

A photograph of a person from the waist down, wearing a white t-shirt and blue denim jeans. Their right hand is tucked into their back pocket. The image is overlaid with a semi-transparent dark grey filter. A white diagonal shape is present in the bottom right corner.

LEARN THE SECRETS TO

*STOP ATTRACTING
UNAVAILABLE
PARTNERS*

SO YOU CAN FINALLY
EXPERIENCE REAL, DEEP,
DEVOTED LOVE

SHELLY
BULLARD, MFT

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A message for you

It's hard to say where this path started for me because looking back, I'd been trying to understand relationships for my whole life. I remember in my early twenties talking on the phone with my friends, feeling like, "*What the hell's going on here? Why are relationships so hard?!*"

As I grew into my thirties, I felt a deep desire to be known and loved by a partner, but I had no idea how to actually make that happen. In my relationships I would try really hard to be a good girlfriend... I gave a lot of myself to the man I loved. However I'd still end-up feeling like something was missing from these connections. Specifically, **I felt like my partners couldn't show up for me in a way that was satisfying or fulfilling.** *I had a pattern of choosing men who were unavailable for love.*

Eventually in my early thirties the best possible thing happened. My heart got broken. I mean... *really broken.*

My relationship with a man who I loved immensely finally fell apart (because I felt like he couldn't show up for me in the way I needed and wanted). And I was *completely devastated* as a result.

This devastation came on not only because I was separating from someone I loved, but also because ***I didn't know how to make relationships work.*** I didn't know why it was so hard to feel cared for and fulfilled in love. And *this* was very painful and frustrating.

I consider this experience one of my “bottoms” in romantic love. I felt completely *confused, hopeless, heartbroken, and sad*. But as it often happens, this low-point brought on *the clearest insight about relationships that I’d ever had*. It was this:

You’re creating your relationships from the inside-out. *If you change what’s happening inside of you, your experience in relationships will change, too.*

Suddenly, it all made perfect sense.

I realized that I’d been trying to get partners to complete me. In other words, I looked to a man to give me the satisfaction and connection I desired. *I thought it was his job to make me feel loved*. And this is why my relationships were such a mess!

You see, relationships are *a reflection* of what’s going on inside of us. **They mirror our own, internal connection to Love.**

Because of this, if you take the necessary steps to change what’s happening inside of you, the quality of your relationships will drastically change, too.

This is exactly what happened to me.

Once I examined the belief systems that were sabotaging my relationships, learned how to develop a deep, loving relationship with myself, and started believing in the possibility of devoted love, my experience in romantic love *completely transformed*.

The man I’m partnered with today is a testament of this truth and of my own growth.

He's present, kind, deep, loving, passionate, conscious, available, and *fully devoted to me and Love itself*. I have no doubt that he has come into my life as a result the changes I've made within myself.

He reflects *my energy, my beliefs, and my connection to Love right back to me*. I was able to naturally attract him into my life because of the changes I made in myself. And I'm thrilled to teach you how to do the same.

So if you're someone who's ready to finally - once and for all - break the pattern of choosing unavailable partners so you can experience real, deep, devoted love, this course will guide the way.

A love like you've never experienced before is completely available to you. This is the path... it's what Real Love is all about.

With love, xo

A handwritten signature in cursive script that reads "Shelly". The signature is written in black ink and has a fluid, elegant style with a long, sweeping tail on the final letter.

How to Use this Course

This is a course that will guide you to **break the pattern of attracting unavailable partners** so you can *finally experience real, deep, devoted love*. It can be perfectly paired with my courses Manifest Your Love (manifestyourlovecourse.com - if you want to attract the greatest relationship of your life) or Free Yourself (freeyourselfcourse.com - if you want to learn how to overcome your triggers in relationships). The Truth in this course will create an *even stronger alignment* to the type of reality of love you want to manifest in your life.

This is a sequential course so I encourage you to move through the lessons in the order they're presented, at a pace that works for you. Each lesson has an audio; the links are clearly marked at the end of each chapter. I encourage you to both read and listen as the message will sink in deeper that way.

You also received a Workbook to accompany this book. Many of the lessons have a complimentary exercise in the Workbook, which will help you deepen into the material. I will ask you to complete the exercise at the end of the lessons that have a complimentary exercise, so you'll guided on exactly what to do.

I'm so honored that you're here; I'm so grateful that you're taking this step in your life. This course has the potential to completely change your relationships forever. Get ready for a whole, new reality in love.

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LESSON 1

YOU CREATE YOUR RELATIONSHIPS FROM THE INSIDE-OUT

Welcome! I'm so happy you're taking this journey with me. In this lesson, I'll give you an introduction to how relationships work - *why you're choosing unavailable partners and how to break this pattern* so you can finally attract someone who's ready for real love.

The place I want to start is with a truth that's foundation of this entire course (and basically everything else I teach). And that is: **You're creating your reality from the inside-out.**

What I mean is this: What you *believe* about yourself, partners, and relationships *literally* creates your reality in love. Because of this, in order to change the pattern of attracting partners who aren't showing up for you in a deep, satisfying way, *you have to start by changing what's happening inside of you.*

Many people approach change with the mentality that we have to push our way into something new. *We see what we want outside of us, and we force ourselves to make it happen!* But I take a different approach...

My experience has shown me that when we change how we feel about *ourselves*, how we feel about *relationships*, and what we *expect* to happen in relationships - our external realities *automatically* change.

For this reason, this course will guide you to make significant changes *inside of you*.

The beauty of this process is once you begin to shift what's happening inside of you, you'll immediately see changes in your life, including the type of people you start attracting and feeling attracted to. Your progress will be experienced instantly.

With that, let's get started by talking about a significant aspect of your internal experience: **your beliefs**.

