# ANIFEST LOVE

How to Overcome Inner
Blocks and Attract Your
True Partner

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True Self Manifestation

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### INTRODUCTION

## ANGEL'S JOURNEY WITH MANIFESTATION

### IS THIS YOU?

You're probably reading this book because you're somebody who understands that being in alignment with your authenticity, openness, and intuition play a pivotal role in the process of becoming your most magnetic self to manifest love into your life.

For you to get the most out of this book, you will already need to have the foundational skills down. I consider these to be foundational:

- -Ability to gain awareness and insight into your own patterns and behaviors.
- -Ability to be open to dig into your past to highlight where potential blocks are coming from.
- -Ability to get curious about what you find, instead of judging yourself or spiritual bypassing to avoid it.

But Angel, how will I know if I have the foundational skills down?

**The short answer is:** are you open to the process? If you have been dabbling in manifestation, personal growth, and have a curiosity for what is going on deep down inside of yourself, then congratulations, you have the foundational skills down!

Having that curiosity and openness is essential to working through subconscious blocks preventing you from manifesting love. You know that when you feel aligned and connected you are most empowered, your most magnetic.

If you are somebody that has an unwavering belief that positive thinking, good vibes only are the key to manifestation success, then I would not recommend proceeding with this book. My perspective is that if you fall into this category, this book is not in alignment with your belief systems, therefore you won't be open to the process, struggling along the way.

### WHAT I RECOMMEND INSTEAD-

The Process of Processing Emotions to Manifest
What Is True Self?
Align With The Universe
What's Blocking Your Manifestations?

These blog posts are an excellent starting point to build those foundational skills. Please check them out!

Now if you already have an openness and curiosity to shift subconscious beliefs at the root, you are in the right place.

### YOU'VE BEEN WONDERING

- -Can I break the cycle of dating emotionally unavailable or incompatible people?
- I struggle with being vulnerable for fear of getting hurt. Even though I want deep, lasting love, every time someone gets to close, I pull away. Can I learn to feel safe to let my guard down?
- -Can I stop self-sabotaging my relationships? Every time I meet someone amazing, I can't shake the feeling that it's "too good to be true". Doubts creep in-am I good enough? Will they leave? So, I subconsciously push them away or pick fights over little things, and the relationship ends before I even give it a chance.
- -How can I stop feeling so disillusioned and drained from online dating? I spend countless hours swiping, messaging, and going on dates, but nothing seems to stick.
- -I wonder if love is even in the cards for me. Despite my best efforts, dating has become a frustrating, never-ending cycle with no happy ending in sight.
- -Why do my relationships end up with me feeling unappreciated, abandoned, or frustrated? I know I deserve more, but I can't seem to break free from this painful cycle.

We are going to use this book to help you uncover your deep-rooted blocks so you can break free from these patterns and cycles, to show up as your most authentic self and manifest the love you you've always wanted. After all, the purpose of this manifestation process is to create alignment, connection, and empowerment.

### So, what is alignment?

Simply put, alignment is when we have worked through the past programming, conditioning, and limiting beliefs, are making decisions and taking aligned actions through our True Self, our intuition. We are open to being guided by the Universe and show up with curiosity.

It means we no longer believe what people have said, what we have picked up on, or witnessed through our own or other people's struggles. When we are in alignment we are in a state of flow, connectedness, grounded in the present, no longer influenced by the past.

### When we are in alignment, we are magnetic.

When this happens, we experience life how it is, not through the lens of past hurts and pains. Life becomes magical. We are tapped into our own energy as well as the energy of the divine, the Universe. We surrender everything we "know" and become open to receive.

### What is connection?

Connection is when we engage in the process of connecting, exploring, and nurturing relationships with the parts of ourselves that have caused stagnation and disconnection from our True Self and the harmonious flow of the Universe.

Through connection we break free from unhealthy patterns and cycles of the past that have dictated the course of our lives. Connection helps us transform into a Self-led individual, working with these parts instead of against them.

Connection also means connecting with something greater than us, the Universe, the divine, whatever it is you call that energetic source. Connecting to this source becomes our guiding light in how we live our lives and manifest.

### What is empowerment?

Empowerment is about identifying and embracing the authentic wants and needs of our True Self. Gain the wisdom and insight necessary to harmonize with the Universe, allowing us to co-create and manifest the life we've always envisioned, with the support of all the different parts within us.

Empowerment means we accept all parts of ourselves. It helps us understand who we are, our strengths, weaknesses, and motivations. When we are empowered, we are no longer moving through the world from a place of fear. Nor do we feel the need to play small, to be small. Instead, we confidently go through life, taking up space, using our voice. We feel secure enough to ask for what we want, speak up for ourselves, know that we are deserving, worthy. We feel this energetically.

### Through empowerment we take aligned action towards or goals, our hopes, and dreams.

See what I mean? When we are aligned, connected and empowered, we not only become magnetic, manifesting the love we truly want, all aspects of our world changes for the better. Life becomes awe-inspiring, joyous, like everything is in your favor.

Honestly, it's the best feeling. When I'm aligned, connected, and empowered, I feel like I cannot make a mistake, I'm not afraid that something is going to go wrong. I'm just excited about whatever opportunity, situation, or option comes onto my path, because I have a deep knowing it is meant to be there.

#### **MORAL OF THE STORY:**

We can spend years learning these concepts, but never truly living or embodying them. If you feel like you're stuck and don't know how to move forward, there's a beautiful journey that lies ahead to meet the truth of who you are underneath what the world has made you believe. This is the pathway to alignment, connection, and empowerment.

### **MY STORY**

I longed for connection, real love, someone that was emotionally available. So, that's what I tried to manifest. I became obsessed with New Age manifestation practices. I had the vision boards, positive affirmations, tried to only think positive thoughts to raise my vibration, but try as I might I could not manifest real love into my life. Instead, I continued to attract one emotionally unavailable people after another.

Maybe you've had a similar journey, you bought into the idea that if you just think positively enough, raise your vibration, your magnetism will shine through attracting that true love. Ya know, like in those rom coms (or was that just me???). We're sold this idea, this notion that we can attract anything we want with so much ease. But what they fail to mention is that this only works if you feel worthy of what you are trying to manifest. Free from fears, doubts, and limiting beliefs. The very things that lower our worth and block us from manifesting love. These are the very things that also attract the wrong kind of love.

For me, I attracted emotionally unavailable people because I was emotionally unavailable. If you would have asked me if I thought I was emotionally unavailable then, I would have denied it up and down. But I was. So many years of programming and conditioning taught me that to be loved I needed to be in control of my emotions.

I was told that I was "too much". If I expressed hurt by someone else's actions towards me, I was being "dramatic". I should just "suck it up" when I was sad or upset. With each negative thing said to me, a brick inside of me was laid. Until it became a wall so impenetrable, I didn't even realize I was so closed off.

I began to believe that I was unlovable if I showed emotions. This limiting belief impacted my relationships, how I viewed myself.

I became fearful of being vulnerable. I feared rejection. Even though deep down inside I was craving that connection that went against why that wall inside of me was built in the first place.



When I used these New Age manifestation practices, I would manifest some things here and there. But never consistently and I couldn't manifest the love I was looking for. Because of this, I realized I felt worse about myself. I felt like a failure, like I was doing something wrong, that there was something fundamentally wrong with me.

I'm sure you can relate to this story.

Something that is problematic about New Age manifestation practices is it seems SO EASY. You see everyone on TikTok and Instagram using these methods to manifest everything they could ever imagine. But when you try these practices, either your manifestations sporadically come through, or they don't come at all, leaving you to feel like you did something wrong.

What if the problem wasn't you?
What if there was nothing wrong with you?
What if you were already perfect and it was actually the manifestation practice that was flawed?

Wow. Mind bender.

