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SPEAKERS

Karen Lorre, Carol Allen, SONYA SIGLER, Michelle Hoffmann, Coltrane Lord

SONYA SIGLER 00:03

Hello everyone, my name is SONYA SIGLER and I host of the next level and this webinar today is about relationships. So once a month, I bring in other coaches and other experts to talk to my clients and others about things that I don't do. So I coach people on how to get to the next level. So if that requires bringing in other people, that's what I do. So all about relationships, and I've been through a lot. So I had a 25 year marriage, and now I'm on my second marriage, and we've been married for years. So I'm going to share a little bit about my story. As we go through our discussion today, I'm going to introduce each panelist and chat a little bit about them and tell them how they impacted my life because they don't all know this. And then once we are done with the panelists introductions, I'll start down the list of questions and discussion topics in terms of what are the red lights and relationships? And what are the the green flags because along the way, I've ignored a couple of those so hard lessons learned. So the first panelist, I want to welcome is Carol Allen. And she actually was someone I went to high school with in Los Altos. And is someone I went to college with at Berkeley. And we had gone our separate ways. And we know each other well, and I not know that. And I did not meet up again with Carol until our I'm gonna just name some numbers here. I think it was our 30th class reunion for high school. And we chatted and I was just unbelievable, right? I know, how did that happen? And I was just telling her during the class reunion that I was online dating, and then I was a disaster. And she's, you know, talk to me for a few minutes. And she's like, you need a beta male. And don't worry if he's driving a Tesla or whatever, those things don't matter. And I'm like, Yeah, I really don't care about that. What I care about is is he is kind because I didn't have that in my first relationship. And I put up with a lot. So Carol, that direction was super amazingly helpful. So I appreciate it. I love that we land our next reunion. I know. So I just want to read a little bit about Carol because she's so brilliant. And she's done so many things and impacted so many lives, especially women to help them find love. So I'm going to read a little bit because I don't want to miss anything. Okay, guys. Carol Allen is happily married Vedic astrologer and relationship coach whose mission is to empower women to truly enjoy out of this world love lives. Her methods are a unique marriage of East and West combining her training and the astrology of India with cutting edge real world relationship research, which I personally love because I'm very analytical. So whether you're looking for a soulmate or you want to deepen an existing relationship, which is why I have a relationship coach, or heal lifelong love patterns. The answers are literally Written in the Stars so almost anything can be made better with your own right actions once you know the truth and what to do about it. So Carol has been featured on all kinds of things like he and Brian villas and Chicken Soup for the Soul. Women's World and she's an author of love is in the stars. So the wise woman's astrology astrological Guide to Men. So this is where I after the reunion did a little bit more research and checked out Carol stuff and got on her mailing list and it was like, I can learn so much from her. So she does retreats and things until I've like read almost everything she's written. So I've been a fan and I'm super happy to have you today.

Carol Allen 03:57

Okay, well, tha tis totally crazy. I had no idea. Thank you so much. And you know, we grew up in Mayberry, it was absolutely heaven. So we're so so so lucky. And I'm so honored to be here and what an amazing group you've gathered. This is so this is so cool. But yeah, we got it. We clearly need to do more reading it reunions. We got to share

SONYA SIGLER 04:18

stories like that. I ended up dating a guy from our class reunion for a little while and that did not go anywhere. But that was really interesting. To tell us to it you have to tell me who in the chat. I will hold on just a second. I want to make sure everybody is muted. Give me one second. Okay, who are my people who are not muted? Okay, thank you all for muting. Gosh, what was his name? A super tall guy. Super good looking worked at Oracle forever. JOHN, he played Anyhow, um, I'll say more about that because there was some red flags. So when I called a mutual friend and they said, Oh, did you know he drinks? Oh, and his mom was an alcoholic. I was like, oh, okay, I should not go any further with that relationship, because my dad is an alcoholic, and that, that work and I had to work my way through. And part of my journey to a good relationship and being relationship ready was going through adult children of alcoholics and being able to figure out some stuff. So that red flag I did pay attention to. So great. I'm going to go on and introduce Michelle Hoffman. So she's a relationship coach. And let me go to the right bio for that, because I don't want to tell you something that's not true. Okay. Michelle, happen. I've known for, I don't know, two years, I guess a little over two years, we actually wrote books, right around the same time and I met her through the Author Incubator, she was hosting an amazing retreat in her beautiful home in San Francisco at the time, and we've been thick as thieves ever since. So she's been a keynote speaker. She's a relationship coach. And she's a international best selling author of Life Worth Living, and New Management Blueprint. And she has the same because life is always better with good love in it. And I can't tell you how true that is. She empowers you to attract and keep and enjoy those loving relationships in your life without losing yourself and being overwhelmed. Because I lost myself in my first relationship. And that is why I ended up getting divorced because I was like, I don't want to raise three more young men in the world who treat their wives or girlfriends, like my husband was treating me. It took me a good long, 20 years to get to that point where I realized it wasn't going to change. And you need two people in a relationship. So Michelle is brilliant at helping people see that and so that you don't get lost in those relationships. So welcome, Michelle.

Michelle Hoffmann 07:06

Thank you, SONYA, thank you for having me in this esteemed group of people who value connections with other people. And what I really love about and you and a couple other people on this call, actually pivoted me from being a life coach to really do a deep dive on relationshiping. Because from my perspective, it's an organic experience that you have with your relationship with yourself, your inner voice, your body, your mind, your emotions, your intuition, your connection with an intimate partner, your family, your children, your relationship with your career as you help people. It's your relationship with your community. It's all of those things that come together, and life is better with good love in it.

SONYA SIGLER 07:59

Yeah, I so appreciate that. And I really like that you have been drilling that into me

Michelle Hoffmann 08:07

We had 11 days of solid time together. So earlier this year, a friend of mine and I helped move Michelle from San Francisco to Tega Cay, South Carolina, and we spent a couple of weeks in an RV together. So we did have a first hand look at how those relationships work. So that was pretty exciting. You're awesome.

SONYA SIGLER 08:30

Welcome. Okay, my

Michelle Hoffmann 08:32

good. I actually do live what I'm teaching. And so that was lovely, for me also nice,

SONYA SIGLER 08:41

and an amazing role model. And I appreciate that about you and a role model for unconditional love. So watching that in action and seeing that with your children, because as you As some of you know, I am trying to build a better relationship with my children now that their father has died. And Michelle is helping me do that. So I really appreciate that. Hi, thank you for trusting me. Our next panelist is Coltrane Lord, and I'm just gonna read a little bit about her because I really don't want to miss any of this. So loveologist, Coltrane Lord, aka Lord Coltrane is a leader in helping women become love in the flesh, while discovering their new unique love blueprint. She's a master couteur alchemists turning wound mates into soulmates shadow into light coal into diamonds and betrayal into bliss. Coltrane inspires her clients to live a divine lifestyle of beauty, Grace and helped haute consciousness. Hopefully I've said that right. She's a divine feminist embodiment coach. So she's got a lot of different talents. She's a photographer. She's an Ayurvedic educator. She's a spiritual wellness counselor, and also a best selling author of Love Avatar, unleash your divine feminine superpowers. So I don't know that I've ever shared this with her. But one of the exercises she did in a session, Michelle hosted was all about embracing your divine femininity. So for anybody who knows me, I've been the biggest tomboy forever. I thought it was a boy wanted to be a boy when I was like 10. And over time, I have embraced femininity, and it's still work in progress. But Coltrane is the one who's like given exercises and things to do, and you're like, Oh, that's so gonna help me. So I'm so thankful you're here to share your brilliance.

Coltrane Lord 10:39

Yeah, thank you. And thank you everyone for having me. At some point, I would love to see your beautiful faces are beautiful and handsome faces. I wouldn't just be in connection we can like I gaze together. But yeah, I love I work on the feminine so that we because it's it's a, an energy that the collective has not revered. And it is a power that is absolutely incredible. And my opinion is, is once we really activate that divine feminine inside us, we can resurrect the masculine. In every person. It's a it's an energy. And we currently our society reveres masculine energy, and it's sometimes are often toxic. And so we are in better relationships, when we have both energies ignited, Exalted, and then we can play with the polarity so that our relationships are alive, so that we feel at home and juicy in our bodies, so that we know our YES. And our NO our boundaries. There was a question about like, how do you know about when to date again, and when you're embodied, you know everything. You're adding things. So nothing that I do is cookie cutter. That's why it's haute couture or it's couture alchemy,

nothing. I don't believe relationships are cookie cutter. I think that everyone has an expression. Everyone has a journey. relationships, to me are the most spiritual journeys to take, because you're reflecting with each other. So that's where I'm at. And I hope I can serve here today for you guys.