A belief system is essentially *the way you feel about a certain subject*. We've all had a lot of experiences in relationships - not only with partners, but with our parents and other family members starting from an early age. The ways these relationships affected us is what creates *our current belief systems about love*. **We come to expect what we've experienced in our past.**

So whenever you're caught in a relationship pattern that isn't working for you - in this course we're talking about the pattern of *attracting unavailable partners* - what it means is that you have a belief system - or as I like to call it, a **relationship imprint** - that says *"people are unavailable to me."*

That is, you've had experiences of people being unavailable to you - probably starting from a very early age - and this has created an *expectation* for it to continue to happen. **On some level, you believe people aren't going to show up for you.**

And because we create our realities from the inside-out... that's what happens. *People don't show up for you.*

I know this may be frustrating and might even seem like bad news, but it's actually not. Because like I said before, *you're creating your reality from the inside-out*. That means that you have an opportunity to shift what you *believe* and *expect* about yourself and relationships, and when you do, your relationships will automatically shift, too.

But we jump fully in, let me give you a quick glimpse of the process we're embarking on together:

The first part of this course teaches you how to create a *very solid internal foundation* within yourself because again, **your internal world is creating your reality!** By learning how to feel stabilized, met, loved and confident from within, this energy will extend into all other aspects of your life. This process - which we can think of as the "self-love step" - is essential to attracting stable, loving, present partnerships.

In the second part of the course, you'll learn how to *dissolve your old, faulty relationship imprints* - or belief systems - that are attracting unavailable partners to you. **Once you dissolve the belief system that says "I attract unavailable people," the pattern itself will dissolve.** It's actually as simple as that. I'll guide you every step of the way.

And in the third part of the course, **I'll guide you to create a new relationship imprint that will automatically attract the type of relationship you want.** You'll do this by learning how to become the person you want to be in a relationship and by getting clear about who you want to be partnered with. This is a fun part of the process where you get to choose what you want to create! And then you get to see and feel it become a reality. *Sound good?*

So as this first lesson comes to a close the most important piece I want you to take from it is this: **You're creating your reality from the inside out.**

When you shift what's happening *inside of you*, your reality will shift, too.

When you change your *belief systems and expectations* about love, your experience in love will change, too.

That's the journey we're embarking on together. Again, I'm so happy you're here.

[You can listen to the audio for this lesson HERE >>](#)

LESSON 2

THE ENERGY THAT ATTRACTS LOVE

As you just learned in the first lesson, you're creating your reality from the inside-out. Because of this, **the first step you have to take to change your experience in relationships is to connect to the experience (feeling, knowing) of Love within yourself.**

This experience of Love (or, as I'll refer to it in this book, “*self-love*”) is simply the feeling of *being fulfilled, peaceful, secure, confident, and at-One* within yourself.

First, I'm going to describe what self-love is and why it's essential for creating the type of relationship you want. Then we'll do a guided meditation so you can experience this internal connection to Love for yourself.

To start, we need to talk about the foundational concept of *energy*.

I'm sure you've heard this before, but we're all energy. Energy is most fundamental aspect of who you are.

And *how you feel* on the inside is referred to as *your energetic frequency*.

Your frequency (your vibe, the way you predominantly feel) is what attracts people and experiences to you. **We attract people that hold a similar energetic frequency as we do.**

Now, of course, our frequencies (or energy) changes from time to time. We all have a range of feelings and that's totally normal. But we also have **general baseline energy** that reflects the way we feel most of the time. *This frequency attracts people of a similar frequency to you.*

The way to attract a relationship that feels really good starts with improving your own frequency, or we can say, with *improving the way you feel about yourself, life and love.* It starts with self-love!

When you learn how to connect to the energy of Love within you, the way you'll feel about everything will quickly improve. Your mood will rise, your outlook on life will change, and you'll start to feel much more fulfilled simply by being you. All these improvements will then impact what you attract into your life, *including people and potential partners.*

I like to think about my own internal connection to Love as my embodiment of my higher self - to the greatest, truest version of I am.

When I'm talking about this Love within, I naturally gesture to the center of my chest because that's where I feel this inner connection - in my heart.

When I'm connected to the Love within me, I naturally open-up to the *possibilities of life.* That's another reason this practice is so important - self-love opens the doors for us to create what we truly desire in our lives.

Including incredible relationships.

The more we practice this form of self-love (which, again, is simply feeling Love within you), the more we fill up with good feelings on the inside, and the more we attract incredible realities on the outside. If you practice this a lot, then being in the vibration of “self-love” will quickly become second nature to you.

So now that you understand what self-love is and why it's so important, let's jump into a mediation so you can *feel* what it's like to experience this internal connection to Love.

Below is a guided meditation that you can move through either by reading the transcript or by listening to the [audio link here](#). Please take 5 minutes to complete the meditation and I'll see you on the other side.

<< **Guided Meditation:** Please start by closing your eyes and getting comfortable. You don't have to sit in any particular way; if you're laying down that's fine, too. Just follow my voice. We're going to start by taking a few deep breaths and as you breathe, I want you to notice to the path your breath takes - down into your chest and then back up again. While you're breathing, I want you to place your awareness on the center of your chest - in your heart chakra. You can even put your hands on your chest that feels good or you can put your hands in prayer position. As you breathe and bring your awareness to this heart-centered place inside of you, I want you to lightly notice how this place within feels. *Do you feel still? Centered? At peace? Loved?* Simply bring your awareness there very gently - there's nothing you have to do except be present to how it feels. As we continue, I want you to see if you can feel into a slight sense of joy there, beyond the stillness and peace. Can you feel *joy, well-being, or love* that's right there, in your heart? Just notice. Bask in this feelings for a few more moments and then when you're ready, open your eyes. >>

Welcome back. :)

By doing that meditation, you just connected to the natural, infinite well-spring of Love within you. That very process is the best way to strengthen and build your experience of self-love. *It's connecting to the Love within you. **Connecting to the Love that you are.***

If you don't do anything else except connect to your heart on a regular basis (like we just did), your life will change dramatically! Because of this, I encourage you to do this mediation once a day for the next week to see how it feels. I think you'll appreciate the changes you experience within.

Remember, when changes happen within, they happen all around us, too. Become aligned with Love, and Love is what you'll create in every aspect of your life. You're off to a great start.

You can listen to the audio for this lesson [HERE >>](#)

LESSON 3

YOUR PAST HOLDS A KEY

In this lesson, we'll look at the *energy imprint* that's attracting unavailable people into your life and how to dissolve it so you can start attracting people who are available for real love.

