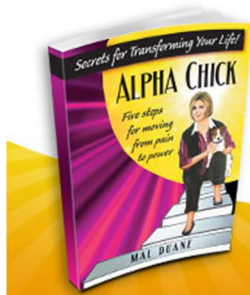




ALPHA CHICK



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Telesummit

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



Discovering Your Alpha Chick Consciousness The Awakened, Authentic and Abundant Woman You Are

Day One

Special Guests

Paula Tarrant, Nationally Recognized Transformational Coach

Christine Kloser, Three time Award Winning Author

Auriella O'Neill, Discovering Your Source of Empowerment

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Host: Mal Duane

Mal Duane has triumphed over devastating life challenges to become an Alpha Chick extraordinaire. After having struggled with alcoholism as a young woman, Mal now has a dream marriage, a highly-successful business, and as a certified Professional Recovery Coach, is deeply involved with helping women discover and use their connection with the divine power to redefine their lives and step away from their pain. She also serves clients through the multi-million dollar real estate company that she built from scratch. Mal's new book, *Alpha Chick, Five Steps for Moving from Pain to Power*, is coming to Amazon February 14, 2012. As she strongly believes in educating women, she built a school in Konjila, West Africa that educates a hundred students annually, and created Holly's Gift, an educational assistance fund, which will receive proceeds from the sale of each copy of *Alpha Chick*.

Co-Host: Lynn Serafinn



Lynn Serafinn, MAED, CPCC is a certified, award-winning coach and teacher, marketer, social media expert, radio host, speaker and bestselling author. Her eclectic approach to marketing incorporates her vast professional experience in the music industry and the educational sector along with more than two decades of study and practice of the spirituality of India. In her work as a promotional manager she has produced a long list of bestselling mind-body-spirit authors. Passionate about re-establishing our connection with the Earth, she supports the work of the Transition Town network in her hometown of Bedford, England. She is the author of spirituality bestseller *The Garden of the Soul*, and the international #1 business ethics bestseller *The 7 Graces of Marketing: how to heal humanity and the planet by changing the way we sell*.

Lynn: Welcome to the Alpha Chick Telesummit. My name is Lynn Serafinn from www.SpiritAuthors.com. I'm a coach, an author, and a promotional manager for Mind-Body-Spirit authors, one of whom you're about to meet. I will be your host throughout this three-part event.

This is session one of three of our event. 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 the fact that this special event is a gift to you in celebration of the launch of the brand new book "Alpha Chick: Five steps from moving from pain to power" by Mal Duane, which had its official Amazon launch on Valentine's Day 2012. Later on, we'll be telling you more about that book and how you can receive a complete library of beautiful gifts when you buy the book.

Right now I'd like to introduce you to our Mistress of Ceremonies, and that is author Mal Duane. Mal calls herself an Alpha Chick, but actually she's an Alpha Chick Extraordinaire who has triumphed over devastating life challenges.

After having struggled with alcoholism as a young woman, she now has a dream marriage and a highly-successful business. As a certified professional recovery coach, she is deeply involved with helping women discover and use their connection with the divine power to redefine their lives and step away from pain. She also serves clients through a multimillion dollar real estate company that she built from scratch.

Mal is a woman who totally walks her talk. She believes in educating women and she built a school in West Africa that educates hundreds of students annually. She also created an educational assistance fund called Holly's Gift. A portion of the proceeds from the sales of "Alpha Chick" will be going to that educational assistance fund.

Good evening, Mal. How are you today?

Mal: Lynn, I'm wonderful. I'm so excited to be here. Thank you.

Lynn: I was talking to you earlier today and you sounded like you were just going to bubble out of your skin. What are you most looking forward to for the Alpha Chick Telesummit?

Mal: I'm so excited to be sharing my message of hope to women, that they have the power to make changes in their lives. They have this ability. The people who are supporting me, these other authors and specialists and radio show hosts, all work in that Mind-Body-Spirit field and are supporting this message as well. It's really, really exciting for me to be here.

Lynn: I'm excited to be here with you, Mal. It's going to be a great celebration. I want to introduce our guests now. We have three outstanding guest speakers on the panel. The first guest I want to introduce is **Paula Tarrant**. She's a close personal friend of mine. **Paula provides transformational coaching, programs, and courses for independent-minded, creative, spiritual women in transition who are ready to make the shift to self-employment, but don't know how to do it.**

She helps them discover life purpose, move beyond self-doubt and self-sabotage, and express authenticity and originality to create vibrant, thriving lives and how to blend spirituality plus practicality so they can have confidence, self-knowing, and self-worth.

Paula, I'm so glad you're with us today.

Paula: Thank you, Lynn. I'm very happy to be here, too.

Lynn: Paula, I've had the pleasure of working with you on many, many different projects. You were my co-host for a telesummit I had for my own book in December. I haven't really interviewed you about your work with women before. What is it that you most would love to be able to bring to the audience? What would be the one thing – one intention – you would want to set?

Paula: I was thinking about this before a little bit, thinking about how together, collectively, those of us on the call, are probably thought of and viewed by others as being very strong and very powerful in our own personal powers. What I mean by that are very powerful women.

Yet, I think probably almost down to every single one of us have had a chapter or a time in our lives similar to what Mal shares in the book about herself. It brought me to pose the question to myself. What is it about women that we go through these dark times, we go through these very challenging periods of our lives, and come out the other side and step into our power? Would we have otherwise or is that a catalyst for us?

I think there are probably hundreds of women who are experiencing similar things and wanting to know that there is light at the end of the tunnel. That would be my intention I would want to set and share – the desire for each one of you to know that you're not alone, that you're not the only one who perhaps has ever had these struggles and that, in some way, we all do. Tapping into your personal power is absolutely positive and we are here to hold that space for you.

Lynn: Fantastic. I think it's a really important thing to remember, especially when we get really locked into these dark places, that there's an awful lot of other people (women especially, as

you say) who would understand if we had the courage to speak out. Thanks, Paula. That's a wonderful intention.

