



Co-Create Your Success!

Transform ♦ Align ♦ Manifest ♦ Expand



With
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Happy Father's Day!

June 2013

Volume IV Issue 7

June is the month of embracing the masculine. It energetically holds Father's Day and Summer Solstice which of course are full of masculine energy. It also presents us with Mercury Retrograde beginning on June 25th which lasts for 3 weeks.

In This Issue

1. Father's Day
2. Mercury Retrograde
3. Summer Solstice
4. Co-Create Your Success with Your Masculine Aspect & Inner Family

Father's Day

Let's start with Father's Day. It's a wonderful time to celebrate our fathers and remember all that they have contributed to our lives including our births! However, **some have great memories, while others don't**. If you don't, be sure to read on and see how you can shift to celebrating the gift he actually was to you. If you do, how can you go deeper into your gratitude?

One of my favorite memories of my Dad is when he and I were sitting around a campfire in northern Michigan during one of our family camping trips. I was probably only 10 or so. My Mom and brother had gone to bed so he and I had the rare opportunity to share father/daughter time together by ourselves.



I remember the fire was crackling and warm. The stars were shining so bright and there were what seemed like millions of them. I had never seen the sky like that before. My Dad pointed out the different constellations and taught me how to pick out one star and follow it to see the entire constellation or how one was sometimes connected to another. We stayed out there for what seemed like hours. To this day, it is still one of my fondest memories of him and us.

So you might think ... well, that's all fine and dandy for her, but she doesn't know the painful memories I have with my Dad. Not so.

A few years later, my Dad left us. One day I came home and discovered all of his things were gone. I called my Mom to find out what was going on, she didn't know and sheer panic ensued for all of us. For days we couldn't find him and we didn't know what happened. The lack of communication and connection activated old energetic patterns within me which were created from past experiences (this lifetime and others) and fear started taking over and running my life.

Only a couple of months prior to my Dad's disappearance, my brother and I had started to witness our parents having trouble but we had no idea it had come to this. Our family life looked great from the outside, similar to the white picket fence, Leave It To Beaver story. But on the inside, there was trouble in paradise and now the hidden issues were coming to the forefront.

It was like a rug had been pulled out from under me. And not only for me, but for all of us who were left behind ... my Mom was a mess, shaken and distraught, my brother became angry and shut down.

Understand, I was Daddy's little girl and now he was no more. My Mom and I had a tumultuous relationship as do many 16-year old daughters and their mothers. I felt I was left alone with the 'enemy'. Not only was I in my own hurt and devastation but also had to deal with my Mom's. Her feelings turned to anger and I was constantly trying to defend my Dad and hold onto what I knew. I felt like I was living in a warped reality ... the family before he left and the shattered one after he left.

Because I had the energetic pattern of abandonment running subconsciously, my father's leaving **triggered deep seeded fears of people not being there for me, of feeling unloved and unwanted and not know who or what to trust.** It activated even more co-dependent behaviors in order to survive the destruction of the family I once knew. My abandonment issues continued to play out throughout my life well into my late thirties and early forties. It wasn't until I discovered energetic healing, did my feelings and patterns of abandonment get permanently resolved.

Why do I share this with you? Because all of us have our 'stories' about how we were let down, hurt, disappointed and even abused by a parent or someone significant in our life. And you have two choices: you can hang on to it or you can let it go and forgive. **It's what you do with the experience that's important. What's the MORE ...** that you experienced, learned, healed, grew and expanded due to the relationship? Ultimately, what's the gift it brought you?

It took me years to heal the wounds of the past and not be affected by them. There were many ups and downs with my Dad (and other relationships especially with men). I worked on my issues by healing them with the System I developed which included healing at the core so they're complete once and for all. **The wounds and issues were mine to heal, not his.** AND because I resolved my abandonment and other co-dependent issues, I was able to experience my Dad differently and come to peace within and with him.

