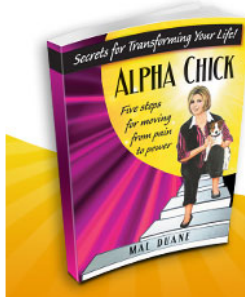




ALPHA CHICK



Are you LIVING life, or is life living YOU?
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ALPHA CHICK

Telesummit

Download 3 Free Audios with a Panel of 10 Leading Experts on
Awakening Your Alpha Chick Consciousness



Discovering Your True Magnificence
The Power of Forgiveness
The Awakened, Authentic and Abundant Woman You Are

Day Two
Special Guests

**Dr. Joseph Rubino Bestselling Author, Success & Life Optimization
Coach, CEO Center of Personal Reinvention**

**Brenda Adelman, Award winning actress. Recipient for the Hero of
Forgiveness Award, MA Spiritual Psychology**

Krystalya Marie from Empowered Spirit

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Lynn: Welcome to the Alpha Chick Telesummit. My name is Lynn Serafinn from

www.SpiritAuthors.com. I'm a coach and author and a promotional manager for Mind-Body-Spirit authors, one of whom you will meet this evening. I'm your host for this three-part event.

Today is session two of our event and over these three sessions, you'll be hearing from ten of today's leading authors and speakers on the topic of moving from pain to personal power.

I want to bring your attention to fact that this is a special event in celebration of the launch of the brand new book "Alpha Chick: five steps for moving from pain to power" by Mal Duane. That book had its official Amazon launch on Valentine's Day 2012. Right now I'd like to introduce you to the mistress or master of ceremonies, author Mal Duane.

Mal Duane has triumphed over devastating life challenges to become what we call an Alpha Chick – and not just an Alpha Chick, but an Alpha Chick extraordinaire. She suffered and struggled with alcoholism as a young woman but now she has a dream marriage, a highly successful business, and is a certified professional recovery coach who is deeply involved with helping women discover and use their connection with divine power to redefine their lives and step away from their pain. She also serves clients through a multi-million dollar real estate company which she built from scratch.

Mal's new book, "Alpha Chick: Five Steps for Moving from Pain to Power" as I said, came to Amazon on February 14, 2012. She strongly believes in educating women. So, what did she do? She built a school in West Africa that educates hundreds of students annually and she also created an educational assistance fund called Holly's Gift. A portion of the proceeds from the book "Alpha Chick" is going to that educational fund.

Mal, How are you today?

Mal: I'm wonderful, Lynn. Thank you so much for that lovely introduction. I'm very excited to be here.

Lynn: That's great and I would love to know what your reflections are after having attended yesterday's telesummit because I'm sure you've had some.

Mal: I was so touched by the conversation that we had and our guests yesterday. They truly understand the initial process of discovering who we are, that authentic self that we're going to talk more about today. Their contribution was so valuable about setting the parameters for a spiritual practice and making it personal, and how to get the most out of that and fit it into your lives when you have a hectic schedule. It was wonderful and I just felt so blessed last night that I was a part of that.

Lynn: I thought it was really inspiring too and I'm sure it was a surprise for many people, because it was that deep and that spiritual and really, really quite uplifting.

I would like to introduce our guests for today. We have three wonderful guest speakers for today's conversation.

First is Dr. Joe Rubino. Joe is an acclaimed personal development trainer, a life changing success and life optimization coach, and also the best-selling author of 12 books that have been published in 23 languages. Well, I want to know your foreign rights deal lawyer there, Joe. We're going to talk.

Joe offers personal and leadership development programs to maximize happiness, self-esteem, communication skills, productivity and personal effectiveness. He has books that include "The Self-Esteem Book," "31 Ways to Champion Children to Develop High Self-Esteem," "The Success Code Book (I and II), and loads and loads more. As I said, he's authored 12 of them.

Welcome, Joe. It's great to meet you.

Dr. Rubino: Well, thank you, Lynn. It's great to be here, I'm privileged.

Lynn: Mal has told me so much about you. She raves about you, and so I would love to have you – and I'm going to ask this of all of our speakers and I do this whenever I do a call of this kind – to set an intention for the listeners today. What is it that you would love for them to gain from today's call?

Dr. Rubino: Well, my intention is that everyone be present here to get exactly what they need from the call. Everyone comes with a different perspective and a different set of values, different voids in their life that would take them to the next level if they were to achieve breakthroughs.

We're all here to support you to intuitively get what it is that would take your life to the next level – to heal the pain, to go and access your personal power and to live your best life. Coming

from someone who didn't think that was possible 20-something years ago, I can tell you today that we all are inherently magnificent and we all have that inner power, and so this is your invitation. My intention is to work with the great people on the call here to make that happen for everyone.

Lynn: Fantastic, wonderful intention to hold. Thank you, Joe. The next guest on the panel tonight is a very good personal friend of mine. Her name is Brenda Adelman. She is a remarkable woman. She holds an MA in Spiritual Psychology (did you ever think this existed?) and she is the recipient of a Hero of Forgiveness award which is something to give for people who have become amazing forgivers. We're going to find all about that tonight.

She's also an award-winning actor and she's been interviewed for Fox TV News and on NPR (National Public Radio). She has a critically acclaimed one woman show called "My Brooklyn Hamlet" which I saw when she brought it to Britain last year. It's based on her life story and the profound powerful transformation that came when she forgave her father for murdering her mother and then marrying her aunt.

Now she's a speaker and a life coach and she focuses on the power of self-forgiveness, releasing the past, and creating a joyful present. If there's anyone who is going to be on this panel tonight, where we're going to be talking about forgiveness, it had to be Brenda Adelman. Brenda, I'm so glad you're here.

Brenda: Thank you so much for having me. I was so excited I got this invitation because in that most of my life has been about transforming pain into personal power. I'm really excited about the book launch as well.

My intention is really to hold a space of loving for people all around this call. I invite the listeners to really hold the space for loving for those unhealed parts of them to come forward so that they can be drenched in a loving that's going to touch them all.

Lynn: Brenda, thank you for that intention. I know that everything you do is about life after that forgiveness process and I'm really glad that you're on today's program.

Our third guest today is Krystalya Marie and she is an author and an energy healer with over 30 years' experience working with people at a deep mind, body, and spirit level. Krystalya's self-healing quest focusing on self-worth and self-love began back in her mid-20s. Her self-love was tested in the year 2000 when she discovered a breast lump and was guided to create symbols to remove it successfully. This really is about recovery and healing on many, many different levels, not just emotionally but also physically as well.

She now shares healing symbols and insights with thousands of people, empowering them to help heal themselves. Welcome, Krystalya.

Krystalya: Thank you, Lynn. I'm really glad to be here and I'm looking forward to sharing with everybody. My intention is that everyone just sit and kind of quiet their mind a bit, to be open to their heart and their mind to hear what is the best and highest for them to hear about self-love and forgiveness because, as you said, I've had quite a past as well that's related to self-love issues. I think that everyone here has a wonderful message to share and I hope that they just really open themselves up to hear what's best for their highest good.

