



## The Women Masters Interview with Auriela McCarthy

AMY: Welcome, everyone, to the Women Masters call. This is the expert call with the astounding Auriela McCarthy. I am so thrilled to welcome her to the call today. As most of you know my name is Amy Ahlers and I'm the Wake-up Call Coach, and the creator of the Women Masters, and my vision for this series is to allow people from all over the world access to the most respected women experts of our time, so that you can be inspired and motivated, and stay inspired and motivated. I really recommend, after our call today, and after, really, every Women Masters call, do these calls with a friend, go to lunch afterwards, and talk about what you learned and how you're going to actually implement it into your life, because that is really what will create change. Not just listening, but actually implementing and integrating all of these amazing lessons into your life.

With that I want to tell you a little bit about Auriela. She is a modern day mystic, a spiritual teacher and a relationships expert who is dedicated to making love work in your life. She is the author of the book The Power of the Possible, which is a recipient of multiple awards, including the prestigious 2008 USA Best Book National Award, and I have to tell you, ladies and gentlemen, that I couldn't agree more. I have been completely blown away. This book has been kicking my butt, literally. It's just been incredible. It is a beautiful book and one of the reasons for me that it is so impactful is that not only is the information powerful, which all of the Women Masters books, the information in it is powerful, but the writing in this book is so beautiful, is so eloquent, and it really reads like a novel, but it really has all of the spiritual teaching and all of this practical information to put into use. Please don't delay, go out and get this book, The Power of the Possible.

Auriela's life story reads like a fascinating thriller, a page turning saga, complete with the Russian winters and the Soviet regime, so you're going to hear Auriela's beautiful account on our call today. Her life story is amazing. She experienced huge success with the opening of her San Francisco art gallery, including a premiere U.S. exhibition from Pablo Picasso's estate, and she became an internationally recognized expert on the art of Picasso. However there was deep sorrow, there was conflict at home, heartbreak, loss, unexpected health problems, emergency rooms, blood transfusion, her father's death in the Soviet Union and its government's denial of her visa to go to his funeral. Then a hitting bottom experience, leading to a spiritual awakening, and to a profound change. She closed the gallery, ended her marriage and completely changed her life. For the last fifteen years she has been helping people from all walks of life with their life and relationship issues. She's been published in a number of magazines and she hosts a radio program called The Power of the Possible on Web Talk Radio, which can be found at WebTalkRadio.net. She holds an M.A. in English and English literature, which is why her book is so beautifully written, and she lives with her husband in northern California. She is the founder of the School of Hope and Inspiration, where she teaches weekly classes. Make sure to check out her website, [PowerOfThePossible.com](http://PowerOfThePossible.com), for more information about these amazing classes she's teaching. You can also, obviously, check out her book and grab a copy of The Power of the Possible; just can't recommend it highly enough to all of you on this call, truly it's a beautiful book filled



with amazing information. With that, without further ado, please welcome the amazing Auriela McCarthy. Welcome.

AURIELA: Well, Amy, I am speechless. I have had many interviews and done a lot of seminars on the phone. I've never been introduced this way. I'm touched; thank you, thank you, thank you.

AMY: You are welcome. Truly I just can't say enough about it. I think for me, because I actually have a member of my tribe, as I call it, is going through some addiction and some hardship right now, so the book has just really been astonishing to me, and has really woken me up. It's been a wake-up call for me in how to better deal with the situation in my life and better deal with people in my life that I think should change.

AURIELA: Yes, exactly, exactly.

AMY: So tell all the listeners about this. Why is it that the harder we try to get someone to change, the more they resist us?