SONYA SIGLER 12:23

Awesome. I think that polarity is really important. And we'll chat about that in a little bit in terms of being relationship ready. My last panelist, I want to welcome Karen Lorre. She's someone I also met through Author Incubator, which is how I met Coltrane at that same retreat that Michelle held. And I met Karen through the same program and I just loved her book Chronic Pleasure. And she's actually the best selling author of three books, Chronic Pleasure, the one I mentioned Effortless Enchantment, which is more about her story. And then Chronic Pleasure in Relationships. And that's the book that's really made a difference. And she also was a guest coach with Michelle and, and had a session on how to really appreciate your partner or appreciate your relationships. And so that is something I try to do every day with my husband, so that I have a closer relationship with him. So let me just make sure I covered everything I wanted to say about her. So I know she helps clients go from what happened to the man I married, which I could have, I could write a book about that, to Oh my God, he's better than I ever dreamed of in the most fun and easy way. And that's one thing I really love about Karen is that she has an ease about her as she has embraced her divine femininity. So it's really excellent that she's put that into practice. So, Karen, I am happy you're here.

Karen Lorre 13:42

Thank you so much, Sonia. And it feels so fun to be here with all of you. And Carol Ellen, I believe that you one time we put a message on Facebook because we had the same birthday. I don't know if we still do or if that was your cat. But I was like wow. And I just love you, Michelle and I love you, Coltrane and I love you. Sonya. You know it is true that relationships are amazing. And even though you know, masculine energy can be toxic, it can also be extraordinary. And when it's healthy, it's amazing. And same with feminine energy can also be toxic. But when it's healthy, it's so beautiful and makes the masculine energy want to bend over backwards to assist. Which I really appreciate So yeah,

SONYA SIGLER 14:33

That's the part I'm trying to learn. I just I'm so thankful you're all here to share your your wisdom and insights. And I just want to talk a little bit about how I became relationship ready. So I would say my first relationship or my first marriage, like I said it was a 25 year marriage by the time we actually got divorced. It was a long learning experience. We had three Children who are now 20, 22 and 23. So a long time together. And I didn't really understand, like I said, until I moved out and started the divorce process after 20 years, that two people in a relationship were kind of necessary. Two people invested in the relationship were kind of necessary. And it felt like we were on autopilot for so long. And now I cultivate an intentional relationship with my husband. And along the way I, I lost myself in that first relationship. So I want to help other people not do that. Because one of the things that happens when people come to me as clients in the career perspective and getting their life together is that one of those things is not working, or both of those things are not working. So relationship or job. And so it becomes, you know, intermeshed, there's no, you can't fix one without the other. So it's really all about the internal mindset about being ready for a relationship. And I didn't really discover that I wasn't ready for a relationship until after I moved out. So here we are 20 years in a relationship. And I figured out I'm

the one that's not ready. And that was eye opening, because I did read through the Adult Children of Alcoholics book and realized, I don't know how to have a relationship. Like I don't know how to be in a relationship, I don't know how to tell my stories in a relationship where it doesn't feel like they're gonna leave or abandon me. So that took a lot of practice. And so I started the online dating thing. And that was disastrous. Terrible, I really did better meeting people in person, like when I met John back in our class reunion and had a couple dates with him. So all the in person, things worked really well. But the online dating was a complete disaster. But being relationship ready and knowing and understanding about me and what I needed in a relationship. That was my real journey. So I just want to start with let's see, I'll start with Carol, in terms of how do you know, your relationship ready?

Carol Allen 17:09

Oh, gosh, I mean, how do we know anything? Right. But I think, I think so often, what I find is women know, everything they need to know, they just don't trust themselves. And we want so badly to connect. We put we put connection ahead of anything. So if we feel a connection, we will overlook our own feelings. We'll overlook what the other person is doing and and that's really a shame. And that's that's really when we lose ourselves, right, because we're prioritizing the connection, as opposed to prioritizing what we want or feel.

SONYA SIGLER 18:11

I'm hoping Carol didn't disappear or if it's me, give me a second.

SONYA SIGLER 00:02

I'm sorry, everyone, I lost my internet connection. And so I didn't get to hear the rest of Carol's answer. She was basically talking about how we concentrate on the connection with everyone. And we forget to trust our intuition when something is not right with that connection. So, we put that connection above everything else. And I want to thank Michelle because she took over and directed the meeting and had Coltrane do an exercise where everybody could stare into the eyes of someone else to really concentrate on sending that message of love to each other. So, I want to thank both Coltrane and Michelle for taking over.

So, here's the next part of the session. Thank you.

Michelle Hoffmann 00:00

Timing in, and we'll give her the lead again. Because like we all are saying in relationships, you can still be a leader and offer someone else an opportunity to take the lead. And so knowing that people can step in and represent you well, is a green light, that's a green flag in a relationship. I know we are often told look out for the red flags, but it doesn't necessarily give you the GPS and what you're going to, gives you the idea of what to steer away from. So knowing what the red lights are, and the deal breakers for you, in a relationship are vital. Knowing the green flags so that what you're actually going for, and allowing the universe to bring to you and the law of attraction. That's key to and knowing that the people you surround yourself with, have your best interest in mind. And we'll step up for you when you need to, when your Wi Fi is not working. That's a good relationship, too. So Sonya, we're gonna have this back to you when you are back in.

SONYA SIGLER 01:10

There we go. That was exciting.

Michelle Hoffmann 01:15

And look at that. Suddenly, you you walk back into the room, and we're all like, loving on one another.

SONYA SIGLER 01:21

I'm so glad to hear that. Thank you for picking up the slack. I appreciate it. Where I was headed was prioritizing that connection. That's where I left off the conversation where Carol was saying you know prioritize the connection over trusting our own feelings. And I can't tell you how many times I've done that. So that that is one red flag I would watch out for in the future. Okay. Michelle, I don't know what you talked about when I lost my connection. Do you mind filling me in.

Michelle Hoffmann 01:58

I don't mind at all. And we actually changed the energies so that when you came back, we could go on with a steady stream without a break in your plan.

SONYA SIGLER 02:11

Excellent. So I think the other thing I would talk about in terms of red flags are not being yourself and and Coltrane if you could just chat a minute about how do you embrace you know what you have and who you are to, to, you know, to bring that

Coltrane Lord 02:32

so my work is archetypal. Oh, sorry,

SONYA SIGLER 02:36

No, go ahead.

Coltrane Lord 02:40

I'm just gonna, I'm just gonna go in, okay, so my work is archetypal. And it is about falling madly in love with your own self, men or women. And what that means is really embracing every single side of you. So some of us I call it shadow, sometimes it's the shames, it's our blames, it's our, it's the fears that we have, especially in our relationships, and you know, where we came from, or what's happened to us, for me to embrace all of you, first and foremost, and to fall madly in love with that self of yours, and especially that inner child self. This sometimes, people don't talk about this in relationships, but in, in my opinion, our traumas from our relationships, like our parents, relationships, and our experience in their relationships, derive us in our own. So just a little practice here, you can all do this right now. It's like what was your parents relationship? Like? What were they? How are they communicating? That will tell you how your triggers, what your triggers are before this, before you get coaching before you get help us, it will tell you, if you're shut down, it will tell you if you're needy, it will tell you if you don't trust or if you have zero boundaries or if you have too many boundaries. So really embracing who you are, knowing who you are, allows you to then discover your truer needs and then it allows you to keep your yes and your no and then your red flags your your green lights are just more clear. So embracing

the fullest mix of you is really magic. So magic, and is essential in relationships. So no one's surprised, right? No surprise by you. Like you know you, your partner will, you will reveal your your pieces. that every facet of you, to your partner because when you feel ready and when it's appropriate. But if you're surprised by some of those some elements of you, they're really going to be surprised.

SONYA SIGLER 04:52

Yeah, I don't think enough people really embraces.... Yes, that's I would think try to embrace all parts of yourself. I mean, one of the questions someone sent in beforehand when they registered is how do I get my husband? Here? No, none of us can hear her are brutal for bandwidth, I think in Alaska. Hold on everywhere. Oh, you guys can't hear me at all. Yeah, Sonia. Yeah. Can you see me? We can't hear you can't hear me. Okay, give me a second.

Michelle Hoffmann 05:34

Oh, yeah, we're getting little blips and blaps. So I'm texting her letting her know that we can't hear her. Um, try now. You look good now.

SONYA SIGLER 05:45

Okay. Is that better?

Michelle Hoffmann 05:48

We can hear you now.

Karen Lorre 05:49

Okay. Yeah, but you might want to turn your video off. Okay. You don't have enough bandwidth in that hotel.

SONYA SIGLER 05:55

Okay, it is crap. Let me tell you when your whole thing disappears off your screen. Not a good day.

Michelle Hoffmann 06:00

Those sound like some toys we played with when we were little kids. Right? Questions. That's a good one Alfredo.

Coltrane Lord 06:09

And then if we're all just chime in as we figure out this Wi Fi thing, maybe? Yeah, it is. But maybe if you have questions, just put them in the chat. So that's Yeah. Waiting if you had a specific Oh, yeah.