Lynn: Wonderful. Well, those are great intentions to set. Mal, do you want to just bring us to an intention place? Bring us into presence now so we can really start this conversation. I would love for you to do that if you can.

Mal: I am so excited to have such incredible luminaries today supporting the message of self-love and forgiveness. It is such an important issue for women, something that we have a very hard time discovering. To have such recognized guests here today, setting this intention for the listeners to tap into this, to find this self-love, and to honor themselves, I couldn't ask for anything more than what's happening right now for me, and I know that I'm going to learn something from this today as well.

Lynn: Thanks for that, Mal. I just want to set a quick intention that we all really, really dive into the topic for today and we really grasp it, own it, and run with it. The topic is "Discovering Our True Magnificence."

The discussion on the topic of discovering our true magnificence is going to be in two halves. The first half is going to be about understanding that discovery process. What does it mean to discover? How do we start the discovery process of finding our magnificence? How do we recognize and identify who we really are? How do we know what we need to let go of? How do we know what we need to forgive?

Once we look into that – the kind of the knowing, the understanding process – we'll take a short, short breather to talk a little bit about Mal's book and also a little bit more about our guest speakers. After that tiny break, we'll go back into the second half. At the second half, we will talk about the practical side of the issues.

It's not about "How do we know?" It's about how do we let go? How do we change those patterns? How do we forgive? How do we learn self-love? So, it's really the "how to."

After we've covered those topics, we're going to be looking at some of the questions that were sent in.

Let's get started. This is part one and we're going to be talking about understanding the discovery process of our magnificence.

Last session we were talking about starting the spiritual practice and learning to tap into our true self and all. A lot of the words that were used last night were higher-self and your inner voice. This is the thing. How do we recognize our authentic voice? What does that feel like when we start to come in touch with that? Let's start with Joe.

Dr. Rubino: We all have this authentic voice that is source in our intuition, and so often we confuse our intuition with our negative self-talk. The two are very different. Our intuition and our authentic voice come from telling the truth. It's always sourced in our higher self; it's always based in love. Our negative self-talk, on the contrary, is based in the negative emotions of anger, fear, and sadness.

Whenever we sense that there's some upset in our lives, it is typically a red flag telling us that there's something that we're not seeing clearly. There's something we're attached to, there's something that we're judging that we can release. There's something that is preventing us from completion, from moving forward in our lives.

With respect to that authentic voice, the authentic voice is really about speaking your truth. What's so for you? It's an important element in developing that voice, in speaking the truth, to realize that one person's truth is not necessarily another person's truth. The truth is sourced in powerful interpretations. What I mean by that is that we always can interpret the facts of any given event in many different ways.

So when a tragedy befalls us for example, we can interpret it as a horrible event or something that shouldn't have happened to us. We can become angry, we can become fearful, we can become sad about it, we can go into deep depression or we can look for the gift in the challenge and know that every single challenge has within it the seeds of a magnificent gift for us.

And although we might not in the moment appreciate that gift and the challenge, we could realize that somehow on a higher level, we ask for that challenge. We ask for it because we need the gift, we need the blessing that comes with it.

So as we seek that authentic voice that comes from the inner knowing, it's really about realizing where you are, what your relationships with others are all about, what you have to learn in that moment and then experiencing the healing process, the transformational process of knowing that the universe, God, the spirit world – however you want to hold that – is there for you to get whatever it is that you need to get for your own good, for your own evolution, for your own soul growth and for the goodness of others.

Lynn: Wonderful. Brenda, I know your story and I don't think we need to get into the whole story, but when Joe was saying there are many different angles to the truth and we come to different realizations of what that story of truth is.

In your case, you went through a tragedy and Joe was saying to look at the gift of the challenge that that was facing you – I would love it if you could bring the audience through that kind of process of your discovery of the layers of truth. Your father murdered your mother. Confronting that as truth was a big deal and then all of those things.

Take us through the process of all the different truths and how you came out the other end. I think that would be a fascinating thing for people to hear.

Brenda: Yes, thank you. It's interesting, but so often the ego, I find, masquerades as your inner voice, and so there was a lot of having to get down and dirty and look at what is really the truth within me. I wasn't able to tap into my intuition until I really looked at the intense anger I had towards my father in the beginning – love, hate. Exactly, that's how it was. I had so much anger that I couldn't even tap into that small voice inside that would say, "There's a way out of this. There's good on the other side of this."

The first step in my forgiveness process is moving out of denial. I'd say one of the first things was really embracing how angry I was at my father because I loved him so much and didn't want to lose him the same day I lost my mom that I just suppressed that part of me. What ended up happening is it ended up turning in on itself, on me, through me. It happens with people in different ways. Some people it's with different addictions and things like that. I was not in any good relationship back then or anything like that.

My first apparent truth was, "My father really did this." The story I told myself was that "He didn't love me. How could he love me if that was so?" The thing is if there's judgment there and there's negativity, you know that's not your inner voice.

I just wanted to bring up one other thing. Sometimes people will say, "I cannot have this person in my life. This is my truth. They are horrible. They've done this. They've done that." There is an element that that is their truth at the time and that's a first step in setting a boundary.

I go one step further and say that's not the complete truth, because if it was the complete truth, then there'd be an element of loving and an open heart in there. And so it doesn't mean you let this person back in your life, but you move from and this is what happened with my father. It went from "I hate him, I don't want him in my life," to him living so vividly in my mind.

I was able to, like Joe said, figure out after lots of work, lots of writing, lots of journaling, and other processes to say, "Well, there's a gift in here. This man is a part of me because he's my

father.” And then make can alter where I could look at his picture every day and measure. How do I feel? How can I feel? Can I let him go out of my life? Can I think peacefully when I think of him versus I hate him and setting that boundary?

It can be complicated and there's work to be done, but I came to complete peace with my father while letting him go, while taking him to court for the wrongful death of my mom. And I still work on forgiving my aunt, the one who married my dad. I don't say that I'm perfect. I say that I continually work on it because I want to find a place where my complete heart is open when I think of her.

Lynn: I love, Brenda, what you said. If I'm quoting you correctly, you said, “When we reach *the* complete truth always has an element of love.” And that's how we know whether or not we're in a complete state of truth or truthfulness with ourselves. I want to come back to that later because we'll get a little deeper into the whole issue of forgiveness, love, and truth and the connection that they all have to actually what our magnificence is. You started stirring the cauldron, that big soup, so let's come back to all of those ideas a little bit later.

Krystalya, you've had you had an amazing challenge and journey with cancer. There's got to be layers of truth in that too. I would love to hear your journey of the layers of truth and how you moved perhaps from partial truth like Brenda was saying, denial and acknowledging anger, to finally reaching a more complete state of truth with yourself.