We have to look directly at this pattern for a very important reason: if we don't bring *conscious awareness* to our patterns or issues, we'll just keep repeating them over and over again. In other words, **we can't change what we don't look at**. When something's not working in your life or relationships, the first step to change this is *knowing what it is*.

Before we jump in, I want to tell you that this lesson might bring up uncomfortable feelings because we're looking at experiences that were difficult in your past. We're diving into memories of what it felt like to be with people who are and were unavailable, and *that's not fun to do!*

But, I assure you that this is the path to healing and eventually attracting a partner who meets you in an incredible, fulfilling way.

I want you to know that we're in this together. So if uncomfortable feelings come up for you, just know that it's normal and part of the process.

This is an experiential session, which means I'm going to take you through a series of questions and ask you to write down your answers.

If you want to follow along with your Workbook, you can download it now and turn to the **Exercise #1: Your Past Holds a Key**.

The first question we're going to work through together is this:
When someone is unavailable to me, what does it feel like?

In other words, how do you feel when this happens in relationships? We're looking for *your experience* rather than what the other person is doing or your analysis of the situation. Just your feelings.

Your experience might be: *I feel unseen. I feel like people don't understand me. I feel like someone I love is leaving me. I feel unwanted and unknown.*

Close your eyes, take some deep breaths, and reflect on how *you feel* when someone's unavailable to you. Write down a few sentences that describe what that experience is like. *Please be as thorough as possible* - now's your chance to really dive-in.

Okay, the second question we're going to look at is: ***In my childhood, what were the ways that it felt like people were unavailable to me?***

I'm talking about in your childhood and with parents and family - *were there ways that you felt people were unavailable to you?*

Were there ways that you felt *unseen* or *unknown*, or like you had to *be a certain way* to get attention and love?

Anything that resembles feeling like someone was unavailable to you is important and valid. Please write down in-depth of what comes to you and also take note of who that experience was with.

Okay, the final question is: ***In my past romantic relationships, who was unavailable to me and what did it feel like?***

Again, we're exploring what *your experience* was when someone was unavailable to you.

Examples might be: *I felt unseen. I felt unloved. I felt like I wasn't good enough...*

Please take a few minutes to write down how you felt and with whom.

Okay, beautiful work.

This is one of the hardest parts of growth - *exploring our past feelings that are uncomfortable*. It's a really brave thing to do so I honor you for taking the steps above.

What you just did is actually huge - you identified the specific *energy imprints* that are keeping you stuck in this pattern of attracting unavailable partners.

If you look at what you wrote down, you might be able to see that you've felt a particular way - *whether it's unseen, unheard, unknown*- for a long time now.

These patterns in relationships start when we're really young (in our families) and stay with us throughout our lives, continuing into our adult relationships. Especially our *romantic relationships*.

This happens because we become convinced (on some level - often *energetically*) that "people are unavailable to me," which means unavailable people will keep showing up in our realities. Because remember...

We attract *what we expect* and *what we believe*.

Take a moment to look at what you wrote down and take it in...

Do you see the pattern?

Can you see how you felt a similar way in your childhood as you do in your adult, romantic relationships?

Notice how long you've felt like people are unavailable to you - and simply just be with that. This is all part of the healing process.

The first step to letting go of our patterns is *seeing them*, *recognizing them*, and *honoring them*. Congratulations. You just did that.

Now that you've pinpointed the old, outdated, false energy imprints, you can start to *release them* (which is what I'm going to teach you to do next). This is a major step in your growth process - releasing the old so you can create the new. You're doing amazing.

You can listen to the audio for this lesson [HERE >>](#)

LESSON 4

WHAT IT MEANS TO BE AVAILABLE TO YOURSELF

In this lesson, you're going to learn to release the "unavailable" energy imprints you've been carrying around throughout your life.

Remember, these imprints are simply the part of you that believes relationships are going to turn out *a certain way*. You've had experiences of people being unavailable to you in the past and because of this, you've now come to *expect* this to happen again and again in relationships. This can happen consciously (meaning, you know you have this expectation) or unconsciously (the expectation for people to be unavailable with you exists under the surface).

Either way, I'm going to teach you some tools to let go of these expectations, to change your reality in love.

One way to heal this imprint or wound is to bring the self-love you learned to cultivate in Lesson 2, to this place inside of you that feels wounded. Essentially you locate the place inside you that hurts and you expose loving energy to it.

What you'll find when you merge these two energies - the part of you that feels hurt and the part of you that is self-loving - is that healing will take place. *Deep healing.*

This may seem unclear to you: merging two energies – *What does that actually mean? How do I do that?* Don't worry. First explain this process to you and then we'll do an exercise so you can *feel* this type of healing for yourself.

To start, it's important to understand this truth: *Our emotions are energy.*

The emotions that don't feel good - emotions that we resist or push against - are like **stuck energy**. You know when you're like, "*I don't want to feel that!*"? That's *resistance* to certain emotions, and it creates *stuck energy*. The more we resist or push against what we don't want to feel, the more stuck it gets.

We can think of your "*unavailable imprint*" as **stuck energy**. It's something that's happened a lot in your life and *you don't like it. You don't like the way it feels, you don't like that it keeps happening to you, and you're really annoyed and frustrated about it.* Understandably. If you can feel into the quality of that energy, **you can sense that it's contracted and stuck.**

The simplest way to release this stuck energy is counterintuitive - it's actually by ***turning towards it.***

By becoming available to it...

Making room for it...

Turning towards your wounds and finding love and acceptance for these parts of yourself is one of the **ultimate acts of self-love.**

It's saying, "*Okay, I know you're there. You're a part of me that I struggle to accept. I see you. I feel compassion for you. I'm willing to give you space.*" In the presence of your love, the imprint (of feeling unseen and unloved) literally just dissolves.

And it makes sense why this happens...

If you think about what this wound is, *it's the experience of being unseen. In order to attract someone into your life who really sees and loves you, then YOU have to see and love you. ALL of you.* That's what you're doing when you find acceptance for this part of yourself - *you're seeing yourself.*

You're becoming *available* to yourself.

And this is what will attract an available partner to you.

So now that we've talked about what the process is, let's go into a meditation so you can experience what it's like to be available to yourself first-hand. Again, you can either read the transcript below or [listen to the meditation here](#). See you on the other side.