### But Angel, how could that be possible?

New Age manifestation practices don't address our underlying pain, fears, limiting beliefs, and old wounds, the things that block your manifestations. These practices assume that these are resolved (or that they never existed at all). That you are in already your worth. And all you need is to consciously shift your perspective by thinking positively. That you are already in high vibration because you are free from these underlying things. You just need a little help raising your vibe a little more to manifest.

Listen, the only reason you think that New Age manifestation practices is the right path is because of all the hype it gets everywhere. I get it! I was sold on it for a long time. And I am not saying it doesn't work, because it does. For many of us we need a little extra help before we can get to this point.

But those fears, limiting beliefs, and old wounds are rooted in the subconscious. No amount of positive thinking can shift your subconscious. What it is doing is invalidating, ignoring, and dismissing all those things rooted in the subconscious. Making us feel worse about ourselves, lowering our self-worth, keeping us disconnected from our True Self and the Universe, and not allowing our manifestations to come through.

This is when I learned that I must work through the stuff I was holding onto. All the things I buried in the shadows that I didn't want anyone else to see. The things I felt ashamed of. Because if they saw these things, then they wouldn't love me.

And that is when my journey truly began.

As I continued to work on unblocking my emotional unavailability, I noticed shifts on how I felt about myself. I felt more in my worth. More deserving of the love I wanted to manifest. As I released my limiting beliefs and fears, I became more connected to my True Self and the Universe. I followed my intuition that guided me on my path to real love. I surrendered to the process and remained open to the Universe. And that is when it happened! When I manifested a kind, compassionate, and yes, emotionally available partner into my life.

Is it perfect? No, but that's because we're human. But because both of us are on a spiritual path, we can work through anything. We validate and support each other. We feel heard by the other person. And are able to effectively express our emotions to each other. He also is incredibly fun to be around! Which is a bonus!

As we break free from the barriers blocking us from manifesting love, we experience these internal shifts. We are more in tune with our intuition. We know that we are on the right path because we feel guided and supported. We begin to feel worthy, lovable, deserving, of what we are manifesting.

THIS IS WHAT I WANT FOR YOU. FOR YOU TO BE IN YOUR WORTH, MAGNETIC, AND MANIFEST THE LOVE YOU KNOW DEEP DOWN YOU DESERVE.

## WHAT IS MANIFESTATION?

Manifestation is the process of transforming your desires and ideas into reality. It is based on the belief that the Universe is constantly giving you what you focus on, so by focusing on your desires, through intentional actions, you can manifest them into your life.

And for manifestation to work we must believe in ourselves. And really truly believe it to our core. We must believe that we can have what we desire. That we are worthy of what we are manifesting.

## WHAT IS INTERNAL FAMILY SYSTEMS?

Internal Family Systems (IFS) is an evidence-based psychotherapy model that was developed in the 1980's by Dr. Richard Schwartz. It's a way to conceptualize and work through what goes on in our conscious and subconscious minds.

According to IFS, we are composed of many parts, aspects of our personality, and our True Self. Our parts and True Self work together. Our True Self is what connects us to the Universe, it is our higher self, our authentic self. Our parts are what make us human. However, our parts can also take on new jobs and roles based on our experiences. Particularly in childhood/adolescence.

IFS helps us connect with these parts of us building relationships and trust within our internal world. By doing this, we no longer have that internal struggle, being pulled in many directions, or second guessing ourselves or our abilities.

Our parts are also what block our manifestations because they hold onto past programming, conditioning, and limiting beliefs, that keep us out of alignment with our True Self, and out of our inherent worth. IFS brings healing and harmony to our internal system, just the way it was intended to be.

### WHAT IS TRUE SELF?

True Self, also known as our authentic self, intuition, or higher self, is our intuitive guide. When we are in True Self, we are open to the Universe and can receive what it offers.

Accessing True Self energy means being present, centered, grounded, connected to our bodies, and aligned with the Universe.

### WHAT ARE PARTS?

Our parts are aspects of our personality. Our parts have always been there working in harmony with our True Self. However, parts take on new roles and jobs as we go through life as a way to protect us, keep us and our internal system safe.

Even if it doesn't seem like it's the best thing to do, especially as our experiences change. These parts of us are so impacted by our experiences, they internalize them often leading to programming, conditioning, limiting beliefs, negative self-talk, unhealthy behaviors, and ultimately low self-worth. Remember-we must be in our worth to manifest.

## WHY YOU SHOULD USE THIS...

I view the world through the lens of Internal Family Systems (it's the therapist in me!). I believe IFS not only works in a therapeutic setting but also with manifestation.

There are so many ways one can manifest. And I am not saying those other ways or methods are wrong, I am just saying that those methods might not work for everyone. We are all unique and need different ways to obtain the same goals or dreams that we are manifesting. My method of manifestation uses Internal Family Systems (IFS).

Unlike other manifestation methods that often dismiss and invalidate any emotions that aren't positive. Or disregard the notion that people can and do hold on to things subconsciously that prevent them from being open to the manifestation process. This one focuses on addressing the subconscious blocks (those uncomfortable emotions our parts are holding onto) that get in the way of manifesting.

IFS also focuses on bringing us into alignment with our True Self, to become Self-Led, and connected to the Universe.

I always say IFS is inner child work, shadow work, and work with higher self, wrapped into one. And this, my friend, is how you manifest your most amazing life! The list of benefits is endless.

In this book I will simplify the concepts so you can start implementing them and see results quickly. I will teach you how I've used this information in my own manifestation process and how by harnessing these principles you will become your most magnetic self.

The information I will share with you over the next few pages will have a profound impact when implemented. Once you do this work, I believe you will experience awe and gratitude for how simple your success can really be.

### LET ME START BY PREFACING...

My process for manifestation is not unheard of. You will find a lot of people that go beyond New Age manifestation practices identifying the importance of building self-worth, going deep to unblock subconscious barriers, and shifting perceptions to manifest. I listened, I read, I learned from others, and I realized that what they were talking about can be done with Internal Family Systems. And this is when everything fell into place. This is how I was inspired to start True Self Manifestation.

So no, the idea behind this process is not unique, but using IFS to unblock, align with True Self, and build self-worth is. And it is something I have been using with clients for years in my private practice as a psychotherapist.

Before that it began as a theory that I tried on myself to manifest. And I saw results! But what was even more fascinating was what happened when I used IFS with my psychotherapy clients to work through limiting beliefs, past traumas, programming, conditioning. The intention was to heal old wounds so they can live fulfilling lives, not manifest. But with each part that we helped, unburdened, healed, gave new jobs and roles to, the more magnetic the client became. As they became more Self-led, the more they co-created their lives with the Universe.

At first, this was mentioned by my clients in passing. Noticing signs and synchronicities, paying attention to hints and nudges, feeling more in tune with their intuition. And then the magic began to really happen. Clients were coming in telling me these amazing things that came to fruition. New jobs, new career paths, new love interests that were in alignment, new friendships, abundance. Some had the language to say they manifested it, others didn't until I told them what they were doing. This was a byproduct of all the work they did. This is when I knew I was onto something for real with True Self Manifestation.

I put my blood sweat and tears into this resource so that you can have something that will do everything you need to manifest love into your life. My intention for you is to go through this book and implement some of the practices and tips in here that have worked not only for me, but for hundreds of my clients.

So please make a promise that you won't just skim through this and not apply it. That you will actually experiment with some of the highly valuable content in this book.

### NOW ONE MORE THING...

I want to be transparent; I am not certified in IFS. However, I am a licensed clinical social worker, with a master's degree in social work. Beyond this, I have gone through years of IFS trainings to do what I do. And this is what I bring to you, the multitude of trainings, book I have read, and practicing of these techniques with hundreds of clients. Not only that, but I also use my 10+ years of expertise as a psychotherapist. I have trainings and certifications in many other therapy modalities including EMDR (eye movement desensitization, and reprocessing), ACT (acceptance and commitment therapy), DBT (dialectical behavioral therapy), CBT (cognitive behavioral therapy), Mindfulness, and so many more. I am also trained in coaching, and I bring in my years of personal experiences, experiences with manifestation, and hypnotherapy. I take all of this to intuitively work with my clients.