Michelle Hoffmann 06:22

Otherwise, I'm gonna ask Karen, a very specific question. Yes. Can you hear me? I, I'm gonna try. That's a No, I'm just gonna step up. Karen Lorre. Okay. And I'll facilitate, I'm happy to facilitate or you can text me whichever works. So Karen, your most recent book is so, so exciting because you have shown a development in how you help people from chronic complaint, chronic pain, telling your story, and, and then moving it forward to talking about chronic pleasure in relationships. So will you, one of the

things that SONYA mentioned in representing you was a transformation that you help people through? Trying we can't hear you?

Karen Lorre 07:33

Sounds like a scary movie.

Michelle Hoffmann 07:35

I'm gonna finish asking the question because one of the things that we all want, and I see people who outsourced their happiness, or they outsource the, you know, the responsibility and accountability in a relationship to someone else. And one of the things that I see you doing is inviting that contentedness internally. So to go from, you know, how do I get my husband to listen to me and do whatever I want him to and adore me too? Wow, this is now a two way engagement in the in the relationship that we're sharing. We you speak to that?

Karen Lorre 08:15

Yes. And part of the thing that I've noticed is that a lot of people have audio or video come in on your phone, Sonia, maybe Can you texture that? Yes, at least be part of it and text things. So I've seen that a lot of times people will have, like when Coltrane was mentioning triggers, they might have subconscious programming, because we get programmed in the first, last three months of pregnancy up until we subconscious programming. And one of the things that I found that I have a facility with, is to help people release this, that programming and but here's what's tricky about it. And I'll get back to what you're saying. Because this is kind of setting it up. One of the things that's tricky about it is that people are not aware, often when they're in that unconscious programming, because it's what they were brought up in. And so it seems normal. And so it's a little tricky, where people have a hard time letting go of stuff because you cannot see it, because it's the way you were brought up. So in order for someone to really claim that ability to be peaceful and happy, independent of circumstances to be unconditionally joyful and in love. It requires taking total responsibility. But the tricky thing is there is that a lot of times people have belief systems or that unconscious programming that they cannot see, that gets in the way and so Oh, you came back and And so as, when I work with my clients, a lot of them will say something is normal as if it's true. And it's a limiting thing. And they would think that that's not the thing that they want to talk about, they want to talk about this other thing. But they've left a crumb on the trail of where they're blocking themselves, you cannot see when you're using that unconscious programming. And when people see it, it's so exciting because their lives literally change and relationships, not just with the partner, but relationships with the mother from another country, you know, the mother that that raised them, but didn't ever learn the English language or the language that they speak or that the children that they have, or their their husband or their friends, you know, and it's just amazing how, when people really get into a place of seeing clearly because you cannot, the world is not, we don't see the world the way it is we see the world the way we are, right. And when we shift our ability to be able to see clearly where we don't have all this programming that's blocking us. Everybody looks so beautiful, and there's no there's no lack of an ability to connect deeply through the heart with everybody. I mean, I go to the grocery store, and everyone I meet, I have a heart to heart connection with and there's, you know, tears and before COVID lots of hugs. And you know, and just and I have somebody coming over, I met at the grocery store the other day, you know, it's just, it's so beautiful, because everybody, doesn't matter the age, the the sex, the sexual orientation, the gender,

the culture, it is so profound, when you're in that state of continuous love how everyone is you and your and your beauty and their beauty and you just feel this deep heart to heart, soul to soul love fest. Yeah.

Michelle Hoffmann 12:11

So can there's, you know, I work with clients that come to me and they say things, when when it really simmer it down. I'm like, I don't trust myself in intimate relationships. And I have challenges navigating obstacles and relationships. And I help get them to I feel empowered in all of my relationships. You said something super beautiful, you always do. And you I mean, you hear the universe on a different musical level, it's so gorgeous to be in your presence. And the challenge I think so many people have, as you were saying is we're programmed in this way to go through our lives the way with that we are taught with the hard skills, what we're supposed to do and be and what you're sharing is a whole different level. So how does somebody who's going through their life the way that we've been told in society that will make us feel like we are a success, stop for a moment and go, Oh, that's a signal to reach out to someone who is a relationship coach, who can clear these blocks so that I can actually live more fully, which might be very, you know, it takes vulnerability. And you have to trust someone because you're exposing something. So what, what are those clear signals that somebody should listen to those whispers in their head to go, "There is something more to this life, and I want a piece of it."

Karen Lorre 13:43

Mm hmm. This is really cool. Because I have a client that just texted me. She's been dating this amazing man, she's kind of, she's young, and she's freaking brilliant and beautiful. She's in her late 20s. And she's been dating this amazing man who just adores her, who treasures her, and sends her gifts who just, you know, just super romantic, super sweet, and also athletic. And they can they both play squash, you know, like really great guy. And they have a really great connection, great sexual connection. And she's lost her desire. And that to me, we haven't had a chance to work it, she just told me this today. But so we have it for our next appointment. But what happens is, a lot of times, people who have been brought up where there's a disconnect, let's say if it's a woman, let's say she doesn't have a great connection with her dad or her brother or her uncle or her grandpa or whoever it is, there's some disconnect, so that when someone is treating her with this real kindness, it's so foreign, that it feels uncomfortable. And that's really simple to shift once you know when somebody is open and they're willing to take some help, but what a lot of women do, and men, is they'll have a great relationship, and they'll ditch the relationship because it's very unfamiliar. It's not what they were brought up with. And it's not how they were trained to view relationships. And one of the things I've seen is if you have any kind of pattern where your relationships aren't panning out, that's one thing that that will help you know. But also, if you notice yourself getting triggered, if you notice yourself where somebody says something and all of a sudden, you're like, totally turned off, or you're angry, or you're shut down, that's a sign that there's some unhealed trauma or unhealed situations or circumstances in your life that need to be unlocked. So that you can be fully present. And what's happened in my life is like, and with my most of my clients is they don't have to, they don't get triggered anymore. And so you know, you can have, the kids can be screaming, and you're still happy. You know what I mean? It's, it's amazing what happens when you really get clear, you just love and it's just, it's a totally different package. So people can do things that maybe you are not familiar, because they're so great or are not familiar, because they're not great, but you have the ability to see it without having a negative reaction, you can be fully present, you can actually listen, you can actually attune you can actually connect is a

totally different world, that opens up when that happens. So for me, if I had to, if I still had any kind of triggers, if I was getting triggered into anxiety, or into anger, or into shut down, or any other trigger, I would immediately find somebody to help me. Because it doesn't, it's not worth it. I mean, life is so beautiful, and to not have freedom to be who you really are and to love and to be in your power. It's like it's so much fun, it's so easy to do, when you know how to unlock stuff. And so I, I would just I would do anything, if I didn't have a relationship that was growing, if somebody was treating me well, and then I didn't want I didn't want it, I would get a relationship. But just get a coach almost any time. If you felt like that coach was really clear, if you go to coach with somebody, and they are not clear, they won't be able to see the blind spots that you have. Or they'll be able to see it, but they won't be able to undo it. So you have to have somebody that's ridiculously clear. And somebody that knows how to unlock the subconscious belief systems that we all were brought up with. But that can all be released. I got

SONYA SIGLER 17:47

one of the things that drove me. Can you guys hear me now?

Michelle Hoffmann 17:50

Yes, I think we can turn the mic back to you.

SONYA SIGLER 17:56

You're doing great, I really appreciate it. I think or in one of the things that you said that drove me to find a coach was the debilitating anxiety. So ending a relationship that was over 20 years long and starting to figure out what I wanted and define what I wanted. But that anxiety of starting a new relationship. That's what drove me to seek out a coach originally, and just figure out what I did want like that, that journey to figure out, Okay, what do I want in a romantic relationship, took some thought and actually took a couple years. So that that was kind of eye opening, actually, to figure that out. And I and I love that all four of you are coaches, I love that all four of you have written down your knowledge in books to help people. And I encourage everyone on this call, if you find that you're you're repeating the same kind of relationship or you're you're thinking that I'm not finding someone that's a match out there, to talk to any or all of these amazing women, because they will help steer your steer you in the right direction. And I think that was a really great question, Michelle. Coltrane...