<< **Guided Meditation:** Please move into a comfortable position, close your eyes, and take some deep breaths. As you breathe, follow your breath down into your heart. Move back into that centered place that you learned in the last meditation. Keep breathing and grounding and as you do, I want you to recall a time that someone was unavailable to you. I want you remember *what it felt like*. Really experience it in yourself as much as you can. If your mind wanders, that's okay - just gently bring it back and feel what it's been like for you. If it's uncomfortable, that's okay. If you feel emotions, that's perfectly fine. You don't have to run from anything. Just be with what's there. As you connect into this experience, I want you to internally ask this wounded part of yourself if there's anything he or she wants from you. Just be really light with this... Perhaps she wants to hear you say, "*I see you now. I'm here with you now.*" Perhaps he wants an embrace from you. Stay present and loving and see what's there. Whatever's there is perfectly okay. Keep breathing, stay in this space long as you want and when you're ready, you can open your eyes. >>

Welcome back.

What you just did is you brought your love, awareness, and kindness to this wounded part of yourself. In other words, *you just became significantly more available to you*. Believe it or not, a process like this will heal your pattern of attracting unavailable partners significantly.

What happens in relationships is we often try to get our partners to take care of the part of us that's wounded. I'm sure you can relate to this - *trying to get someone to see and understand you when you're hurting?* But until we create a practice of loving this wounded part of ourselves, other people aren't going to be with us in a way that feels very available.

What you just learned (the mediation above - meeting the part of you that's hurting with love and care) is something for you to practice over and over again, anytime you feel *hurt, unmet, or unseen*. Continue to bring your presence and heart to that part of you that's hurting.

What I've found to be true in my own life is the more I've become deeply "available" to myself, the more this wound has healed, and the more stable I feel in intimate relationships.

Not only that, but the more I've healed, the more I've naturally attracted and aligned with men who naturally meet and hold me in my wounds with compassion and love, too. The same can be true for you.

[You can listen to the audio for this lesson HERE >>](#)

LESSON 5

FORGIVENESS: CHANGE YOUR RELATIONSHIP REALITY

Forgiveness is so important is because it *frees up your energy* to create a new experience in love. It creates a *clean slate*.

When you forgive someone, you finally feel peace about the situation, so you're no longer holding the energy that keeps you stuck.

Resentment holds us in a victim mentality that says, "*People hurt me, people leave me, people don't treat me the way I want to be treated,*" and that energy creates more of the same... you find yourself being victimized or treated in a way that doesn't feel good to you. The point of forgiveness is to release all those old stories and energy so that so you can have a clean slate to attract the type of love you desire.

I want to be clear that forgiveness is not about pretending like you weren't hurt. And it's not about pretending to be "over it."

*It's about **genuinely finding peace** within yourself and **legitimately moving on**.*

In my experience, the way we find peace about any situation is by recognizing that everyone is human, everyone is wounded, and everyone is doing the best they can with what they've got. This doesn't mean that it's okay for people to hurt you - but it does mean that in this imperfect, human world, it's going to happen at some point.

I'm sure there's been times in your life where you've hurt someone you loved. You probably didn't mean to do it - maybe you didn't even know that you did it - but it happened. This is one of the challenging aspects of life: *we get hurt and we hurt other people*. But this is also an opportunity to start to feel compassion... for ourselves and for each other.

Compassion unlocks the potential for forgiveness within you.

Compassion melts us; it helps us to see that we're all fighting a hard battle here. Compassion helps us know that we're really in this together.

Before we move on, I want to tell you about the most potent experience of forgiveness that's ever happened to me and how it changed my life.

A few years ago, I had a long-standing resentment towards my Dad. And it was *strong*. I was really angry at him; the anger had been accumulating for almost 10 years.

I was angry because I felt that all my life, my Dad had been very unavailable to me. My parents got divorced when I really young, and I saw my Dad pretty infrequently. While he remained in my life growing up, it never felt like he really knew me.

As I got older, I blamed my Dad for the ways I struggled with men. I blamed him for "setting me up" to be attracted to "unavailable men." I thought that if he'd been more present to me, then my romantic life would be different.

So in my early thirties, a series of events happened and I started to wake up to my spirituality. Simultaneously, a few things happened that led me to believe that my dad's health was declining. And that *really scared me*.

This may sound strange, but what scared me most was the thought of losing my Dad without resolving my feelings for him. I now understand that me resolving my feelings for him didn't have to involve him, but back then I didn't know that.

At this time, I was traveling in Asia and I decided to lightly reach out to him by sending an email. I was pretending to be nice the best I could even though I was actually pissed at him. A week later I got a typical email back from him - just surface-level stuff. But at the end of his email he wrote this one little sentence that was so simple yet hit me in a way that was very profound; he said something like, *"I'm so grateful for each of my children, in the ways that you all are unique and successful in your lives. I'm proud of each of you."*

And when I read that line, my heart blew open and I started to cry. For the first time *I could see that my Dad was just a person... just like me.* I finally understood that *he did the best he could as a father.* That he showed up for me the best he could. It wasn't great, but *it was **all he could do** with the psychological and spiritual resources he had* (which wasn't much).

At that moment, **I felt so much compassion for him and for myself.** I realized that he didn't owe me anything, that in fact, we were just two humans walking this path side-by-side.

I think this is the key piece to forgiveness: recognizing that we're all human, we're all wounded, we're all trying our best. We've all been hurt and we all hurt others *unintentionally.* I've done it. You've done it. He did it. *We all have.*

In that moment, **my resentment towards my father melted away.**

Ten years worth of an energetic F-you *literally disappeared*. That was one of the most potent experiences of my life.

I want to point out that it didn't happen by me pretending like I wasn't angry at him. *Forgiveness is not about pretending*. It's about finding legitimate acceptance for another person and *their wounds*.

This is not to say that I never had to forgive my Dad again, because I have had to forgive him a few more times since then. But I can tell you that my relationship with him is better than it's ever been. I love and accept him more today than I ever have. And he opens up to me in ways that he never did before.

The thing that sticks out to me the most about this experience of forgiveness with my Dad is this:

He's not the one who's changed.

I am.

