

Ep #028: Kindness Starts with Intimacy – Part 2

**Vulnerable
to Valuable**

with Rosie Aiello



Allana Pratt



**"Kindness Starts
with Intimacy"**

Part 2

www.VulnerabletoValuable.com



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #028: Kindness Starts with Intimacy – Part 2

How kind are you to yourself and why does it matter? One of the most powerful gifts of kindness our guest gave herself was practicing giving and receiving kindness to and for herself.

How well do you receive kindness and how well can you be kind to yourself?

I pushed it away in the beginning and fought it hard because I wasn't used to it.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic controlling, demeaning and abusive relationships. If you've been in one of those, like me, you know what I'm talking about? You're not alone. You've been through some painful stuff, shame, blame that inner bully inside you.

My mission is to lift and inspire you, give you the ways you can reclaim your voice and value your confidence and the courage to be the new empowered you.

Today coming up in the podcast is part two of our interview with master intimacy relationship, coach, Allana Pratt, to hear part one, go to episode number seven, if you haven't listened to it yet, you must because she lays the groundwork for what we will be saying today.

Allana gets vulnerable again, as she describes her heartbreak, never feeling good enough and her path to finding a kind man, after being with an angry and narcissistic man who only turns him against her son and plunging her into debt.

Allana knew the only way through was to take a deep look inside herself, hear her nuggets of wisdom as she came out of the other side.

We're going to talk with Allana in a moment. And first in this mini masterclass, I'm going to cover how to be kind to yourself.

+++

I cover 11 freedom fulfillment pillars to empower you, which you can get free when you subscribe. But first, I just want to tell you, I created this system because I followed it to create the life that I have now.

And I do this to empower you, to create the life that you desire. To create a new empowered you and to learn, to receive love and kindness. So today I want to actually pull from several of the pillars today, not just one of them to discuss how to be kind to yourself.

Now, if you're in a toxic relationship, narcissistic, controlling, abusive, whatever the version you had, our versions, you've been a target of frequent blame ridicule belittlement and a lot more.

Ep #028: Kindness Starts with Intimacy – Part 2

Now you're out of the relationship, but do you put yourself down? Do you say I'm not enough? I'm a failure. I can't do anything right. No one will ever love me. How could I have been so stupid? Why do I keep attracting the same kind of men who don't treat me that well? What's wrong with me? Does any of that sound familiar?

It's time to break that cycle to get on the patch, reclaim your value and your true self. Here are four simple steps to shift into becoming valuable valuable to yourself, not to others, feeling valuable, becoming valuable for and to yourself. So the first one, one is focused on self-kindness. Learn to talk to yourself with kindness. Two, practice self-care routines.

I'm going to go through these three, surround yourself with supportive people who treat you with kindness.

Learning to receive kindness from others is a skill. These are all skills and four, eliminate toxic people. Anyone who diminishes you. So these are ways to be kind yourself and I'm going to go into them just a little bit more deeply.

So the first one is focused on self-kindness. Just start catching yourself, talking negatively about yourself. The first step is always awareness. Then when you're aware of it, like those sentences, I was just saying a little bit earlier, any of that kind of thing, don't start putting yourself down again for talking negatively about yourself.

Like, Oh my God, here I go again, blaming myself and saying, I'm a failure and saying, I'm not good enough. Don't start putting yourself down for doing that. That will just be a double insult to yourself instead, just offer yourself a nice dose of kindness. I noticed. Or I notice that I'm talking badly about myself.

I'm glad I noticed. Just start there, just acknowledging what you noticed and keep out the judgment. It's like, my brain just keeps offering me that I'm not enough, but what my brain is telling me. Doesn't mean it's right. My brain is working on old systems and now I have to start teaching some new systems and this is just the beginning.

Okay. That's focused on self-kindness, so many ways to do that. Okay. The next one is number two is practice some self-care routines. Ask yourself, what brings you joy? What makes you feel relaxed? And for me, I was on hyper alert for so long becoming aware that I deserved joy and relaxation in and of itself was a huge practice for me.

Again, your brain may fight you on doing kind things for yourself. It may sound weird, but. The brain is just going to be feeding you what it knows. And if it doesn't know kindness, it's going to

Ep #028: Kindness Starts with Intimacy – Part 2

think, what is this stuff? This is really weird. So your brain may be fighting you on doing kind things for yourself.

And you might be hearing yourself saying I don't deserve this, or I don't have time for this. It's just another time to be gentle to yourself and tell yourself, it's okay. If I give time to myself. You can take a walk, I would recommend without your phone. And so that you can take the time to really be present and notice your surroundings.

Look at the flowers, look at the sky. Look at the trees. Look the different colors. Look at the people that you see. Just be present with them and that's it. Don't have these high expectations of yourself, or you might want to take a bath and play some nice calming, soft music for yourself. And there are many, many different kinds of self care routines.