Krystalya: Actually, there were a lot of different abusive issues through my whole adulthood before that issue. Although I really had thought that I had dealt with those and learned how to find that real truth, it wasn't until I got that lump that I really got it. Part of the journey is not just as forgiveness that we're all talking about, but continually looking at the layers that we need to roll back and work on identifying the next piece to move to even a more peaceful center with ourselves.

When I got to the lump in the breast, it was like that last piece of really understanding how all of that abuse played a part in bringing this into my body. At that point was when I really understood the next piece of how I needed to forgive myself for the part of bringing in that abuse.

That's a big piece from my perspective for people to really sit quietly and start to understand. That's just the things they're blaming others for, that they need to forgive but to find within themselves that peace that most of us tend to blame ourselves as well for bringing some of these things into our lives and be able to find that. That was really the path that helped me to finally move through a lot of the healing and so on for self-love and stop judging a lot more.

Lynn: I really loved what you just said there, Krystalya.

Krystalya: I think Joe said something about finding – I call it “finding the pony in the whole thing.” There was a lot of it for me, and to actually be able to send love too. And I heard Brenda saying, “Send love and be able to start to love that other person, and then to be able to love yourself.” I think that's all part of the path.

Lynn: It certainly is. Gosh, we get into a whole sub-subject on issues of abuse. I want to bring Mal into the conversation in a minute because she's got a whole other series of anecdotes to bring into this conversation.

Krystalya, I come from a background of abusive household, long-term domestic violence, and also have been having a lot of health issues. I have read recently the connection between something that seems to be very common these days – adrenal burnout. There seems to be a lot connection between adrenal burnout and people who have suffered long-term abusive familial relationships whether with their parents, whether sexual abuse or verbal abuse or domestic violence in between couples.

I just wanted to bring that to the table. People who may be listening, maybe they've been in that situation. Just as you were saying, sometimes it will actually manifest in these physical illnesses so it's not just some emotional thing we have to get over. It's also about looking at “How did I come into this situation? How am I carrying this self-blame?” It's a really deep topic. Not to divert the conversation, but I just want to acknowledge that that's a huge subject and I'm really glad you brought it up into the conversation.

Mal, you have a whole different set of experiences. You had to deal with addiction. I'd love to bring that into the story and talk about the layers of truth that go through that recovery process. Perhaps you can enlighten us on that process.

Mal: I'd be happy to. I drank because I did not feel good about myself. I think women that lack self-love, self-esteem seek comfort in alcohol, with men, shopping – whatever is going to put a band aid on the wound temporarily. But what happens is it is a temporary fix.

For me, alcohol worked for a while. But then the effects wore off and it started to pull me even further down and further down with more self-loathing, failed relationships, and every time I went through one of those I always assumed it was all about me, that I wasn't good enough, that there was somebody better that they wanted, and then a failed marriage.

When I got on the other side of the failed marriage and my alcoholism really had progressed to a point where I was in a very depressed state, I felt I had no choice, no option. I had nothing to live for. I was this worthless woman, nobody loved me, and I thought the only possible way out would be death. And that's a very dark place to be.

When I was that at that lowest moment and I had been listening to my crazy ego for 20-something years, at that lowest moment is when I heard that different voice, that higher voice, that self-loving voice that told me I would be okay, that I was going to get through this and get on the other side of this and have an amazing life, but I had work to do.

When I heard that authentic voice, that higher voice, I knew right then and there that I was going to be okay. There wasn't a doubt in my mind that I wasn't going to get through this addiction, get through this turmoil that was in my life.

As I progressed in that process, I started to see the lessons in everything that had happened that there was something there that was teaching me how to become a better person, teaching me about my self-esteem and my self-love. It was very enlightening. It was an epiphany, a spiritual awakening, to get to that low point and then turn that corner and hear that voice saying, "You're going to make it. You're going to get through this. You're going to pull your life together. You're going to have an amazing life and then you're going to go and teach others."

Lynn: Wow. All are very profound stories. Joe, I'd like to come back to you because you've been listening to this more anecdotal stuff, and what I'd love to do is get into the crux of it. I feel like the theme we're hearing here has to do with self-forgiveness – forgiving self for any range of things - for getting into this situation, for thinking ourselves so low, for allowing ourselves to be treated poorly, any number of things that we blame ourselves for.

Take us into that. What is the need, Joe? Why do we need to forgive ourselves? Why is that an important part of our evolution?

Dr. Rubino: We're so good at invalidating ourselves. We're so good at finding the flaw and the fault and holding ourselves accountable for the least little things, and beating ourselves up and attracting all the negativity to ourselves. If we want to live our best lives, if we want to be able to forgive others, we first must start the process by forgiving ourselves because it's those qualities that we really can't stand in ourselves that we find the most faults within others. If we're constantly negative, if we're constantly depressed or finding fault with others, we have to do a little bit of introspection for us to find out what it is that we can't be within ourselves first.

Forgiveness, the way I see it, is a healing process. It's part of the completion that's necessary. I like to think of it as, "Thank you for giving me the opportunity to learn something that I didn't know and to grow in empathy and in light." When we look at experiences as all good, and we realize that even in a horrible happening – Brenda, Krystalya, and Mal mentioned – there are so many challenges that humble us and that really have us need to stop, to take a deep breath, and to pay attention, and to see, "What am I not getting here? What do I need to get in order to realize my internal magnificence, live my best life, and be most of contribution to others?"

What I found so often is the case in the last 21 years of coaching so many people is that people have these life-altering challenges for a reason. Just like Mal, Brenda, and Krystalya and so many others have had these terrible things happen, what did they do? They could have either let them ruin their lives, they could have become angry, vengeful, hateful, and ended it all. Or worse, taking it out on others and made their lives worse, or they could do exactly what they're doing now which is using it as a gift, a contribution, and allowing it to be a blessing so that many others can learn from their pain and their transformation.

That's what I see as possible. I see these all as huge gifts that we were given – gifts of insight that we all needed. If we all asked for that somehow, we could grow in spiritual growth and be the best that we can be for others.

Lynn: As Joe's talking, the question that I would love to ask each of you since we're sharing those anecdotal experiences and looking at the pain shifting into the place of peace, maybe not even the power yet, but coming into a peaceful place, Brenda, looking back now, what is it that you were holding on to before you were in the place to forgiveness?

What are the kinds of things that you could feel in your fist? I'm even making a fist as I'm talking to you right now. What were you holding on to that you eventually learned you had to let go of?

Brenda: What I was holding on to was my righteousness as how wrong this was, how my father did this horrible thing, and I was a victim to it. It's interesting in the culture in America that you can get a lot of people to jump on the bandwagon, especially with something as dramatic as what happened in my life. Yes, that's awful, that's terrible. I really was living as a victim to the circumstances for several years after my mom died, and it was when I realized that that disempowered me and when I realized that I had a choice.

One of my favorite quotes is Shakespeare's – "There's nothing either good or bad, but thinking makes it so." I had a choice and it didn't have to be bad. This thing that happened to me, it could just be "it happened." That was the turning point for me. I was determined not to be a victim anymore, and in doing that, I was able to raise my energy, raise my vibration, I guess attract other people, other circumstances into my life that were probably there before but I couldn't see them. That would be it – moving from a victim to victor.