As you read this book, you will notice it isn't a cookie cutter approach. This resource is meant to guide you as an individual, because each person is different. We all have different reasons for blocks, why we are disconnected to our True Self, why we don't feel great about ourselves and keep attracting the wrong type of person. This book is intended for you to gain the insight and awareness around what is going on inside your internal world.

This makes my work highly original, as you could probably tell from the above process. It's not regurgitated from a textbook which I think makes it even richer and probably explains why my clients have gotten such remarkable results from applying my practices and techniques.

So, while you see I am not certified, I am highly trained, intuitive, and with so many years of experience. If you're good with that we can continue.



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TO REMOVE YOUR
BLOCKS AND
MANIFEST LOVE

## IN THE UPCOMING CHAPTERS, I WILL OUTLINE 7 POWERFUL STEPS TO HELP YOU BEGIN IDENTIFYING AND CLEARING THESE BLOCKS, SO YOU CAN FINALLY ALIGN WITH THE LOVE YOU DESERVE.

- Align with True Self to Attract Authentic Love
- Recognize the Parts Blocking Love
- Limiting Beliefs that Prevent Love from Manifesting
- Breaking the Cycle of Fear and Self-Sabotage
- Why Past Wounds Hold You Back
- Loving Your Whole Self First
- Attracting What You Align with & Surrendering Control

BUT FIRST, WHAT ARE SOME OF THE COMMON STRUGGLES PEOPLE FACE WHEN MANIFESTING?



Manifesting love is something many of us desire, yet so few seem to succeed at. You may have heard stories of people who manifested their dream relationship effortlessly or stumbled upon love when they least expected it, like at a grocery store, (Is this even still a thing??) But for many of us, the journey to love feels like a frustrating and never-ending struggle.

Maybe you've tried everything you can think of—affirmations, visualizations—and nothing seems to work. You've gone the online dating route, swiping, messaging, and going on so many dates. The endless cycle of meeting people who don't match your energy or ghosting you have left you disillusioned and emotionally drained. You might even wonder, "What am I doing wrong?" or "Why is manifesting love so easy for others, but not for me?" or "Is love even possible for me?".

### HERE'S THE TRUTH-

It's not that you're broken or unworthy of love. Most people are simply unaware of the invisible blocks that hold them back from receiving the love they deeply crave. These blocks often exist beneath the surface, in our subconscious mind, formed by past experiences, fears, limiting beliefs, and deep emotional wounds. Until these blocks are identified and addressed, they can sabotage your attempts to manifest love, no matter how hard you try. No amount of affirmations or visualizations are going to get through these blocks. After you work through the blocks, then by all means use affirmations and visualizations because all parts of you will be open to it!



we'll explore some of the most common struggles I have seen, that keep people from successfully manifesting love.

### FEAR OF VULNERABILITY

How to notice it: You might deeply desire love, but when the opportunity for connection arises, you shut down, push people away, or keep them at arm's length. Fear of opening up emotionally—of being seen for who you truly are—can prevent you from forming deep, lasting relationships.

This happens because of past betrayals or heartbreak parts of you have created protective walls around your heart. These walls, meant to keep you safe, end up keeping love out.

### LIMITING BELIEFS ABOUT LOVE

How to notice it: You might tell yourself that "all the good ones are taken," "love is hard to find," or "I'll never be enough." These beliefs become a self-fulfilling prophecy, attracting the very circumstances that confirm your negative outlook on love.

These limiting beliefs often come from early childhood experiences or past relationships, shaping your subconscious view of what's possible or what you deserve in love.

### REPEATING THE SAME UNHEALTHY PATTERNS

How to notice it: Maybe you've noticed that you keep attracting the wrong partners—people who are emotionally unavailable, controlling, or incompatible with your true desires. Despite your best efforts to find someone different, you find yourself in the same kinds of relationships over and over again.

These patterns are often driven by unresolved wounds from the past, which draw you toward familiar but unhealthy dynamics. Until these underlying issues are healed, you're likely to keep repeating the same relationship patterns.

### **SELF-SABOTAGE IN RELATIONSHIPS**

How to notice it: You've finally met someone who seems like the perfect match, but before the relationship can truly bloom, you begin to sabotage it. Whether it's through picking fights, withdrawing emotionally, or doubting your worth, you unconsciously push the person away.

Fear of rejection, fear of abandonment, or a deep sense of unworthiness can cause you to self-sabotage when things are going well, because deep down, you're afraid it's "too good to be true." And you are unwittingly reaffirming those fears by self-sabotaging the relationship.

### BURNOUT FROM THE SEARCH FOR LOVE

How to notice it:You've been trying for so long to find love—swiping through dating apps, going on countless dates, and putting yourself out there—yet nothing seems to work. You feel exhausted, discouraged, and ready to give up on the idea of finding love altogether.

The constant effort without results can lead to emotional burnout, where the process of dating and seeking love feels like a draining, impossible task.

### PAST WOUNDS THAT HAVEN'T HEALED

How to notice it: You carry emotional scars from past relationships or childhood that continue to affect how you relate to love today. You might feel unworthy of love, afraid of repeating old pain, or unable to trust others with your heart.

Unresolved emotional wounds often create internal barriers, making it difficult for you to fully open yourself to love or trust that a new relationship won't bring the same pain as the last.

### COMPARISON AND FEELING LEFT BEHIND

How to notice it: You see friends, family members, or coworkers finding love, getting engaged, and building relationships, while happy for them, you also feel stuck in the same place. The more you compare yourself to others, the more you feel like something is wrong with you, leading to frustration, jealousy, and despair.

Comparison can easily trigger feelings of inadequacy and impatience. Instead of seeing your own journey as unique and unfolding at its own pace, you begin to believe you're missing out or that love may never come.



## THE INTERNAL BARRIERS YOU CAN'T SEE

THESE ARE JUST SOME OF THE STRUGGLES THAT PEOPLE FACE ON THE JOURNEY TO MANIFESTING LOVE. THE GOOD NEWS IS THAT THESE BLOCKS AREN'T PERMANENT. THEY'RE SIMPLY PARTS OF YOU THAT HAVE LEARNED PROTECTIVE MECHANISMS, LIMITING BELIEFS, AND EMOTIONAL WOUNDS THAT CAN BE HEALED AND RELEASED.

I MUST WARN YOU; THIS ISN'T A QUICK FIX. BUT I PROMISE IT IS THE FIRST STEP TOWARD CREATING LASTING TRANSFORMATION. BY THE END, YOU'LL HAVE A CLEAR UNDERSTANDING OF WHY MANIFESTING LOVE HAS FELT SO DIFFICULT AND WHAT YOU CAN START DOING TO CHANGE THAT.



As I stated in the introduction, True Self is our higher self, authentic self, our intuition, it is also the pathway to connecting with the Universe. Which is what is needed to manifest anything in our lives. We must be aligned with our True Self and the Universe to manifest.

We are born with our True Self, just as we are born with our parts. From the beginning True Self and our parts worked harmoniously. But as time went on our parts took on new jobs and roles due to what we were told, what we heard, and what we witnessed. Trying to keep us safe and protected. And in doing so, took over for True Self to be in the lead. These fears, limiting beliefs, programming, and conditioning became layers, burying our True Self underneath.

When this happens, we become disconnected to our True Self and the connection to the Universe is also lost. At this point we are running our lives through our parts perceptions.

This is why we struggle with manifesting authentic love. If we are disconnected from our True Self, and the parts are in the lead, we are attracting those that align with our parts (I will get into this more in the next chapter.)

### **ALIGN WITH YOUR TRUE SELF**

The first step to manifesting anything is to get in alignment with our True Self. By doing this, we make space between our parts and our True Self. We see things more clearly; we separate the noise of the past. We are no longer functioning on fear and anxiety. When we access our True Self energy, we are also aligning ourselves with the Universe, we can cocreate the life we want with the Universe.