I have no doubt that forgiving my dad helped reverse my pattern of attracting unavailable men, and I know that forgiveness will help you break this pattern in your life, too.

You can forgive anyone and when you do, it'll change your life. The person doesn't have to be alive; you don't even have to know them. *You forgive when you find compassion and space in your own heart*. This changes everything.

Please complete **Exercise #2** in your Workbook. When you're finished, I'll see you in the next lesson

You can listen to the audio for this lesson [HERE >>](#)

LESSON 6

SIMPLE STEP TO DISSOLVE "UNAVAILABLE" ENERGY

In this lesson, I want to talk about an easy practice that will dissolve the cycle of attracting unavailable people into your life. And that is: *Stop talking about unavailable people.* :)

Stop talking about them with your friends. Stop talking about them with your coworkers and family. Stop talking about them with yourself. I say this lovingly, of course. But I'm also being real. Stop talking about them. :)

Here's the thing: *What we talk about is what we give our energy to.*

And what we give our energy to, we create more of.

If you're stuck on the frequency that says, "*People are unavailable to me,*" you're fueling that pattern! And when you stop fueling this pattern with your energy (with your words, with your beliefs...) the pattern will dissolve.

This can be easy or difficult, depending on how much you talk about unavailable people. Many of us get caught in the habit of bonding with others by complaining about our romantic life. I know this well because I used to do it!! One of the ways I would feel close to my girlfriends was to complain with them about men. Little did I know that this habit kept me in a low-vibrational state... stuck in position that kept me unhappy in love!! If this is something you do too, here's a simple way to break this habit:

1) Start by making a rule with yourself that you're not going to complain about love or romantic partners. This alone will significantly improve your romantic life!

2) If people around you bring this topic up, just say something like: "You know, I really don't want to go into that right now. Complaining brings me down. Can we talk about something else?"

3) And if someone you trust brings it up, you can say: "I really want to change this pattern in my life and I know that in order to change it, I have to be a little more optimistic and feeling good and hopeful about my relationships. Because of that, I'm not going to complain about them anymore."

Whatever you do, just make sure that you're not spending a significant amount of time talking about how "unavailable" people are. Stop giving your energy to the patterns you want to change so you can finally create the love you want.

Easy, right? Trust me... you've got this.

[You can listen to the audio for this lesson HERE >>](#)

LESSON 7

RAISE YOUR VIBE TO ATTRACT REAL LOVE

This lesson is where the real fun begins because we going to start the attracting process. First, let's recap what you've learned so far:

Early in the course you learned how to connect to the Love within you, which is the foundation for creating amazing relationships and an amazing life. You also learned how to stop the pattern of attracting unavailable partners in the last few lessons by dissolving "unavailable" energy from your field. Now you're going move into creating a *new relationship-imprint* so you can attract a love that feels deeply satisfying to you. Excited?! I am too! :)

As we start this process, the most important question you can ask yourself is this: ***How do I want to feel in a relationship?***

When you get clear about how *you want to feel*, you can then do the internal work of *tuning yourself* into this frequency of energy. As you know, this will *attract people with a similar frequency to you*.

This is going to be another interactive lessons, so if you want to follow along in your Workbook, please do so. It's **Exercise #3: Raise Your Vibe to Attract Real Love.**

To start, take a few deep breaths. Drop out of your mind and into your heart. When you answer the following questions, no need to "think" or "analyze" them. Instead, *feel the answer with your heart* and *let your inner-knowing be your guide*.

The first question we'll go over together is this: *How do I want to feel in a relationship?* Just sit with that for a moment...

Perhaps you want to feel seen? Perhaps you want to feel cherished? Perhaps you want to feel cared for?

For now, choose *one feeling or experience* that you want to have in a relationship and write it down in this format: *I want to feel _____ (and fill in the blank).*

Now that you've chosen how you want to feel, I want you to center yourself by closing your eyes, taking a few deep breaths, and dropping into your heart. I want you to explore *what the feeling/experience you named **feels like?*** Let me show you:

Let's say I decided that I want to feel **held** in a relationship...

I'm going to close my eyes, drop into my heart, and *feel into **what it's like to be held.***

When I'm held, it feels.... safe.... grounding.... secure... cozy.... etc.

What's important to note is that I'm *not using my mind* to describe how it feels; I'm actually *feeling safe and secure within myself, and describing how it FEELS.* When I connect to the essence of "held," the related feelings arise naturally.

Now it's your turn. Please take a few minutes to explore how you want to feel in a relationship. Go back to the word you wrote down and simmer in that feeling for a few moments. See what other feelings arise as a result. Make sure you get a visceral understanding of the experience, and when you're finished take a few notes about what feelings/sensations arose for you.

What we're doing with this exercise is creating a *new energetic imprint* - a new orientation to how you want to feel in a relationship. The more you familiarize yourself with this new frequency (or, with *these feelings, these sensations*), the more you'll be attracting a relationship with a similar frequency to you.

This is a simple exercise but it's really powerful. This process is one of the cornerstones of manifestation.

Now that you know how to tune yourself into the frequency that you want to attract, feel free to play with this exercise as much as you want. Choose many different feelings you want to have in a relationship and simmer in those feelings!! Relish in them. Indulge in them! Get very familiar with how love feels TO YOU.

Anytime it feels right and enjoyable ask yourself, "*How do I want to feel in a relationship?*" and then tune yourself to that frequency. This is your attraction power. It's calling this experience of love to you.

You can listen to the audio for this lesson [HERE >>](#)

LESSON 8

CLAIM YOURSELF!

In this lesson, you'll learn another potent attracting exercise. This exercise is a great way to boost your energy, raise your vibration, and feel amazing. It's called: "*I am*" statements.

This is another experiential lesson, so please have your Workbook or journal ready and we'll jump right in. It's **Exercise #4: Claim Yourself!**

I'd like you to start by getting comfortable and grounded. Take some deep breaths, connecting into your internal sense of Love. From this connected place, I want you to choose one quality that you personally want to feel more of (or exude more of) in your life. For example... maybe you want to feel attractive? Or maybe you want to feel empowered? Or maybe you want to feel beautiful? Feel free to take a few moments to come up with one quality you want to feel more of...