Lynn: I know, Brenda, from speaking to you in the past that you have said that a lot of people hold on to that blame and that lack of forgiveness. There's something in them that says, "If I forgive, it's going to make this person right or it's going to make the act right." Can you talk about that just a little bit?

Brenda: I heard this in almost all of my workshops. In the beginning, they don't want to forgive because then it's condoning the person. Behavior is condoning what they did making it right. I can't remember who said that thing of unforgiveness is like taking poison and thinking the other person is going to die from it.

It's really re-educating people to know that the forgiveness is actually for the person doing the forgiving. The distinction I make is that I'm forgiving the judgments that I hold in my consciousness versus the things that happened, because I only have control of what's present within me. That's really important.

Use discernments at the same time. Yes, that's not for me. Yes, I wouldn't want to be around someone like that. I choose differently and I forgive the judgments I hold so that I'm free to attract more love in to my life.

Lynn: Beautiful. Krystalya, I have the same question for you. When you went through that process of realizing that your illness results of the past and the abuse that you had experienced, what did you discover that you were holding on to and what did you release?

Krystalya: I would say probably the biggest thing was what I would call self-loathing, and almost as self-hatred. As I said earlier, it's part of that whole idea of thinking "What did I do to attract this?" It's that victim attitude as well as the constant judging – but not judging the other person so much as judging myself, so you have that victim attitude, the blaming attitude as well.

Of course one thing I found is I constantly found other people to agree with me that I was a victim, and I think one of the keys was learning how to find other people that there was a way to actually start to love myself and not to be that victim by finding other people that were much more positive and supporting. I think that was really the biggest key that was the whole blaming and the judgment of myself.

Lynn: I remember when I was trying to "fix" my broken marriage and, really, I wasn't in the place to accept fixing it. I was given the question "Would you rather be right or happy?" And I realized I was in this place of "I can't be right, I can't be happy unless I'm right." That was really a big eye-opener but it took me years to realize how much I was holding on to the need to be right and make the other person wrong.

I'm really glad you brought that up about surrounding yourself with people who are going to agree with you. "You're right. They're wrong." It just doesn't work. It really doesn't work. It's such a tight place to be.

Mal, how about you? What were you holding on to? You had these problems with addictions. You had a lot of self-loathing. Obviously, there was the self-loathing, the blaming, and all of these things you were holding on to. What else were you holding on to and what did you finally release? What was the big thing that you released?

Mal: Well, like Brenda and Krystalya, I felt I was a victim of my circumstances and how crazy was that? I was picking these people who were ripping my heart out. How could I be the victim? The craziness of it.

But finally, I realized that I had nothing to give and it really had nothing to do about me as far as rejection or self-worth. There was just no connection. Because of my alcoholism, I just didn't have anything to give. I didn't have any self-love, so how could I give love?

Finally, I was able to release that mentality that I was a victim, number one. And number two, the blame that I had done something wrong. I didn't do anything wrong. I was sick. I was looking for validation from other people. Well, people aren't put on this earth to validate my self-worth and my life experience. Once I was able to release that, then I could make that shift and get myself out of that hole of complete blame, and self-loathing.

Lynn: It's like you're saying that there was this expectation that people owed you or that people could save you in some way.

Mal: Yes. I was looking for people to save me. They were supposed to make me feel good about myself, but that didn't happen. And that's not their job.

Lynn: Furthermore, everybody else is in the same position. We're all in this thing called life and we're all looking for our own way towards the self.

Mal: It's a very common thing with women that we look to others for our self-worth. And when we have a relationship that fails, we put all of that on ourselves and it really has nothing to do with us.

Lynn: Absolutely.

Mal: We need to learn that when a relationship ends, it's not because we're not a worthwhile person. That relationship was not meant to be for many different reasons, and it's usually because of something going on with the other person and really nothing about us.

Lynn: As Joe brought up before, he was saying looking at what's the gift and the challenge, and I'm sure that most people who have gone through any of the similar kinds of challenges that all of you have been describing, that we do reach a point where we can't say why that challenge was there to lead me back to myself. That's really a transcendent place that we're going to talk

about in the second half of “how.” We talked a little bit about it. How do we really do it? How do we actually make an active movement towards that wonderful person who’s on the other side of the self-loathing, on the other side of the self-blame, and all the other side of the victimization and the suffering? We’ll be talking about that in just a few minutes.

I want to just take a short break to talk about the fact that this telesummit is being sponsored by Mal and her book “Alpha Chick” which came out on Valentine’s Day. Mal told me that the reason why she picked Valentine’s Day is she wanted women to buy the book to give to self, a gift of self-love. The book is about self-love.

On Valentine’s Day, we buy lots of gifts for other people. We buy hearts, chocolates, flowers, and whatever but we don’t often give our self a gift of self-love. That’s what this book is about. It is about learning the art and gift of self-love and that’s why she chose that day.

I’m going to pass the baton over to Mal to talk about the book, then we’ll come back to part two and get into that how do we get into that place of self-love and self-worth. Mal, just a little bit about your book, what’s your feelings and thoughts are for people? What are they going to experience when they get this book?

Mal: I share my own journey so that they can understand that, as women, we have a common thread in our experiences. I’ve pretty much experienced every single woman could – loss of a loved one, addiction, low self-esteem, failed relationships, and failed marriage. There’s something there for every woman to feel comfortable with and they’ll know I walk the walk and talk the talk.

The second part of the book is really the instruction part that shares a process of five steps which spell F-A-I-T-H that will help them to transform from this place of pain that they may be standing in today and take them through a process that eventually they will be standing in their power and in their light, and they will feel so healed and so energized that they will be able to now go and turn and help others.

The whole purpose of the book is to give women hope and let them know that they can do this. If I can do it, they can do it. It’s a simple but powerful five-step process, and if they just make a commitment to working with that, they can make significant changes in their lives.

Lynn: Wonderful. Next session we’re going to give a small overview of those five steps which Mal said, FAITH. Those are actually the five steps. Mal is going to just go through them one by one.

But, if you buy the book, you’ll also get a free class with Mal where she’ll take you through those five steps so that you don’t just consume the book. You don’t have to read it alone. You

don't have to be alone. She's going to actually give you a class where she's going to teach you all those five steps, and that's just for buying one book.

Also, she has an additional bonus for people buying three books or more if you have reading group or a support group that you want to buy them for or just friends and family. If you buy three or more, there's an additional class where you can interact with Mal as well. Those are the kinds of things just to show you that Mal is really serious about giving women the tools to move forward..

Before we go on to the next half, I would love to go through each one of you Joe, Brenda, and Krystalya. Do you want to add something about Mal's book? I know a lot of you have looked at it or read excerpts of it or talked with Mal on your show. Just say a word or two.

Let's start with Joe. You did read at least parts of Mal's book. Is there anything you want to say to people who may not have read it yet?