The next of our three guests today is **Christine Kloser**. I had the pleasure of interviewing her just a few weeks ago on another telesummit. **Christine is a three-time award-winning author and a transformation catalyst who specializes in training authors and entrepreneurs to write, publish, and market their transformational books so they can make a positive difference in the world with their message.**

She has impacted, literally, tens of thousands of conscious entrepreneurs and aspiring authors around the world through her writing, speaking, live events, communities, and of course her coaching. She is a featured columnist in Published Magazine and she leads the way for those who are ready to help transform the world through their words. Welcome, Christine.

Christine: Thank you so much. I'm excited to be here with you celebrating Mal's book. That's awesome.

Lynn: It is awesome. How wonderful that you've been on two telesummits in the past couple months. I'm going to ask the same question of you, Christine. We're specifically talking to women and women's pain and women's power. What would you like to hold as an intention for the audience?

Christine: That each and every woman (and men, if you're out there too because you may be lurking in the background as well) – that each and every person – listening gets some little nugget, some truth, that really resonates with their soul that they really feel at the gut level that the transformation of their pain and their power is absolutely possible.

I don't know that we're going to share anything new today because it's already been said, but may we say it in some way that connects with you, that returns you to that truth you already know within and that you be inspired and move forward from that place of truth in your own heart, as the brilliant being that you are.

Lynn: That's terrific. I love what you said. It's not that there's anything new, but we hear things at the right time when we need to hear them. I was thinking of my own journey and how maybe some things aren't what I need to hear now, but boy, did I need to hear them ten years ago – or five years ago even. I think what you said is really, really important. I'm very pleased you brought that as an intention.

Our third guest is **Auriella O'Neill**. **She has a passion and an exceptional gift for teaching and guiding people in discovering and bringing forth their own inner source of empowerment.**

That empowerment leads to more manifesting success. She says that she has a 97% success rate with her clients, which is pretty darn good.

She's a dynamic teacher and a coach. Her program is called Consciously Creating. She's taught her Create and Empower Your Life workshop internationally. She's the host of a show called the "Auriella Show: Awaken to Your Spiritual Power." She also assists people in permanently releasing and replacing a limiting belief, as many as 2,280 associated limiting beliefs in just a 60-minute session. That's a heck of a lot of beliefs, Auriella! I didn't even know you could think of that many beliefs in a 60-minute session.

So, Auriella, what intention would you like to set for our audience today before we actually launch into the discussion?

Auriella: I would like to set the intention that each person knows that the transformation and the power is within them, not outside of them. It's accessing that which is in them and bringing it forth. I was speaking to someone going through a transformation in her life and she was saying that whatever position she has, that was giving her the power or the respect in her life. She wasn't really looking and seeing that really it starts within her. It's not something outside of yourself.

I would like for everybody to really realize that it starts within. It's not just words. That's truly where it starts, to really access that power that is within yourself and to bring it forth to will be much more powerful and inspired in your life.

Lynn: I really think that's a great intention to set, Auriella. In so many ways, when anyone's in a dark moment, sometimes it's hard to realize that you actually have resources inside yourself. That's a terrific thing to bring to the intention.

Today we're talking about awakening your Alpha Chick consciousness. So we have to find out what is an Alpha Chick and of course the awakening process. The discussion is going to be in two halves. The first half is going to be more about understanding the awakening process and looking at our inner voice and what it means to be in touch with a higher power. It's the whole understanding process of awakening that Alpha Chick.

In the second half we'll be talking about how to actually get that awakening going and started when we're stuck or we're in that place where we're not moving very much. In between the two, I'll be telling you about Mal's book. We'll also be looking at some of the questions that were sent in.

Part one is about understanding the awakening process. Before we do that, Mal, can you give me a one or two sentence description? What's an Alpha Chick? What the heck is an Alpha Chick?

Mal: I'd be happy to. An Alpha Chick is an awakened woman. It's a woman that is working with a higher level on consciousness. She becomes the deliberate creator of her own experience, her own life. That happens from working from within. We're going to get into that now.

Lynn: I'm glad you defined that so everyone knows what we're talking about. Let's look at this awakened woman who knows that it's coming from within and who becomes a conscious creator. There's a lot of stuff going on there. I imagine when we're in that place of pain, we don't necessarily see that we even have that potential. That can be kind of scary. Let's talk about coming from that place.

Paula, you work with women who were shifting careers. That can be a thing of, "Oh, my God. Do I have that power? I've been dependent my whole life." Let's look at that place where we're coming from being shut down and don't know that we have that potential yet. What's the first thing in starting to learn how to look into ourselves for that power? What do you see is the first thing that we need be aware of?

Paula: The first thing is to start with where you are. Sometimes it's hard to even know that we have the power within us to make a change or we aren't quite sure when or how to make the next step. Reaching out and getting some kind of outside help or support is probably one of the most empowering first steps a person can make.

That said, the first thing we have to do is figure out where you are. Some women have a connection to their intuition or their spiritual guidance or God or source, however that shows up for them. Some women don't have that at all. Making that initial connection with spirit is the first thing that has to happen. That is a brand new process for some and it is a reawakening process for others.

Lynn: Christine, Paula is saying that's a new process for some and a reawakening for others. Let's say somebody has really been out of touch and so it's such a foreign thing, or maybe they even resist the idea of spirit. What are some things that you've noticed? Start the rumbling process. How do they start to recognize that there actually is some spirit and connection inside of them? How do they start to see that?

Christine: We pay attention to the discomfort in our lives and in things that aren't working. In there are actually the greatest blessings, gifts, miracles and abundance that you could ever imagine. So if you're not directly connected and walking from a place of faith, if you will – not

faith according to any particular religion, but an internal belief structure that knows that something is always happening for your highest good no matter how it appears on the surface.