Once you've decided what quality that is, please write the following sentence: "*I feel _____,*" and fill in the blank with your desired quality.

For example... I feel elegant.

Now, this is the important part: as you write this sentence, pause and drop into *the energy of that quality*. Actually FEEL it. Let me show you how:

I say to myself: "I feel elegant." Then, I pause and I really try to get a sense of what *being elegant actually feels like*.

When you focus your attention on what being "elegant" feels like, you create a better understanding of *what the frequency of "elegant" is*. The more you practice this frequency - the more time you spend in this frequency - the more you start to *embody* this frequency. As you embody this new energy, you become it. And it will shape your world as a result.

The reason this exercise is an important step in attracting an incredible partner is because: ***People experience you the way you experience yourself.***

People see us and respond to us based on *our energy*. Therefore, if you want to feel a particular way - and you want a partner to experience you in that way, too - then *you have to experience yourself in that way, first*. It's all about shifting *your own energy*; this is what shifts your experience in relationships and life.

So let's do another round of the same exercise but this time, we'll take it up a notch with the words "**I am.**" The reason the statement "I am" is so potent is because when you say "I am" you're claiming who you are! And claiming who you are creates a very strong vibration of that energy within you. When you claim who you are, other people have no choice but to claim you as that way, too.

Just to give you an example, here's how this process has played-out in my own life. A few years ago, I made a decision to really feel and experience myself as a *fully-embodied, feminine woman*.

I did this by making statements such as "I am feminine," "I am powerful," "I am beautiful," and "I am worthy," which really got me in touch with these frequencies of energy so I could start to fully embody them.

The result of claiming myself as a fully-embodied, feminine woman is that other people (especially men) started to (and still do) see and experience me in this exact way. In fact, I get comments about it all the time. It's not like they say, "Wow, you're a fully-embodied feminine woman," but they do make it clear that they sense my energy - *the energy of a fully-embodied, feminine woman*. **This is energy that I intentionally cultivated within myself.**

So now that you see the potency of this practice, let's do it one more time. Pick another quality you want to experience in yourself as more frequently and more deeply. It can be anything you want - there are no rules here. *Beautiful, confident, feminine, abundant...* anything!

Once you've chosen the quality, drop into your internal connection to Love, write the "I am" statement, and then FEEL that you ARE this quality, right now.

I am beautiful. Feel into the frequency of beautiful.

I am confident. Feel into the frequency of confidence.

If it feels like you're faking it or you don't really believe the "I am" statement, here's what you can do: back up a little and write down, "*I'm open (or I'm willing) to feel _____.*" (and fill in the blank).

*"I'm **open** to feeling confident."*

*"I'm **willing** to feel confident."*

These two statements - "I'm open" and "I'm willing" carry a different vibration than "I am," - they're not as strong as "claiming" but they're still on the right track... potently moving you in the direction you want to go. By using the statements "I'm open" or "I'm willing," you'll definitely move closer to your desired feeling-state within. Essentially, they're stepping-stones for you to become the person you want to be.

I want to encourage you to play with these "I am" statements once a day for the next week or so (or more!). They're really easy to do, they're fun when you get into them, and they're extremely potent at changing your energy.

Remember, people experience you how you experience yourself. In order to attract an amazing relationship, you have to really feel how amazing you are!! "I am" statements are the way for you to truly claim yourself as the amazing person you are, which will absolutely inspire others to claim you, too!

[You can listen to the audio for this lesson HERE >>](#)

LESSON 9

LOVE WANTS YOU TO THRIVE

This lesson is speaking to a very important Truth that is soooo important for you to know. That is: *Love wants you to Thrive.*

What I mean by this is: Life (or the Universe, or whatever word you want to use for the Infinite Source of All that IS) wants YOU to experience Great Love in this lifetime. It wants you to be fulfilled! It wants you to be connected. It wants you to feel Love (in all ways)!

YOU are being supported to feel free, expanded, connected, and loved by Love, Truth, Life Itself.

One of the more recent awakenings I've had is the recognition that Life (or Love, or Source, whatever you want to call it) actually wants me to be happy, thriving, and fulfilled in my life. I know it might seem "out there" to you (because it used to seem out there to me), but I actually believe Life Itself is tracking me, caring for me, and cheering me on. It's doing this because IT IS ME & I AM IT (but that's a whole other course right there ;). Life is doing this for you, too.

I've found that the belief that "Life wants me to thrive" helps me feel genuinely cared for by a loving force, and that makes my life significantly better. That's what I want for you, too.

As I'm sure you know, it's easy to fall into a state of feeling very alone in this life. And as you also know, that's a hard way to live.

On a fundamental level, we all want to feel cared for and loved. And, the truth is, you are. You just have to feel it.

To do so, I'd like to take you through a guided meditation to instill the belief system that you are cared for... by the Universe, by Life, by Love Itself. This belief can only improve everything in your life.

With that, let's jump into the meditation. Again, feel free to read below or listen to the [audio link here](#).

<< **Guided Meditation:** Start by getting into a comfortable position - either sitting or laying down. Close your eyes and take some deep breaths. Find your internal connection to Love and from that place, listen to my words and see if they resonate for you...The Universe - whatever you imagine that is - whether it's energy, Oneness, or a force of Love - can see every inch of you. It knows exactly who you are on a very deep level. This force cares about you, respects you, loves you, and wants you to do incredibly well in your life. It feels every, single one of your desires and it wants to deliver those desires to you, in the perfect way, in the perfect time. All you have to do is internally match the energy of these desires.... to stay connected to your internal sense of Love, to know how magnificent you are, to feel how you want to feel. Trust that you are known and that your life is unfolding in a beautiful way for you. Know you are truly and deeply loved. >>

Yes, it's true.

You are very, very loved. Know it and it will be shown to you.

[You can listen to the audio for this lesson HERE >>](#)

LESSON 10

WHO DO YOU WANT TO BE IN A RELATIONSHIP WITH?

This lesson is dedicated to you becoming clear on the type person you want to be in a relationship with, and then becoming a match for him or her.

The point of this is not to map-out every single quality and characteristic that this person has; it's more about exploring the type of person you genuinely want to be with. The more you are excited and assured about attracting an amazing partner, the more likely it's going to happen.