Coltrane Lord 19:08

is want to add something cuz I think a lot of people have, you know, go to a relationship coach or any kind of coach because they have a problem. I go to a trainer to train my body because I want motivation, I go to like if I if I want to be inspired, I look at people who are inspiring. So you know, relationships 100% are difficult, like they are blissful, yummy, make us feel like we're part of something grand, right? But they're also very, very difficult and it's like life coaching, Relationship Coaching. If you're, you know, if you want to be inspired, if you want to just get on that path of having a cheerleader having somebody that support you. There's just you don't even have to have a reason This is how I see it. Like you can just go, you know what, I want somebody to help me on this journey, because it's hard. And then and that's it. There's doesn't have to be a reason or to even help support you while you're in relationship. And sometimes I'm just gonna say this, and I will probably get in trouble for saying this. But sometimes, sometimes coaches, I feel bad that I'm saying this, but sometimes coaches have a little bit more creativity than that, then it's both and, than a psychotherapist, right, because they're, they're

limited to a box. And so coaches can do her, her spirituality I get to do my spirituality and my archetypes. Michelle has these processes that she goes to. Carol has her vedic astrology, which I actually use in my own relationship. Like, I'm not a Vedic astrologer. But I use Vedic Astrology in relationships. I think it's amazing. But you know, there's, there's all this yummy wisdom to be gained. And you just have more fun. That's just my little two cents on having no reason, why, doesn't matter?

Michelle Hoffmann 21:05

No, it's totally true. Can I highlight, I just want to like highlight and underline the analog of working out with a trainer, because I actually don't feel relationships are hard. I think they're exciting and fun. And if it's if there's a wall or a challenge, then that is again, it's like a map. It's a roadmap, why is there a wall there and it's like, hmm, but see, working out with a trainer will help stretch your strengths, and strengthen your weaknesses for proper balance. And when somebody has done the additional research and has the extra subject matter expertise, then they can help you balance that in a graceful way. So that like in a personal trainer, if you're doing it on your own, but you might get hurt, or it may be out of balance, or you might not achieve the goals that you're seeking, or at least not as fast and have that inspiration. So in relationships, knowing that you have somebody you can link arms with, who can help you navigate challenges and obstacles, to make that smooth, delicious and lovely. And just so that you wake up every morning excited about being empowered, and having the opportunity to go into the grocery store and go, Oh, what did I would go into this restaurant and go bread and love, bread and love. That's what I've been in there for. And that's what I got. So, I mean, I wouldn't go to Trader Joe's or you know, the regular grocery store announcing bread and love, but there's nothing wrong with that.

Karen Lorre 22:48

Well, no, I'll go everywhere. So, you know, I don't believe that relationships are hard either. Even, you know, like I have somebody in my life who has dementia. And it is so fun. So a few years ago, cuz it's so fun actually, to be with this person and to just love them up. And they might not even remember my name. And I don't take it personally. And it's so easy to love them, and to enjoy them and to have a great time. And they always end up laughing and smiling and hugging thing and having a really great time. But I know that there are areas where people think things are hard. And I hear that in, you know, it's hard to write a book. No, it doesn't have to be hard. It's easy to write a book if you're in that state of flow. And I've had no problem writing anything. Everything that, everything can be hard, but also and maybe this is more because I'm a gymnast, I'm an acrobat. I'm a trapeze artist. So I like working out beyond what I think is possible to begin with. And then going and doing things that I didn't know I could do, you know, like a one arm handstand on a partner's hand or something like that. That kind of mentality has been something that I've had since I was a kid that has made things that maybe people think that are hard, into something that's just really fun. And like, oh, how exciting will it be for me to learn how to do this, this is really fun, you know, and so that makes it super enjoyable to be in relationships with anybody. Doesn't matter their fitness, their mental, emotional fitness. I'm also have a great time being in a relationship when people are, you know, angry and yelling, it doesn't bother me. And that freedom that I have to be with people when

SONYA SIGLER 24:37

Detachment

Karen Lorre 24:38

they're Yeah, when they're triggered when they're angry when they're whatever. I you know, I just think oh my god, they're so cute, you know, and it's just feels like a fun thing to love. Right? And so I don't have a problem with that and that's something I'm getting. My clients are getting better and better at being able to do so that when like I was saying when their kids have a meltdown, the mom is just like able to, To really, and the dad, they're not getting triggered like they were, and not getting triggered like their parents were getting triggered when they were kids.

SONYA SIGLER 25:08

Carol, go ahead. Did you have something you wanted to add Carol?

Carol Allen 25:15

Well, um, you know, gosh, I've been doing this 30 years this year. So I've been around forever. And I do think most people think relationships are hard. And dating is hard. So I just want to say to anyone listening to this, because, oh, my gosh, what's great news. And I think what Karen and Michelle are, and Coltrane and you Sonya are such a beautiful example of is that we can all get better, right? And we can all learn and we can all develop, and we can change our beliefs, and we can grow our faith. But you know, we're in this time, especially now in history, where even just posting something on Facebook, everybody's an asshole, like, people are so upset and exhausted, and we've all been through so much. And then to try to like, you know, be vulnerable, and behave well and bring your highest self. I mean, Karen, what you just said, is so amazing. And obviously, that's the goal, right is to be so enlightened, and to be so happy and full within yourself, that nobody can trigger you. And most people are nowhere near there. And everybody read Karen's books, I'm gonna hang up and like, go get all of your books, like right away. But I just want to say, you know, the thing that this really the good news that I think we all are trying to say is, anybody can get better. But this is the most important stuff in life. And none of us were taught this in school, most of us didn't have super happy parents, you know, Sonya, you had the alcoholic Dad, I had the best dad in the world, but he had a little gambling problem. And mom was always freaking out because of it. So, you know, most of us need more than what we got. And then we need so much emotional support. throughout our lives. We don't just have deep emotional needs as children. We have rich emotional needs throughout our lives. And, and so I applaud all of you that are here and that are reaching out to to anyone, you know, doing this kind of work and trying to better yourselves, because because it does, it is an ongoing, it's an all the time job progress.

SONYA SIGLER 27:27

Done. Yeah. Total work in progress. Yeah, all of us. Yes, I do have that.

Michelle Hoffmann 27:36

Can I speak to the cat, you know, I say a cat is a cat, meet them where they're at. Right? So to understand, like, I'll give an example that, you know, is not going to be specific to us. But maybe if you've got kids, and I've got clients who have children of any and every age, and if they really do want to be, you know, we define what kind of parent do you want to be with them. And then when they're angry, like if your partner is angry, and screaming and yelling, and as Karen was saying, don't jump on the emotional roller coaster, because then you're on that with them. And then you're not the stable

support for them. So yeah, we it's easy to get caught by the tsunami of someone else's emotion. But to be a lovely, an actual loving partner means to just be present to listen guide or help someone through it. And I know I've got clients who come to me and their children are, you know, either tantruming or eyeball rolling, or whatever age they're at, or they're not relationship ready, they're not launch ready. And they'll come to the parent, and they'll, you know, be exploding or fireball or what they're doing is they're showing the pain that they're experiencing. And to understand that changes everything. It's like, oh, you're being the best tantruming two year old I've ever known. Oh my god, I love my teenager who's being a fantastic teenager. Wow, this must be really hard that you're coming to me with that. And then suddenly, they're like, Oh, yeah. Or they are our people in our inner circle is there, you know, emblazoned in whatever emotion, they're showing the experience that they're having, and they're being vulnerable and sharing it. And so to understand that they're actually sharing with you what they're going through and looking to you as a role model does change the relationship in and of itself, and it it, it gets you out of the undertow, and then it puts you up surfing the waves so that you can actually enjoy the ride. And it's so much easier, so much easier.

SONYA SIGLER 30:05

I want to pick up on something you said, Michelle, in terms of being present. So when I did get my act together and figured out what I wanted in a relationship, that list was really short. And it had the kindness that I mentioned before. And Karen, when you talked about being uncomfortable with the kindness, that's what I did have to become comfortable with, because I was so used to the, to the fighting, and the just lack of respect that I didn't realize how much I missed the kindness side of things. So that was number, you know, that was on my short list of five or six things. And I wanted someone who was a partner who wasn't afraid to stand next to me, and not be intimidated, or not feel that less than just because they're different. And I think that when I put that very short list together, it made it easier to spot that and to say, yes, this person is willing to be a partner. And I kept my my list silent, like I did not tell people I was dating that that's what I was looking for. And so my husband didn't know that's what I was looking for. And our dating was actually just sitting on the backyard couches and talking. And so we didn't actually go out and do things, we just sat down and talked. And so I learned how to be present in that relationship. And the other key thing that I that I'll add to this discussion was I took it one day at a time. Do I still want to see this person? Do I still want to be this person, you know, be with this person. And so that list of criteria that I had in the back of my mind that I was measuring things against and and you know, every time was a green flag to say, Yes, I still want to be with this person, I still want to know more about this person. And I kind of look at that every single day and say, Do I still want to know more about this person. And I do that intentionally now. And we've been married for almost four years. So I just want to like convey to everybody out there that's listening to this is that it's not a one and done. It's not like, Oh, I found the person, I got to check the box. It's an ongoing work in progress, to be with that person and to intentionally make that relationship the way you want it. And I just want to talk about that for a little bit. So how do you make the relationship the way you want it to be? Because one of those questions that I put in the chat before my internet, you know, took a nosedive was, how do I get my husband to understand I need emotional and physical support. So that was one of the things was I always felt unsupported. And now I have someone who's on the opposite end and and can't do enough for me, like he like would rub my arm and elbow for an hour if I let him you know, just it's just the polar opposite. So I'm I want to talk a little bit about how do we get those needs across and and foster that intentional relationship.