If someone doesn't have that, if they're willing to look into the center of the challenge, into the center of the pain – at least from my own experience and what I've seen from my clients – when they're willing to not dismiss it, not disown it, not make it anyone else's fault but just experience the discomfort, pain, or trauma fully, then that is actually the opening. At least I know it was for me when I just let myself be consumed by it. Then and only then did I personally become helpless and hopeless enough for the divine to just come in and sweep me away on wings of grace. That was my own personal process and what I've seen happen for a lot of people that I work with.

Lynn: Christine, it's really interesting because the last telesummit we were on you talked about being helpless and hopeless there, too. It's an angle that you have that some people may say, "Wow, that sounds really scary. I already feel helpless and hopeless." So I'd love to let you clarify on that. When a lot of us think that we're helpless and hopeless, have we actually really reached that place of helplessness in order to make that shift or are we deluding ourselves? What's the difference between suffering and really reaching that place of helplessness and hopelessness?

Christine: I'll only speak from my experience on this because that's the only type of experience I have. When I was in my mind trying to surrender and let go, there wasn't anything happening except for more pain and more frustration.

I landed on my knees, pretty much for days, a lot of the time not even able to maintain being on my knees but rather in a curled up fetal position – curled in a ball thinking I'd stay there for the rest of my life. When I was actually in that place and deeply present to just how incapable and helpless I was as an ego-based individual personality named Christine without divine guidance and grace to do anything in my life. Until I got to that point and saw that I couldn't will my way, I couldn't create my way, I couldn't action my way out of the situation I was in, then the only way it was going to get resolved was by the hand of grace coming in and carrying me forward, which is what literally happened.

So when I say helpless and hopeless, from my experience, it was only then that I could really let go enough into the abyss of nothingness to be recreated and guided to exactly where I was meant to be. That journey continues but, to me, helpless and hopeless and letting myself be there was one of the most powerful things in my life. I was open and vulnerable enough, out into my own way enough, for the divine to come in and say, "Okay. Now I have a vehicle that I

can shape into being of service how I want this personality called Christine to be a service.” So I encourage helplessness and hopelessness.

Lynn: Auriella, I’d love to hear your comment on this because that’s a pretty profound statement that Christine said about being hopeless and helpless was a very powerful place to be. What an intriguing comment. I know that you’ve got a program called “Waken Your Spiritual Power.” Can you take us into that understanding? How can being helpless and hopeless be a place of power?

Auriella: I have had a different experience than Christine. That is not my experience, to be in that way. What has been more my experience and how I assist and coach the people I work with is for them to really realize who they are. It’s to get past what I like to call the human aspect of ourselves and come into that spiritual aspect.

You made a comment earlier about speaking with the divine or having that communication with the divine, but it really is realizing that you are the divine. You are that source, spirit, God, consciousness. You are that divine consciousness. When you tap into that and you know that for yourself, then that divine consciousness – that God, source, spirit consciousness – is never helpless or hopeless because it comes from a place of strength and of knowing and of fully accepting who you are as that spiritual being and letting go of that human aspect. It’s not being in that place of helplessness and hopelessness, but it’s really understanding, embracing, and being who you truly are as that divine being.

Lynn: I’ve been speaking to Mal for many months, so I know there’s a lot more she can add to this. In your experience, Auriella, how do people learn to trust that inner voice? Let’s say they have come from a place of helplessness and hopelessness and now they’re in this stage of hearing that inner voice. How did we come to actually trust that this is true and really hold ourselves in a place of knowing that this voice is who we truly are?

Auriella: Because the voice will sound different than perhaps the ego voice or the human voice. It will sound totally different. It has a different energy and vibration around it. It has one of pure unconditional love. It also has a vibration of power which is a different type of power than we tend to think of in our human life. It’s a very deep inner core power that is there, so it feels very, very different in that way.

The inner voice comes through as a knowing and you just know it’s the truth. There is nothing that can be said to dispute it or think in a different way because, at a very deep level, it is a knowing. When a person has a question and they ask for that answer or to have a deeper

understanding about something, they'll receive it. It will come through as that knowing that there will be no question in their mind that that's it.

It's really coming back to accepting and understanding who we are as that divine spiritual being. A lot of people talk about how we're a human here having a spiritual experience. I don't think that's totally true. We are actually a spiritual being having a human experience. It's even more than having a human experience or being a spiritual being. It's totally being who we are as that divine consciousness.

We heard it a lot in a lot of different ways through different phrases in our cultures and lives, but people don't really take the time to think about it and contemplate on it to have a deeper understanding of what it really means to ourselves individually, and that we are that power that we're seeking outside of ourselves someplace else. We are actually that power within ourselves.

Lynn: Mal, we've heard a real gamut of experiences and talking about tapping into that inner voice. What about your experience with coming to hearing that inner voice? I'm assuming that there was a point in time when you didn't hear it and then you did. How did that happen for you? Was it more like Christine's? Was it more like Auriella's? Also, how did you start to realize that this was actually your real voice?

Mal: Well, I can understand what Christine said and what Auriella said. As women, we are not taught how to discover our authentic voice. We're conditioned to listen to the ego, the mind chatter, that conscious daily voice that is the one that makes us feel helpless and hopeless and takes us to that very low point.

I understand exactly what Christine meant. It's that ego voice. It is not that higher self that brings us cascading down into that dark place. Once we are there, that is when that divine being that is truly within us – we are all born with it. Exactly what Auriella said. It is the authentic self. It is that higher consciousness. If we can shut that chatter down – that monkey mind – that beautiful, divine, authentic guidance will emerge. That's what starts to guide us where we need to go in our life and what steps we need to take.

I think of it like a dimmer switch. It's a frequency. It's an electrical current. We're not taught how to lift that switch and turn on that light and increase that brightness. That's really what it is. It's there and all we need to do is learn to access it, work with it, and listen to it. It does sound entirely different than anything else we've heard.

In my own experience I knew immediately the first time I heard that voice that I was listening to something I had never heard before. It was truly soothing and I had a feeling of knowing. I used

that exact terminology in my book. I had a sense of knowing that I had never, ever experienced before.

