



Having It All

Creating
DEEP INTIMACY
with a Partner
a Purpose
and Your Self

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Dearest reader,

I created this ebook to be short and accessible, because I know what it's like to receive a free training from someone who I resonate with, and to never engage with it because my mind thought the ebook or audio recording was too long!

I offer this book to you as a way to get a taste of the work that I do in coaching sessions, and in my own Life. This primer is potent and comprehensive and can open your life up with full and regular engagement with it.

If you need support or feel called to go deeper, please [contact me](#).

Much love to you always 💖 ✨

Lauren

I used to think of the word **having** as exclusively meaning *to get* or *to own*.

What I know now, and the meaning that I use in this book is **having** *as an experience*.

And what I'm telling you is that *right now* you can have it all—deep intimacy with a partner, a purpose and yourself, *even if*

You don't have a partner
You aren't living your purpose
You don't know what your purpose is
You're disconnected from yourself

I can hear your mind saying "What a bait and switch! I thought by downloading this ebook I'd have the secret to having (getting) it all!"

Now, I've experienced quite a few bait and switches in my days since becoming a coach, and this is no bait and switch.

This is different in that it's calling attention to a basic truth that

We can *have* a partner, and yet have no intimacy and connection
We can *have* our dream job, and yet it may serve no deep purpose and be meaningless
We can *have* a perfect body, and be so disconnected from our vital life-force energy, sexual essence and self-Love that we are invisible to others and deeply dislike ourselves.

Having the partner, the job, the beautiful body are *goals*
Which are wonderful

But if there is no meaning behind them
If they don't serve a deeper purpose
They will be empty

In our definition of *having it all*,
We are discovering how we want to act
What we want to stand for in Life
What we want to create
Such as deep intimacy with a partner, a purpose and ourselves

We are building our Lives on firm ground
Not on shifting sands

Our goals may change
Because once we get those things—partner, purpose, self-development milestones
They are no longer goals

The Magic is in how we are *behaving*
With a partner, with our purpose, with ourselves
It's ongoing
In every moment
For the rest of our lives

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Each of the five practice sections that follow begin with a story from my life, which teaches about the practice, but also reaffirms what I've learned over and over and over again on this journey:

Life is Trustable.

If I can look at my life through this lens of Trusting Life, then I can always find the lesson buried within each Rupture that happens along the way.

And if I travel with this knowing that there are no missteps on the journey, I can drop the struggle with whatever is happening (which is why rupture can be so painful) and I can continue on my path, no matter how winding or discouraging the trail seems to become.

If I'm present in each moment, learning and living all the pieces that you will discover here, Life is experienced as rich and full and Alive.

This is the reason we are here—to *fully experience Life*—in all it's rupture and rapture.

May you enjoy this primer on the work that I do!

Let's begin.

1 Desires vs. Desired Directions

When I was in my 20s, a man who I was engaged to ended the relationship. Afterwards I made this almost unconscious vow that within 3 years, I would be married. And like magic, 3 years later I was married to someone who I believed was a perfect match.

The marriage ended in divorce 6 years later, as the relationship was lacking intimacy, vulnerability, boundaries and true friendship—ongoing ways of acting that I've since discovered are important for me to embody in a relationship.

✨ Within this rupture, I learned that it isn't *getting* the marriage that mattered, but how I was acting *within* the marriage. ✨

What I came to realize through this work is that, in addition to the four values mentioned in the partnership vignette above, the two overarching valued life directions that inspire me across all three life domains are {*taking care of myself*}, and {*connecting with intimacy and courage*}—in relationship, in purpose and with myself.

[To learn more about the distinctions between desired Life Directions and desires/goals, visit my website].

And so this Life journey begins when you decide which *directions* you'd like to live your life, not the destinations. Because a meaningful life is created by the quality of action that you take, not what you acquire along the way. [If answering these questions is challenging, the following sections will help, just do the best you can!]