And this is one of the main pillars that I have in the 11 freedom fulfillment pillars.

Number three is surround yourself with supportive people, ask yourself who do I like being around? Who challenges me to be a better person who gives me hope and inspiration. And doesn't mean all these people have to be your best friend or you got to make them your best friends. They could be your coaches, people you meet at networking events and other areas, right? Just look for kind supportive people. And this is a real key here. I want you to look for them, put in your brain. Now I am looking for kind supportive people. Now your brain's going to say, Oh, okay.

That's what you want me to do. That's what I'm going to start looking for. And number four, eliminate or reduce contact with toxic people. This is just the opposite of number three. These are the people who put you down, who insults you. Oh, who just make you, you feel crummy when you're around them. You may not always know the reason, but we'll go into other reasons for that, that you just, you have a feeling you just know .

And they may be close to you, which just makes these things, these, this difficult, they may be family. They may be your parents and he be your siblings. They may be, an aunt or an uncle, your cousins. It could be your close friends that now you're having this greater awareness and realizing gee, every time I'm with her, she just kind of puts me down. Become aware, understand that you have choices.

You can choose whatever you want to do, but I want you to be aware and sometimes these choices are difficult, but remember, this is your life. You are creating a life that you deserve and love. You have to live with you. So I just going to go over those really quickly. Remember number one is focused on, self-kindness learned to talk to yourself with kindness.

Ep #028: Kindness Starts with Intimacy – Part 2

Two is practice self care routines. Three is surround yourself with supportive people who treat you with kindness. And four is eliminate toxic people. Anyone who diminishes you.

These are all steps of being kind to yourself. So be kind to yourself and it's not only being kind yourself. It's not anything to do with being selfish it's learning to finally show up as the real you, and remember, this is a journey and that's okay.

When that negative chatter goes into your brain just kind of remember, okay, it's time to be kind to myself. You matter, your life matters. You deserve to be treated with kindness, and that starts by being kind to yourself.

The only way to move forward and create an impact in your life is to know where you're at, where you want to go, and what's holding you back. Get started by taking the freedom fulfillment quiz in four short minutes. You'll discover where you are, where you want to be and what you'll need to do. If you're serious about evolving into a new empowered, you who can show up is that confident woman she once was or wants to be.

Then start now. Your life is waiting for you. Go to freedomfulfillmentquiz.com.

Today, we're joined again with Allana Pratt, a global media personality who surrendered to the profound loss, gave into the universe and discovered how to love, accept, and forgive herself. So she could then be her true, authentic self value herself and find true intimacy. Allana Pratt is the intimacy expert global meta personality, and go to authority for those who have suffered heartbreak and are ready to live unapologetically and attract open-hearted ideal relationship.

Her vulnerability encouraged landed her a featured weekly column on the good men project featured as an icon of influence and as a guest expert on Huffington post people, magazine, Forbes, CBS and Fox, and the Jenny McCarthy show this Ivy league grad is the author of six books has interviewed Whoopi Goldberg and Alana's Morissette and hosts the edgy podcast, intimate conversations where listeners learn how to find the relationship they deserve.

Allana will be here in a moment. And first

+++

Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to impact 100 M women worldwide who have lost their voice, value and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

Ep #028: Kindness Starts with Intimacy – Part 2

+++

Now let's go from Vulnerable to Valuable with Allana Pratt.

Rosie Aiello: Welcome, Allana Pratt. I am thrilled to have you here.

Allana Pratt: Ah, I'm so touched.

Rosie: I never forget when I first met you. I've come a long way. Wow, listening to your bio, it's like, hey baby, you've come along way.

Allana: I sure have. Sometimes you just put one foot in front of the other every day, but then when you slow down and you really let someone read your bio of how far you've come, there's really a moment of humility and humble pride that... I'm so glad I never gave up. I'm so glad I was able to turn the very worst into the very best. And I'm so glad that I'm able to make an impact and take it to the next level. It is so good to see you. We both have our sexy happy curls.

Allana: Thank you for having me on your show, Rosie.

Rosie: It's an honor really. Share with the listeners a little bit more about that relationship that nearly took you down?

Allana: Yeah. So, it was my second divorce and the only one in common, of course, was me. But this particular divorce was when my mom was dying of cancer and I just wasn't ready or willing or able at the time to process my grief. I really thought like a man and a baby would save me. So, I went into this relationship with my heart closed, intuition cut off, damsel in distress kind of seeking to be saved. So, of course, energetically, that would mean I would attract a heart closed person as well, right?