Lynn: That's the thing that people say a lot. They say it's a feeling of knowing. Just a knowing. I know from my own experience that it takes a while to develop that trust in our inner knowing. I can't tell you how many times, when I was starting to come out of my old way of thinking to my current way of being, I could feel my gut – I could feel my intuition – and I wouldn't trust it all the time. My logical brain would get in the way and I just wouldn't follow the intuition because I hadn't learned the process of trusting that voice yet.

Mal, I'd love to hear about the acronym you use in your book about faith. If you could just give us a peak into what that means, because I think that has to do with coming into that trusting place and learning how to work with that voice.

Mal: What I discovered from this divine guidance, this spiritual voice that was talking to me, I was told that I needed to have faith. I questioned what that was. The answer to me was a belief in myself that I never had and a knowing that I could do whatever I needed to do in my life to find my power and voice. I had always looked to others for validation. I was being told that all my answers, everything I needed to know was within me. I didn't need to look to anybody else for answers or my self-worth. Everything was going to come from within me. I just needed to practice finding it and daily do something that would connect me with that voice, with that power.

Lynn: Let's move into that. Let's talk about a daily practice. A lot of what the book "Alpha Chick" is about is developing your own personal practice, whatever that is. I would like to come around to the guests and see what has worked for them and what has worked for clients. What, in your experience, constitutes a daily practice or spiritual practice that starts to awaken us?

Paula, what kind of activities have either worked for you or clients to help the awakening process?

Paula: The thing that I find that works the best for me is a little bit of journaling every day that I incorporate a gratitude practice into, but then taking it a step further and actually doing what I call scripting my day. It's like writing out a script and the day is the stage play of my life and today is Act One.

It's scripting out with intention. What is it that I want to experience? How is it that I want to feel? What is it that I want to call into my experience for the day? What is it that I want to offer to the world for the day? What things do I want to manifest?

It can be as big and grand or as small and modest as whatever I'm feeling guided to do or create and whatever is going on in my life, but I find that having that intention and adding that ingredient into the practice of journaling or writing is a way of amplifying that process many, many times over.

Lynn: So it's by setting intentions and using journaling and all of that, and that helps in the awakening. I imagine it also helps in the focus process as well.

Christine, what about you? Either in your own personal practice or in that of your clients, apart from what Paula just said, what other kinds of daily or spiritual practices have you seen that can be helpful in the awakening process?

Christine: Probably the most powerful one for me is really the power of prayer and meditation. On a good day when I'm not crunched for time, I'll spend two full hours, usually from 5:00-7:00 in the morning alone in my meditation room. I'll warm up my body first and release my body through yoga practice and another technique I do.

So much of what fuels me is still, silent, sitting meditation in front of my altar where I just literally end up in a very blissful and expansive state just sitting and feeling that presence of the divine both outside and within me. Sometimes I have to work pretty hard to bring myself back because when you're just sitting in the bliss of divine presence, it's difficult to come out of that. Sitting in that state is nothing short of absolute, pure bliss, and that fuels me.

I can't say every single day. Unless I'm taking a leisurely morning to cuddle with my husband and daughter and have a relaxing family morning with them, that's where I'm starting my day. And, of course, journaling and tons of other things. But the crux of it is just that bliss-filled time that I spend with God.

Lynn: It's quite contrasting. Auriella, what about you? What practices that either really work for you or clients in the awakening process?

Auriella: Well, for both me and my clients is similar to Christine in doing the mediation and that is being in that very, very quiet state and feeling that expansiveness of yourself. When you feel that expansiveness and you're in that quiet space, I found that it becomes a way of being, a way of knowing how to be. That can be carried throughout your whole day. It allows that inner, divine voice within you to come through much better during the day because you have already put yourself in that vibration of that quietness every morning.

The other thing I do for myself (and what I suggest my clients to do) is what I call contemplation. This is different than thinking. Contemplation is really thinking very, very deeply

about something from the viewpoint of, “If this particular thing is true, then wouldn’t this other thing be true?”

For example, if you have a belief that you’re the child of spirit, source, God, energy, divine – whatever name you want to use – wouldn’t it also be true that you would have the same qualities and attributes of divine? If so, what would that mean in your life? How would you be in having those qualities and attributes?

When a person does this deeper contemplation, it’s sort of like going through a logical process and thinking about it. Having this deeper contemplation, they bring forth themselves different truths that are being expressed in their life.

It’s a combination of doing that meditation every morning and also doing the contemplating, either then or some other part of the day as a regular practice.

Lynn: It’s so interesting when I’m hearing you all speak because later in the series we have Lisa Coffey. Her book “What’s Your Dharma?” talks about all of these different practices in a modern context and how they’re all different for different people. It’s fascinating to hear how everyone is so different but it’s all leading to the same place of communicating with that inner voice.

For me, it’s going out walking under trees and by water. It’s about not thinking, but letting my brain just watch and observe and seeing the metaphors in things, seeing the messages in things, seeing the lessons in the swans, the ducks, the geese, the trees, the grass, etc. For me, that’s the most centering thing I personally can do. I’m not a meditator. I’ve tried it but I have too much hyperactivity in me. I need to walk. It’s amazing how so many different paths can bring us to the same thing.

Mal, what are your thoughts? I know you’ve got your own spiritual practices. Are these all spiritual practices? Do we need the word “spiritual”? What’s your understanding of them?

Mal: They are spiritual practices and I use a combination of three of them. I use the journaling that Paula recommends and I do meditation and prayer. I start with my meditation.

I have a wonderful tray that is my sacred space with pictures of people I love and special beads, medals, a beautiful candle and that’s my sacred space that I sit in front of. I will meditate for about an hour. After that, I do my journaling because I write down the messages that I receive during my meditation from that higher voice – that authentic, divine spirit that’s guiding me. Many days I have very specific messages that I receive and I write those down.