Michelle Hoffmann 33:02

That's a Karen Lorre...

SONYA SIGLER 33:03

Karen Laurie.

Karen Lorre 33:05

But one of the things that I would say is that the more you can save, a lot of times people are doing things for us that we're not aware of, they're supporting us in some way that we're not aware of, you know, it's just you don't see it a lot of times because it's subtle. You know, they might like somebody that I met at a party; my my gate isn't working, you have to dial my phone. So it's not letting the gate is not letting itself down the phone. And I met, we met at a party, he does security. And and I said, Hey, tomorrow when you come I gauge not working. So, you know, call me before you get here and I'll walk down? And he said, No, no, you can't have your gate. be wrong, you know, be off in case there's an emergency, you won't be able to get out, you know, you'll be trapped. And I was like I said I was and so he was really being protective. Really being sweet. Really being generous. He went out of his way came several miles, he bought something to fix it. He did all this stuff. And that's something I could miss. Because it's you know, that's what he does. He's like a protection. Like he works with stars and protects them or something. I don't know exactly. Movie Stars, not astrological stars, astronomical stars. Anyway, so looking to see, being alert to the tiny things that people do and appreciating it, appreciating it, appreciating it, appreciating it. What ends up happening is people get addicted. You can't do this to make them addicted. But if you do it, they will get addicted to making you happy, and to getting that appreciation. And so the more that you keep appreciating them, they naturally want to keep doing more and more and more and more and more and it's hilarious because I find dating extremely fun. And, and I find men extremely fun and men literally keep doing more and more and more and more and more because my appreciation keeps growing, and I have men that are my employees, and they just love working for me, you know, and I almost they almost are saying, you know, you don't have to pay me and I'm like, I'm gonna pay you, you know, but like it, they're so enthusiastic because they are getting what they actually came for which is, you know, recognition of how thoughtful, generous, kind, helpful, sweet, you know, caring, supportive, loving they are, you know, that recognition, changes people's motivation. And I just want to tell one story because we were talking about children for a second. One of my clients, he was a Vietnam vet, you know, trauma, saw his best friend killed in front of him. Vinny was captain of LAPD. Trauma

SONYA SIGLER 35:47

Saw some shit.

Karen Lorre 35:48

Yes, saw some, including, like some of the Manson stuff, you know, like really crazy stuff. And he's in his, like, late 70s. And he had a son who, because his dad had been in PTSD for most of his life, the son had been traumatized. He's 50. He was 50 years old when I was working with this man. And he had never had a job. he'd gotten depressed in junior high, and his dad was supporting him. And his dad hadn't even mentioned him. In the first few sessions that we started working. But by about the fifth

session, he mentioned his son who's living with him. And I gave him a few things to do differently. That, A week later, I talked to the client, and he said, Karen you believe this? I said, what he said, My son came up to me and said, Hey, Dad, I'm feeling better. And the dad had been doing the things I suggested, he said, Well, what did you change your medicine? What is it and he said, No, dad, he goes, just the way you changed towards me. I don't know, I just feel better. And I'm going to go for a job interview tomorrow, and he got the job, he's still working out the job. And he's transformed, he has his own place. Now. I mean, it's amazing what happens when when a person is willing to take responsibility, and shift things, those people have the room to shift to what they really wanted to do. He didn't want to be depressed, living at his dad's house all his life, he wanted to be functional. Yeah, the perspective that his dad had been brought, you know that his dad had been caring for that 50 years needed to be shifted, for the son to have the room.

SONYA SIGLER 37:23

I think that, that parent child relationship is really important. And that's one of the reasons I I had gone to Michelle for help is because I wanted to change the relationship with my children after the death of their dad, you know, now as a sole parent, and I am married to someone who's an amazing role model, I wanted to, I wanted to foster a better relationship with my children. And one of the things that it came down to as I did the work was I wanted to create a household where your opinion matters, because it didn't matter. It was my way or the highway in my prior relationship. And so I wanted proactively with my kids to, to foster that kind of relationship. And, and one of the things that it comes down to is just merely asking the question, "What do you think?" And to be able to solicit that opinion and show that it matters. And, you know, we've been doing this for a few months, and what really happened, things changed with my kids, and now they're more talkative. And now they're, they helped design our garden and the raised beds, from what I had scratched out on paper. And so it's just been beautiful. And I can't tell you how much of a difference it's made, in how we interact. And it's so beautiful. So it's not just an intimate relationship, it really can change, you know, all kinds of relationships in your life.

Coltrane Lord 38:53

I'm gonna add something for the people, if you don't mind, if for the folks that, like feel unsafe asking and you know, like, it's, it's, it's one thing if you're in a relationship, and you're like trying to get the words or, but there are people and I'm going to say this is from my own experience, that don't actually feel safe in their bodies or hadn't felt safe in their body. So for those of you who are like, Why are these people like so amazing at the relationships, I am going to just share a little bit about my clients usually come in and they're either really shut down, or they've been betrayed, like there's that it's I have that; I call in that energy. And so it's really hard for them to wake up sexually and you know, attraction and just even in conversation. My background is I've had really abusive upbringing, super abusive. And then I called in a very kind of passive aggressive experience. I've experienced betrayal I had, my father was a gambler. There were guns in my house. So to me when you're saying how do I how do I ask that question? And some of us actually don't feel safe to ask those questions, right? That's not even, there's no access to that. And that's why I want some of the people here to feel like, I need to feel safe first. And that's. So my priority when I'm working with people is how do you feel safe in your body? First. How do you feel whole in your body? First? What is the relationship with yourself in your body first? And then when we discover that piece? And then we can have those pieces of you ask that question, how do I get him to, you know, that's a really hard one emotional and physical support to some people

that don't feel supported emotionally or physically, really have to, they can't actually get it from somebody who doesn't know how to hold space. And so you really have to do you first. And I say that to whether you're a man or a woman, you really got to come home into your body, into your soul, first. And then. And then relationships are easy. But when I say relationships are hard, it's because sometimes we aren't in communication or in relationship with our own self. First, the wholeness of us. So I just want to throw that out. Because when I hear you know, when I hear everything's easy, I'm like, not to me. So

SONYA SIGLER 41:16

it wasn't to me.

Coltrane Lord 41:18

And I want to make sure that everyone is like, doesn't feel bad about that, either. Because, like, Carol said, it absolutely can get there. But I don't want to take away from somebody who it's hard and they don't feel safe, or they don't feel safe about asking how do I? How do I get them to understand? Well, really, you know, like, to my heart, I feel for those for all of us, I'll say, you have to have a really long journey of reclaiming self reclaiming love sovereignty. It's it's an important piece. So just want to get that out.

SONYA SIGLER 41:50

Yeah, I think that's super important. And I didn't really share that part of my story in terms of not feeling safe.

Coltrane Lord 41:56

Yeah,

SONYA SIGLER 41:57

I didn't feel safe. And there's times when I still don't feel safe. And when Greg died.

Coltrane Lord 42:05

Mm hmm.

SONYA SIGLER 42:07

I woke up that night, we drove back down to the Bay area to be with all kids together. And I woke up, like literally sitting up in bed, and the first thought I had was, he's dead. You're safe.

Coltrane Lord 42:22

Oh, yeah.

SONYA SIGLER 42:24

And it's, I literally tell myself, you're safe. Or secure. Every night when I go to sleep? I didn't know I would lose it today.

Coltrane Lord 42:37

Yeah, no, that's honesty. Right? And so you energetically don't get to that space of your boundaries.

SONYA SIGLER 42:45

Yeah. I it's a long journey. And it took me a long time to leave. And it took me a long time, and I still don't, I would still say it's a work in progress. And I still don't feel safe all the time. And I literally have to tell myself, You're safe now. You're safe now?

Coltrane Lord 43:03

Yeah. And yeah.

SONYA SIGLER 43:05

It's just it's you don't know what's in people's relationships. But it is not what you want in your own relationship, you have to move on, you have to pay attention to that. And I did not at every turn, pay attention to those red flags. And those signs that I kept in my head. No, I can make this work. Like I'm a bitter Ender, like, I'm gonna make it work like. And, and there are some things my friend Denise was like, Oh, I would have left that job by now. Like, why are you still putting up with that CEO? And I just was like, No, I can make this work. And so for me, the realization is, it's okay to move on. It's okay. That it doesn't work. Like that message to me was one that I still need to give myself. So I would say that and one of the questions. One of the questions from people who submitted questions beforehand is how long should I wait to jump into a serious relationship after a divorce? And I'm going to give the lawyer answer is, it depends. It depends on when you go through it.