Knowing you're in True Self involves experiencing at least one of the 8 C's: compassion, curiosity, clarity, creativity, calm, confidence, courage, and connectedness.

In other words, are you feeling open? These qualities signify that you are aligned with your True Self and ready to co-create the life you desire with the Universe.

### WHEN WE ARE IN TRUE SELF IT'S AN ENERGY SHIFT

I want you to think about a time when you felt one of these one of these eight C's.

When was there a time you were curious about something?

You felt confident?

Creative?

You had a sense of calmness come over you?

### That is what True Self is.

That is your intuition!

Can you remember that feeling?
Can you recreate it?
What would you need to be able to do that again?

Now I want you to just get quiet for a few moments.

Think about that time you felt like you were in True Self. Really notice it.

Notice how you were feeling? Can you feel it again right now? What does it feel like?

Maybe you feel relaxed, maybe you'd notice less tension in your body, maybe a little tingly, possibly less noise in your mind.

This is you getting in tune with the Universe.

And this is where the magic happens.

### **CLIENT STORY**

When a client of mine came to me distraught, feeling so disconnected and out of alignment. She identified struggling with so many limiting beliefs from past traumas and unable to control her thoughts and emotions. As we began exploring her internal world through IFS, she learned how to find her True Self that was buried so long ago.

Through this work, she began building trust with her parts, so much so that her True Self was finally able to take the lead. As this happened, she noticed she became more intuitive. Every time she followed an intuitive hit or nudge, things worked out. Now, in the beginning her parts were skeptical, however as she continued to build trust in her internal system, and follow those intuitive hits, her parts stopped questioning her.

### **CLIENT STORY CONT.**

They surrendered. Now when something comes up that she would have thought was scary or stressful in the past because she is aligned with her True Self, she has a sense of peace around it. This "knowing", this feeling, is how she knows she is on the right path.

When we are aligned with our True Self, we can attract authentic love because we are guided by the Universe, talking to us through our intuition. Giving us clues, hints, nudges. As we follow these intuitive hits, we take aligned action bringing us towards the love we truly desire. Not the love our parts have been attracting.

Which leads me to...



As I said before, parts are aspects of our personality. IFS just gives us a different way of conceptualizing this by talking about them as parts of us. Our parts help our True Self navigate the world around us. They are what make us human, help us interact, and make us who we are in the world. We need our parts as much as we need our True Self. Which also means we cannot get rid of any parts. They work with True Self in harmony. At least they did until they began taking on new jobs and roles due to our past experiences.

In IFS there are different types of parts, protector parts and vulnerable parts. Protector parts, often in the conscious level of our minds, are the ones that take on new jobs and roles. Vulnerable parts take on burdens from traumas (which become limiting beliefs and fears) and are exiled away to our subconscious by the protector parts. The new jobs and roles the protector parts take on is to protect the system from that vulnerable part getting triggered or activated.

## YOU ARE PROBABLY WONDERING WHY THEY DO THIS...

Think about it this way, if you were in an unhealthy or toxic relationship, there's a part of you that is holding onto all that hurt from it. This vulnerable part gets exiled to the subconscious to protect the system. Then other parts, the protector parts, step in and begin shifting your perception around relationships. This could look like keeping you isolated, not trusting others, inability to open up, not wanting to be seen for who you really are. These parts are just trying to protect you from getting hurt again.

However, by doing so you still get hurt because you unconsciously push people away when you truly want connection. Or you attract emotionally unavailable people because you are so guarded. Even though you are trying to manifest someone that is emotionally available.

## THIS LEADS ME TO WHAT I TOUCHED ON IN THE PREVIOUS CHAPTER

When are parts are in the lead, we attract those that align with our parts, not our True Self. The example with the emotionally unavailable person is one example. Another example is when our vulnerable parts attract the same type of person over and over again that hurt them in the first place. As I said, the vulnerable part being exiled is an imperfect solution. That hurt seeps out. This vulnerable part is longing for a do over. To get the love she didn't get. However, she keeps trying to do it with the same type of person that hurt her in the first place. When we attract people through our wounded parts, we continue to get wounded. Then our protector parts see no other solution than to increase their efforts.

See how this is a lose, lose battle?

### **CLIENT STORY**

Let me share a recent struggle a client of mine was going through. My client came to me wanting to improve her relationships. She had insight and awareness into patterns and cycles but struggled with breaking them.

My client was in a relationship where she felt unseen, unheard, and undervalued. We came to realize that her significant other had the same unhealthy traits as her stepfather and as we explored her parts, we discovered the part of her that was still holding the pain and hurt from this relationship with her stepfather.

I guided my client to build a relationship with this part, so we can help this part let go, or unburden, all of the hurt and pain she was holding onto for so long. After we did this, my client noticed major shifts in her perception, not only toward her stepfather, but also toward her significant other. She was able to let go of this unhealthy relationship, instead of continuing to try to make it work because this part was trying to have a "do over".

### **CLIENT STORY CONT.**

Once my client let go of this relationship, she could then focus on manifesting the type of love that was in alignment with her True Self, not from this part or another part. And this is what she is currently doing. She is also learning how to prioritize herself, not get wrapped up and lose herself in relationships, as she has in the past.

Recognizing our parts is the first step to unblocking ourselves from love. Examining our patterns and cycles, our behaviors, thoughts, emotions, and beliefs around love, gives you the insight you need to identify the parts blocking you from manifesting love into your life.

I know it gets said often but mindfulness is a powerful tool to understanding your internal world. Often, we go through life not paying attention to our own thoughts, feelings, and behaviors, but this is how we learn so much about ourselves! Tuning in and becoming mindful, without judgment, is the key to recognizing your parts.



### WHAT ARE LIMITING BELIEFS REALLY?

Limiting beliefs are thoughts or a frame of mind that you believe is absolute truth that stop you from doing things, reaching goals, hopes, dreams, living your life in a fulfilling way.

Limiting beliefs stem from, past traumas, what we witness at home, school, with family and friends in childhood. Including how people interact with each other, with us, how these people spoke to us and other people. If they are being respectful or not. The language that is spoken.

When we witness these things in our childhood, or in prior relationships, they paint a picture of how we think the world is. They are the underlying factor to how we think we are supposed to act, respond, and behave.

Limiting beliefs are what vulnerable parts are holding onto. We often don't recognize them for what they are, because our beliefs come out as other types of thoughts, emotions, and behaviors. How we speak to ourselves. How we interact with others. How we show up in the world. Common limiting beliefs are "I'm unlovable", "I'm undeserving", and "I'm unworthy". There are many more, but for now let's work with these. If we feel unlovable, we might tell ourselves "Love is hard to find," or "I always pick the wrong partners."

We are going to come up with many excuses as to why we are unable to find that right someone. If we feel unworthy or undeserving, we often put others on a pedestal, comparing ourselves to them, with them always winning. We turn down opportunities to meet people that we think don't match up to us, because we think they are better than us. This makes for an uneven playing field. If we even get this far. Often these beliefs prevent us from even putting ourselves out there in the first place because we fear rejection, vulnerability, getting hurt.

These beliefs manifest into patterns of behaviors like perfectionism, people pleasing, and codependency. Ultimately meaning we don't feel safe to show up as we are. We must either be perfect, always agreeable, attached, or trying to manage their emotions.

This is in an attempt to decrease any resistance within the relationship, to not to be seen for who we really are. It becomes our deep dark secret that we guard so completely that we lose sight of anything resembling ourselves.

There is another layer to this. Not only do limiting beliefs keep you from meeting the person you truly desire, but it also opens you up to people that are not right for you, not kind, not compassionate, or caring. People who will take from you because you want to give to them. But it's not reciprocal.