Dr. Rubino: Well, I'd be honored. As a matter of fact, I have the honor of writing a foreword for it. I did read it through and through. It's just an extraordinary gift. It's the kind of book that takes people from whatever challenges that they had in their lives and it gives them hope. It gives them more than hope. It gives them the step-by-step guidelines, the process, the tools to actually break through their challenges and transform their life to be based on self-love and empowerment. It's really a gift of empowerment. I can't recommend it strongly enough.

Lynn: Wonderful. Thanks so much, Joe. Brenda, is there anything you'd like to say about Mal's mission?

Brenda: I just want to say I'm really excited. I haven't had the chance to read Mal's book yet but I'm looking forward to it because it is so exactly in alignment with what I do and I just have so much respect, Mal, for your journey and all the things that you've been through. Besides that, I'm so an Alpha Chick. I mean, really.

Lynn: Brenda, you definitely are. You're definitely are an Alpha Chick.

Brenda: I love that because I feel like you're capturing something that's really right now happening. That's really great.

Lynn: Thanks, Brenda. Krystalya, how about you?

Krystalya: I had the pleasure of having Mal on my radio show a couple of weeks ago and I really want to say that her message is so important as far as this whole idea of women and their self-esteem being such a challenge, and the fact that she's willing to share her story makes a

difference for people because they can then really relate versus just using “This is how you fix the problem.”

When people can really relate to the story and then be able to be brought forward in these processes, it really helps people a lot and I commend her for being willing to really share that story.

Lynn: Well, thank you all of you. It was really brilliant. I want to dive right into the second part of this conversation. Let’s get to the active and the practical side of the issue. It’s about discovering our magnificence and we’ve been talking about getting real, getting truthful, looking at the layers of lies that we tell ourselves and what the real truth is.

We’ve already identified the “what” we need to let go of. But, how do we do it? How do we start the process of letting go of the blame? We’ve already said the “why” and “what.” But, how do we let go of that?

Let’s start with Joe. How do we actually start to let it go?

Dr. Rubino: Well, how do you jump off a mountain?

Lynn: I don’t know.

Dr. Rubino: You just do it. It comes with the decision. It comes with the decision to get off of it, to get off of your right to beat yourself up, to be the victim as Brenda had said, to keep the negative energy in place, and it comes with the decision to forgive and to move onward.

Some of the ways that you can identify where you’re stuck is wherever you have an emotional reactive state in play, whenever you are angry, sad, or afraid, the upsets are big indications that something is going on but you have not completed with, that you’re not seeing in a way that supports you.

One great tool is to keep an upset journal. Every time that you’re upset, write down what the upset is about. Write down the facts. What did someone say or do? What did you make up about those facts? And are you willing to release those negative emotions? Are you willing to get off of your position? Are you willing to create a new interpretation that has empathy, forgiveness, and gratitude for the situation as opposed to being at the effect of whatever happened?

I think many people have said we don’t condone bad actions. But this is about forgiving so that you can move onward. It’s not that you agree with what people did necessarily that has caused the upset or has caused the pain. We don’t agree with the bad actions but we realize that people do the best they know how to do and that’s not always good enough, unfortunately.

But we have a choice. We can stay stuck in suffering – and of course, suffering is always having something we don't want or wanting something we don't have. And it's always optional because we can choose differently. We can operate out of the decision that we make and a declaration that comes out of the qualities that we've decided to be.

For example, if we are in that pity mode, if we are in that victim status, we can instead decide to be love and forgiveness. We can decide to have gratitude for the great things in our lives. We can decide to focus on the good and start acknowledging ourselves for the good things that we have, the qualities, and the gifts that we show to others. We can get in touch with our most important values and start honoring them, and we can start moving our lives forward deliberately moment by moment by standing at that fork in the road and making a decision to choose the decision that supports us in the moment. Love instead of vengeance; forgiveness instead of hatred; self-love instead of low self-esteem and anger.

Moment by moment, we can declare the person that we've decided to be, decide what those qualities are and ask ourselves in that moment. If I was love, how can I show love right now? If I was forgiveness, how can I forgive people who have hurt me and who continue to hurt me? How can I be not attached to people's bad actions? How can I not live in these negative emotions of anger, sadness, or fear but live in the emotions that I want to live in – gratitude, acceptance, love, happiness, and fulfillment?

It's a process, and when we can enjoy the process knowing that there will be challenges, and every challenge gives us an opportunity to be a little bit better and to express to the world the person that we've decided to be.

Lynn: Brenda, I'm thinking of a lot of questions I would have for you. Joe said we can just choose to stop doing it the old way and do it the new way. I'd love to know what the catalyst was for you that just turned you on and said, "Enough is enough. This has to stop. I have to change now." What was it?

Brenda: Well, there were a few things. One thing was similar to something Mal shared earlier. At one point, I just really didn't want to live anymore and I thought I just can't take this pain anymore because living as a victim is very painful. I remember a friend telling me, I shared with him, and he said, "If you take your own life, there's no guarantee you're going to be with your mom again." That's all I wanted at the time. That was something that I just heard it and I got it.

The other thing I will say is that sometimes it's impossible to even see any bit of light in my experience. I realized I did this also when I was in the darkest place. I was filled with such self-loathing. I felt like I was so damaged because of what happened in my family but I started volunteering. For me, I volunteered at the local hospital with kids, and that's one thing that can really help people.

I had a client also who's in this place and I told her, "Go volunteer with dogs that are being rescued, because then you get around animals who are just loving and there's a way that if you can't find the loving within yourself, it can be reflected to you in an animal that's just so pure and just lovable." That's really a great thing to do, because it also gets you out of the mental loop in your head to just volunteer and be giving. And when you're giving, you have a natural sense of wellbeing that starts coming up.

Writing and journaling were transformative for me. What it did is it took that mental loop of those obsessive compulsive thoughts in my head and I would just free-form write on to the page and these really vile, angry things would come out of me when I was not, I didn't think, a vile or angry person, and it was like a new awareness for me. Then I would literally light those pages on fire and get rid of them. It loosened up something in me so that my writing started to get lighter. I was able to love myself, love those parts of me that were so filled with self-loathing.

Lynn: Brilliant. Last session, we talked a little bit about journaling and you gave a wonderful practical example of how you used that to shift. I love the example you gave about volunteering for rescue animals. I know that Mal is very big about service. We'll come more into that in a minute.

Krystalya, I would love to hear a bit about you. What shifted you? What was the catalyst? Either what happened or what did you do that just snapped you from that victim state or that past self-pitying state to one where you actually were moving into your magnificence?

Krystalya: I find it fascinating that all three of us ladies got to a point of whether we wanted to live or leave the planet so to speak. That really was the turning point for me. I actually sat with a loaded gun, and at one point decided to take the bullets out of the gun and get rid of the gun. But that really was my turning point.

I made a choice. I literally sat there and said, "Okay, I got two choices here." I chose to live at that point. It really changed my entire life because I really was 100% alone at that point. Even my closest friends had deserted me because of a long story.