In the end, as my Dad began to deteriorate due to dementia, I was able to accept (emotionally, not just conceptually) ... he did the best he could, he could only model what he learned and in his own way he loved me. His disease propelled me to accept who he was because I could no longer expect him to be a 'certain' way. **He wasn't able to 'be' the Dad I wanted or even had the capacity to do so, just like he wasn't when I grew up.** I felt compassion for him and knew he had his own wounds, pain and demons to deal with and was also trying to find love, acceptance and safety too.

During the last 5 years of his life, I was able to totally forgive him. I mean *really feel* the forgiveness so there was no pain or reaction left. I spent time just enjoying and loving him. I actually saw the Divinity of who he was and saw him through the eyes of unconditional love. We were totally complete before he passed on.

So if Father's Day is a time of pain versus happiness for you, let it be a time to start to let go and forgive. It is possible. By not doing so, you're only hurting your Self, not someone else. **If you withhold love from someone, you withhold it from your Self. If you withhold acceptance and compassion, then you do so with your Self. If you withhold forgiveness, then again you withhold it from your Self.**

With this in mind, how can Father's Day be different for you? How can you Truly celebrate who your Father was to you and the gift his relationship with you (good or bad) has brought you? What did you learn from him even if it's the contrast of what you don't want or want to be like? How can you love him free of the past, free of conditions?

Mercury Retrograde

Many talk negatively about Mercury Retrograde because it does affect communications, electronics and typically there are a lot of breakdowns and delays during this time period. But I would say it gets a bad rap. You can actually utilize its energy to your advantage!

The time of Mercury going retrograde is an opportunity to complete and shift the past; an opportunity to shift your perspective of what occurred; to shift your mental outlook and feelings and to shift your communications with Self and others.

It's also a great time **to complete that project** you have been working on for so long. **Or if you feel like there is a block or you're stuck, it's time to go inside and dig around** to see what energetic patterns ... thoughts, feelings, beliefs that are tied to the past which keep you from moving forward.

Sometimes **the delays give you** more time to see what's True for you. Or maybe you don't have all the information or energy required to co-create your Highest Potential. As you learn to let go of past patterns and let the Universe guide you, the co-creative process will become more natural for you ... to surrender, to allow, to trust rather than try to control the process or outcome.

During the retrograde period it is advisable to not make major decisions, sign contracts, do impulsive acts or make big purchases especially where electronics and communication devices are concerned.

Summer Solstice



Everything is coming to full bloom. The feminine energy has planted her seeds and the masculine energy has brought them into form and full bloom. **Create ceremony to give thanks and celebrate what has come to fruition thus far.** Continue to focus on what you desire to manifest. Utilize the yang, active energies to provide form and structure and project your goals, visions and dreams into REALity!

We celebrate with you and Happy Summer Solstice! Enjoy what you have co-created and brought to fruition!

Co-Create Your Success with Your Masculine Aspect & Inner Family

Do you realize that you hold a masculine, feminine, inner child, and of course, Divine energies within you? This is the Inner Family comprised of the different aspects of you in which you co-create your life and what's manifested within it.

Each aspect has a different vibration and qualities they bring to the table so to speak. Within each aspect they hold their own energetic patterns of thoughts, feelings and beliefs based on past experiences, conditioning and programming applicable to that particular aspect thus applicable to you as a whole.

Think about it. Aren't there days in which all you want to do is do, do, do while other days you just want to be, take a break, relax and even meditate? Other times all you want to do is explore and play. As you observe how you feel during these times, can you recognize what aspect of you that you are co-creating with?

Basically, if you're in the doing and thinking mode, it's the masculine. If you're in the being and feeling mode, it's the feminine. If you're in the play and adventure mode, it's the inner child.

Many of us have had to lead with the masculine most of our lives. Why? Because we were conditioned to do so due to the patriarchal world we have lived in for many millennia. We were taught to be strong, logical and to persevere no matter what.

Feelings weren't honored and actually dismissed or stuffed. If you showed your feelings, you were considered weak. The feminine typically felt not heard and not respected.

This shuts down the feminine, intuitive part of you so the masculine had to take over in order to create, provide and survive. 'He' had to figure out what to do and when to do it. If the feminine had been his partner, 'she' would help him with this process. When the feminine is not the co-creative partner, the masculine feels the burden of having to carry the full load. He tends to get overwhelmed with the responsibility of it all and feel like a victim to 'conditions'.

