. How can you realistically expect her to be emotionally available for her children when she doesn't know how or is even afraid of expressing or being her Self?

For many of us, our parents or grandparents grew up in the depression era and during times of war. For many, it was all they could do to put food on the table and a roof over their heads to survive. Back then, most people didn't have the tools and awareness we have today to choose love and thrive even in the midst of challenging circumstances. Add in the energies of Co-Dependency of not being able to really be your Self or truly express who you are ... it's a formula for disconnection.

How many times have you claimed, "I refuse to be just like my Mom!" Yet, when you look at your Self and your life, there are so many similarities you notice. Perhaps as you speak to your children or interact with them, it's like you're channeling your mom. This is conditioning and programming we have taken on through what we learned and experienced as we were growing up. It's really no one's fault, it just is. You can utilize your experience as the contrast of what you don't want without making your mom wrong.

So how about giving your mom a break. Are you in a place where you're able to do so? When you look for her to be and do things in a certain way i.e. love YOU free of conditions, can YOU do the same? Can you be loving, compassionate and accepting of her ... all parts of her? Do you do that with your Self? Are you loving, compassionate and accepting of all parts of your Self? Clue: If you aren't, then you can't be that way with another.

No matter what, deep down your mom does love you even if it's not shown in the way you want or expect. Let go of your attachment of her being anything more than she is. Love her just as she is, just as you have hoped she would do the same with you.

Let go and forgive the past so you can live in the present. Heal the wounded inner child. Be the nurturer of your Self versus looking to her to do it for you. Let go of the disappointment, resentments, anger so you can allow love to come back in. When you continue to harp on what isn't, then you will get more of the same. There's no room for love and compassion to exist.

Focus on what is ... what are the ways she *does* show you love, what are the ways she supports you, what are you grateful for? Sit down and make a list or write her a letter (even if she no longer alive) and thank her for the contribution she has made in your life. If it seems hard to do, ask your Self what is the payoff(s) to keep blaming her for the woes of your life. It's time to heal your inner child and heal the pain.

Choose to have a whole different experience of your mom this Mother's Day and see her through the eyes of the innocent child and love. Let her know how much you love and care for her! You'll feel better and you will be able to open up to receiving love once again ... from her, from others, from your Self!

Find out how your Co-Dependency creates you being stuck in the past and gets in your way to live and love freely by taking the [FREE Co-Dependent Survey](#) and booking your [complimentary 15-Minute Consultation](#) with me to help you move forward. Your time to heal the past is now!

Embracing the Divine Feminine ...



Within each one of us, exist an Inner Family. The Inner Family consists of our Feminine, Masculine, Inner Child and Divine energetic aspects of us. You can learn more about this by reading [The Universal Laws of Divine Union & Polarities](#).

Typically, I have found with most of my clients and even with my Self, our feminine aspect is shut down. Not surprising, as we look back in time, the feminine has not really been valued. People shied away from being emotional and weren't allowed to express their feelings. Stay at home moms were not as valued as the men who went to work and brought home the bacon so to speak. I have many women clients who still feel if they don't contribute financially to the family, then they are not valuable or worthy even though their 'job' is taking care of the children and home. This is how we have been wired over the centuries to think, feel and believe.

In fact, for years I was really pissed off at being a woman. Maybe you can relate to this. I thought men had it all, that they controlled the Universe. I thought and did things in a very masculine way because that's what I taught and programmed to do in order to succeed. I was in conflict within my Self and felt abandoned, separated and even unlovable. I didn't embrace the feminine side of me until I started understanding energy and healing my energetic patterns.

Now, I love being a woman and truly embrace my feminine aspect. I have learned to trust her, trust my intuition. Meditation is part of my daily practice to give me time to sit and be still so I can feel connected, aligned and centered in all aspects of my Self. It allows for me to feel into what's true rather than trying to figure it out with the limited scope of my thinking. We don't always see the bigger picture, but with the feminine we have the ability to feel and experience the more that is available and receive Divine guidance, inspiration and ideas.

As time has gone on, we as a culture have experienced a shift to open up to the feminine. Meditation, yoga, etc. has become a part of daily lives. Feelings now have merit and we acknowledge that tapping into them has allowed us to live more fully and feel more alive. More listen to their 'gut' feelings and follow their intuition. There is a shift in consciousness which is allowing for the feminine to be reignited and empowered. [Read More ...](#)

Life is actually much easier when we allow all aspects of ourselves to be activated and present. The energetic qualities of the feminine are:

- The Goddess
- Heart/Emotional/Feelings/Intuitive
- Receptive/Gatherer/Inward/Quiet
- Nurturer/Gentle/Caring/Kind
- Fluid/Expansive/Universal/Circular/Soft
- Chaos/Decomposition/Etheric

Whether you are male or female, these qualities reside within you. Most lead with their masculine energies because it's what we were taught to do. We have lived in a patriarchal consciousness for eons but that is now shifting due to the Aquarian age in which there is an acceptance and honoring of diversity contributing to the collective. And thus it is so within us

If you allow for each aspect to become strong and tap into its power, then it's much easier to co-create what you want. When you enliven the feminine and invite her in, then the masculine can actually relax and not be so stressed out because he feels like it's all on him to get things done and to accomplish your goal and dreams.

The feminine is glad to help! She is the gatherer of ideas, inspiration, she is the nurturer, she feels into things and utilizes the emotions to be the gauge of what's occurring for you, she is the intuitive which can guide you to say yes or no, to know when things are in alignment and when they are not. She also gives the go ahead to the masculine when it's time to take action. And when you listen, all seamlessly flows.

If you don't know what your feminine energy feels like or you feel disconnected from her, listen to our [May Ask Amanda! recording](#) as I take you through a process to connect with her. Plus be sure to download the Universal 'L' e-book and guided mediation to help you with the process and expand into the more later on.

Embrace your feminine and have fun learning to co-create with your Inner Family! Next month, I will be talking and writing about Honoring The Father and Embracing Your Masculine Energies. Be sure to join us on our June [Ask Amanda!](#) stay tuned for the June articles!



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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.