The third thing is I usually follow with some prayer that I read from different guides that I absolutely love to finish my morning. That sets the tone for the day. I'm centered. I'm balanced. If I started with fear and anxiety, it's been taken away from me. I'm standing in my light. I'm prepared for my day and anything that comes at me. I'm in such a wonderful state of balance and power that I handle my challenges that will occur during the day from a completely different disposition than if I had not had a spiritual practice and done something that morning for myself.

Lynn: Some people may already do this or don't know how to get into it. What we're going to be looking at is how to choose the spiritual practice and how to commit to that time and what you should expect to see when doing that. Instead of that rumbling, awakening process, that's actually taking it forward and kick-starting it.

I want to talk about Mal's book. As you know, this telesummit is sponsored by Mal Duane. It's in celebration of her book "Alpha Chick: 5 Steps for moving pain to power." That came out Valentine's Day 2012.

When Mal and I were setting this up, we were saying, "When should it be out? Should it come out on the 7th?" She said, "No. It should come out on the 14th because I want people to remember that this book is about giving yourself the gift of self love. That's what it's all about."

When you buy the book, there are loads of bonus gifts that people are offering. We've had lots of people coming in at the last minute wanting to give a gift because they think the book is lovely. It has a lovely message, it's very timely, and it's a very inspirational story. Go to www.AlphaChick.com and click on "Free Gifts" and you can take a look at all the free gifts.

I know that Mal has a special offer for people who buy more than one book. I'm just going to pass the baton over to her to talk a little bit about the book and about that.

Mal: Thank you, Lynn. I'm encouraging women to buy books for their friends who they think could receive benefit from reading "Alpha Chick." If they buy three books or more, there's going to be a class that will work with them, show them, and help them with the five steps of faith that are detailed in the book. We'll answer specific personal questions on how to work with those steps with specific issues. It will be a very, very nice follow-up class. There will be one for anyone who buys the book at the end of March where we will also review the five steps of faith and help them with the process as well.

From the message of the book, I hope that women will see that they can create a much greater awareness about their lives and their thoughts, and a clearer vision of where they want to go and replace self-sabotaging behaviors with powerful intentions. This is what the book is about.

It's about taking you out of that pain and showing you through a simple but powerful five-step process how to tap into that personal power.

Lynn: I wanted to repeat what Mal said. When you buy even one book, you get a free class with Mal. Then if you buy three books, you get an additional class where there's more interaction. You can ask questions and things like that.

Even if you just buy one book through the end of March, you will get a free class with Mal where she's going to take you through the five steps. The reason why I always ask my clients to do this is because we want people to read the book. We don't just want you to buy the book. We want you to read the book and use the book.

Let's talk about how you really get started in a spiritual practice. Paula, I'm going to start with you. You said you do journaling. All of you said you do something different. How do we choose what's best for us? People may suggest one thing and maybe it doesn't work so well. How do we choose what's best for us? How do you choose what's best for a client or for yourself?

Paula: That's a great question, Lynn. As you touched on, sometimes it doesn't work. I've had clients for whom I've suggested something and it doesn't quite work, and so we try something else. I think one of the key factors is how an individual meets the world. Oftentimes we either meet the world primarily in an interactive/physical/kinesthetic way or we primarily meet the world visually or an auditory way. There are lots of others.

For me, the act of writing is partly kinesthetic because it's a pen in my hand and moving across a piece of paper versus using a computer. A computer is not the same thing and it doesn't work the same for me. It works for others, but not particularly for me. There is a physical activation there when I'm writing that connects with the spiritual energy of my soul and activates that.

For someone else, to actually get out and move your body is a much faster way for you to make that connection. I think it's being sensitive to how you meet the world. That is a great place to start when you're trying to decide what you want to try as a spiritual practice or a daily practice, as you said earlier, to connect with spirit.

Lynn: I'm a writer and I write for different reasons. I think it's to really get into spirit. For me to be able to write in a spiritual way, I need to be in that space already. For me, moving and getting into nature is what I use to get into the headspace to be able to get to the right space to do that writing. The fact is it doesn't always work. We try things and they don't always work.

Christine, I'm intrigued. On a practice level, I'd love to look at being committed to something and making time. You said that you do two hours every day from 5:00-7:00 am. People might

say, “Whoa, that’s really committed.” How did you come to that place of commitment? Does it feel like commitment? Is it light and airy? That is committing and making time. What was the process that you went through to come to make that time for that particular spiritual practice that you use?

Christine: It’s interesting. For years I kept saying, “I want to meditate. I know I need to meditate. I know it would really help me to meditate.” For years it was something that I’d sit down and try to do for five minutes, then I’d just be off running a never-ending to-do list in my mind. That was my old experience of what it meant to sit and be quiet.

Then I went away for a weekend local here in good old York, Pennsylvania, to a spiritual training for two days. It was a small event. There was a local trainer in the area doing this two-day course. I don’t know what happened there, but something happened there. The next morning I set my alarm for 4:45 and I was up and in my meditation at 5:00 with a smile on my face.

I think the more I realized that the most important thing in my life was my connections to that source and feeling that presence inside of me... If I’m lying in bed in the morning and I don’t feel like getting up, I just think about how blissful it is and how much insight and understanding and peace and joy I feel when I’m sitting in that place and it gets me out of bed every morning.

The first thing I do is lay flat on my back and spend about 25 minutes doing something that one of my clients developed called the alignment technique. The first thing is just to lie flat on your back, arms out to the side at shoulder height, and just fill myself with a feeling of gratitude. I’m just so happy to do that every day because I feel that gratitude running through every cell of my being.

Mind you, I can actually feel that way when nothing in the external aspect of my life appears to be working. It doesn’t matter because at the soul level I always know I’m in the right place, always at the right time, and everything is happening exactly as it’s meant to. I can have lots of things appearing not to work on the outside and yet that kind of commitment, no matter what, to tapping into that bliss zone that resides inside of me – why would I ever not do that?