So there I was. I had to choose. Some of the practical things I could tell to people is hopefully you don't let it get to that point by paying attention to that mind chatter that's going on, what is it that you're telling yourself that's so negative all the time? Whether you journal about it or whether you just write it down and park it, and start to move away from it, those – for me at least – were a key to being able to start to move forward versus considering suicide.

I would literally write down things where I was thinking negatively. A lot of times we're busy. I was working many, many hours in the corporate world and I never had time to go deal with it

right then and there. So I would literally come home and then I would start to look at each of them and say, “Do I really want to be angry? Do I really believe this about myself?” And I would start to journal and release those. Journaling I found it to be extremely helpful. Those are probably the keys for me – starting to watch mindset. I think I mentioned earlier, watching who you're around as well.

My last key is visualization. For me, I started visualizing that I had all these wonderful loving supportive people in my life. Before I left that particular corporate position, I was known as the spiritual leader at a corporation, like Detroit Edison in this case. I really shifted things primarily through those steps. Visualization was huge in that process of just constantly seeing myself being loved and being supported, and having those loving, supportive people in my life.

Lynn: I want to run with that idea, that visualization in seeing yourself as being loved and supported because I know that, Mal, you talk about the positive shift and we're going to talk about that more next session. But, it's relevant now because what Krystalya is saying is really consciously shifting from a place of seeing yourself in a really not very self-serving way to a positive way.

So, Mal, could you talk more about that process of shifting those patterns? Next session, we're going to get deeper into it. Can you at least touch on that?

Mal: Well, it was a process for me when I started with the meditation. The meditation led me to the journaling, which Brenda and Krystalya both referenced. I noticed when I wrote that I really wrote the truth. That came out. It came flowing out as to really what was happening in my life and started to identify changes that I needed to make in my life, and then set new intentions on behaviors that I knew would empower me and help me.

I got to a process where I became very conscious of what I was thinking and really paid attention to it. It was a commitment to making a positive mental shift. I have always said to people, “PMS saved my life,” and everyone laughs. It's that Positive Mental Shift. Using the visualization, using the journaling, using the tools to take you from that negative thinking to a positive place is how we develop our power.

When I struggled with it, one of the things that was absolutely key would be helping others because it took me out of myself. It took me out of my mentality of “poor me” when I was able to go and do things for other people who ultimately I saw were probably in much more difficult situations than where I was standing that day.

Helping others is a very powerful component of that shift as well. But it's a deliberate process, and it's something that we do have the ability to do. You commit to it. You do it. As soon as you find yourself feeling that negative – that anger, that fear, that self-loathing – you need to pinch

yourself and say, “Wait a minute. That is not who I am. That is not my true identity. These past mistakes, these things that have happened which put my life in turmoil, that’s not my identity. That is the past. I am here in this present moment.”

Lynn: This is a question I’d like us to really explore, and I’m going to start with Joe again. How do we know when we actually have landed self-esteem and self-love? Are they different? Are they the same? How are they connected? How do we know we’ve got it, Joe?

Dr. Rubino: Well, there are a number of different ways. When you’re no longer driven to be different than you are. Let me say what I mean by that. When we are lacking self-esteem and self-love, we constantly are invalidating ourselves. We’re constantly beating ourselves up for things. We’re not at peace. We’re judgmental. We’re attached to other people needing to do things in a certain way for our life to be okay and for us to be happy.

When we are able to release all of those attachments and when we are able to give up our right to judge ourselves harshly and judge others, when we look at the six areas of life – when we look at our health and appearance, our wealth or our finances, our occupation or our business, our family and our relationships outside of our family, the area of our personal and spiritual development, and lastly if you’re having fun, recreating, and pursuing our passions – if we are at peace in all of those six key areas, where if we were to rate them one to ten, we’re a ten in all of those areas, then we are at the point where we’re happy with our lives. We’ve achieved fulfillment. We love ourselves. We can freely express that love to others. Our values are being honored, which is the thread that formed the fabric of who we are at our core. Our relationships are warm and fulfilling, and life is working optimally.

That is really the litmus test. Is life working? And if not, what’s missing that, if put into place, would support our life to be better? It’s really about three different areas. Our past is complete and healed. We’re no longer at the effect of things that were said or done to us in our past. That’s key. We have a proper inventory of what’s so in our current life. In other words, we realize what’s working well and what’s missing and those are the areas that we’re in development around.

Thirdly, we have a powerful vision that inspires us – a vision that it goes beyond ourselves. All of these ladies on the call today have all talked about having something that’s worth fighting for that goes beyond yourself, going and contributing to other people, contributing to animals, contributing to a cause. You can’t be wallowing in self-pity if you’re out there grateful for your blessings and contributing to other people.

A vision that encompasses not only the things that are most important to you that honors your values, that expresses your life purpose, that manifests your gifts to the world, but also contribute who you are, your core to others. All of those things are critical to elevating your

self-esteem and contributing who you are so that you can get off of the pity part. You can get off of the victim status. You can now start living your life as a contribution.

We all have those great magnificent things inside of us. We're either sharing them or we're not; we're either living our life purpose or we're not. That's really the bottom line litmus test. Are you living your life purpose? Are you honoring your values? Are you manifesting your gifts or not? And if you're not, all it takes is a decision to start doing so now and start operating out of that decision moment by moment.

Lynn: Wonderful. As Joe's talking, this is reciprocity that I'm hearing here that the more we give love, the more we feel loved, and that kind of flow that actually self-esteem and self-love is the self-fulfilling prophecy. They are related. We create them. It's not about finding them. It's about the act of creation of them.

Brenda, we'd love to hear your input on that – what self-love is and self-esteem. Are they the same? Are they different? How do we actively put them in place and how do we know we've got them?

Brenda: First of all, I was just taking notes on what Joe said. It was so good. I really feel, and I've heard, that the outer world is the reflection of your inner reality. How you know that you've landed more self-esteem or you love yourself is by taking a look at what's going on in your world. It was soon after I did this deep level of forgiving my judgments and doing inner child work, forgiving myself. I fell in love with someone over ten years ago and I've been in the best relationship of my life. But until that point, I just couldn't get into a good relationship. How could someone be there for me when I wasn't being there for myself?

The other thing about having a vision is it's so true about, are you living your purpose? I don't feel there's space to live your purpose energetically if you are so filled up about these obsessive-compulsive thoughts of "not good enough" and stuff like that.

I feel like you know that you have more self-love and self-esteem when you're able to just be – you're just able to be okay. There's that other saying "What other people think of you is none of your business when opinions of others don't mean so much to you," which is ironic because I'm an actress here in LA. Knowing people are always going to have opinions and then knowing it's none of your business at the same time.

Lynn: I'll remind you of that the next time you get a critic's review, Brenda.

Brenda: Yeah. I've got my purpose. It really is true. The reciprocity that you're talking about too is that there's more love coming back; as you're giving you're getting. It's just like a circle like that.