Coltrane Lord 44:12

There's no cookie cutter actually. Right.

SONYA SIGLER 44:14

Right.

Michelle Hoffmann 44:14

There's, so I can speak to that because coming through this, I had a wonderful relationship with my late husband. And I've come to this industry, this coaching, this mentorship. Specifically, upon becoming a widow. And when you make a decision to have a dramatic change in your life or dramatic life change is pushed upon you and your love. It's a landscape scorched, and it's like the future that you had planned has been taken away. And it's there's a grieving process. There's a trauma that you're going through and so what I do to help People This is a very high level, but to understand that grief, or use grief, but it could be, you know, any insert any dramatic life experience or trauma, grief roams the house and smothers the children at night, when you're trying to get something done, as you've seen, it blurs your vision while you're trying to drive. It slams your head against the wall drops you to the kitchen floor, puts its foot on your neck and prevents you from breathing. Or seeing your future. And when you get to that point, you just invite this experience in to have a cup of tea with you and identify what does it hold that you can treasure and honor so that it doesn't have a hold on you, and that it can move you forward. So there are bereaved widows like myself, and relieved widows. Sonya, that's an example of a relieved widow. And it's I talked about recalibrating all of the relationships that you have. So to specifically answer the question of when is it? When am I ready to start dating again. And to put in polite words,

you don't want to backfill the position, You have changed. And so to know who you are now, and to know that you're either late husband or your ex husband or your past is not going to prevent you from living your forward life. And knowing what that looks like, gives you a very clear, well lit path. So it's very easy and exciting to follow it. Because you're not getting caught up in these little eddys or sparkly objects, or, oh, well, he just looks so good. I'm just gonna go for it. But to when you even have the inkling that you're ready for something like that, you can you know, you not, you want to know that your relationship ready. So the first half of my program is eight weeks to relationship ready, so that you can dive in, and be able to identify who is here in any room in any relationship, who is relationship ready, as opposed to someone who might drag you down with them. And knowing that changes the way that you approach the entire experience so that it can be fun. And you can see the spark in people. And know that in yourself that you are safe and loved and not alone. And that you can engage and connect. And you, there's no way to harm you. Because you have already put the security gate in place.

SONYA SIGLER 47:50

Literally.

Karen Lorre 47:52

Also, I love what you guys are all saying beautiful. And one of the other things that I've seen is that, like, for me, I also had panic attacks, I used to have chronic anxiety and I never felt safe, I'd been, lots of trauma growing up and all that kind of stuff, violence and sexual stuff. So I know what you're talking about in that realm as well. And I think it's great that you were saying Sonya to say, you know, I'm safe. One of the things that I have done, and I've done it consistently, not all the time anymore, I don't really need it anymore. But I would do this, especially when I was wanting to feel more secure, is I would put you know, as you're falling asleep, I would kind of perceive my pulse point, let's say my toes, or in the arch of my foot or in my ankle. And with each couple pulse points, I might Repeat the word safe or secure, whichever felt more touching in the moment, all the way up my body, I usually would fall asleep by the time I got to my hips. But somewhere in there, I would go as far as my body and just keep saying safe, safe. And what it did was it helped me to embody a depth of safety that literally changed my entire experience of the world. And made only the, made everybody that I attract into my life extremely safe and respectful. Right. So that's great that you do that. Right. I do want to say that the "safe, secure" thing that Karen mentioned, and that I've tried to put in practice is in her book, the Chronic Pleasure in Relationships, and that I felt was a really important book to me and how it changed my viewpoint of, of it and how I read, read the past relationship, if you will, and, and the mindset. So Karen, I want to say thank you for that. And I also wanted to say, You know when you want to feel understood, part of that is understanding yourself. Understanding what you need, understanding what you're thinking what you're feeling. And respecting that in yourself will cause others to understand you when you don't need them to understand you because you understand yourself and you give yourself support. And you feel how the universe is supporting you or how your heart supports you all day, every day. It's beating for you right now. It beats for you while you work, while you're asleep, while you're playing, while you're laughing, while you're dancing, while you're playing music, while you're in the car. It's working for you. It's supporting you. And when you see how supported you are. When you take a walk the earth meets you on every step. The earth is Putting you, your house or the place you live is supported. It's for being held. And when you start to get it and you feel that you're being supported, you feel that you're understood, you'll naturally create that support that understanding from those in your life, whether it's

your parents, your siblings, your men or women partners, your pets, I mean, it really, everybody reads our energy, our energy is what people pick up on, not on what we do. It's our real, it's our essence, that people read, even if they don't know they're reading it. Thank you for trying it and getting a benefit, I appreciate that.

Carol Allen 51:13

Well, and I would love to just bring in a teeny bit of insight from astrology. Just the idea that all your questions like, how can you get? How can you get more help? How can you get more support? How can you feel safe, your example of your previous husband, and now your wonderful current husband, I just want to point out something that's really obvious, but that so many of us only learn the hard way, which is that people are who they are. And 95%, maybe even 99% of u choose to be with somebody who's relationship oriented, who has good intentions, who's kind, you know, we all keep mentioning the word kind, right? Instead of taking someone who doesn't have those qualities, and trying to make it work, right. Because, and that comes back to what I said at the beginning, right, like trusting yourself. And what's so hard though, is that there's all these different parts of ourselves. And so there's that part of us that that wants emotional connection, then there's that part of us that enjoys the chemistry we might feel with someone, then there's that part of us that just wants companionship, and loves maybe talking to somebody. So, you know, it's like, there's so many elements, it's like, there's four, there's four legs to the stool of a relationship. And a lot of people try to take a relationship that really only has one or two legs, right. But then the stool falls over. Right. So it should have all of it, it should have you feel safe, it should have, you know... What I always say is a relationship is four things. It's a friendship. It's a romance, and a sexual thing, hopefully, right? It's, if it's a serious relationship, you're you're essentially going to become family, right? So it's, and then if you join your lives, you're really business partners, too. So it's four things. And a lot of people, they really only have one thing that's great, like, the sex is great, or the friendship is great, or they love the family they've created, or they live well, day to day, they they're like good co-partners. But honestly, if you don't have all four things, it's not going to work and somebody is going to be working way too hard. Which was you, before and now it's not so. Yeah. So that's a way to be intentional. Is ask yourself, do I feel comfortable? Does this person feel like friend? Am I hot for them? Do I like the way they live their life? And, you know, can we create a feeling of family? Can we become each other's family? Yeah,

SONYA SIGLER 54:09

I think that question right there - Do I like the way they live their life? Like if you can keep saying yes to that. That's a really important question.

Carol Allen 54:21

Because if you don't like it, don't take it on. Don't work that hard. But that might mean saying no to great sex. And that might mean saying no to fun companionship. And that might mean you know,

Coltrane Lord 54:31

and if it...Sorry, I'm gonna add something here. And if it means not having great sex, you can learn how to have great sex. Just gonna throw that out. That is a learned thing. Actually. We can ignite our bodies to feel pleasure in every situation, and then share that. So just throwing that out to people who think oh, my God, I have to have great sex.

Michelle Hoffmann 54:51

Well, I think all of these things can be learned.

Coltrane Lord 54:53

Absolutely.

Carol Allen 54:54

Absolutely. Yep. Yeah. astrologically there. Either they're between people or they're not. So I can't manufacture chemistry, you can't make yourself love someone. Like these things are either there or they're not so. But yes, you can always learn I mean absolutely, buy buy Coltrane's books too.

Coltrane Lord 55:18

I have a question for you Carol and the the astrology I don't practice astrology but I like I study it for myself because it's and I have friends that do Vedic Astrology too I like Vedic Astrology if you're if you're a Western astrology fan your your sun is a little bit moved over so I'm no longer an Aquarius I'm a Capricorn, etc etc just throw that out too. But um, as I understand and you can correct me or wrong cuz you're the professional on that but as I understand it, when you're unconscious, the stars you know love in the stars like beam down on you you're gonna you might get it you might have betrayal that was in my chart, you'll have betrayal. But But when you become conscious when you become completely aware, you transcend those messages. And you use those and now they're for you so you I can it but it takes two of course so I can transcend my Mars or my you know, like those things and you transcend it to a higher level, which is what we're supposed to do. We're supposed to wake up and and use all these things for our benefit not be be used by them, you know, like not be bulldozed by the stars. But as I understand it, because I was actually bulldozed by the star, you wake up and go, okay, Bring it on, you're honest. Let's transform, you know, that kind of thing.

Carol Allen 55:41

right Well, you know, that is that we could do a 20 hour conversation on that I don't want to hijack this fantastic question. And it's the whole free world will versus fate question which man has struggled with since the dawn of time. And in my experience, if you're, if you're unconscious, or conscious, even that will be in your chart, and things like awakening are in this realm.

Coltrane Lord 57:11

True.