So are there days when you feel like you're swimming upstream? Days when no matter what amount of energy and effort you put forth, nothing seems to get done? And do you feel exhausted, depressed and say to your Self, "What's the use?" This is when the masculine is dog-tired and out of sync with the co-creative process.

When I started to do my Inner Family work, my masculine looked and felt like a decrepit, worn out, hunched over old man with a cane who could hardly walk. This is how I felt on the inside too ... drained, depleted, overwhelmed, with no passion, joy or creativity left in me. I did things because I 'had to' or 'should do' in order to survive. Plus I felt like I had to 'look good' on the outside so people would believe I had it together. The truth was ... I didn't.

In addition, the masculine aspect is very much misunderstood. People equate anger with aggression and see it as male energy. Well, your inner child can throw temper tantrums and express anger inappropriately as well. Going inside your Self to check 'who' is actually angry will help you determine why you're angry or upset. And will also let you know how to handle the anger in healthy and constructive manners.

Maybe the aggression is such that you're forcing your Self to do things that you don't want to do, or you're imposing your will upon someone else. When the masculine feels out of control or threatened, he will go into the mode of protecting you and doing whatever it takes to provide or survive.

The masculine aspect is often trying to prove he's good enough so he keeps doing, doing, doing to show that he can do it. If he thinks making a mistake or failing means something about him rather than perceiving it as a learning tool, then he will continue to try to prove himself over and over again. He usually sets the bar so high that regardless of what he achieves, it won't be enough. This is the way he motivates himself to do better or to do more.

The masculine aspect also keeps himself very, very busy so he feels worthy, useful and like he's getting some place (even when he's not). When that part of you is kept really busy, then you don't have to feel what's really going on for you. You can ignore when you're not happy and where you feel dispassionate or unfulfilled.

The masculine will feel like at least he's doing something which results in you filling up your space with *busyness* versus the business of manifesting what you want.

If you continue to lead with only the masculine energy, your life will look and feel out of balance and out of control. It doesn't really work for you and it shuts down your aliveness. If this is so for you, then it's time to invite the other aspects of your Inner Family in to help you. It will alleviate the stress and pressure you feel when only the 'doer' part of you is active.

Have the feminine nurture and support the masculine by her engaging with him. Allow your Self time to 'be' so you can receive guidance and listen to your intuition. By her helping him, he then knows when to take action and create form versus always taking action when it's not really time to do so. By combining the mind (masculine) with the heart (feminine) then you have a better guidance system and the formula to succeed. And you can co-create it with ease and grace.

Also invite the inner child in so the masculine can have fun in what he's doing. He will see his actions as adventure. Even when he takes a 'wrong' turn, you will feel it's a learning experience rather than judging your Self with negative self-talk and beat up. The experience gives you the refinement required to build the momentum of the energy and vibrational alignment towards what you want and achieve the results you Truly desire.

With the help and support of the rest of the Inner Family, the masculine now can relax, be less rigid or frustrated. He can let go of the need to control or know. He can start trusting himself as well as the other parts of you to co-create the life you want. He now feels inspired, motivated, passionate and creative again. He is energized in moving forward and feels like he can achieve the goals, dreams and visions you have.

So connect with your masculine energy within you. Support him by communicating and connecting with the other aspects of you; have them join together to work and play as a team. Let him know the great job he's doing. Celebrate the wins with him. This will all help shift the thoughts, feelings and beliefs he has about himself.

Remember how I initially described my inner male? Well now, he looks and feels like the knight. He is strong, vibrant and excited about life. Very little overwhelms him. He knows and believes he CAN do and create anything.

He and the Inner Family co-create seamlessly and there is flow, synchronicity and fun in the way we live and manifest. There is trust, allowance and co-creation. We now feel good and confident on the inside and no longer have to hide from the outside. We now live and prosper through freedom! The freedom to live and create from who we Truly are!



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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.