There are people use this opportunity to take advantage of us due to our limiting beliefs. It's not fair. But we all know this happens either because we've gone through it or heard stories of others going trough it.

When we process and let go of our limiting beliefs, we feel worthy, deserving of love. Of what we want to manifest. We feel secure in ourselves. We can express our thoughts and feelings, wants and needs, and our partner reciprocates. We feel confident to set healthy boundaries. To break patterns of old behaviors that no longer serve us. And we are most certainly not attracting people that will take advantage of us. They don't want anything to do with someone that is confident, in her worth, and feels deserving to be loved.

### MY STRUGGLES WITH LIMITING BELIEFS

In the introduction, I talked about my emotional unavailability. This stemmed from growing up in an emotionally unavailable household. My family didn't know how to effectively deal with emotions, and I know this is very common in a lot of households. Because they didn't know what else to do, my emotions were consistently invalidated. This is probably how they were raised and they continued those same patterns.

Because of this invalidation, some of my parts learned that they needed to shut emotions down. They equated showing emotions to being unlovable. They didn't think it was safe to show emotions.

This became a tangled web that needed to be carefully and thoughtfully untangled. I didn't know it at the time, though. When I began dating I, being emotionally unavailable myself, went for other emotionally unavailable people. These relationships weren't great by any means.

Early in my dating years, I went through a particularly difficult period in my life, The weight of everything I was holding became unbearable and I remember breaking down one day and crying to the person I was in a relationship with. This apparently crossed a line because I was told that I was "weak", that he thought I was "stronger than this", that he couldn't date me anymore because I was "too much" then broke up with me.

### Now, he didn't actually say this to me. This is how he did it instead...

He borrowed money from me before I left to for work, planning to return when my shift was over. When I got back to his apartment, he changed the locks (using the money he borrowed from me! Needless to say, I didn't get that money back) and duck taped a note to the door telling me all the ways I was too emotional for him. Pretty much that I disappointed him and his perception of me came crashing down.

I can laugh at the absurdity of this now. But back then, I was so hurt by it and so angry. Rationally, I knew this was for the best, but it perpetuated that feeling of being unlovable. For a long time after this, my parts upped their shields of defense against showing any emotions. To always be strong. For my parts, emotions equaled weakness. Weakness equaled being unlovable. It took years of deprogramming to undo this and to be able to become emotionally available. And to attract other emotionally available people.

## WHEN WE ARE FREE FROM LIMITING BELIEFS,

we are open and aligned with our True Self and the Universe. We feel worthy, deserving, of what we are manifesting.



BREAKING THE CYCLE
OF FEAR AND
SELF-SABOTAGE

In the previous chapters, I touched on fear of vulnerability, rejection, and heartbreak. As you are coming to see, there are reasons why we feel the way we do or act the way we act. There are many reasons why our parts get to these points, but they all end up as the same patterns, cycles, limiting beliefs, and fears.

This chapter is all about fears. And for good reason. When we are holding on to these fears we have good reasons for that. Damage was done, and our parts went into protector mode. Remember the story I shared in the previous chapter about my early relationship that reinforced my emotional unavailability? Not only was there a limiting belief that I was unlovable tied to this, but a fear of vulnerability.

After that rejection, parts of me learned to fear being vulnerable. And because they feared any further rejection, these parts were heavily guarded for a long time. Often the things we do to protect ourselves are the things that result in getting hurt more.

If we are afraid to be vulnerable, we are not going to have that connection we long for. When we find that right person, if we are not working through these blocks and barriers, we are setting ourselves up to be rejected. And the cycle continues.

So, either we can miss out on an amazing opportunity with someone out of fear of vulnerability or rejection, that will ultimately lead to rejection. Or we stay stuck in unhealthy relationship patterns as to not activate the parts of us holding onto these fears.

# **SCENARIOS**

Let me give you a scenario to explain how fear of vulnerability can show up in relationships. If you have been cheated on in the past, you will likely struggle with trust in relationships. Yet, you continue to try dating, even meeting people who seem interested. Instead of leaning in, maybe lowering your guard a little bit, you pull away the moment things get serious. Even though you want love, the fear of getting hurt again wins out, preventing any deeper connection from forming.

# HERE'S ANOTHER SCENARIO-

You met someone amazing, and things started off great. However, you find yourself constantly doubting the relationship. Questioning whether you are good enough or will this person eventually leave? The part that fears rejection will begin picking fights over small things and pushing them away, until this fear becomes a self-fulfilling prophecy and the relationship ends.

# OUR PARTS REALLY ARE TRYING TO HELP US,

I promise! They just have limited knowledge of how to do this effectively. Many of our parts take on new jobs and roles when we are children, meaning that they still are children. Think of your younger self. Back then you were just trying your best, with the limited knowledge, capabilities, and resources available. Now imagine how powerful it will be when you as your True Self, as an adult connects with this younger you part. Giving her all your knowledge, capabilities, and resources? This is empowerment!

# A WORD TO THE WISE

Now, if this resonates with you, I don't want you to knock all those walls down right away by pushing yourself to be vulnerable. It wouldn't be safe for your internal system. This isn't about oversharing or putting yourself out there in every situation. That will lead to more hurt and those walls will come back taller than ever. Instead, I suggest testing the waters. Strengthening your trust muscles.

When I am working with clients around this, I explain that to be vulnerable we must have trust. Same goes with feeling accepted instead of rejected. We must build trust within ourselves and with that other person.

To do this I suggest starting small. Share one small thing about yourself and see how it is received. Was the person on the receiving end supportive and caring? Did they return the favor and also share? This is how we build trust. We can't build trust by throwing it all out there and see what happens. We must trust that the person receiving it is safe. We will know if they are or aren't by their response. If they are judgmental, comments that makes us uncomfortable, and doesn't open up to us in return, then we know this isn't the right person for us. And we only shared a small slice of ourselves. Instead of everything. But if they are receptive, then you can continue this back and forth building trust and connection as you go.



**Unhealed emotional wounds** especially from childhood or past relationships influence our current love patterns. As I touched on in chapter 3, these wounds are held onto by our vulnerable parts due to past traumas.

### WHAT IS TRAUMA?

Trauma refers to any deeply distressing or disturbing experience that overwhelms a person's ability to cope. It leaves an emotional imprint on the mind and body, often shaping how someone views the world, themselves, and others. Trauma can come from singular, highly intense events or from ongoing, less obvious experiences that accumulate over time.

# "BIG T" AND "SMALL T" TRAUMAS-

**Big "T" Traumas** refer to significant, often life-altering events, such as physical or emotional abuse, serious accidents, assaults, or the loss of a loved one. These are the more traditionally recognized forms of trauma that can create deep emotional and psychological wounds.

**Small "t" Traumas** refer to less obvious, but still impactful, experiences that can be emotionally distressing. These may include things like being teased in school, feeling neglected or misunderstood by parents, or experiencing repeated rejection in relationships. Over time, these smaller traumas can add up, creating emotional patterns or wounds that impact self-worth and relationship dynamics.



# **VULNERABLE PARTS AND TRAUMA**

Looking at this through the lens of Internal Family Systems, vulnerable parts are the parts of us that carry the pain, shame, or fear caused by past trauma, whether "big T" or "small t." These parts are often exiled from our conscious awareness because the emotions they carry feel too painful to face. However, even though these parts are hidden, they still influence our behavior and our ability to open up to love. Healing these vulnerable parts is key to releasing the emotional blocks that prevent us from manifesting healthy, fulfilling relationships.

The shame, fear, and pain become limiting beliefs that these parts carry around influence our current love patterns and keep us away from aligning with love. I often hear from clients that they don't have trauma in their past but will identify many "small t" traumas. Acknowledging that these small traumas have left wounds is the first step to healing. Processing trauma alone can be a very difficult endeavor, which is why I recommend working with a licensed therapist trained in trauma therapy to do this.

