



Hello, everyone. This is Lisa Wilson with the **Aspen Center for Empowerment and Healing**.

This is part 2 of the video connected to the seventh stage, **surrender and letting go**, from my video series. Let me share a story with you on how that **shows up** in our lives.

I was working with a client of mine. He had gone through a divorce, and he had previously been married before. He also had quite a few different relationships. He was really **ready for something different** and ready for just a **deeper level of love**. It took him quite a few years, as he was really waking up to his **journey** and what it is he was wanting.

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So my client had a very strong ego—and I say that in a really good way. **His ego has served him well** for so many years, as our egos usually do. That is the human aspects of ourselves. But in order to really **break open and get into the heart**, sometimes we have to exhaust our human, exhaust that ego. That was part of what his journey was.

He set out based on his social conditioning and what he was told as far as **connecting in relationships** and how he was **taught** to go out in the world.



I remember we were sitting on the floor one day just having a **great conversation**. He was **sharing a story** of his experience of **what it means to be in a relationship**. He said that it was like King Kong to him, “Me go get the woman.” This was kind of his mindset from his upbringing.

His **father** went out, worked, and created the **financial stability** for his family. His **mother** stayed home and **took care of the kids**. That was the mindset. So he had this belief system that he had to go out and just find that person.

Although **life has changed**, and the rules are completely out the window now. **We're learning to connect from a place of heart connection—deep soul love** and not from survival, which is what that belief system was all based on.



He's a **very successful business person** and lives a very nice lifestyle. After his divorce, he had a lot of women just knocking on his door, wanting to date him. And he was dating and dating. Eventually one day, I came into his office, and we had a session scheduled.

This person is just such a **beautiful soul**, and he hears things and learns through pretty **extreme measures**. So I took a \$100 bill and pasted it onto my forehead. I busted into his office and said, “Are you done?”

He just looked at me and he started to **laugh**. He said, “What are you doing?”

I said, “Well, you know, you're advertising yourself from your success and your financial gain. And what you're dating and **what's showing up in your life is an equal match** to that.”

And so I **got real** with him, and this is where the work really began for him. This is where the **awareness, learning to be alone, and forgiveness**



showed up. This is where his **journey** took off because the question that I asked him next was, “What part of you feels the need to have to advertise your wealth and your success in order to **receive love**?”

Life has changed, and the rules are completely out the window now. **We're learning to connect from a place of heart connection—deep soul love** and not from survival, which is what our old belief system was all based on.

And that **cracked him open** pretty good. He went into a **pretty deep core place** within himself. He ended up diving into really learning to be alone and **to love that time of being alone**.

Through that **journey**, however long that was for him, **something magical happened**. He birthed a **spark** within him that he was **shining bright like a lighthouse**.

It was no longer about looking outside himself for a relationship or things to make him feel good. Rather, it became about **enjoying the nature of who he was** and the **gifts that he brings into this world**.



All of a sudden, **he touched more hearts with his smile and his love**. I have to be honest, I would say that within a very short time, he actually **magnetized** to him his **divine soul partner**.

They got **married** last year. It was a year since they got married in February. And their **life is just so beautiful together**, but it is **built on love**. His **divine counterpart** couldn't care less about anything that he has except for **who he is**. The thing that really **drew her into him** was who he was.



So I share that because when we **surrender**, sometimes we have to exhaust our ego in order to get to that place where we just **let go**, where we come from a place of being alone, where we **detach completely** from an expectation, a desire, a want, or a need that is insatiable. We cease to look outside of ourselves for a person or something else to fill us up.

We really do our **inner core work** of filling up ourselves with **our own gifts and our own heart**. Through that journey, there's a magic that happens where you **connect to something so much bigger than your human self** and you **connect to that divine part of yourself**. All of a sudden, you let go. It's no longer something that you're focused on outside of yourself. You just know that your life is filled with **so much love and joy**.

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You live from a different place, which then, in turn, gives you so much **freedom and liberation to be the truth of you** in all your relationships. Your life will fill with the **most loving experiences imaginable** by taking this journey.

Thank you so much for being here with me. Please like, subscribe, and share. If you choose to go deeper into this video series, look for my **healing videos**. They're inexpensive, and they're really there to help **support and guide** you in reprogramming and uninstalling old belief patterns so that you can fully bring in this **high vibrational frequency**.

Thank you so much. **Much love**. Bye for now.