AURIELA: It's an absolutely fascinating phenomenon and it's \_\_\_\_\_ {05:21}. I'm going to explain how it works and it makes such sense once you see the dynamic and I learned it the hard way, on my own experience. Basically, who can't relate to having somebody in their life that they just know needs to change this one thing or that one thing, or if it happens to be a partner or your parent or your child, they definitely have to change particular behaviors. We just know it's better for them. I want to hear from somebody later on who has actually succeeded in trying to make somebody else change, because that will be the first person. People do change, but only they want to change. They never change when we push them and the point is it doesn't matter how right we believe we are, and I am saying we believe we are because even the most obvious cases, like telling an alcoholic to stop drinking, is usually not that obvious. Nothing is simple. We have a tendency to make everything simple and yes, it's an attractive tendency, but it doesn't work because we live in a very complex world and we're very complex, and there are a lot of deep, underlying reasons for people's actions and behaviors. We are not God. To assume that we know which way they should grow is ridiculous and it's arrogant, and it doesn't work. But that's another point. So why doesn't it work when we tell them? You can talk nicely; you can plead; you can try to explain; you can threaten to leave; you can leave and come back. You can do anything and nothing will work, as long as we talk with an agenda, and what is the agenda? The agenda is that they get it. We don't just share from a neutral place our opinion, which is fine, or our desire for them. We are not neutral when we talk like that. We need for them to get it. No matter how softly we speak. Some days we don't even speak. We can just be there and think it and feel it and it's enough; they already know it.

AMY: Right.

AURIELA: What happens with this energy is like a wave of energy that is coming at that person, which is experienced as an attack because it is an attack, no matter how softly it's camouflaged, and often it is not. It's a violation in a way, and what is our knee jerk reaction, everyone's knee jerk reaction? I'm not saying it's the right reaction or the wrong reaction, just a knee jerk.



When we're attacked we defend. How do we defend? Stay away, back off, we push them back, and what happens in this interaction, the person with whom you're speaking, when you want them to get your point, and then you really, really want it, they can't hear it. All they want is to defend themselves and defensiveness is a very unpleasant thing to deal with, as everybody knows, and so you're inviting that by this; you're basically inviting it. The harder you're going to push the more they will fight back, and it's a very hard point to get across because what happens is people hear me and they understand logically, and then they say—and I had it with a radio host that interviewed me when the book came out—yes, but my uncle is drinking and we have such a problem, after I would talk about it for ten minutes. I would say, I understand, so you're saying not to talk to him? Are you talking to him? Yes. How long? Several years. Is it working? It isn't. Then what do you do? What do you do? What does work? You have to step back. You have to step back and focus on yourself, and allow them their space.

AMY: Right, and I really get . . . because I know that everybody on this call is one of those enlightened beings, right, so we are . . .

AURIELA: That's great to hear.

AMY: Yes well we are people that are working on ourselves. We're interested in being the best that we can be. We're interested in inspiration and in inspiring others, and I just was so floored by what you talk about in the book and by the stories in the book of change and what really inspires change.

AURIELA: Those are true stories, by the way.

AMY: Yes I know and I get that, because they're so . . . I so understand that and I really get that what you're saying is when we come to that energy of I know what's right, we have our agenda, the more that person resists the more that issue is going to persist, so getting into that space of surrender and non-attachment about that person is what can create the space for them to make their own decision to change.

AURIELA: So true. So correctly said, Amy; could not have said it better. It's easier said, however, than done, as we have all experienced. It's very hard to step back. I have to add something. Having said all that we've just said, you can be someone's reason to change, you can be, but it will still be their choice. It's a very big fundamentally different thing, and what do you do when you realize I'm powerless to change this person, I'm powerless to get it across. It's very painful.

AMY: It is, yes.

AURIELA: Now it is our job to really be honest with yourself and to allow yourself to feel everything that comes with this powerlessness. There's going to be a lot of sadness. There's going to be a lot of sorrow. There could be anger. There could be hurt. It will be all of the above and it will fluctuate, and to stay with this and to stay with this and to think deeper with this. If you allow yourself to stay—and the pain can last; who knows how long it can last in that place of



despair—and it can be very quick, but it has to be real and you have to honor yourself, respect yourself in this way. You have to really allow yourself to feel it. At some point you pop and when that happens it's a transcendent moment and you're in a different place. It's like you've just woken up and you wonder why was I pushing so hard. Then you have a choice: am I going to stay there or not—a painful choice and a liberating choice. Sometimes the choice may be to stay because what was seen as unacceptable is now acceptable. Don't be surprised if the person will change then, because very often when we back off, they change on their own, because suddenly there is space. They didn't need to focus on themselves; all the energy was going towards fighting you back. Now you've removed that energy, so what is in between you now? A mirror in which they see themselves. We both see ourselves, and now he or she, whomever it was, is looking at themselves. Okay, do I like that? Maybe the first time it happened, maybe years of fighting everybody back, back off, leave me alone; now I can see myself and maybe I want to change that. It's possible and it has happened endless times.