If I miss a day, I miss a day. If I chose to spend the morning curling up with my family and enjoying a leisurely Saturday morning at home, then I’m back on it the next day. Now, having that presence in my life that I do, I couldn’t ever imagine not taking the time. Sometimes I’ll just chant for 45 minutes. Sometimes I’ll do a Chakra meditation. Other times I’ll just sit in that presence and literally feeling the divine right there with and inside of me.

I love that presence too much to not make the commitment to dedicate a time. Why would I not spend time with an energy that fills me so deeply and so fully? I need it like I need oxygen.

Lynn: That's a pretty profound statement. I think it's really important for people to hear that perspective. We say, "I need to get out of this funk that I'm in. I'm in this stuck, horrible funk. I need to do something." It feels like work. What you're describing doesn't sound like you have that relationship with it. It's a completely different relationship where it's not work. It's joy. It's something that you need like oxygen. That's an enviable place to be.

Auriella, as you've worked with people, have you seen people who struggle with finding the time or committing or they fall back into old ways of being, hence they don't progress? If so, what's the turning point? When do they shift from keeping on falling back?

Auriella: When I work with people, I help them to understand that they have to decide what is a priority in their life. So when I have them start meditating, I tell them they don't have to sit there for a half hour or anything. Just sit there for five or ten minutes. Maybe you won't be totally quiet that whole time. Your mind won't be quiet, but if you sit there and it becomes a habit. Your body becomes used to it. Then you will start having longer and longer quiet time and connection with the divine. For myself in the morning, mine's about 45 minutes to an hour.

What I'd like to say is something that both Christine and Mal said. It just feels so wonderful, why wouldn't you do it? When I'm working with clients, if they get five or ten minutes of how it feels, then they understand how it feels and how it feels different. They understand how it makes their day feel different.

As Mal was saying, she starts her day from a place of being centered. That's a good part of what it is. If you do this every day and you have this way that you start your day, it's one of the most wonderful ways to start your day. It's the very, very best way to start your day. Then if sometime you don't do it for a while, you rush off to work and you don't have that calm morning and you don't sit there and meditate and you rush off, it's like your day is totally thrown off. You can feel the difference and you can feel the difference in yourself and not having that connection.

When a person can experience that difference, then they'll make it a priority for themselves to do it. That's what I've found.

Lynn: I totally agree with you. Like I said, I go for walks. The challenge for me lately is for me to go and walk amongst the trees, I have to go and get showered and get dressed and all of these things. All of you are talking about doing it first thing in the morning. My aim is to move in the next year or so to where I can just walk out of my door and then I'm in the trees and then I just go. So I don't have to worry about showering or getting dressed so I'm going somewhere else

and walking through town to get to the trees. I just want to be able to go out and walk in my bedroom slippers if I feel like it. That would really be such a wonderful thing.

Mal, I know you have a spiritual practice. You told us what it was. How do you fit it in to your life and what are the benefits that you've gotten from it since adopting your spiritual practice?

Mal: The first thing is that it's a personal experience, so you have to make it what feels right for you or you're not going to do it. I think Paula touched upon that brilliantly saying, depending on how you live life (i.e. auditory or visual) certain things are going to feel more comfortable for you.

It has to be a personal experience that's comfortable for you. The benefits of when you start meditating or praying and having a spiritual practice, that shift of emotional well-being that you start to feel, is so dramatic. That's what keeps me committed. Christine talked about how you feel so much better and you show up in your life in a position of standing in your light and your power. Auriella also touched upon that.

The benefits of having a spiritual practice outweigh anything else that we could do for ourselves as women to discover who we are and how we should live. This is one of the most empowering things that we can do for ourselves. When you start to feel it, it builds; it compounds. Maybe you start with ten minutes, and then as you get comfortable, do it for 20, 30, 40 minutes. You are going to feel the benefits of that. You're going to feel that peace, joy, self-love, and comfort that comes from this practice.

Lynn: I think that's really important. You were saying to start with five or ten minutes and let it grow. I believe that in any kind of spiritual practice, if people are looking from this place of being stuck, the whole prospect of getting into this different space could look quite overwhelming. I have a feeling there are a lot of people who are surprised that this is what we're talking about. They probably thought we were going to just talk about shifting mindsets and becoming a powerful woman. We're kind of in a whole different space here, so I hope we surprised a few people as we're talking about this.

Paula: I want to just throw in a small bit of practicality. I'm feeling guided to throw this in. I think that there are probably women who perhaps are still mothers and probably have young children at home or children in school and have very, very busy lives. I remember if someone had said to me, "Carve out half an hour for yourself every day to do a personal spiritual practice," I think I would have not even tried because it would have seemed too impossible.

I was reminded of something that I think might work for some women that I want to share really quickly. When my son was very young (three years and under), every morning he would

get up and I would take him in my arms and open the blinds and open the curtains. We would look out the window and greet the day. I said almost the same thing every morning. It was like a ritual. I would say, "Good morning, world." I would look at the sky.

It was for him. I was pointing out to him, "Look at this beautiful day that we are having today," and look at the trees and the birds and whatever was outside the window that particular day. It was like a prayer to the day that we would share. I think in that two to five minutes that we shared and spent together, that was a spiritual practice. That grounded me and connected me with him. It connected us with the beautiful divinity of the world that is there for us to experience every single day. Sometimes we're in such a rush that we don't quite see.

I think that sometimes a spiritual practice can be something that simple and quick. It can connect us in. I just wanted to throw that out there because sometimes it's not possible to do these beautifully in-depth processes for ourselves. Sometimes our lives are not allowing that for us. There are other ways and I wanted our listeners to hear that.

Mal: What a wonderful suggestion.

Lynn: What I loved about it was how you brought in the whole issue of being mothers. Some people would say that's a wonderful thing to do for our children, but it's also wonderful for ourselves, really.

Let's sum this up and then take some questions from the audience. How would you like to wrap up that part of the conversation about getting started in a spiritual practice?