I have also heard people dismiss or invalidate their own stories. Stating that these things happened when they were young, and they are "over it" now. Unless they actually took the time to do the work to process these traumas, they are not over them. They are just buried, exiled away. But the shame, fear, pain, and limiting beliefs will continue to seep through.

There's an explanation for this and it is the logical part. We all have one. This part looks at everything through a rational perspective, leaving out emotions, and is focused on the present and future. It doesn't think it's necessary to dive into the past because it has done its job of burying what is back there. Working with the logical part is key to accessing the vulnerable part. And key to healing past wounds.

We must stop dismissing and invalidating our own stories, those emotions. This isn't about sitting in them, either. It is about understanding that what has happened in the past impacts us now. How it influences our current patterns and cycles around love and relationships. This step is crucial to the healing process.



When we think about manifesting love, we rarely think about the importance of cultivating self-love to attract true love. It is a point that often gets bypassed but is so important.

Think about it, all this work you are doing to get you to this point really is a demonstration of self-love. You are building your self-worth as you release limiting beliefs, fears, and old wounds. Building a relationship with your parts, including those vulnerable parts in the depths of your subconscious. This is all an expression of self-love and self-worth.

As we embrace all parts of ourselves instead of pushing them away, we are loving all aspects of ourselves. By doing so we attract healthier, more fulfilling relationships.

**Self-compassion is an excellent way to build self-love.** When we give ourselves compassion, show ourselves some love, we manifest the love our True Self wants. We feel worthy of that love and are ready for it.

Self-compassion is also an excellent way to feel worthy. Compassion is one of the 8 C's of True Self. being compassionate towards all parts of us is not only healing, but it makes us magnetic, bringing us closer to our manifestations.

# WHEN WE AREN'T COMPASSIONATE WITH OURSELVES

When we allow the limiting beliefs, fears, and old wounds take over and dictate our lives, it is very difficult to be compassionate with ourselves. Although this is when we need it most. These beliefs and fears warp into negative self-talk, being hyper critical of ourselves. It also pulls you further away from your True Self and what you are trying to manifest. All of this becomes a painful cycle, perpetuating those very beliefs and fears we are trying to shed. Let's break this cycle and cultivate self-compassion instead.

# **CULTIVATING SELF-COMPASSION**

Self-compassion goes a long way towards healing those vulnerable parts. By changing your internal dialog, you are shifting the way your parts perceive the world. You are also becoming Self-led, meaning that your True Self is in the lead and the parts are helping you. Instead of the parts taking over while running off fears and limiting beliefs. This happens to all of us and perhaps more often than we would like to admit, or even acknowledge.

There is true empowerment with being compassionate towards all parts of yourself. And as I said before, it is one of the 8 C's of True Self. When you are genuinely compassionate towards your parts you are harnessing True Self energy.





SIMPLE, EVERYDAY PRACTICES TO DEVELOP COMPASSION TOWARDS YOURSELF AND YOUR PARTS.

# ELF-COMPASSION PRACTICES

#### 1. MINDFUL BREATHING:

 Practice mindful breathing for a few minutes each day. Focus on the sensation of the breath entering and leaving your body. When thoughts or judgments arise, acknowledge them without attachment and gently guide your focus back to your breath.

This practice can foster a state of presence and self-compassion. This is because it is allowing you to access your True Self!

# 2. BODY SCAN MEDITATION:

– Engage in a body scan meditation paying attention to each part of your body in turn, sending it gratitude and kindness. This can help you develop a compassionate relationship with your physical self and recognize the efforts of your body parts.

If you would like to be guided through a body scan, Insight Timer is an amazing app with tons of free meditations on them including body scan meditations.

#### 3. SELF-COMPASSION BREAK:

– When faced with a stressful situation, take a self-compassion break. This is all about the pause. Stop for a moment, placing a hand over your heart, acknowledging the difficult and stressful situation you are in, and offering yourself words of kindness and understanding, just as you would to a good friend.

Talking to yourself as you would your BFF is a great way to cultivate self-compassion. Most times we are much kinder and understanding of what a friend is going through than we are ourselves.



#### 4. GRATITUDE JOURNALING:

 Keep a gratitude journal where you write down three things you are grateful for about yourself each day. This can shift your focus from self-criticism to appreciation, enhancing self-compassion.

I really like doing this before bed to shift perspective of the day I just had. It is also nice to show a little gratitude in the morning when you wake up. You don't have to write them down in the morning, but it is also a great way to shift your focus first thing. So, try it in the morning and at night.

#### **5. COMPASSIONATE LETTER WRITING:**

– Write a letter to yourself from the perspective of a compassionate friend or mentor. Address your struggles, fears, and disappointments with empathy and encouragement. This exercise can help shift your internal dialogue to one that is more loving and supportive.

As you write about your struggles, fears, and disappointments, think of these as parts of you holding on to these things. When True Self you can show empathy and encouragement instead of trying to dismiss or shut the part down for struggling or having fears, you are showing these parts that they matter, they are not forgotten and are healing these parts.

It is also teaching the other parts of you how they can start communicating with one another, since often times our parts bicker back and forth like siblings.

Self-compassion cultivates self-love. Self-love is the link to manifesting love and relationships. Use these self-compassion practices to cultivate self-love and become your most magnetic self.



As we gain awareness and insight into our internal worlds, identify limiting beliefs, fears, and traumas, and begin to understand how our parts impact how we show up relationships, we begin to shift into alignment and magnetism.

Releasing what no longer serves us, not by invalidating or dismissing our pasts, but by giving the parts that hold onto it all, the love, attention, and validation they need through our True Self, shifts our energy to manifest love that is in alignment with our true wants and needs.

So, now is the time to explore what it is that you want. Not your parts. You. Aligned with True Self and the Universe, what kind of love do you want to manifest?

This could be tricky at first. Your parts might try to interject their wants and desires. So, it is essential to decipher between what they want and what True Self wants. The best way to do this is through a little practice.



Grab a pen and paper

Give yourself some time and space to get into a relaxed state so you can access your True Self.

Close your eyes, or lower your gaze.

Take a few deep breaths with the intention of each inhale you are bringing in openness, and each exhale you are releasing any tension.

Do this until you feel grounded, relaxed and centered.

Then ask yourself-

What it is you are looking for in manifesting love. This can be the qualities and characteristics of this person. Interests. Quirks.

Without judgment, write it all down.

This isn't the time to analyze. We will get to that shortly!

After you have your list, go through it one by one and ask yourself why each thing is important.

Then just pay attention to the answer.

This will tell you if it is a part wanting this, or if it's True Self.

I have found that when I do this, I will have internal dialog if it is a part.

However, if it is True Self, I get a feeling, a knowing, instead of justifications. Everyone is different though.

It might just feel right. Or you could have your True Self talk to you, therefore these will be internal dialog.

If this is the case, see how you feel when you hear that dialog. Does it line up with one of the 8 C's? Or is there a feeling of anxiety, overwhelm, sadness? Openness or one of the 8 C's represents True Self, while the other emotions represent a part. This is how you will know.

As you go through the list, talk to the parts and ask them why they want something in particular? It could align with you, or it could not. Either way, thank the part for contributing and see while in True Self can give the part what it is asking for, instead of trying to find it in a relationship.

Once your list is complete, you surrender control and trust the process. This can be difficult for some of our parts that could be thinking about this or worrying if it is going to manifest or not.

**Surrendering is key.** However, it doesn't mean to forget entirely. Surrendering to the process means you give it to the Universe and be mindful of those intuitive hits and nudges along the way.

Take aligned action towards those hits and nudges. Don't let a part overthink or overanalyze, just go with it. This is surrender. This is trust that the Universe is guiding you and you are open to it.

# IN CONCLUSION

By now you're able to see how your limiting beliefs, fears, and old wounds impact your manifestation. You can identify the parts blocking your manifestations, where these blocks are rooted, and learned practices to increase self-compassion to cultivate love to manifest love into your life.