Take Action: Answer the following questions:

~1~ If you had the partnership that you wanted, how would you be *acting* within it?

~2~ If you were living your purpose, how would you behave while engaging in it?

~3~ If you had the relationship with yourself that you wanted, how would you be treating yourself?

2

Overcoming Internal Obstacles – Unhook

Developing myself as a coach has been deeply challenging. Years ago I had the thought that once I got my first certification, I was golden! That this meant I had moved through all my “stuff”. Little did I know that even though this was a very important milestone on my journey that amplified and deepened it, the journey had barely begun.

And so while I was in a session being coached as a newbie coach, I became aware of a thought that “I’m not good enough.” I know that it’s been taught that awareness is the key to transformation, but as I learned—it’s not the key to transformation if you become hooked by what you’ve just become aware of!

That thought followed me around for years because I had become fused with it—I literally thought it was me. And I wasted so much time, money and energy trying to remove it. Which after years I finally accepted, wasn't really possible. What was possible was to get distance from it. To create a new relationship to it. To let it be there if it surfaced, and not let it control my actions.

✨ Learning that thoughts are not us, but just one part of our experience; that we are not our minds—is one of the most powerful and freeing lessons I've ever learned, because as humans we are so overly-identified with our minds. ✨

Let’s begin to learn to unhook from the thoughts that our mind is telling us.

Take action: Go back to the questions from section 1 and as you review or re-answer them, notice what thoughts your mind is creating. Maybe it’s my mind’s favorite thought: “I’m not good enough to have that.” Once you have the thought, really try to believe it as much as you can. In doing this we are trying to get hooked by the thought so that we can then practice unhooking from it.

After getting hooked, add something in front of that thought: “I’m having the thought that I’m not good enough to have that.”

What did you notice when doing this? Did you get some distance from the thought?

Ok, now, add in one more step: “I notice I’m having the thought that I’m not good enough to have that.”

What did you notice in this step? Even more distance tends to be created from a thought when we think, and even talk, in this way.

By re-answering the three questions from section 1 and using this practice with any unhelpful thoughts that appear, you can open to receive what’s truly important to you—how you’d like to act with a partner, your purpose and yourself.

With regular, ongoing practice, thoughts can be seen as just thoughts and give us more freedom and choice about what actions we take.

3 Moving Through Rupture – Surrender

When I first started out as a coach, I repeatedly pushed away feelings of anxiety and grief from old and new ruptures that I wasn’t able to handle, so much so that I wasted a lot of time pursuing things that made me feel good instead. While I had fun and enjoyed powerful experiences, I could have been engaged in my purpose with more focus and surrender.

And this feels vulnerable to share with you, but by not acknowledging my underlying anxiety, as well as ongoing feelings of failure and rampant insecurity, I started working with a coach who didn’t have my best interests in mind—all in the misguided belief that she could save me in some way.

✨ In this lesson, I learned that not being able to be with my deep emotions—ultimately not being able to hold myself emotionally—led me to waste precious time and eventually into a situation that was unhealthy and disempowering. ✨

Surrender has been called many things—letting go, acceptance, expansion, opening up and holding space for yourself. The more we can be with strong emotions without

pushing them away or ignoring them, the more effective and empowered we can become. We can create in this world *in spite of* what happens in the course of living Life.

It's a not-so-well-kept secret that our culture promotes feeling good above all else—resulting in stalled life directions when we just can't seem to make those unwanted feelings go away for very long. Here we are learning a better way to handle painful feelings: surrender—before, during and/or after taking action. Whenever it's needed.

Surrender does not mean giving in, it means letting a feeling come up and staying with it, so that it's impact on us is lessened and we can take effective action in the world.