Mal: Paula made a very good point. Children are fascinated by yoga and meditation and different things, so you can invite a child into it as well and maybe have them write or draw something while you sit for ten minutes and contemplate, meditate or pray, or read something that's going to center you for the day. Invite children into it to start. Until they get used to the fact that you might be taking 10 or 20 minutes in the morning to do something for yourself, make them a part of it so that they share it with you. I think that's a wonderful, wonderful idea and it helps women to get the opportunity to at least have 10 or 20 minutes to get centered for the day, to connect with that divine guidance, and they're sharing it with the child which even makes it more special.

Lynn: The first question is from Carol in San Diego. She is asking, "How do I forget my awful relationship and just become someone strong?" That's a big, sweeping question.

Mal: I'm not sure what relationship she's referring to, so I'm assuming it's a partner. As women, we put so much importance on connecting with people outside of ourselves. We talked

about this a little bit earlier. If we could spend a little bit more time developing that relationship within ourselves through what we talked about today (a spiritual practice, prayer, journaling), if you could develop that relationship with yourself first (self-love and self-empowerment that you can get from a spiritual practice), the quality of this relationship may improve.

If it did not and you're truly that unhappy, then you need to have self-respect and boundaries and you need to step away from that relationship. That's how you're going to develop that personal power or strength that you're looking for and asking about.

By staying in a relationship that's damaging, hurtful, demeaning and disrespectful, we hurt ourselves. Women no longer have to do that. They have the ability to make choices and to walk away.

Paula: Like Mal said, it's hard because it's such a general question to know the specifics. It almost sounds that it is a relationship with a partner and that perhaps it has ended, but there is a lot of attachment this person is feeling that is keeping her from moving on and she's feeling stuck.

I think there's something that's really key for all of us to remember. There really is no excising or cutting out or removing an experience from our lives. Everything that we experience, our relationships and things that happen to us, all become a part of the fabric of who we are.

Developing that sense of self-worth and value, as that starts to happen for this person, the ability to be more accepting and loving about this previous experience will hopefully be a part of that. Embracing those experiences is really what's going to bring the ultimate sense of peace and empowerment that this person is seeking.

Lynn: That's a really important point. It's not about shoving our experiences under a carpet. As you say, they all become a part of the fabric of who we are. It's really an important point.

We have a question from Leticia. She's been working very hard the last year to improve her life through diet and exercise and is making great progress. Congratulations. She says, "However, I still cannot seem to tap into any of the creative flow that used to exist in my world. Do you think I should just keep plodding along? Or do you recommend some sort of catalyst, whether physical, spiritual, or emotional that can get me on my creative path a little bit faster?"

Christine: I would be happy to answer that one. When I was down on my carpet I talked about earlier, curled up in a ball sobbing and thinking I'm going to spend the rest of my life under a rock, I never imagined that I'd actually be able to tap into that creative power. How was I going to get there from where I was? I was really just going through the most difficult time of my life.

What worked for me is that I just began to ask the divine to help me where I could not feel myself moving into that creative flow. I would sit in that place in silent meditation and offer a very sincere prayer. “Help me. Help me open myself up to the creative flow that you are wanting to be birthed through me.”

I was just almost begging sometimes. “Use me. Show me. I know I’m here to do something. I know I’m here to serve you and right now I’m not clear. I can’t think my way out of this. I need you. Please come in and guide my hands. Guide my words. Bring me the people. Allow me to open to what is trying to happen here.”

I could feel it and I had a feeling that there’s something there. It’s there. You just can’t see it or wrap your hands around it. That’s where I was at. The more sincere I became in my desire to be used in that co-creative way to bring forth what I’m meant to bring forth with divine expression on this plane, I didn’t actually have to do anything to make that creative flow happen. It started coming in waves. From the time I was on the floor to the time I was teaching 10,000 new clients – a new program that hadn’t existed four months earlier. That’s how fast the wave of creativity started coming in for me.

Please don’t compare. I’m just saying, for me, that’s what happened. There’s a huge stream of creative flow and people who want that creative flow from you who are there and the more sincere the prayer to just be in that flow, I found for me is what actually makes the creativity come.

Here I am now. It was less than a year ago that I was on the carpet. Now I’ve got 10,000 new people that I’m working with. I’ve got three books coming out this year. I can’t stop the creativity. Now I have to start being selective and delegating a lot more because there’s so much creativity happening that it’s too much for one person to actually do.

This is the intention and prayer that I hold for you, Leticia. As you’re clearing things out, if you’re taking care of the physicality of your body, ask to be used and for that creativity to come through. I have a feeling you’ll be pretty beautifully and blissfully surprised at what begins to just percolate in the middle of those prayers.

Lynn: That’s a terrific story, Christine. Thanks for that. Nancy in Halifax, Nova Scotia is saying, “Staying in a higher frequency energy daily in all the books and courses and advice I’m getting is great, but where and how do I really get tuned in? How do I actually get tuned in?”

I guess she’s saying, “My brain gets it; I get it. I have got to tune in, but where do I find that tuning in point?” We’ve been talking quite a lot about that. Auriella, what about someone

who's done all the reading, all the courses? They get it. What turns on the switch? What actually gets it turned on?

Auriella: Practice. Really, that's what it is. You have to do it. It's one thing to read about something and to understand it, but you actually have to do it. It's through practice, through doing it every day. Even if you're doing the meditation for only 10 or 15 minutes every day, it's that practice and consistency of doing it.

The other thing is when you're in that quiet state whether it's through meditation, journaling, or walking in the trees by the river, your words are very powerful. Your words and thoughts are the same. One is spoken; one is not. They're very, very powerful. You can ask. It's even more than asking; it's really giving a directive, in a sense. But to say that you want your energy/vibration to be raised. It will. It will raise it. The key thing is practice.

Lynn: Brilliant. It's very simple. Practice, ask. Ask, practice. Short and sweet. Michelle in Columbia says that she gets really overwhelmed with so many ideas for so many different projects and she gets stuck trying to decide what to do first. She's asking the best way is to seek clarity. Is it meditation or what? She gets very overwhelmed by all of it. It's the opposite of Leticia, because she's overwhelmed by all of the creative ideas that come in. How would you guide Michelle?