# But I'll be honest, there is so much more I didn't even get into in this book, including...

How to align with your True Self and the Universe.

How to unblend from parts when they are taking over.

How to be Self-led, with True Self in the lead, guided by the Universe

How to give your parts new roles and jobs that actually align with what you are manifesting.

# --YES, YOU CAN GIVE YOUR PARTS NEW ROLES AND JOBS THAT ALIGN WITH YOUR MANIFESTATIONS!!

But this book was getting really long, and my perfectionist part was starting to come out. So, I knew it was time to end it before she got any more activated!

As you can probably tell from the contents of this book, everything I shared comes from my experience, expertise, some experimentation and listening to my intuition. I trust that you have received many helpful tidbits from this book and come back to it many times as you continue your journey to manifest the love you've always wanted.

If this material has resonated with you, you like my IFS-Informed, intuitive approach, and you're interested in breaking free from those blocks and barriers preventing you from manifesting love into your life, then here is an overview of how I can help you.

# **RESOURCES**

# **READ THE BLOG**

I have so many wonderful blog posts that I've written all about manifestation, IFS, aligning with True Self, the Universe, how to work with your parts. The list goes on and on.

These blog posts are filled with insight, tools, tips, rituals, and practices you can use now to manifest!

Check it out here!



# **RESOURCES**

#### **Check out the True Self Manifestation Podcast**

hosted by Angel Minuto, a licensed psychotherapist and IFS-Informed Coach. Welcome to True Self Manifestation, the podcast where we explore the transformative power of manifestation, delve into the profound concepts of Internal Family Systems, and guide you through the art of parts work to unlock your True Self.

Join me as we navigate the realms of self-discovery, dismantling the barriers of past programming, conditioning, and limiting beliefs that may be holding you back from your true potential. This podcast is not just about manifesting; it's about true transformation at the root.

Tune in for insightful conversations, practical tips, and inspiring stories that will illuminate your path to manifestation mastery. Discover how understanding and working with different aspects of yourself can lead to a more abundant life. It's time to break free from the constraints of the past, align with your True Self, and manifest the life you've always dreamed of.

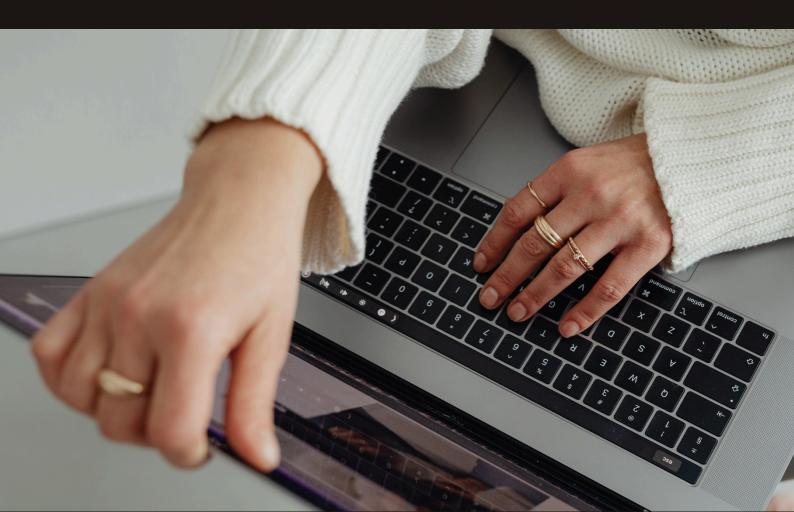


# FIND THE <u>PODCAST HERE</u> OR LISTEN WHEREVER YOU LISTEN TO PODCASTS!



WORK WITH ME...

DISCOVER THE
TRANSFORMATIVE
POWER OF
IFS-INFORMED
COACHING WITH MY
ONE ON ONE COACHING
PACKAGES



# 6 SESSION ONE ON ONE COACHING PACKAGES

# IS THIS FOR YOU?

Do you find that no matter how hard you try, what manifestation practice you use, your goals, dreams, and manifestations are just out of reach? Is there a disconnect between your wants and desires and feeling worthy and deserving of them? Often, the most significant barriers we face are the subconscious limiting beliefs we hold onto about our own worth. Our deservingness. Who we are and who we can be in the world.

Join me on a journey through IFS-Informed coaching to help you break free from those barriers. As I guide you to align with your True Self, connect with all parts of you, even the ones holding the limiting beliefs, and become empowered, truly embracing the worthiness that is your birthright. With this, you can manifest your most amazing life.

#### MY OFFERING

I offer 6 session one on one coaching packages, specifically tailored to your needs. Using IFS skills and tools, I guide you through your internal world, working with the parts of you that have kept you out of alignment with your True Self. Through this work, we identify the blocks and barriers, shift perceptions at the root and release what no longer serves you. By doing this, you become aligned, connected, and empowered to manifest.

# BECOME THE PERSON YOU WERE MEANT TO BE WITH IFS-INFORMED COACHING

**LEARN MORE AND SIGN UP HERE!** 

I've been there. I was drowning in limiting beliefs, low self-worth, and alcohol. Even after I quit drinking nothing changed. Not until I began digging deep inside myself, accepting all parts of me, and learning to live in alignment with my True Self. This work has been my guiding light and I want to show you how to do it too!

I'm a licensed psychotherapist and I've spent over 10 years working with women using these techniques, watching them transform into the authentic, magnetic, empowered beings they are today! I have merged my psychotherapy skills, knowledge of all things manifestation, hypnotherapy, and coaching skills to serve you and your needs.

I am compassionate, nonjudgmental, and will be your biggest cheerleader through this entire experience. I'm not going to lie, this is hard work. But I want you to know that I am there with you every step of the way, holding space for you and guiding on this transformational journey.

ARE YOU READY TO JOIN ME?

Learn More Here!



# **HOW IT WORKS**

This package consists of 6–60-minute individual sessions through Zoom over 3 months.

# WHAT'S INCLUDED IN THE COACHING PACKAGE?

- -Short daily exercises & homework assignments
- -Handouts, worksheets, tailored to your needs.
- -Unlimited email support (Acknowledging that I will respond within 24 hours of receiving email)

Using the tenets of IFS, I will teach you how to align with your authentic True Self, connect with those parts of you that are holding onto limiting beliefs and blocking your success.

By connecting with these parts, we build a relationship, so they no longer take over and dictate your life. Instead, we can help these parts find different roles and jobs that are in alignment with your manifestations, not against them. We validate and reassure the parts, healing old wounds that have kept them swimming in limiting beliefs. Through this work, you become aligned, connected, and empowered to be Self-led manifesting your most amazing life!

These sessions will be designed specifically to you and your needs. You will also receive handouts, worksheets, and yes, homework assignments

to complete between sessions!

# CLICK TO BOOK A CALL



# This package consists of 6–60-minute individual sessions through Zoom over 3 months.

# WHO IS THIS FOR?

This is for you if you keep getting stuck when you try to take your manifestation practice to the next level. You want a guide that will walk you through your internal world, helping you identify and process your blocks, and the next steps to shift perceptions and move forward. You're looking for something specifically tailored to you and your needs.

# **HOW MUCH DOES IT COST?**

INVESTMENT // 6 Sessions FOR \$800-Introductory Price! (payment plan available)

# CAN I BUY ONE COACHING SESSION?

Unfortunately not at this time. The coaching package is designed to take you on a transformational journey, grounded in the foundation of IFS Parts Work. We would not be able to do all of the things in one session.

# WHAT IS THE TIME COMMITMENT?

The time commitment is 6 Zoom calls, 60 minutes a piece. I give the opportunity to complete the 6 sessions in 3 months, however based on the person it can be completed sooner than 3 months.

There will be initial information that will be provided that I require you review so that you will be ready to go at the first call. After that, there will be daily short exercises that I encourage my clients to do between sessions. These short exercises range from 5 to 20 minutes, usually.