As with everything else in this course, if you start to feel tense about this process it's *counterproductive*. It's easy to get stressed when we're deciding "what we want" - we get scared of missing things and leaving qualities off the list. Let me assure you that you don't have to worry about it getting this perfectly right. The reason you don't have to worry about it is: *you'll automatically attract a person who is a perfect match for you right now*. It can only be this way.

As you grow and change, the people you attract will grow and change, too. We're always attracting what *we are*.

This is an interactive chapter, so please have your Workbook ready and turned to **Exercise #5: Who Do You Want to Be in a Relationship With?**

I'd like you to start by choosing four qualities that characterize a person you'd like to be in a relationship with. Your "ideal partner." As you explore these qualities, start to *feel into who this "ideal partner" is*. It's very similar to what we've already done only this time, you're focusing on someone else rather than on yourself. Let me show you how it's done:

One of my favorite qualities in a man is *his presence*. As I list the quality "presence" as something I desire in a partner, I sense into what *a present man feels like*. He's attuned, mindful, available, grounded, and right here. That's what presence feels like to me.

Another quality I appreciate is when a man is *responsible in his life*. So I feel into the frequency of "*responsible*." To me it means... he shows up, he has integrity, he does what he says he's going to do. That's what responsibility feels like and when I focus on it, I'm able to tune-into what the energy feels like.

I also like a man who can make me laugh. What does that man feel like? He's funny, playful, light, silly, fun to be around, etc.

I think you get the sense of what we're doing here... you're pinpointing the qualities that you desire in a partner, and then you're connecting with those *feelings* or *essences* within yourself. In doing so, you're creating a clear, energetic blueprint of who your ideal partner is.

As you do this exercise, please be mindful to use your heart and intuition while you choose these qualities, rather than using your mind. Our minds tend to direct us in ways that *it* thinks are good, but in the end, it's only your heart that knows what you want in a relationship. *Your heart will always lead you to Love.*

You can put this into practice in the following way: Instead of saying, *"I want a partner who makes a certain amount of money,"* you might want to reframe it like this: *"I want a partner who is abundant and generous."*

Notice that it's easier to "feel" the essence of *"abundant and generous,"* rather than the essence of: *"he or she makes _____ amount of money."* You want pinpoint what this person *feels like,* and you want to choose qualities that are really important to you. *Qualities that you resonate with.*

Doing an exercise like this creates an energy imprint of that person on your energetic field. That what attracts this person to you.

Enjoy completing **Exercise #5** - getting clear on the partner you want to attract in - and when you're finished, I'll see you in the next lesson. xo

You can listen to the audio for this lesson [HERE >>](#)

LESSON 11

MAGNETIZE YOUR IDEAL PARTNER

In this lesson, we'll look at how to become a match for your ideal partner. It's actually a very simple process; simply ask yourself: *Do I embody the qualities and energy that I want to attract?*

For example, let's say one of the qualities of your ideal partner is: *generosity*. Once you know this, it's important to examine the way you live your life and to *ask yourself if you're also a generous person*. Any quality you want in another person is a quality you must also have in yourself!

So let's look at this process a little deeper:

Let's say one of the qualities I want in a partner is: *he's present with me*.

Once you pinpoint this, start to examine yourself to see if you're being present with yourself and with other people. Ask yourself questions like this:

"Am I listening when people are talking?"

"Am I practicing mindfulness?"

"Am I aware of what's going on around me?"

"Am I aware of what's going on within me?"

"Am I being this type of person I want to attract?"

See how that works? Let's do another one...

If a quality you desire in a partner is "confident," then ask yourself the following questions:

"Am I confident?"

"Am I accepting of myself?"

"Do I like myself?"

"Do I love myself?"

"Do I feel secure with myself?"

If you answer "yes," then that's awesome! You're essentially being a mirror for what you want to attract. That's the perfect position to be in.

However if you do this exercise and you notice that you're *not embodying* the qualities that you want to attract in a partner, then your work is to **start being more of those qualities**. You can use everything you've learned so far in this book to do just that (tune into the quality and embody it).

Before we move on, I want to answer a common question that you might be wondering: *"I'm always very giving in my relationships and the people I attract don't give back in return. So how does this make sense... how am I attracting the qualities that I am if people don't give back to me?"*

This is an experience many people have (especially people caught in the pattern of attracting "unavailable partners"), so let me explain what's happening here...

If you get caught in this pattern of giving and giving and giving, then you're probably (without knowing it) "giving to get." In other words, you're over-giving with the hope that someone will give back to you. We do this for one reason only: *we don't feel worthy*.

If you don't feel worthy as yourself, and if *that energy* (not worthy) is driving your behavior, then the *only option* is for the energy of "not feeling worthy" to be reflected back to you in relationships. *You'll attract people who continue to make you feel like you're not worthy!*

True giving is done from a place within us that is *not seeking anything in return*. No agenda. If you have an agenda, then it means your energy is aligned to "lack," and that feeling of "lack" will always be reflected back to you.

So if you're someone who gets caught in this pattern my suggestion is to start using the "I am" statements to internally affirm your worth.

"I am worthy."

"I am worthy to receive."

"I am worthy of being abundantly showered in love!"

The more you boost your "self-worth" & "receptive" energy, the more you'll naturally be a match to someone *who knows exactly how worthy you are and how to show you that love.*

You can listen to the audio for this lesson [HERE >>](#)

LESSON 12

THE GOLDEN RULE FOR ATTRACTING LOVE

Are you treating yourself the way you want to be treated? This is one of the most important questions you can ask when you want to attract incredible love into your life.

One of the biggest mistakes we make in relationships is we want another person to treat us a certain way because *we're not treating ourselves that way!*

Here's how this plays out: Let's say I feel a deficit... I don't feel *good enough* or *pretty enough* or *worthy enough* and because of this, I want another person to love me. I want someone else to make me feel good enough, pretty and worthy! *Can you see how this is a trap?*

As you've learned throughout this course, people can only treat you as well as you treat yourself. If you're using another person to feel good about yourself because you don't feel good about yourself, it's never going to go well!

You have to love you, and then this Love that you feel within will be reflected back to you. This is the golden rule.