Mal: I would say that she start with meditation. What's happening is she has all these creative ideas, the mind is running, and she's getting a lot of chatter. What she needs to do is quiet that chatter down and start to clear the mental space so that very select, very powerful ideas start to come through. That divine guidance starts to emerge and give her the direction that she's looking for and the clarity she's pursuing.

Our ego mind is like, "Oh, we should be doing this. No, we should be doing that. We should be working on that. We should be reading that. Now, we should be over here doing this." But if she can unplug from that voice which I call "mini-me" and start with the meditation for whatever allotted time that she can do, I think she'll find the clarity. The priorities will start to come through very clearly for her as to what she should be working on first, second, and third.

Lynn: What a great conversation. It went very deep. It was beautiful. There were so many different perspectives. I just want to go around and thank all of our guests. You opened with an intention. I would love if you could have an intention for people who buy the "Alpha Chick" book and also give your website.

Paula, what do you wish for the people who buy the "Alpha Chick" book? Also, what's your website?

Paula: The obvious is to read it. I think that even more than that, we've talked about connecting with spirit – connecting with the divine. I think that reading the book and then through that connection, moving into what I call inspired action, would be my intention. Letting the book be your catalyst for the connection that will move you forward in ways that are what you're looking for, that empowerment that you're looking for.

My website is www.InspiredWomenWork.com.

Lynn: Christine?

Christine: First, I need to ask you, is the Holly chapter still in the final version?

Mal: Yes, it is.

Christine: Then my intention is that I hope everyone has a big fresh box of tissues nearby because it's one of the most powerful chapters I think I've ever read in any book. My heart was broken wide open. So may you have tissues in hand when you read that chapter.

Also, may you just find the same intention I had in the beginning. As you read through the book, may you find the peace wherever you are on your own journey of awakening and becoming an Alpha Chick yourself. Wherever you are, may you find that peace that you can hold onto and take into your heart that helps guide your experience of life from that point forward. That would be my wish for you. And I'm serious about the Kleenex. You'll need them when you read about Holly. She's amazing, as are you, Mal. I love you.

Mal: Thank you, Chris. Wow.

Lynn: And your website, so everybody can find you.

Christine: www.TransformationalAuthor.com and www.BeyondMindset.com.

Lynn: Thank you so much, Christine. Brilliant today. Auriella!

Auriella: I would say, besides reading the book (which of course everybody should do), it is about the five steps. So actually do those five steps. The practice part is really implementing it in your life. To come back into that recognition, that knowing of the divine power that's within you. It is going to take the implementation of it, the practice of it to come back into that. That's what I would like to share with everyone in doing that.

My website is www.AwakenToYourSpiritualPower.com and www.TheAuriellaShow.com.

Lynn: When does your show air, Auriella?

Auriella: It's in a format where the shows are being pre-recorded and they're available any time 24/7 for people to listen to. I also have a 15-minute short recording I'm doing that people are loving because they have busy lives and they can listen to it very quickly. It's called "Snack for Your Soul."

Lynn: I really enjoyed interviewing all three of you today. Mal, what is your wish for people who are going to buy the book and a reminder of your website? Then I'm going to tell everybody about our terrific guests who are going to be on the next session.

Mal: My wish for women is that when they're finished reading the book and they have been introduced to this five-step process, they will be patient with themselves and start using this process. This will help them to start to reclaim their thinking. That's going to empower them. They'll learn to forgive themselves for their past mistakes. Then they'll be able to move forward in their lives and have a complete shift, an emotional cleansing. Then when they are healing, they can reach out and start to help others.

It's the law of circulation that's going to come into play for them. They're going to heal themselves and then when they feel that energy – that shift – they'll be able to go, in turn, and help others. That's really part of the whole five-step process. That's my wish for them.

My website is www.AlphaChick.com. There's all kinds of information there about the telesummit, information about the book, and links to everything.

Lynn: My wish for the audience is that you buy the book and get to know Mal. You can hear how passionate she is about this. Don't just buy a book. You've gotten to meet the author on this telesummit. Stay in touch with her. That's one of the cool things about these telesummits. That's my wish is that you actually connect and stay in touch with her.

My website is www.SpiritAuthors.com and also www.The7GracesOfMarketing.com.

In part two of this telesummit we talk about discovering our true magnificence. We're going to talk about learning to let go and self-forgiveness. Boy, that's going to be a powerful part of the discussion. It's all about letting go of self-sabotaging behaviors and thought patterns and all about self-esteem.

Our guest will be Dr. Joe Rubino, who is a personal development trainer and a success and life optimization coach, and also a bestselling author. My very good friend Brenda Adelman is a forgiveness coach and recipient of the hero of forgiveness award, and award-winning actress. If you have never heard her story, you must tune in. It's an amazing story.

Also, Krystalya Marie, who many of you have probably heard on the radio, is an energy healer for Body, Mind, and Spirit. She's a very powerful woman. This panel is going to be astonishing when we're talking about self-forgiveness and our true magnificence.

Mal and I will be back as well.

If you would like the Day 2 E-Report featuring Dr. Joseph Rubino and Hollywood actress Brenda Adelman discussing the power of forgiveness and learning to let go of self-sabotaging behaviors please go to www.AlphaChick.com and sign up the rest of this amazing Telesummit. You will also get access to the third day which features Award winning best author, Lissa Coffee and Chaney Weiner, a Law of Attraction expert. They will share their advice on setting powerful intentions and taking action steps to create change in your life.

Ask yourself these questions:

1. Where is my life out of balance?
2. Why am I not living up to my full potential?
3. What am I feeling about myself and my life?
4. What habits or activities do I need to stop that are damaging my personal growth?
5. What action steps am I prepared to take to make changes in my life?

You have the power to create the life you deserve, you just need to step away from old routines and habits and discover your true guidance within.