Lynn: Wonderful. It's lovely. Krystalya, self-love, self-esteem – are they the same? Are they different? How are they connected? How do you know you got them?

Krystalya: Well, I think they are definitely connected. Self-esteem is slightly different than self-love in that I think it's more about how you feel about yourself as well as your confidence on the self-esteem standpoint versus just accepting yourself. Both Joe and Brenda have expressed this so well, I'm wondering what else I could really add.

One of the thoughts I had was I think it's so important for us to really look at that constant mind chatter. Is that mind chatter getting more positive? That really is a good clue as to how far you're moving forward or how you're advancing. If you're still finding yourself in constant negative mind chatter, then you want to look at it even more closely. If you find that you're gradually moving forward and the mind chatter is more positive or not there at all and you're quieting your mind, that's really a big key to the whole thing.

The other piece is that, as I said, visualization earlier about attracting more loving people is who is showing up in your life. If you're finding that you're attracting more loving people, it's because you have started to really love and appreciate yourself more.

And yes, of course, the reciprocity piece is a key as well. The more you give, the more you seem to receive, as the saying goes. I found that to be very true for myself as the more I pour love into things – like I did Special Olympics for a while and Red Cross stuff and so on – the more I poured myself into that, the more I got back out of the whole process. That was never the intention. It was more of a wanting to get out and do something for the world, and the gift that I got back was so great.

Lynn: This is a very, very short image. In India, there's the image of the divine couple. There are different names for the divine couple. The couple is really creator and the created – that's really what it is. One of the names is Radha Krishna. Radha is like us. Radha is humanity; it's creation. And Krishna is the creator, the creative force. They're represented as a beautiful, divine couple. Because they're a beautiful divine couple, they smile at each other and they look at each other, and they have beautiful eyes.

When creation gazes upon the creator with love, creation looks back at its beautiful lover with love. What it says is that as they look at each other, it's more and more love. They become more beautiful because they smile more, their eyes light up more, and their face becomes more beautiful. The more they look at each other with love, the more beauty is there.

That's the kind of reciprocity I'm hearing here. The more we love ourselves, send love to ourselves, and send love out – whether it's to a dog or to our partner or to the neighbor down

the street – the more we send that love out, the more it reflects back to us and the more beautiful we become.

Therefore, the more self-esteem and self-love we have. Therefore, the more we could give. Therefore, the more it comes back, on and on and on and on. It's really kind of scientific. That's what I'm seeing.

Mal, I'm going to hand it to you and see what kind of closing thoughts you want to give around self-love because I know that's a topic you love to talk about.

Mal: For myself, it felt like I no longer had to be doing. I could just be. I could just be me. All the personalities, all the craziness – I could let go of all of it and I could just be me and be at peace. And that's an amazing feeling, and you know it when you're there. Once you're there and you're in that vibration of feeling healed and feeling that self-love, and you're giving that to as many people as you can around you, it's that Law of Circulation, that Law of Reciprocity that you just mentioned.

What we give out to our universe, to our experience, is what's going to come back to us. It's extremely powerful that we connect with that feeling, that vibration that we've been talking about, that self-love, that peace, that truth. When we're standing in that, we're standing in the power. That's what I'm talking about when I say personal power.

It's that self-love. It's not like a muscular strength. It's that self-love, that self-acceptance, that ability to give to others. That's how we know we've accomplished it, because we're able to give it away.

Lynn: Brilliant. I think that's a fitting kind of container around that part of the discussion. I've got three different questions about forgiveness. I'm going to summarize them. There's one from Nancy in Florida who's asking, "How do I forgive myself for doing drugs until I was 36? And now my life is kind of a mess."

Catherine in London is asking Brenda, "Does forgiveness mean you never have waves of anger?"

Norma, who doesn't say where she's from, is asking, "How do you reach true forgiveness of yourself? How do you live with health limitations?"

Let's look at these in three different ways. The first one is how do I fully love and accept myself for doing drugs or doing something that we consider to be not wonderful behavior? How do we move past that and we see that we've messed up our lives and feeling like a failure? Who'd like to jump on that question?

Mal: Well, since I've experienced addiction firsthand, I don't mind talking about it.

Lynn: Fabulous. Go ahead, Mal.

Mal: She's saying that she did drugs. I don't know if there was really an addiction, full-blown physiological need for the drugs. But this is not who this woman is. This was an episode. This is something that happened. This is not her identity. It's not how she's going to show up the rest of her life. It was a mistake, and we all have mistakes. Therefore, she doesn't have to make it who she is.

If she needs treatment, then you need to address that. If it's something that may still be showing up and raising its ugly head, then fine, you want to deal with that. But she needs to give herself more credit than the fact that she just did drugs.

Careers right now – everybody's feeling challenges about their careers. If this woman could take a little time, get into some self-evaluation by journaling, by writing some things down, looking at what she's not doing to maybe move herself forward in her career. Identify what would she be passionate about? What kind of work would she want to wake up every day and feel so good about doing? And then, identify what that is and make a list of action steps that she could take to pursue that type of work.

It's not always about money. Money is a byproduct. It's working with your heart and being passionate about what you're doing. The money follows. The money shouldn't be the goal. It should be what would she love to do at this point in time in her life? What does she feel she is very good at, that she could excel at, that she could be exceptional at? Because being good right now doesn't really cut it anymore in the employment. As far as employment, you really have to be exceptional. What can she be exceptional at and look at that. And then, start to make a plan, some action steps on how to fulfill that.

Lynn: Thanks, Mal. Let's go to Catherine's question. Catherine is in London. This is directed to Brenda. She's saying, "Does having forgiveness mean you never feel waves of anger about the murder of your mother?"

Brenda: I want to say something because I didn't get to say it earlier is that one really important step of my forgiveness process, for me, was to embrace my anger fully and in a healthy way because I couldn't get in touch with it for years. I went through a two-year masters program where I was able to have my anger embraced and I was able to work on it primarily in that program through writing, literally giving my anger a voice as if it was the first person.

Listeners can do that on their own. They want to set an intention that at the beginning of the session. At the end, 15 minutes to two hours at the max and at the end to kind of let it go, give

it over, so that it doesn't follow them into the day. Really, every vile thought you have, get it out because otherwise it will leak out into your life in other ways.

What I want to say is I do not have waves of anger around my mother's murder by my father. I'm complete with that, but I did years and years of work. The way, though, that the anger leaks out – because I wasn't completely off the hook with my aunt – is that I started to come up with my relationship with my partner. My partner's friend actually looked like my aunt. It was all unconscious and I just couldn't stand this woman.

I'm normally a very calm person. I went back to therapy and I dealt with it, and I realized it was because I still had this unforgiveness toward my aunt. So then again, I did the work in forgiveness of judgment. I also did an anger workshop so that I could release the anger in a healthy way so it didn't have to affect my life.