# DOES IT HAVE TO BE 3 CONSECUTIVE MONTHS?

Yes. This isn't meant to be a drawn out process and consistency is key. I prefer to keep it as close to 3 months as possible, give or take a week or two. And the 6 sessions could potentially be completed in less time as well.

If you have any conflicts, let me know in the first session, or email me!

**LEARN MORE AND SIGN UP HERE!** 

# DISCOUNT

# CODE

# COACHING 200

AS A THANKS TO YOU I'M OFFERING A DISCOUNT CODE! Use code at checkout for \$200 off coaching package!

Click Here!





•••

HOW TO MANIFEST WITHOUT THE SELF-SABOTAGE



LEARN HOW TO WORK WITH THE PARTS OF YOU SUBCONSCIOUSLY SABOTAGING YOUR MANIFESTATIONS, SO YOU CAN ALIGN WITH YOUR TRUE SELF, THE UNIVERSE AND MANIFEST YOUR MOST AMAZING LIFE!

# OW TO MANIFEST WITHOUT THE SELF-SABOTAGE

**E-COURSE** 

### IS THIS YOU?

Despite everything you're doing, your manifestations still won't come through. You've been told that if you just think positively enough, raise your vibrations high enough, be in love and light for long enough the Universe will give you everything your heart desires.

# But what happens when it doesn't work?

People don't like to talk about it. They think there's something wrong with them.

It's a secret we hide so well.

We put up a front that we've got this. We are all good. We're connected, in alignment, we are all love and light. When in reality we are struggling, internally beating ourselves up.

"Why is this so hard for me?"

"I must not be thinking positively enough."

"There must be something wrong with me."

"Is this my karma?"

"Am I cursed?"

I'm here to tell you there is nothing wrong with you!

# NEW AGE MANIFESTATION PRACTICES LEAVE OUT ONE FOUNDATIONAL KEY ELEMENT. -YOU MUST BE IN YOUR WORTH.-

After spending years as a psychotherapist practicing Internal Family Systems, while also delving into all things manifestation, what I quickly learned was most people were unknowingly sabotaging themselves and their manifestations.

I have read countless articles, seen tons of posts, reels, and TikTok's about manifestation, how to do it, and what to do if they aren't coming through. Time and time again they come down to you aren't thinking positively enough. You aren't truly in alignment with what it is you want. You aren't in high vibration.

They point the finger and tell you it's your fault. You're a failure because you are unable to harness the energy of Universe and manifest everything you've always wanted.

They all miss the mark. They don't talk about how to internally shift that alignment. How to get to a point of feeling deservingness and worthiness. To FEEL positive, not THINK positive. How to raise your vibration for real. Hell, they don't even mention deservingness and worthiness.

#### THIS COURSE IS FOR YOU IF...

If you are a self-started, don't need a push to do the work, enjoy learning at your own pace, and would like to get an idea of how I work before doing one on one coaching. You want to know more about what is going on inside of you so you can break out of patterns and cycles of subconscious sabotage, feel worthy and deserving, align with your True Self and the Universe, and manifest your most amazing life, then this E-Course is for you.

Get the Course Here!

# A self-paced E-Course full of videos, handouts, workbooks, an audio guided meditation, and bonuses!

Learn how to work with the parts of you subconsciously sabotaging your manifestations, so you can align with your True Self, the Universe and manifest your most amazing life! You get lifetime access to this course along with access to all updated materials.



# WHAT YOU'LL LEARN

**This E-Course** uses techniques from Internal Family Systems to help you align with your True Self energy and begin working with those parts of you that have been sabotaging your manifestations.

# An Introduction to Internal Family Systems/Parts Work

- -All the ways IFS goes hand in hand with manifestation.
- -What exactly manifestation is, and how you can become your most magnetic self by truly aligning with your True Self and the Universe.
- -And why my technique is the best way to get to the root of what is sabotaging and blocking your manifestations!

# **How to Align With your True Self**

- -What True Self is and why it's one of the most important factors in manifesting.
- -Learn how to align with your True Self.
- -Explore True Self energy to gain awareness of what it feels like to be your authentic self.
- -Experience taking control of your internal world (your parts) while in True Self energy.
- -Discover how to know if it's your intuition or if it's a part.

Get the Course Here!

# WHAT YOU'LL LEARN

# **Get to Know Your Parts**

- -Discover what the most common parts are that sabotage your manifestations and impact your self-worth.
- -Explore the parts of you that are functioning from past programming and conditioning.
- -Build relationships and trust within your internal world. No more feeling like you have no control over your thoughts and emotions.
- -Give your parts an opportunity to take a break, and let your True authentic Self take the lead so you can manifest your most amazing life!

# Let's Manifest

- -Explore what manifestation is and how to be successful in your manifestations.
- -How to identify if a part is blocking your manifestations and what to do about it.
- -What it means to be blended with a part of you.
- -Step by step how to unblend from a part so you can be in your True Self energy.
- -How to create a manifestation list that works.
- -Take everything you've learned to manifest your most amazing life!

Get the Course Here!

# WHAT'S INCLUDED

# **MODULE 1**

Start Here Video How To Use This Course Video Start Here Guidebook

# **MODULE 2**

What Is IFS Video
The Purpose of IFS Video
How Our Parts Can Show Up Video
IFS and True Self Video
IFS and Manifestation Video
Why The Law of Attraction Doesn't Work Video
Spiritual Bypassing Video

# **MODULE 3**

Align With Your True Self Workbook
Align With Your True Self Video
Is It A Part Or Is It Intuition Video
Disconnected? Video
Mindfulness Check-In Video

# **MODULE 4**

Get To Know Your Parts Workbook
MP3 Audio Guided Meditation
Let's Manifest! Workbook
What Is Manifestation? Video
Is A Part Blocking You? Video
When A Part Is Blended Video
How To Unblend from Your Parts Video

# WHAT'S INCLUDED

#### **MODULE 5**

Bonuses-

- -Infographic- The 8 C's of True Self
- -Infographic-Common Protector Parts
  How To Regulate Your System Pdf Guide

#### **MODULE 6**

Congratulations/What's Next Video

# **BONUSES**

Some fun little extras I've added on!

# **HOW TO REGULATE YOUR SYSTEM**

Explore the transformative power of nervous system regulation in our specially designed PDF. With expert insights and easy-to-follow practices, you'll learn to soothe stress, enhance your emotional balance, and align more closely with your True Self. It's your secret weapon for manifesting a life filled with joy and fulfillment.

# INFOGRAPHIC OF THE 8 C's OF TRUE SELF

The 8 C's are how you know when you're in your True Self energy. When you are being your authentic self. Never forget these 8 C's with this infographic!

#### INFOGRAPHIC OF COMMON PROTECTOR PARTS

This handy infographic highlights the 5 Common Protector Parts sabotaging you and blocking your manifestations, so you can quickly tune into the patterns and cycles keeping you stuck.

# YOU GET ALL OF THIS FOR THE LOW PRICE OF \$111!!!

This includes lifetime access and all updates to the E-course!



Get the Course Here!

# **TESTIMONIAL**

This was so great! It's concise but also thorough. I love the connections with alignment, True Self, manifestation, and how Angel also has a mental health approach because I think we separate those things but in reality, they all coincide very closely. Angel did such a great job of explaining "the parts" and I absolutely loved the manifestation and the concept of individualizing them and acknowledging them all. I think the "personification" of the parts is super helpful to acknowledge that the part isn't necessarily "me" but a part of you that's been adopted along the way. Then at the end I love how Angel adds to give that part gratitude. The guided meditation is definitely something I would listen to multiple times when I'm feeling like there's a part that needs to be worked on at certain times. It's a really amazing guide for people!

# DISCOUNT CCODDE

# 600FF

AS A THANKS TO YOU I'M OFFERING A DISCOUNT CODE!

\*Use code at checkout for \$60 off E-Course\*

Click Here!