I want to acknowledge that yes, it's amazing to have someone care about you. There's nothing wrong with soaking-in how nice it feels to be loved by another person. It's just important to make sure that your internal connection to Love is your *foundation of Love*.

It all starts from within you. Always. And the more you love and cherish yourself, the more others will, too.

So let's explore this deeper: *How do you want to be treated in a relationship?* Think of certain qualities or experiences you want to have. Let's say you want a partner who cherishes you. If this is the case, then ask yourself, *"What does being cherished look like and feel like? How can I cherish myself more?"*

While you can take actions to cherish yourself but it's important for you to know that it will always come back to *your energy*. Tune-into the energy of "cherishing" and from there, see how you feel inspired to cherish yourself in a more profound way.

Maybe you feel a desire to give yourself compliments?

Maybe you want to do a better job of listening to your true feelings?

Maybe you feel inspired to buy yourself flowers and gifts?

How you want to be treated by a partner? Start treating yourself that way today.

I'd like to tell you another personal story of how this process has played out in my own life. A few years ago, I had gone through a breakup and I was in the midst of a very difficult family situation. It was a really hard time for me, but I'd already been practicing these principles so I knew that the only way to pull myself out of this funk was to reconnect to the Love within myself. So that's what I did...

I committed myself to doing the internal work that you're doing in this course. I started accepting myself, loving myself, being kind to myself, and treating myself with so much adoration and respect.

I did this by taking very small steps... asking myself things like:
"What would being cherished feel like for me? How can I be loving to my body? How can I simmer more in the experience of Love?"

As I did this, the Love within me naturally started to grow and grow; I began to feel incredibly good as a result. While I was in the midst of this deep self-loving, self-cherishing state, *guess what happened?*

I went to a party and randomly met a man who was immediately and incredibly cherishing of me. Like, BIG TIME. He saw me in a way that I had never felt seen before by a man; he was reflecting the way I had been treating myself back to me.

Once this experience happened to me (attracting a man who CLEARLY treated me exactly as I treated myself), I no longer could have any doubts that we're creating our realities from the inside-out.

You have all the power; you get to create the life and love you truly desire. I'm so grateful to show you the way.

[You can listen to the audio for this lesson HERE >>](#)

LESSON 13

HOW TO KNOW IF SOMEONE IS RIGHT FOR YOU

Because of all of the internal shifts you've made as a result of this course, new, potential partners are going to start coming into your field (trust me - it's true... you'll see). When these people show up, it's important to be able to gauge whether or not a person is a good match for you. The best way to do that is easy. Ask yourself: *Does this person have the qualities and energy I envisioned and felt throughout this process?*

Does he or she have the qualities I want to attract?

Does he act with integrity?

Is she present with me?

Simply put, does this person *embody the qualities you're looking for?* If the answer is yes, this person is a good match for you! Green light - keep moving forward.

If the person who comes into your life comes with red flags or qualities that don't feel good to you, pay attention to that! And learn from it.

For example, if a person comes into your life and immediately doesn't feel present or available to you, that's really good information. What that tells you is that you want to go back and *boost the energy or frequency of "available" within you.*

Do a little more work around *dissolving the vibration of "unavailable"...*

Boost the energy of *being available to yourself...*

And get a clearer sense of *what an available partner feels like to you.*

Then you'll be more aligned for what you want, which will AUTOMATICALLY call that love to you.

Remember that anyone who comes into your experience is a reflection of you, so they have something to teach you about what energy and beliefs you're holding within. You can use this information to evolve and attract something different.

One thing that's crucial to remember when deciding if someone is right for you is this: *people are not perfect*. This means a person can be a great match for you and that doesn't mean you're going to like everything about him or her!!

Acceptance is one of the key lessons that we learn in relationships. We don't have to accept fundamental qualities that don't work for us, but we do have to accept the humanity of us all.

Often times, things that can feel "wrong" in a relationship have POTENT lessons for you and your own growth. This is exactly what I teach about in my course [Free Yourself](#). Develop compassion for your own flaws... develop compassion for other people's flaws. *Now that's real love.*

You can listen to the audio for this lesson [HERE >>](#)

LESSON 14

HOW TO KNOW IF SOMEONE IS READY FOR REAL LOVE

I believe there are a few factors that really determine if someone is ready for real love. They're summed up by these questions:

Is this a person I can practice being my authentic self with?

Is this a person I can practice showing up with?

Is this a person I can practice feeling unconditional love and acceptance for?

Is this a person who triggers me, and am I willing to work on those triggers?

Is this a person I can practice growing my capacity for love with?

Relationships are a practice. It's not about arriving into the arms of a perfect person and having everything be phenomenal from that point forward. As much as we'd all love that, it's not how this works.

While your relationship is supposed to feel really good, and yes, you're on track to create that, it's also about something more...

Relationships are about practicing Love - for yourself, for another person, and for this world we live in!

Love is a practice of forgiveness. Of becoming aware of your ego, your wounds, your flaws. Of seeing the flaws in other people and still having enough room to love and accept them.

Love includes both beauty and hardship - all the colors of life! Your wounds will still come to the surface in relationships. This doesn't mean it's not real love - it means *it is*.

Challenging experiences give us an opportunity to continue to evolve, grow, and heal. If you create a relationship with someone who's willing to look at himself or herself, and you're willing to look at yourself, then that's what *true love* is all about. It's one of the most thrilling, beautiful, incredible experiences there could ever possibly be.

I believe relationships are the ultimate spiritual path: a place for you to face and embrace all of who you are. **A person who's ready for real love is ready to be on that path with you.** This doesn't mean that you're not going to make mistakes, and it doesn't mean that your partner isn't going to make mistakes. What it means is: you're going to keep showing up as the most *authentic, real, honest, compassionate, empowered, loving, and amazing* person you can be. That's what real, deep, devoted love is all about.

I'm so honored that you've taken this journey with me, into very deep parts of yourself. I feel blessed to have been part of this process with you and I hope that will continue to stay connected on this extraordinary path of Love.

With deep Love, xo

A handwritten signature in cursive script that reads "Shelly". The signature is written in black ink and has a fluid, elegant style with a long, sweeping tail on the final letter.

[You can listen to the audio for this lesson HERE >>](#)