The other thing is that a few years ago – again, because I did all that work several years ago and then I'm pretty calm – I had this real rage come out one night toward my partner verbally, and what I realized was that I had never embraced my inner bully because I identified as the victim. I thought it was so horrible to be a bully and I thought she was being a bully, and that's why I got so upset.

I had to take ownership and responsibility for my anger. I did an inner process with this bully, and I had to learn to love this part of me that I had disowned for my whole life. Since then, no more waves of anger.

Lynn: Embracing your inner bully, that's fantastic. I want to make sure I give everybody a question before we wrap this up. This one would be great for Krystalya. This is from Norma. Norma has a long list of physical ailments. I won't even go into all of them – fibromyalgia, sleep apnea, asthma, allergies, also lot of respiratory problems – sounds like an awful lot of breathing and metabolic problems. I can relate to a lot of those problems, actually. She's drawn to the conclusion that this has to do with forgiving herself and living with illnesses and the connection between the two.

Maybe you could shed some light on that. She says, "How do you reach true forgiveness in yourself? And how do you live with health limitations?" I guess it's how do you forgive yourself with being limited with health issues? Krystalya, can you shed some light on that for Norma?

Krystalya: Sure. Norma, I guess the first thing I would say to you is that you want to look at where the emotional things are related to this particular issue. Since most of it is in the lung and chest area, certainly self-love is one of the places I'd be looking at because the heart center is there. I look at things very energetically, so I would start to work on the self-love issue.

You'll actually find that as you start to heal those issues that you're going find that you can actually shift some of the physical ailments that happen in the body. Most of the time, what you're looking for is what is it that has triggered you to have an issue with yourself that causes you not to love yourself? A lot of times, that goes all the way back to childhood and so on, depending on when this whole thing started.

I would suggest that you find a way to just find what that one thing first that you can think of that would have stopped you from being able to breathe totally? What is that one thing? Can you start to allow yourself to forgive that area? Moving through that then to whatever is the next issue that's coming up because, yes, once you can start to love yourself by forgiving yourself, you'll find that all of this will start to shift, including your own health can shift dramatically at times.

Lynn: Wonderful. Thanks for that, Krystalya. Joe, Isabelle in Florida is saying, "It's sometimes difficult for teenagers to listen and do what their parents advise them for their own good." She's saying, "How do we help our teenagers fall in love with themselves and find the intimacy within themselves?"

Dr. Rubino: Well, that's a great question. I've actually identified 31 different ways to do that. I'm just going to sum it up very briefly. Love them unconditionally. Let them know that they're magnificent and that they can do, have, and be whatever they desire so that they can believe in themselves and they can manifest their dreams on purpose, deliberately. It's about instilling in them the knowledge that they have their answers within, and that if they can now start to access that deep intuition that we all have that most people don't realize, they have the ability to develop that self-esteem and to be their best.

It's about love, teaching them self-love, teaching them self-confidence, and teaching them that they are in the process of learning and growing and becoming their best. If they can fall in love with the process and know that every day presents for them a new opportunity – and their job is to identify the opportunities. The opportunities often come in the form of challenges so that every challenge holds for the teen, and for the adult, a gift. Their job is to identify what that insight is, what that breakthrough is that they need to get because they're getting the challenge because they need the gift.

When they love themselves, when they trust themselves, and learn to grow in that self-love and self-trust, and allow every day to be their guide, learning and growing and giving them the gift of experience, they'll know that every day presents the ability for them to get a little bit wiser, a little bit more empathetic, a little bit more spiritually involved than they were the day before.

When they can embrace that process – and we as adults can live by example and show teens, show children, by our example how we are being in the world – then they will get that more than just telling them what to do. It's really about embracing the process and learning that every day provides us with those gifts.

Lynn: Thank you, Joe. That's lovely.

Dr. Rubino: You're welcome.

Lynn: I asked an extra question that I probably shouldn't have asked but I just wanted your answers to some of your questions tonight, and they were great answers. I just want to thank our guests, Dr. Joe Rubino, Brenda Adelman, and Krystalya Marie, and of course, Mal Duane for being on the panel tonight.

I got to tell you about what's coming up next session and also want each of us our guests to close us with really short closing thoughts so we can just take that away and kind of let us bathe in those thoughts. We've been talking about discovering our true magnificence and part two we'll be back with the third and final part of this three-day telesummit.

In part three, we're going to be talking about taking action. It's about how do we set new intentions, how do we put soul behind those intentions, how do we set action steps, how do we really make that positive mental shift – that PMS that now we're talking about? How do we find and choose support systems that work for us so that we're actually shifted and in that Alpha Chick place?

Let's just leave everyone with a final thought. We opened with intentions, so let's tie it in a little bow and leave everyone with a final beautiful thought to take away from tonight. Let's start with Joe.

Dr. Rubino: Thank you, Lynn. I'd like to leave everyone with a challenge and that is that you had the ability to listen to some great insights. I'm going to ask you to go deep, go within, and intuitively ask yourself: what do I need to get from this? What do I need to come away with as a place to begin?

Remember that there's no arriving. All that we have to do is act ourselves on day by day, moment by moment basis as we enjoy the process. What is it that I am to get now? My challenge is this: to love yourself, to embrace the personal development process, and know that every day offers you the ability to grow in empathy, in wisdom, and in enlightenment. God bless you all.

Lynn: Thank you, Joe. Brenda? What would you like to leave our audience with?

Brenda: Well, an invitation, and that will be to ask yourself, how would you share your gift today and with who? Also, just like Joe said, love yourself through this process.

Lynn: Wonderful. Krystalya?

Krystalya: I'd like to suggest to each of the listeners that you take a moment when you start to judge yourself, when you start to criticize yourself, and ask yourself this question. If source or God (whatever word you use) loves you totally and completely or unconditionally, then why are you thinking you're better or more powerful than that source? And that really can make you stop and allow yourself to then see how you're judging yourself. I challenge you to take that moment each time you judge yourself and say, "Do I really think I'm better than that source?" and bring yourself back to that self-love.

Lynn: Great. Thank you, Krystalya. And Mal?

Mal: Life is a learning process and it's not about perfection. It's about finding the lesson in the challenges that come across our path. If we can reframe them and look at them that way, then we're empowering ourselves in the process rather than looking at the drama, the disaster, the pain, the fear, but to look for the lesson. What can I take from this so that I can apply it into my own experience?

So it's not about perfection. We never will be perfect. Perfection doesn't exist. It's about the learning as we go along, the journey. But I think as women we struggle for perfection. We don't need to.

Lynn: Thank you so much, all of you. Once again, I want to say all of your names: Dr. Joe Rubino, Brenda Adelman, Krystalya Marie', and of course, Mal Duane. Mal and I will be back tomorrow night with Lissa Coffey and Chaney Weiner for part of the Alpha Chick Telesummit.

For now, this is Lynn Serafinn from www.SpiritAuthors.com. Thank you for attending, and wishing you all a good evening, good morning, or good night. We'll see you tomorrow for part 3 of the Alpha Chick Summit.