So, within a year, my mom died and I got over of not being able to sleep through the night. I got over the hormones, but we still could not stop fighting. I realized I'd married a very angry man who quit his job on the day our son was born to live off my mom's inheritance and it was just getting from bad to worse. When I finally said enough is enough, he didn't take it terribly well. I can have compassion. I can appreciate from his point of view that I said I'd marry him forever, and I broke my word. He was wanting to look good to everybody else. And now, he looks humiliated that I had left him, so I can appreciate why he would be angry. But he was really angry. It was a 12-year custody battle with the intention of taking our child away from us completely.

While that was a really awful experience - losing assets, going into debt, being humiliated, my family turning against me, all these horrible things - for some reason, I was still able to keep going because I could see the lesson. I had always been so overly concerned with what people thought

Ep #028: Kindness Starts with Intimacy – Part 2

of me. I was still seeking my approval from the outside in. I didn't have safety inside my heart. I needed my circumstances to look a certain way in order to feel safe. So, I learned a lot in those 12 years. Not fun, but grateful.

But then when I really had trouble getting back up off the floor was when my son was about 13. So, this has been 12 years of this court battle. But at least my son loved me, Rosie. Can you see? There was still that sliver where I was still looking on the outside in for my worth, right? Still looking good. They drove up one day. To the best of my memory, it's something like, "Dad's right. You're crazy. I'm moving out. Don't try to stop me." And he took everything. He took the bear that he had since he was a week old. He took the guitar that I scraped money together to buy with a girlfriend. He took everything and off they drove.

That was like the end. That was like, there were no more tears to cry. I didn't even know how to process this. So, I packed up my stuff, went out to the middle of nowhere to a cabin and I started to do the inner work. What's it going to take for me to love myself no matter what, even if my son never calls me again, even if everybody opts out of my list and my business folds? What if I never get out of debt and I end up working at Starbucks? What if my family never calls me again? Everything. I still love and accept myself.

Rosie: Yeah. I think that fits in with the next question. You're just feeding us. When did you feel vulnerable, the most vulnerable and how did it make you act and what did you do? I can hear the vulnerability.

Allana: Yeah. Well, it was awful. It was an obviously awful time. So, what I did was, I went out to nature. I got a coach because I'm... I always have a coach because I'm a coach. I don't think it's an integrity to coach other people if you don't have somebody putting out your blind spots, right? So, I had my coach, I had nature, I had alone time, I had a cabin in the middle of nowhere, and I started to really ask, what's it going to take for me to love myself, love and accept myself even if none of these external circumstances ever change? What if he never, my son never even calls me again. Could I still find a way to forgive myself and love and accept myself and be here on the planet? And that was the toughest inner work that I'd ever done.

But what I realized by the end was that my ex-husband and my son were my greatest master spiritual teachers because had they not pushed me this far, I would never have come home. I would never have found unconditional love. I would never have found the divine. I wouldn't have found anything. I wouldn't have been able to be made wrong or judged or rejected or humiliated or any of these things and just be in allowance. Okay. You're allowed your opinion; you're allowed your choices. I didn't have to defend anymore. I didn't have to justify anymore. I didn't need to look good anymore. I didn't need to shine people on. I could just be. I could just be. It was extraordinary.

Rosie: Right. This is like you gave me goosebumps because I could just relate to everything that you're saying.

Ep #028: Kindness Starts with Intimacy – Part 2

Allana: I know you can. I know your story. You've been on my podcast, sister. I get it.

Rosie: It's just so aligned, and that was exactly the thing. It's just like, it took me. I was not as spiritually open or aware as you were. This has been a relatively new process may be in the last several years, five years or so. That was exactly, exactly the same thing, and what a revelation it was. So, the title of this podcast is: Kindness Starts with Our Intimate Relationship with Ourselves. I love that of course. It touches perfectly how I feel as well. But translate what that means for our listeners?

Allana: Yeah. To have an intimate relationship with yourself - so, I like to think of intimacy as that ability to be real and raw and honest and transparent and vulnerable and no masks and heart displayed wide open. Now, we normally think of intimacy as with another. And of course, we could apply all of that to a great relationship with another. But here's the deal. If you don't have it with yourself, there's no hope in hell you will never have it with another because as soon as they look at you like that strange way, you're like, "Oh, never mind, I'll just be perfect. I'll lie. I'll give away my power. What do you want me to say yes to?" I'll say, we lose ourselves in our integrity and our soul and our power and our energy, all of it.

So, this intimate relationship with yourself is, can you sit? here's the deal that I sat in that cabin: Can I sit with the wounded, humiliated Allana? And if she never changes, like for eternity, can I still love and accept her? See, it's one thing to go in and do this interview in our little you work and you're like, "Hey, so I'll be nice to you now so you'll change and look good so we can get the guy." Or you're like, "So you'll be more successful so we can go make some money," like there's always an agenda. There's always an agenda. We will never fully come home unless we literally embody unconditional love, which means love without condition, which means you can stay that way forever and I will fully love you.