AMY: I love the story in the book about your friend who was in the abusive relationship, who was doing the drugs, and you sat down at lunch and had no attachment to her leaving this person, and because of that non-attached state she was able to finally say I want to leave, whereas all these people in her life were telling her to get out of this relationship, get out of this relationship, and it wasn't until you, with no attachment, said, if you stay you'll probably die, and if you leave you'll probably live and find happiness, and the choice is yours, truly.

AURIELA: You know, it was an amazing moment in my life. I actually . . . of course I wasn't planning to tell her she was going to die, and it could be somebody listening now thinking scaring doesn't work. I wasn't scaring her at all and I never expected that I would say that, but suddenly it was so . . . really I had no attachment, whatever she would do, because it was a long story, a long situation going on for years. I accepted it and I loved her, I wished she would make a different choice, and suddenly when she was finally describing to me the entire horror of it, living with this con man, it was suddenly like I had this absolutely clear picture that she's going to die. She was already having big health problems and no health insurance; it was awful. I said that and she . . . you know what, I don't know if you remember the story, she even forgot it at some point because it was not important that I said that, but she woke up. She had nothing to resist and she had a sister, had and has, who is a psychiatrist, whose calls she wasn't taking anymore, she wasn't talking to her anymore, and when she later on told her what Auriela said, said, oh this is horrible, this is horrible; how can you say that? I was honest and really, I said, whatever you choose, I'm going to be there for you, I love you, but I'd would be very sad to lose you.

AMY: It's so powerful and you say . . .

AURIELA: How she changed her life; it's unbelievable.

AMY: Yes and I love that she had such clarity that he didn't even . . . that was he. He knew the moment she said you're leaving and I'm leaving, and this is done, and he knew. He knew it was done.



AURIELA: She lived in terror of him for two years because he was so . . . he was a raging guy and she was afraid to open her mouth. When she spoke, she was so calm he turned into this . . . he was terrified. Not terrified, but he knew it's over and he didn't even fight, he didn't raise his voice. He was gone the next day. Unbelievable.

AMY: Unbelievable.

AURIELA: Beautiful; beautiful.

AMY: Yes and one of the things that you say in the book is that rescuers get slaughtered every time. Tell us what a rescuer is and what you mean by that.

AURIELA: Yes it is a very strong sentence.

AMY: It is.

AURIELA: It's not my quote, but I love the quote, rescuers get slaughtered. When you're trying to save somebody you're basically trying to rescue them. You're coming with not just an agenda that they get it, there's also and always a slight—sometimes not slight—better than, because you know and they don't. If they would just listen then everything would work for them. You would not only be attacked back in defensiveness, which you may experience as something very painful, of course, but there is actually more, because say you come with the best intentions, but we have a saying, and it is a saying in many languages the same in Russian, it is exactly the same, and what is the saying about the best intentions—that they pave the road to hell, right? It probably has some grain of truth in it. Here's an example. Somebody else interviewed me and she was telling me this story after we talked about rescuers get slaughtered. She said, oh my God, I have a very, very good friend and she's an attorney, and her office is such a mess, such a mess, and I am very good with organizing so I decided I'll just help her. One day this woman—she was telling me this and I was just laughing on the phone—she said, I came and rolled up my sleeves and started moving things, and she looks at her and she says, what are you doing? Oh, I was just organizing—don't worry, you do your job, do what you're doing, you won't even notice me. It will be perfectly organized, and the woman got so angry at her—how dare you interfere? She was happy with her mess. For her it was not a mess. For her she knew exactly where everything was, these were her working habits, good or bad. It was her business. She came to rescue and she was basically slammed and they had a bad flight, so slaughtered, in a way, and the friendship was damaged, and she went back home and she was so offended and hurt. She felt so misunderstood; could not see how inappropriately she behaved, how intrusive, how disrespectful. She didn't even ask. She was rescuing.