Carol Allen 57:11

So in my experience, you're never separate from the chart. You're never like, Oh, I'm past the planets. Now. It's like, it's like saying, if it's raining, it's like saying, Oh, well, I don't feel any rain, cuz I'm past rain, you know, like, I've evolved beyond rain. What I love about your question is you're you know, there is, of course, a spectrum we're all working within. And you can certainly have a bad attitude and choose to feel like a victim to things or you can work with things to make the best of them. And but by all means, Let's all try to do that. But the Vedic Astrology is is much more like, this is the map of your life and your sole goal and certain things are very destined, and you're not going to be able to necessarily

sidestep them, if they're, if they're really in the plan. And a lot of people comes want me to tell them when it's all going to be great. So I love that you're saying let's do our work. Absolutely. But even the work and how well we do the work. And you know how much support can come to us. All of that is in the chart, too. It's kind of amazing.

Coltrane Lord 58:27

I say that I say that because I have Venus, by the way. Is that I Venus doshas, like in here. So that's why I say that. Right.

SONYA SIGLER 58:36

Awesome. I want to talk about the core values.

Carol Allen 58:39

Well, how wonderful to be in love ologists in a Venus period. Awesome.

SONYA SIGLER 58:46

Um, I I want to ask a question here. I think it's important. So I put my must haves on the list there. Hopefully, you can hear me and see those in the chat. My List was very short. The reason I had intellectually curious on there is because I like to read things and discuss them and have a conversation about them. It's important to me. Adventure Explorer, because I really don't sit still. So going to travel like places like Alaska with bad internet connections. And I wanted someone who was kind because I needed that in my life and a family man, someone who liked his family and and would accept my kids, because obviously, that's not going to change. I want someone who is going to be doing good because I do a lot of volunteering and work on the nonprofit side. And then I wanted someone who likes sex, preferably every day because that was important to me. That way of connecting was important to me. And then there were some other things that were nice to have, like, does he like to make cocktails? But that wasn't on the must have left? Like if you didn't do that then is it something you could learn or is it something that I would just live without? So I go back to Carol's question of do I like the way they live their life? And so that was when way of putting it and now that I look back on it, that was a really important question. So Kathy's question about politics, compatible politics, I do think what Michelle said having core values in common is important. And if that politics is part of that core value of respect, and fundamental respect, then that's going to be a deal breaker. You know, for some people. How do I know if I'm in a toxic relationship? I feel uncomfortable and triggered sometimes by my spouse, but how do I know if it's me versus him? I would go back to I think what Carol said in terms of, or maybe it was Karen, who said in terms of triggers, you know, what about its triggering? And and is it something that's fundamental to him? Or is it something, you know, that Well, a lot of people have? Or do, or trigger in you? So, Karen, do you have anything to add to that?

Karen Lorre 1:00:56

Yeah, this is in regards to my ex husband. Who, when we were married, at the beginning, he was great. But then once we got married, he, he has or he had. I don't know. I don't think he has it anymore. I don't see it anymore. But he had a temper. And the temper would trigger me because I had a, you know, people in my life early on, that would make me really afraid. And I would get like this panic, right. So he had this temper,

SONYA SIGLER 1:01:23

Bad cycle.

Karen Lorre 1:01:24

What did you say?.

SONYA SIGLER 1:01:26

It was a bad cycle, right, the temper and the panic, the temper.

Karen Lorre 1:01:29

Yeah. And panic would aggravate the temper of the temporary dagger. Yeah. So it was it was a it was a pattern that was not working. Then I, when we got separated, I ended up having, you know, this awakening. And I started to shift how I perceived him. And I took total responsibility from my perspective of him. Right, versus how I didn't look at how he was behaving, I looked at a deeper truth about him. And I just kept focusing on that, focusing on for like, two years. And I think it's one of the reasons he's so successful. He's extremely successful. Because I think my energy was just seeing all this goodness in him. But what ended up happening in the way he treated me is, we have a lot of mutual friends who'd be at some of the same places, and he'd see me and he'd say, You're glowing? You look like a goddess, you're still the most beautiful girl I've ever seen in my life. You know, he would, he would start being really kind. He had Obama come to his house when Obama was president, and he invited me to come. Like, he invited me to his other, he got a new house, I got a second house. So I got I went to get a scenario, he took me to dinner, we would hold hands when we were out. Sometimes he would just like grabbed my hand and hold my hand. And, and I remember thinking, wow, this man has become so gentle, so kind, so thoughtful, he still had a reputation out in the world that he works in of having a temper, but because I had changed my perspective of him to such a degree, like there's no, first of all, he couldn't trigger me. And second of all, he behaved totally. Once, he saw that he couldn't trigger me. If he, he just gave it up, and he just became love. He just became super supportive. Really, like amazing. And he's been incredible. Like, with my my three books, he's been so supportive and cheering me on and all this stuff. And, like, really, like, amazing. And it's changed so profoundly. And people who knew me before, when I was married, and who knew me now and knew him, and like they, they're like, I can't believe how he treats you now. It's amazing.

SONYA SIGLER 1:01:51

Right? Yeah.

Karen Lorre 1:03:25

So even looking the way they are, they also have the capacity. If we shift, they have the capacity to actually shift. That's what I've seen is that nobody, nobody remains consistent if I shift completely.

SONYA SIGLER 1:03:54

Right. So I'm going to ask one more question here, maybe two more questions, and then we'll wrap up. So it may go over a few more minutes. So how do you know if one partner is doing more, I feel like I'm doing more but I'm not sure if I'm neglecting or failing to take into account his contributions. So I would I

would point you to the book Fair Play and being able to track everything you do everything they do, and then take a look at the lists. And then look at what's essential on the list and what is it that we could let this go or we can hire it out and delegate it or we want to spend our time together differently. So how can we do that and still get the things that are essential on the list done? I don't know if anybody else has something they want to add to that. In terms of feeling like things are unequal. Carol

Carol Allen 1:04:49

Oh, my God, let's face the truth people - women do more the world over. It's not even a question right. And you So the problem ladies, if you feel like you're doing more is when when you do things estrogen makes women like to do for people, it makes us like to take care of people, it makes us like to, you know, do stuff. Um, but but you might be unwittingly training your partner that all those jobs are yours, right? And so what you have to do is really ask yourself, do I want to do all this? The other thing is, you know, when women are unhappy, they give a, try harder. When men are unhappy, they give less. So when a woman is giving and giving and giving a man's gonna go, look how happy my woman is. I'm a genius. Look how happy my woman is, right? And so only do what you genuinely want to do. And then I love your suggestion, Sanya, because if you're doing more, you know, maybe it's time to renegotiate. Or maybe it's time to revisit. Um, but yeah, just women, women, the world over complain about this. It's, we, we need to stop. But we really do! We need to...

SONYA SIGLER 1:06:15

I think Karen puts important point on there, get lazy, if you're a woman, let yourself receive. So take a step back and do less. So let that feminine energy in there and put that in as part of the equation. So I even have to say that. You Yeah.

Michelle Hoffmann 1:06:34

There's some, it's hard for us to make that leap. And I think some of the things, like the primary reasons that relationships disengage, is one person feels they are not lovable, and the other feels that they are not enough. So understanding how to reconnect on that, is, it's such a gift to one another, and they're super easy. You know, how do you suddenly get lazy when things still need to get done. And you can say things like, you know, what I love about when we have dinner together, it's great that we also clean up together. So that, you know, I like that we share the whole experience, and I don't just get left with the work of it. So then you're saying, you know what I love, it's great when, and I like that, because sometimes we need the tools, the actual "Give me the words" to try on. So that, you know, so that we can get there, and then it can come naturally. So those would be the words to make that transition because you're right, Carol, we are training people in our lives, whoever they are, that we will show up and do everything. So acknowledge the recognition and the appreciation when it's not just you doing everything

Karen Lorre 1:08:00

and in especially in the moment, you know, like if there's a guy I reconnected with who I knew when I was in my 20s. And now we've reconnected but his mother never praised him. And so he's done things like he goes grocery shopping for me. So when he goes, you know, we're gonna if because I like to cook, but I'm getting I'm enlisting him to learn how to cook. So he goes grocery shopping. And I say, Oh, my God, thank you so much, you've got the exact right thing. This was so perfect. And this was so

perfect. Thank you for going out of your way. Thank you for coming here on time. You know, like, I give him appreciation for all these things. And he's like, he's becoming more aware of how great he is, in the moment, and makes him want to do more. I don't mean be lazy, like, like you just like sit back. But I mean, be active in your appreciation of everything they do, which makes them like feel swelled with, "wow, I really am amazing." And then they want to prove, more, of how amazing they are. And the more you're delighted, the more you're happy, the more you're appreciative, in the moment that it's happening, the more it makes this, you know, love fest, it becomes super juicy,

SONYA SIGLER 1:09:13

They'll see

Karen Lorre 1:09:13

It's not like, you know, you got they said they feel seen. They feel appreciated, they feel recognized, they feel acknowledged, they feel valued. They feel important. They feel like you're they're adding to your life. That's what a man wants, he wants to make your life better. And it's not that you get lazy, like I'm just not gonna do anything. It's that you are constantly appreciating. And even though somebody can't, let's say they can't fix this or they couldn't do this. I so appreciate your thoughtfulness and your intention to help. I appreciate the effort you put into it. Even if it didn't work out, just the fact that you wanted to help me - that really touches my heart, that really feels beautiful. And so you end up sharing that which makes them say, you know what, even if I didn't succeed, I still succeeded, right? And it's It's so important for people to succeed in what they're doing to be able to want to keep doing it. It's the success that makes you want to do more of it with anything.