Something inside shifts when that part of you is no longer rejected. The strategies are gone. It's the most rich, graceful, humble moment where these parts of you come home. You have intimacy with yourself. And then this cool shit happens too. When all the little parts within ourselves come home, we come home to God. We come home to the divine, not like a thought, like a full-body, head to toe, not like a clitoral orgasm, like, "Oh!" like that, but like a full-body orgasm, like energy and oneness. And you're like, "Holy shit, you mean I've been loved all along? I've been held all along. I've been guided all along."

There is an energy, a scientifically measurable presence that's checking in with my vibration a million times a second helping me, but it gives me free will. So, if I don't do the work, it's checking in on miserable, wobbly hate herself. And it's like, "I'm so it is." And you get life experiences that align with that. Yet, when you come "all the way home" and you don't need to impress God or anybody anymore and you're finally home, it's almost like, to me, I see God and the goddess, Scotch and cigars, heard it down like, "Oh my God, she's home! She got it." They become like your homeys. It's not like, "Oh my God, God is so much better than me and I'm putting not good enough."

Ep #028: Kindness Starts with Intimacy – Part 2

All that shame and bullshit goes away and you really see the divine as your partner. It's an intimate partnership of communion with this energy, with the field, with the divine, with God, and you get to co-create. It's not all up to you. So, all that weight on your shoulders and all that significance and importance and all that drama that I got to do it myself. No. You get coherent, you get centered. All the little you's, you bring them home. You have oneness with God and the goddess or the universe or whatever words work. And then you choose. And then it's asked and it's given. And so it is.

Yet, we have to still put one foot in front of the other. We still have to grow and evolve and roll up our sleeves and do the work and be brave and courageous and forgive. We still need to do our work. But there's this presence that's helping us. It's not all up to us. We do our part, but the universe brings us magic and coincidences. Ever since then, life has become that magical life, like my son called. Well, for five months of not hearing from him, me doing all this work, having my full bodywork does anything with the universe and I'm like, "Oh my God, I'm enough." He called when he said, "You know what, mom? I didn't know what to do, but I knew it was the right thing to do. It's been 12 years, and dad was not going to stop taking you to court. We had to let him win. And this is how I'm protecting you. Let me do this. I know what I'm doing."

Rosie: Wow. So, it was not what it appeared to be.

Allana: I took it very personally. Of course, you would risk to know.

Rosie: And here was this young man, this adolescent boy being the man of the entire household.

Allana: Yeah. You want to know something really real, Rosie? Because I mean, I'm always doing my work, right? So, I went out on Friday night and I drank a little too much. I went to this big dirty event. And on Saturday I had all these things to do, but I couldn't do it because the room was still spinning. So, I sat on my ass and I go, "Okay, this is a gift. But is Allana too busy to feel? As I do my work, there's always more work to do. And I really went back to that very moment, Rosie, that I told you that they drove off. It's something that always bugged me and I never figured it out, Rosie. He stood outside like a sentinel.

Rosie: Your son?

Allana: Yup, before they drove off. Now, I don't remember that part as much. I remember crumpled on the floor, the granite floor. I remember the horrible stuff. But in that moment when I did yet another one of these processes that I've been trained in, I saw the truth. It was his way of going, "Look, I planned all this to look good so that dad would believe I really hated you. Mom, I do. I do."

Now that he's 17, Rosie, that was like four years ago, he is still living with him. But he gets it. He sees it. He's creating his life. While I don't see him very much, I see him from time to time pretty much secretly so we don't annoy his father and everything stays peaceful. He is creating his life. He's in charge, and he calls me for those tough conversations. He doesn't call me as much as I want

Ep #028: Kindness Starts with Intimacy – Part 2

him to call me, right? He calls me when he really needs to have mom's straight talk. She asks the right questions. She never judges. So, it's not the normal motherhood, but I choose to let go of guilt, embarrassment, wish I coulda, shoulda, woulda, all that stuff and just stay present, stay grateful and truly watch my young Buddha boy grow into a lovely man. So, I'm so grateful.

Rosie: Wow, it's a beautiful story because it just shows the dynamics of what happens in these kinds of narcissistic and controlling relationships. Your son has taken the high road, but still he's a young man. He's not fully developed, but he's mature beyond his years.

Allana: Well, yeah.

Rosie: And what he's done to show, not talk to you, but to show his absolute love for you. I mean, I hear it. I feel it. I mean, it's amazing. It's absolutely amazing. Now, you talked a little bit earlier and I get the whole thing. I want to just ask your path, your journey to self-love, self-forgiveness, self-kindness, self-compassion. What were that self-journey for you? Maybe you could share some of the strategies that you actually went through that our listeners can kind of take away and say, "Okay, let me try that. Maybe that might work for me too."

