



Co-Create Your Success!

Transform ♦ Align ♦ Manifest ♦ Expand



With
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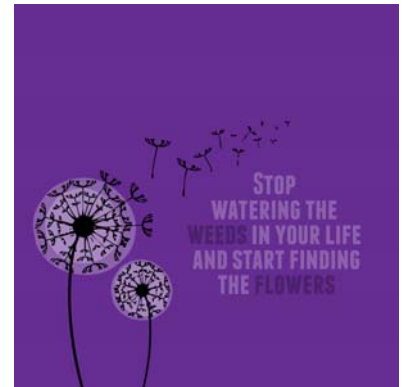
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Pulling the Weeds to
Create the Freedom
to Be You!

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If you're like most of us when summer begins, we're outside in our gardens and yards getting them back in order after a long winter. We pull out the 'weeds' so our gardens can come into full bloom and be beautiful and vibrant.

This is a perfect metaphor for tending our 'inner' gardens and creating beauty on the inside as well as on the outside of us. We must pluck those 'weeds' of negative and discordant thoughts, feelings and beliefs which get in the way of bringing forth that which we desire to manifest in our lives.



What's the state of your inner garden? Remember those 'inner' seeds you planted in March with the arrival of Spring Equinox – the intentions and goals you set to move you forward in achieving your vision and dreams for the different aspects of your life? How are they coming along – have they matured and grown into hearty plants with lots of buds and blooms? Are they beginning to bear fruit?

Or is your 'inner' garden overrun with weeds – incongruent, negative or stuck thoughts, feelings and beliefs which are literally choking the life out of you and your goals, dreams and visions? These weeds become so entangled that we don't know where they begin or end.

Think about it. If your weeds are issues such as co-dependency (which do 'run' most people on some level), then most likely the co-dependent behaviors are overpowering and strangling your 'garden'. They choke the expression of who you Truly are and what you would really like to say, feel or do.

This is due to your co-dependent tendencies to ...

- People please
- Tell people what they want to hear
- Make sure everyone else is happy, regardless of what you want
- Always try to figure out how someone will react to what you say or do
- Be on the defense to justify your position
- Withhold because you're afraid of what others think about you
- Have the need for others to like, love, accept and approve of you

How many times have you stopped your Self from going for what you REALLY wanted? How many times do you let other people's opinions count more than your own? How many times do you live someone else's life rather than your own?

All of these are 'weeds' in your garden. Not to mention the negative self-talk, judgments, beat-up, regrets, resentments and anger you inflict upon your Self or others due to the shoulda's, woulda's, coulda's and what ifs. **If you live in the past or worry about the future, then you can't be present in the moment.** When you're not present in the moment, the weeds can grow like wildfire.

I love gardening. Even in the beginning when it seems like there are only weeds. I pull them with a deliberate intention to completely eradicate them from my garden ... from my mind, body and spirit. **I make sure I pull them from the root so they don't have the chance to regrow and resurface.**

Imagine it as digging around and finding the root cause of your pain, your wounds, your issues. Where's the core origination point? Where did it begin to infiltrate deep down within you ... into your subconscious, into your cellular memory? **When you approach your awareness, discovery and healing work like this, you can resolve the past once and for all.**

I love observing the results ... how the flowers begin to thrive and come into full bloom, dancing in the light of sun and lifting their little faces to drink it in. I love the feeling of joy it brings me.

It's also how I feel, when my inner 'weeds' are pulled and gone forever. **I feel free to live and thrive again so my inner AND outer garden can grow.** There is room to breathe and allow my Self to expand into my brilliance and beauty ... to 'be' my True Self and to create from my REAL 'be'-ingness which is LOVE (Living Only Vibrant Energy). Thus my outer gardens also thrive and my goals, dreams and visions can come to fruition!

As a reminder, co-dependency or any other issues which limit, block or stop you are based in fear. Your 'weeds' will **F**ind **E**vidence that **A**ppears **R**eal. They will be the critics, naysayers, doubters within you that will try to keep you supposedly protected or stay with what you know. They will be the ones that will argue for your limitations and all sides of the coin to keep you confused, from making decisions and from moving forward.

So are you ready to pull your 'weeds'? Are you ready to build a beautiful garden within your life, your relationships, your purpose, your passion, your contribution? We're ready for you! We would love to see and experience your beauty and brilliance. It's your choice and you can make it today!



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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.