I have another example. Somebody sent . . . a friend of hers was in such financial trouble that she couldn't afford a cell phone for a while and this other friend had two cell phones, so it happens, and, of course, she needed one, so without asking she sends her the other phone. She thought she was helping. Well the phone was sent back and she was very hurt and the woman to whom this phone was sent was hurt because she felt humiliated. She wasn't



asked would you like to have a phone. She wasn't respected. She was treated like she was a child that couldn't take care of herself and the friendship was damaged.

AMY: I want to invite everybody on this call right now to just thing in your life right now—who is it that you're trying to change? Who is it that you're trying to rescue? I really want, because that's what I've been looking at in my life, and gosh, I'm the Wake-up Call Coach, right? This is really great because when my clients come to me and ask me, and say, I want a wake-up call, I want to coach with you, I want to be involved with you, I'm not rescuing them. That's why that relationship works so well because they're standing up and saying, hey, let's get to work, Amy. But in my personal life, if I'm stepping in and thinking that I know, boy am I guilty of it.

AURIELA: Yes, of course, but you know we are so human. My husband sometimes tells me, you should read your own book.

AMY: Right, yes.

AURIELA: With the ones that are the closest it's easy to lose the perspective sometimes.

AMY: Just repeat again for us, when we do recognize we're getting into that rescuer mentality, when we're getting into I'm-going-to-change-this-person mentality, what is the other option? What's the other path for us to go down? We've talked a little about it but let's just really highlight that, what we should be doing or what is an option. What's possible for us that could really inspire change in a different way?

AURIELA: The only thing in this situation is to step back, to step back and realize not my place, I have not right. It doesn't matter how close the person is to you, and with this they will come through, absolutely, and now you have two options: dismiss them and go see a movie, call a friend, get busy, and nothing will change and you will get into the same situation again and again. Or stay with your feelings and if you're busy now, make sure to return to it in the evening, whenever; make time. Honor yourself in this way. You are worth it, absolutely; we all are. Relive the situation, replay it in your mind. You will get back into those feelings and feel them. Don't be afraid. Anger is not wrong. It's neither good nor bad, it's just a human emotion. It becomes incredibly destructive if it is suppressed. Then it is really a serious situation and that's a whole other conversation, but it's not just anger. There will be all kinds of feelings. Feel them. It's like a river. Don't let them run your life. Also think, I am feeling all this, am I going crazy? Does it have any basis in reality or am I exaggerating? But feel first and then . . . people say, don't think, just feel; don't feel, just think. It doesn't happen like that. It happens together. It's a skill. It's a muscle that in most people is not developed, to integrate your thoughts and your feelings and to be able to analyze—just because I am paranoid doesn't mean they're after me. Well, are they? Sometimes they are; that's why you think. You don't just feel fear. Sometimes it's nonsense, you know? After you've felt your feelings you must let go because people feel their feelings and then they will keep them. Then it becomes righteousness; no redeeming qualities. Why do we keep them, then? To punish the other person with. Who is going to be punished? You will be punished as well. Now think about that.



Then you make a choice. You won't have clarity until you will feel this, whatever will be there, because trying to figure out what to do in a situation when you are blocked by all the feelings that haven't been felt, that gives us this mess, it's like trying to look through a fogged glass. You can't see clearly, but once you have felt and let go, and also use your thinking, then you can see—can I live with this or not? She's my good friend. It is acceptable for me or not? If it's not you will probably lose that friend. It's difficult but again it comes to do you have any principles in life and how often do you implement them, and this is where your self-esteem comes from. Who do you want to have in your reality? If it's your lover, your boyfriend or your girlfriend or your partner, is it acceptable? You'd be surprised how many things are actually not such a big deal, and some things are a big deal and maybe it's not acceptable, and you don't have to leave tomorrow or tonight, but you can make a decision and start getting ready.