Allana: Yeah. Because this is a nonstop journey, right? Well, as of just last weekend, I had yet another breakthrough. Yeah, for sure.

Rosie: Right. It's not just, "Oh, I did it and I'm done." It's like, it just keeps coming and coming. So, wherever they are, it's going to help.

Allana: Yeah. Thank you. So, yeah, from the get-go, I've always had coaches, healers. I've always gone to workshops. I've always been a student and a master of what I do. So, that was non-stop along the way. I'm surrounding myself with women that didn't judge me, fix me, compete with me, that were really unconditionally loving. And I only need a couple of those 3:00 AM friends that you can call, right? So, I've got a handful. So, really good sisters. Movement. I've danced, walked, been in nature. That's been a really big piece as well.

I'd say those are like the main things, just a really regular morning practice, a regular morning practice where I don't just get up, get straight to phone and go. I get up, take care of my health, my wellbeing, my spirituality, my stretching, affirmations. I really have like a pretty much two-hour practice every morning where I take care of me before I start the day. So, that's been very important.

And then also, humility and curiosity of what else is possible or what have I not seen, because I've been pretty happy and pretty successful and doing pretty well. And yet, I just turned 50 and I had a birthday party. One of my girlfriends said, "I want to give you a reading for your birthday." She's a pretty well-known psychic, Marla Frees. She has a book called American Psychic. So, we were having the session. My mom has been gone for 18 years and I said, "Oh, I just really want to talk to my mom." So, when I got there for my session, "Well, your mom showed up this morning. She's already been here all day." I'm like, "Yay! What'd she say?" And she said, "You got to forgive

Ep #028: Kindness Starts with Intimacy – Part 2

yourself." And I'm like, "I thought I already did that." "But just stop feeling guilty." "I thought I already did that." "You've got to really stop being embarrassed and let yourself move on," because I've been living, Rosie, like, my son lives in LA and I've been living in Palm Desert or San Diego. I've been living kind of hovering around, not really letting myself move on ever since that day when he was 13 and he left to live with his dad.

My mom showed the psychic a bar graph and she showed this middle line in the middle, like enthusiasm, presence, grace or whatever. But she said something would happen and I would get triggered and I would go all the way down. And then it would over rebound and I would be of service and I would shoot another video and do another podcast and close another client and make another difference. I wouldn't process. This is really recent. I had been experiencing tremendous pain in my neck. Well, in the neck, right? The situation is a pain in the neck for years, so much so that I'd even stopped dance class, Rosie. I used to be seven years of a pole dancer and I haven't pole danced for three years because the pain was just too great. It made my arm weak. So, she said, "Process the pain in the neck." And I'm like, "Ah."

Rosie: That's new.

Allana: That's the weekend I told you where I drank a little too much, and the next day I just sat on the couch and I processed all of that guilt, but I still felt bad - the embarrassment. Now, if I just move on, what do people think about me as a mother? And the sadness - it's okay to be sad that you don't see your baby. It's okay.

Rosie: I just had that aha yesterday.

Allana: Oh, look at us... yesterday.

Rosie: I was like, "Oh, it's okay to be sad." I mean, it's crazy what we do and the judgment that we put on ourselves. When I was in that relationship, I was always being judged and always being put down. And then as I've been healing and hearing you too, and I just want the listeners to hear this, is that you put so much judgment on yourself that you become your own prisoner.

Allana: Yeah.

Rosie: It's only until you do the self-forgiveness or self-compassion and self-love, all of those steps, can you really start to move forward. And it still comes, but we still process it and not to step back. You have such a wonderful practice and I hope they hear that. I have practices too that I do in the morning. It's so important because you're doing that self-care, the true caring of, of who you are.

Allana: Yeah.

Rosie: Beautiful.

Ep #028: Kindness Starts with Intimacy – Part 2

What boundaries did you discover that you didn't have and you've now realized healthy boundaries that you've created?

Allana: Yeah. Well, I didn't have any boundaries when I was wired inside out. When I was seeking approval, attention, appreciation, worthiness, everything on the outside, there were no boundaries. I was just one big leech, like, "Do you love me. Am I enough?" There were no boundaries. Not that I was ever a professional prostitute, but the archetype of prostituting our energy all the way just down to saying yes when we mean no.

Rosie: Right.

Allana: We're giving away, we're prostituting our energy to get something from the outside and letting people know they can manipulate us or we manipulate others to get what we want, thinking we're not full already from the inside out. So, when I got wired properly and started to do all the work that I live and teach now, boundaries are just a natural way of being now. Like, no, that doesn't feel right. Let's talk more about that so we find what really resonates with both of us. Or all the way to a self-defense course, like back off, turn around and walk away now. And I mean it, right? So, there are lots of different ways that I've discussed these boundaries.