David R. Hawkins, beloved spiritual teacher, instructs us powerfully when he writes:

“Letting go involves becoming aware of a feeling, letting it come up, staying with it, and letting it run its course without wanting to make it different or do anything about it. It simply means to let the feeling be there and to focus on letting out the energy behind it. The first step is to allow yourself to have the feeling without resisting it, venting it, fearing it, condemning it, or moralizing about it. It means to drop judgment and to see that it's *just* a feeling. The technique is to be with the feeling and surrender all efforts to modify it in any way. Let go of wanting to resist the feeling. *It is resistance that keeps the feeling going.*”

Sometimes as a result of surrender, the feeling goes away and what shows up is a lighter feeling, almost like a high. This is wonderful, *and it's not to be expected all the time!* If we do it with this expectation, when it doesn't happen we will say that surrender is not working. We don't surrender in order to feel good, we do it so that we can powerfully live our lives, in our valued directions, whether the feeling disappears or not.

Russ Harris, a gifted Acceptance and Commitment Therapy (ACT) teacher, shows a way to practice acceptance/surrender that is simple and clear:

Take Action: While reviewing or re-answering the questions from section 1, do a scan of your body and

~1~ Notice any uncomfortable sensations that show up within your body, becoming aware of the feeling that is the most intense. Observe this sensation with curiosity, noticing where it stops and starts; what shape it is; is it on the surface or inside your body; where is it most intense and weakest; is there any vibration; is it light or heavy; and is it warm or cool?

~2~ Breathe deeply into and around the sensation, not to get rid of the feeling, but to anchor yourself in the midst of this emotional storm.

~3~ As you breathe deeply into the sensation, open up and create a space around it within your body, giving it lots of room to move—and if the feeling gets bigger, give it even more space.

~4~ Allow the feeling to be there, even though you don't like it or want it.

~5~ If any thoughts come up during this process, use the unhooking skill you learned in practice 2, "I notice I'm having the thought that...."

4 Accessing Magic In-the-Moment

After completing a powerful program that deepened my self-development, I created a desire to meet a man who shared that same commitment to develop himself. Soon after, I went to a weekend workshop and met that kind of man.

Our connection was very powerful and soon we began dating. One day while we were having an intimate conversation, something he said triggered me strongly.

I held myself in my anger and upset and told him what was happening. He acknowledged my pain, and joined in holding me in the moment. I was able to access the deepest part of myself and it was as if I was watching myself—and I just became aware of my energy of upset without trying to get rid of it, as well as his attempts at verbally trying to make it better, and me telling him not to.

We just stayed together, in-the-moment, with everything that was present—anger, hurt, jealousy, fear. We stared into each others eyes. Holding space for each other and ourselves. That was my first real experience of just being present with something so intense, as my deepest self, and not trying to fix it or figure it out.

After a few minutes of doing this, I truly let go, and as I moved through the hurt, anger and upset, I did something unexpected—I giggled. He did too, with a huge look of relief on his face.

In the aftermath, the energy in the room seemed to sparkle as we continued to be present for each moment.

✨ This rupture gave me direct experience of how magical it is to be in-the-moment, as my deep self, while noticing distressing thoughts as just thoughts (practice 2) and feeling excruciatingly painful feelings, without getting swallowed up in them (practice 3). ✨

I learned directly that there is a part of me that is a safe place from which I can observe everything *in the moment*—from turn-on to pain—and know that it's not me, but all part of experiencing the richness and vitality of Life.

Take action: While unhooking from thoughts (practice 2) or surrendering feelings (practice 3), add in this powerful practice:

Become aware of the part of you that's noticing the thoughts or feeling the feelings, almost as if you are an observer watching performers (the thoughts and feelings) in a stage show. That show is changing all the time, from moment to moment, but the part of you that watches it doesn't change. It keeps watching, whether the show is amazing or terrible.

Learning how to be the observer, to watch your thoughts and feelings without trying to change them, amplifies practices 2 and 3, as well as anything that you put your attention on in Life.

5 Committed Action

After eventually ending the relationship mentioned in the last section, with love and compassion, I intuitively knew that I had entered into a new phase of my life—one where I would be learning to deeply take care of myself on all levels—mental, emotional, physical, financial, sexual and Spiritual.