SONYA SIGLER 1:10:11

Yeah. Okay, we have run out of time. So I just want to give each of you one last chance to share, you know, anything that you think we didn't cover today, or, or summarize something that you might have said earlier in the conversation. So Carol, let me start with you.

Carol Allen 1:10:35

Well, I love your topic about red flags and green flags. And and I just want to add one little thing for the singles on here, which is that people are the most honest, they are ever going to be at the very beginning. So on the first and second date, just, you know, go ahead and ask questions. I mean, I find people are afraid of scaring each other off. They don't want to ask important questions. And then they make assumptions, right. But I'm a huge fan. If you're having a blast, and everybody's getting along great. And you feel something special is happening. Just lean in and go, gosh, Bob, how is it possible? You're still on the market, and then really listen to the next thing they say because the next thing they say, might tell you an awful lot. But the problem is people present What's wrong? What's you know what their limitations are? as though it's a joke, right? They'll be like, haha, I don't believe in monogamy, or Hahaha, I'm cheating on my girlfriend right now. Or Hahaha, you know, and they'll be they'll, they might not act like it's a real questions. Yeah. And again, trust how you feel.

SONYA SIGLER 1:11:51

Yeah, beautiful. Thank you. Okay, Coltrane. last thought hon.

Coltrane Lord 1:11:58

Yeah, so I think for the single people out there, and this is about attraction, having you be in your bodies and being the love that you want to attract, and then the people and just really finding that, that essence in you. And that is, of course, finding all of, all of you accepting all of you, and igniting all of you. And then the for the people who are in relationship in long, especially long term relationships, it is actually igniting that same sense of energy in your body, to create the polarity in your relationships to keep it alive, to keep it exciting. And for both people, I would say that archetype of wonder of the ingenue or, you know, the magical being where you're just absolutely curious, this can go into even you know, we've talked a lot about traumas, and we talk a lot about, like, not understanding what to do with our partners, if they're not doing too much or too little. Having that beautiful curiosity can turn into flirtations with new persons or with your partners, it can turn into, instead of an argument, it's just pure curiosity. And that energy is really opening. And then sometimes, as Karen was saying, you know, that's a receiving energy. So then all of a sudden, you're beingness is sucking everything in, and you're not working that hard. It's just, you're just loving, and it's coming to you. So anyway, that's just my little tidbit. And I'll throw out that. I don't, I don't even know what I offered you here if I have free stuff, but I do have a lot. So if you just want to sign up for stuff I like like only once a month, but I throw it out and on divine feminine energy and polarity, blah, blah, blah, blah, blah. So thank you.

SONYA SIGLER 1:13:46

So part of what I will send around to attendees, and people who listen to the recording is the link to a page that will summarize where those links are and what those documents are. So if you're not seeing it in the chat room, don't worry about it. I'll have it posted on a page to share with everybody, though.

Coltrane Lord 1:14:03

Thank you. Thank you everyone.

SONYA SIGLER 1:14:04

Michelle, last thought?

Michelle Hoffmann 1:14:07

there's never a last thought the last thought is I love you this thought is it's just this every relationship encounter that you enter goes through a same cycle, from chemistry to casual to committed. And this could be as simple as when you meet someone for the first time. And the chemistry is so exciting. It's literally changing the chemistry in your body. The serotonin, the endorphins, the you know, it's like, it's so exciting, that you see everything that's right. And as that relationship moves through to the casual stage, and it's, you know, somewhat asynchronous, but you realize what's going on because in the casual stage, we're What we really enjoy is looking forward to anticipating something we really enjoyed. And it's in this delicious part, that we can also see not only what we're enjoying and liking, but also to know what we don't like, what doesn't fit into the puzzle of what we are creating in our life. And that's when those decisions are made of this is a deal breaker. Or, this is something that we can work through together. And then we move to the committed phase. And let's just say this was a love relationship, and you're meeting for the first time, and you're getting and this is going very well, and you say, hey, let's say we're dating now, then it throws you back into the next round of from chemistry to casual to committed, because you're actually a new person, and you're representing yourself as a partner. And

then it could move to, let's move in together, and then all the excitement of moving in and what it's like the chemistry and then getting accustomed to what it is to have that person in your life every day when you come home to them. And then going from individuals to a partnership to maybe, you know, if you sync up to you know, get married, or invite new people into your life, or whatever it is. So knowing that cycle, and then seeing when we're out of sync. That's super key, because you want somebody to like, you know, wait up a second, I'm not ready for committed, or I'm just enjoying the chemistry dating phase right now. Why are you rushing me into the casual portion of this relationship? Or if they're changing their behavior, every behavior is a way to solve a problem. So to see what is inciting that behavior is a really good way to say here's what's going on. And then to know that you can stand in your own power, so that you don't get, you know, narcissistically bullied, and that you know what to do to stand on your own and keep your focus when (someone in the chat that came up. Yep,) a narcissist will tend to divert you in every direction to break you down. So that the you're easy to manipulate. Just focus on what's key and know where you're at, from chemistry to casual to committed, so you can be in the relationship that you love.

SONYA SIGLER 1:17:29

Yeah, I think the important part there, Michelle, if I'll just add on to it is, listen to what you're hearing, which I think is what Carol said as well, and believe the answer. And then you can make your own decisions because you know what you want. And if what they're saying is not what you want, you can either address it or you can accept it as it's not a match and move on. It's harder when you're in a relationship and have three children together to make the decision to move on. So for me, I stayed in there.

Michelle Hoffmann 1:17:58

So right, so that's that there's three easy steps to the Should I stay or should I go? Yeah. And when people come to me with that, it, it becomes very, very easy to move through those decisions, and then to know what to do with the decision that you are making. So there are no regrets.

SONYA SIGLER 1:18:19

Yep. Excellent. Karen. Last word before I sign off, and thank everybody.

Karen Lorre 1:18:27

Yes, just that everybody can transform, whether it's you or someone in your life. And I think the thing that makes it the most easy for that is the art of recognizing what you can appreciate in the moment, it's not the only thing but it is a big, it is a big thing. And the more even when people are like when I'm in a long term relationship with someone and they are, it's keeping that appreciation up and maintain it and keep and keep expressing it, and keep sharing it. It literally makes, it's the WD 40 of relationships, you know, and seeing that goodness, but I also agree about what Carol and Michelle was saying is because people like if you if you meet somebody if you're dating and you meet someone, and they are saying something like oh every man or every woman in my life has been this x y z thing that's negative. That's that's a that's a get out of town right away card. Because Because that's what they're going to do. And if they, if you're not solid in yourself, they will create you to be that. My ex husband went on our first like time of really connecting. He told me all these things about how all these women had become insane and he just had attracted all these crazy women. And then, I'm not a crazy person, but I sure got crazy

when I was with him. I got disassociation. Panic attacks, all this stuff started happening. Because he didn't have a sense of myself enough to hold my balance while he was projecting his old pattern onto me. And, and so when somebody has a pattern and they're saying it, unless you're super clear and super yourself, that's just a sign like, okay, that's not a pattern I want to be in. Like I'm in a pattern where people are like, women are amazing. I love women. I love being monogamous. I love being married. I want a committed relationship. I have beautiful friendships,. My, my sister, with my mother with my daughter, you know, with my niece, whatever those kinds of people are the people that Oh, that's a good flag. That's a flag I'm interested in. That's a flag that's going to let me know, oh, it's gonna be fun to play in this realm.

SONYA SIGLER 1:20:50

Right. Excellent. Well, ladies and gentlemen, I want to say thank you, I really appreciate you sharing your knowledge. And like I said to everyone who is listening to this now today, and on the recording, I will share the information from each of the panelists. So from Karen Lorre, she's got three books out Carol Allen, as well. And she has, I think, rightmanreport.com and if the link isn't working, because I see someone said it's not working well, we'll get the one that is working. Same thing with Michelle and her books, and she had put something as an attachment in there to share with you all in terms of values. And then Coltrane Lord and getting you hooked up with her information as well. I really appreciate you guys sharing your knowledge and I thank you all for attending. Thank you. Thank you, everyone, you guys.