And even if I make a mistake, even if I do go back to the old pattern and say yes, but then it niggles me for the next couple of hours or next couple of days, go back and clean it up. Go back and clean it up and go, "Hey, you know what? I said yes before and I really do want to be able to work this out with you. Middle of the sandwich, we're going to be straight with you. And I speak from my heart. It doesn't quite feel right anymore. I need us to renegotiate. What else is possible? How could we still do it this way or that way? What are your thoughts?" I can still go back and clean up a mess and make up for the damage done. So, that's another form of boundary.

Rosie: That is so important because I think a lot of people think, "Oh, well, I've already made a commitment. I can't change." But we can.

Having those honest conversations that you show up fully and you're honoring yourself and the other person, because no one wins otherwise. I think it's good because sometimes you're like, "Oh, I've gotten myself so much farther in. I can't go back. I can't renege. I can't do this." But when you're coming from what you display, you're coming from truth and honesty and really true caring, not from revenge and trying to get back. You have positive energy. There's a difference. I don't want people to come and say, "Oh, well, I'm going to change my mind because they said that." But no, it's coming with the right energy.

Allana: It's still the highest good for all. You're still coming if that is your intention.

Rosie: Exactly. That's really beautiful. So, what's a big challenge for you? Do you still have challenges like receiving? I know that's still a major issue with me. I've come so far on that, but receiving kindness was really foreign to me. To the clients I work with, it's like, "Oh, it feels weird."

Ep #028: Kindness Starts with Intimacy – Part 2

Allana: Isn't it strange when kindness feels weird? You need to do some work. I totally hear you. I would say it was so much safer to give than receive during the worst of the court battle because I was just keeping it, and I wasn't a very good receiver. But when I just turned 50 this past January, I decided I was finally out of my quarter of a million dollars of debt. All my lawyers were paid back and I'd saved up an extra 10 grand and I gave myself a birthday party, a three-day birthday party in a mansion, oh, in a vineyard where I paid for all the food and all the alcohol and these amazing dark chocolate truffles. That was awesome. I invited about 20-25 people and I said, okay. And then I asked a friend to facilitate it for me.

I have given everything and I'm going to practice what's the most uncomfortable thing ever - receiving. I asked my friend to please facilitate the event for me. I literally asked people to tell stories with slideshows or dances or poems or whatever they wanted to do to appreciate me. It was a big ass house. It was beautiful. It was a mansion. It's seven bedrooms or something crazy. But there was a big, humongous ottoman in the living room. I literally got in the center of it with a tissue box and a big blankie. I would go in, I would face each of them as they shared with me, and I was a hot mess. But I cried and I received and I cried and I received. Every morning, we did yoga. And at night, we would dance on the roof for the sunset, just let go and I let them love me.

Here's the crazy thing, but the end of it all, I was like puffy eyes and whatever. But I had so much fun and I really filled up. I really filled up. Thank you for teaching us how to receive that in the giving to you because you let it in, we received. We feel better. We now can go into our world and ask for more and receive more. It was like the vibration was bonkers of this much authentic giving and receiving. It was a vortex we were in. It was extraordinary. I'm so grateful that I had the bravery to really humbly ask for what I want.

And then lastly, around these people, so receiving all their love, and I said, "Okay, now moving forward, here's what else I asked to receive from you," because to this moment, I'm still single. I haven't found my guy. But I'm not aligning my actions with my priorities, if I was really honest. I'm not online. I'm not doing matchmaking. I'm not doing anything. I just show up and say hi to everybody whenever I go anywhere. "I'm going to ask each of you, once a week, I'm going to call one of you or after 25 weeks, whatever. I'll ask other people. But basically, he's got to be one degree away. He's got to be close to somebody I love because I want to hang out with the people I love. So, I'm going to call you and it's your job to introduce me to someone. I will go either on a Zoom date or if they don't live far away, I'll go on a real date. I'm showing up, please help me." And they're like, "Huh, thank you for asking. We never knew, oh my God." And then all their little light bulbs started going off of who they could introduce me to. So, that's another place that I'm receiving and showing. Pretty cool.

Rosie: Well, thank you. Thank you for sharing that, because those were great examples. Again, it just shows that... because society has just trained us from the time we're babies. We receive as a child. But I mean, as girls, as women, we're the givers, we're the givers and it's like a negative thing to receive. There's lots of guilt associated with it. "Oh, I can give," we feel guilty and wrong. We're wrong. And it's like, what is that?

Allana: Yeah. I even asked them to do cuddle--

Ep #028: Kindness Starts with Intimacy – Part 2

Rosie: That's what's in my head.

Allana: Totally. Like, I literally asked them to do cuddle puddles with me. There was like five people spooning in a row on the ground throughout the day. I was just like, "I just want to be held." Yeah, it was great.