I did this by discovering a valued Life direction—{taking care of myself}, and taking action in big and small ways over and over and over again in service and commitment to it.

And I use all the practices in this book to do it, over and over again.

✨ In the aftermath of this rupture, I learned that my valued life direction is a beacon in the night, guiding me ever forward, and when I move in that direction—no matter how small the step and no matter how much or long I've strayed from the path—I am taking committed action. ✨

And so, let's create some tiny committed action steps together, right in this moment—the only time there ever is.

Take action: Go back to the desired directions that you created in section 1. As you answer these questions, use practices 2, 3 and 4 as needed.

~1~ What's a small step that you can take that's in alignment with how you'd like to act in a partnership? [Yes you can take this step, even if you aren't in a relationship right now. If needed, use your new skill (practice 2) to unhook from whatever unhelpful thought your mind is telling you in this moment 😊]

Example 1: When I meet John for dinner this week, I will listen with {full presence} and speak with {authenticity}.

Example 2: When I have a disagreement with my aunt, I will treat her with {kindness}, while also honoring my {boundaries}.

~2~ What's one small step you can take to live in alignment with how you'd love to live your purpose [even if you haven't found it yet]?

Example 1: I will respond to my boss's email with {clarity}, {honesty} and {kindness}.

Example 2: I will coach my clients with {courage}, {intimacy} and {compassion}, on this day and every day. [Ok this is a bigger action step, but you get the point!]

~3~ What's one small thing you can do with/for yourself that is in alignment with how you'd like to treat yourself?

Example 1: When I find something difficult to do and *I notice* that my mind is tempted to berate me, I will practice {*self-compassion*} and lay a hand on my heart and say "May I treat myself kindly."

Example 2: When I'm triggered and I flash back to some past wound, I will stop to {*take care of myself*} and I will hold myself in surrender, using the deepest part of me to just witness my human self in this moment of pain.

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✨ This continual process of *having it all* is about discovering our life directions (practice 1) and choosing to walk in those directions (practice 5), while handling all the obstacles that inevitably show up (practices 2, 3, 4) as we live this full, vital Life.

Sometimes the process is linear, meaning we follow these practices in order, and sometimes it's not.

In creating this ebook, I connected to my desired Life directions (practice 1) of {*connecting with intimacy and courage*} and {*leaving this world a better place for me having been in it*}.

As I walked in those directions by committing to write every day for at least 2 hours (practice 5), I met many feared obstacles on the path, including "[I'm noticing I'm having the thought that] I'm not good enough to create something meaningful" and "[I'm noticing I'm having the thought that] no one will care that I created this" (practice 2).

I made room for feelings of anxiety and hopelessness (practice 3) and I powerfully amplified those practices by stepping back and becoming aware of who was noticing those thoughts and feelings (practice 4).

And so I created an ebook that is bold, potent and surrendered, *despite* unwanted thoughts and feelings that showed up. Because if I had waited for them to go away, I'd be waiting for the rest of my Life. ✨

I invite you to keep coming back to this practical process, which can have magical results. With regular engagement, you can create larger and larger patterns of acting like the person you'd like to be—with a partner, a purpose and yourself.

I live this process every day, in little and large ways.

And as I do, I continue to expand into a woman who's *having it all*—who's creating deep intimacy with a partner, a purpose and herself.

If you are called go to deeper into this way of Living, please email me. We can set up a free, hour-long discovery session to unearth what valued directions you'd like to live your life and what is stopping you from moving in those directions.

You can also check out my website for more information about the work that I do.

Many blessings to you on your unique Life journey 💕✨

Much love,
Lauren

My work has been deeply impacted by Acceptance and Commitment Therapy (ACT) and the practices included in this book are processes found within the ACT model. ACT is a profound distillation of everything I've learned on my journey, which includes therapy, coaching, energy work and Spiritual practices. I am blessed to have found it.

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