Rosie: I get it. And I think it's such... hey listeners, let's see how many of us can have these kinds of parties.

Allana: Right. Well, it seriously inspired other people. Like, one of the people got engaged in the group and they're going to have an event wedding, like a three-day wedding, like all retreat wedding. That's awesome.

Rosie: I hope the guys on board with that.

Allana: He was there. It was his idea too.

Rosie: Oh, good.

Allana: No, he gets it. He gets it. We give. We all give. Men and women, we all give. We all need to replenish and fill up again.

Rosie: We do. What I would say is that you can't give when your cup is full. You need to give when your cup is overflowing, because if your cup is full and you give, then it's now below the top, right?

Allana: Very true.

Rosie: Just like your whole self-care ritual in the morning that these kinds of things, when you had the party and you asked, this is the other thing. Women have difficulty asking for what they want. At first, they don't even know what they want. And then to figure out what they want. It's like, "How do I ask for it?" And then once they ask for, it's like, "Oh my God, how do I receive it?"

Allana: Yes, it's many steps. But if you're willing to do that, you literally create a new reality.

Rosie: You do. That's been my personal experience as well. So, let me see. What I want to ask you as well is... we touched upon it a little bit, about some of the values that you had in the beginning and whether they were serving you or which ones were serving you and which ones weren't serving you. And then how did you shift and what new values have you created or live by that you never thought about before? I mean, I never looked at my values before. I didn't think about my values.

Allana: Oh, really?

Ep #028: Kindness Starts with Intimacy – Part 2

Rosie: Now I do.

Allana: Yeah. I'm pretty much similar to you, Rosie. Back before I started doing all this work, I never once thought about values. All I thought about was, "Do you love me? Am I good enough? Am I safe? Will you leave me?" Those are pretty much the only questions that would go in my mind. From a very young age though, I am grateful.

My best friend died when I was 16. It was a real shocker. I mean, my grandmother's hadn't even died. Nobody died. A cat hadn't died. So, it was a big wake up call. Yet, I remember very, very profoundly, and I don't know if I was being whispered in my ear from an angel or I was just blessed, I don't know. But that was very, very clear, like a fork in the road. I would never have known them and never feel this pain or known them, feel this pain and learn how to keep my heart open and move on. And I was like, "No, that's what I'm choosing." So, it's always been my life path to learn what's this going to take to keep your heart open in the face of anything.

So, I guess from that age, like 16, I started to value living fully. I valued living with my heart open. I valued saying I love you when I felt it. I started to value the truth, I guess. I quit college when I was 19 and hopped on my uncle Phil's 18 wheelers semi from Canada down to LA. And then I moved to Tokyo. And then I was a backpacker and I've lived a lot of fun stuff in my life from that valuing truth, valuing and following the breadcrumbs or that small still voice. So, that is something that I didn't really write it down, but I started to value.

I remember even being in Thailand when I was 22 or something. I knew I was a hot mess. I knew that I was competitive with other women. I knew that I hated my body. I knew that I was always, "Why are people judging me and looking at me?" and all that kind of stuff. I remember walking up and down this beach even, like three miles back and forth and back and forth until I got to the place. And I walked in a G-string and that's it. Naked. It was not the main beach; it was a smaller beach, but still, there's people around. I walked in until I no longer cared what people thought of me and I no longer judged them either and that I could just be at peace in my skin. And it happened.

So, I have these rigorous, crazy practices. I take myself through when I really find a block. Like, I'm willing to breakthrough. Call a coach now is probably the quickest way to do it. But back then, I didn't know that coaches existed, so I just took myself through practices with Mother Gaia until I got inside my being.

Fast forward now that I'm 50, I value deep profound connection. I value oneness. The embodiment of oneness, I can feel it in my breath... the divine. I value unapologetic expression and I value the sacredness of our sexuality, sensuality, femininity, the feminine, the feminine within the masculine as well. So, not just women, but the feminine energy that knows what she knows that has that aha uh-ah that leads with her heart, that's collaborative and cooperative. Yeah. That does the right thing when no one is looking from that place and gives that action from her heart over to the masculine energy to then take the action with everything. And that's to impact humanity.

Ep #028: Kindness Starts with Intimacy – Part 2

Rosie: That's beautiful. I love having people share their values because sometimes we need to hear somebody else's values to hear, "Oh, I like that value. I want to make that part of my life as well." These are new ideas, new perspectives. There's probably a couple of yours I'm going to take for me.

Allana: I'm glad, but that's how we learn and grow. We're all here to play together, grow together, adventure together, support one another. At the end of the day, I am you and you are me really. We don't even. We're all light. Like, I'm really a science geek when it comes right down to it. When anything is happening on the outside that triggers me, that's just unresolved me showing up in the form of so-and-so. So, I take a hundred percent responsibility and I know that everything is for me, not against me all the way down to the science of it but to really drop in and do the work on the embodied level, not just the cognitive analysis of shit of this is good and bad, that sprinkles of ice cream cone of shit, it doesn't work. It doesn't even create a relief. It just keeps us spinning fast. The true freedom is when you embody it all the way, integrate it all the way until it's still and quiet in your heart, in your home.

Rosie: Yeah. You feel it. Yeah. The body knows everything.

Allana: And it will not lie. Yeah.

Rosie: It will not lie ever.

Allana: Yeah.

Rosie: And it remembers. It has a good memory too.

Allana: Yeah.

Rosie: And then let you know. Yeah. Definitely, it will let you know.

This has just been fabulous. I can just talk to you forever.

Allana: Thank you, Rosie.

Rosie: But before we leave, is there something that our listeners can grab from you that they--

Allana: Grab my ass. Slap it too when you go by.

Rosie: I've been doing my squats, so I got a nice one now.

Allana: Good for you, girl. That's awesome. No, every about five years or so, I redo my website. So, my allanapratt.com is redone. Right at the front is an Intimacy Blind Spot Assessment. What

Ep #028: Kindness Starts with Intimacy – Part 2

I find it is the stopping, what sabotages people all the time is that everybody is smart. Everybody reads the books and knows what they know. But for some reason, there's a pattern and it continues where you try to do the right thing but you mess it up or you don't want to care whether they texted you back or not, but you're losing your shit. Like, you just can't say something. Like, there's something going on, and I call it a blind spot.

Every level of evolution has one. It's not like you ever get rid of the blind spots, but they're actually a portal for growth. It's sort of like the truth first will piss you off, but then it'll set you free. It's like that. So, this assessment is going to show you where is your intimacy blind spot and it will show you maybe how far you've come and how far you have to go. You're a really great indicator to set you free. Let's talk so that you can have intimacy with self. You can have intimacy mind, you can have intimacy with another. It could be your beloved. But also that other could be your child. It could be your friends, even be your business. It could be intimacy with money.

Everything is a relationship. So, if you don't have intimacy with money, you're like, "Where have you been lately?" you say to the money. The money doesn't want to come play with. You're mean, right? So, you can use this assessment for so many different areas of your life. So, I would love people to go there, check it out. And of course, I've got my podcast and my YouTube channel and there's books and there's all sorts of wonderful things as well. But that I think is like [34:30 inaudible].

Rosie: That's beautiful. Yes, your website is beautiful. So, it's allanapratt - that's two L's and two T's - .com.

Allana: Thank you.

Rosie: A final question is: What does love is kind mean to you?

Allana: So, when I go inside to little Allana, the one that was feeling just recently guilty about what's all gone down with her son or I go inside in the one who lost the custody battle and her son turned against her, or just the one who's getting older, finding hair in strange areas of her body, whatever.

Rosie: So, we have her.

Allana: Yeah, right? So, whatever little Allana there is, love is kind means you go inside and you go, "Hey, come here. Tell me more. I'm listening." And you never ever changed them and you're willing to never change them for eternity. You allow something in you to emerge to love them unconditionally forever. To me, that is our job. We need that for all aspects of ourselves. And then we can give that gift to others. Otherwise, we still have an agenda. We might say, "Oh, I can love others, but I can't love myself." Bullshit.

Rosie: Right. No way.

Ep #028: Kindness Starts with Intimacy – Part 2

Allana: No, it's always an inside job. So, be willing to love yourself that much. You can, as you beautifully said, give from the overflow and really have a life that flows. You're always going to be challenged. Life has always equal support and challenge. That's science. But you can address the challenge with, "Oh, how is this for me, grasshopper?" What is this lesson for me here?" You can really save the times that are supportive and beautiful. Like we said, you really can receive all the way to the core and feel home.

Rosie: Thank you. Thank you for that beautiful definition of love is kind.

Allana: Thank you for asking.

Rosie: Thank you for spending your precious time with us. I look forward to staying connected with you and have a wonderful, wonderful time.

Allana: Thank you. And thanks for doing this podcast and sharing your wisdom and love with the world. It's been such a pleasure.

Rosie: Thank you.

+++

That's it for today's episode, head on over to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com), and subscribe to the show. When you subscribe, you'll instantly get a special eBook.

And when you subscribe to the show and post review to iTunes, you'll be entered into a drawing to win a free consult with me. Plus, your subscribing will help our mission to inspire 100 million women worldwide to heal and move forward from their abusive relationships.

That's [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com), the podcast that guides you to reclaim your voice, value, confidence, and courage.

+++

NOTICE: Rosie Aiello, The Love is Kind Network and ClearVista Consulting, Int'l, Inc. or guests are not offering medical advice. Please consult your medical practitioner for medical advice.