AMY: I love this because I know that probably most people on the call . . . I know that I can really relate to having those moments of clarity and saying, you know, this isn't going to work for me, and not doing that from a place of my-way-is-right-and-your-way-is-wrong, but this doesn't work for me and I want to honor myself, and that's such a different space to leave a relationship from, or leave a situation from, then you're not changing and therefore I'm leaving.

AURIELA: Exactly.

AMY: Totally different.

AURIELA: Totally different. There was a story in the book, the wife of an alcoholic, where she tried . . . she loved her husband; 25 years she tried to get him to stop drinking and she couldn't hear any suggestions. She was in therapy. Something happened when she finally heard her therapist and she realized that she was powerless to change him. A lot of things happen which if they get the book they'll read, but what happened in the end was she was a completely different woman and she simply told him that she was leaving. There was no agenda at all. What happened in the end? He stopped drinking. He went to AA the next morning.

AMY: Yes, because he was given the space to have the choice.

AURIELA: He knew that this time he was losing his wife and that couldn't happen. Before that she left many times; he never took it seriously. He was right, she always came back. It was just a manipulation and manipulation didn't work in that case.

AMY: This is really deep work. I appreciate the metaphor that you gave in the book about the scuba diver going through the feelings and that when you're scuba diving you start at the surface and you descend gradually through the different layers, through the different pressures and then at the bottom is where all the juicy stuff lies, where love comes into play, where feeling peace comes into play, but it takes wading through and descending down through all those emotions, through the anger, through the betrayal, through the jealousy, through whatever.



AURIELA: I'm so glad you got that far in the book. Yes and these are very heavy feelings, heavy in a positive way because they have substance and weight. If you want to get to a . . . to feel joy in a real way and peace in a way, and love, you wade through the anger and the hurt and the fear and the pain, all of that. It's interesting because in my School of Hope and Inspiration, the classes evenings on Tuesday, and I always do a fabulous meditation at the end of the class. We dealt with anger last time and we went into that pool which you just described, and at the end they fell out—it's all guided visualization—after going through love and for the first time probably feeling this way, and when it was over—it just happened two days ago—when it was over and we turned on the lights, I noticed women by now, I don't think I've ever seen their faces look in this way, and one of them said, my headache is gone. She wanted to leave before the meditation because she was feeling sick, and I said, maybe you stay through that and if you want you can leave in the middle, but perhaps you want to experience it, and look what happened. The headache was gone.

AMY: Let's go to this topic that you also so beautifully talk about in the book, about forgiveness and why, in order to forgive ourselves, we must first learn to accept ourselves, and how do we do self-acceptance? I know that you outline that in the book, so will you talk about that a little bit?

AURIELA: Of course. Self-acceptance is such a sticky subject. This is something we should have been taught, as we were growing up, by our teachers, by our parents, by everyone, but we weren't because they didn't know how to do it either. You're taught to \_\_\_\_\_ yourself {28:27} bad and wrong, and after that punish yourself, and nobody talks with . . . nobody is an overstatement, but the majority. Mistakes are now shown to people as something that will happen because as human beings we do make mistakes, we have made mistakes and we will make mistakes. It's part of what makes us human. This is the first principle of learning how to accept yourself, to accept the fact that as a human being I can and I will make mistakes, period. I'm not a sculpture. I'm not made of stone. Sometimes I overreact. Sometimes I don't think clearly, or sometimes I just do something wrong. I will make mistakes. The second one is for these mistakes, I can be forgiven and I can forgive myself. This is very difficult. Right now I'm just talking about it as theory, but to really sit with each one of these and just to let it sink in. It's almost an imperative because unless you forgive yourself you're going to be very unforgiving and judgmental to others as well. You're not going to have a happy life. You're not going to have a good impact on others, and you won't be as loving as you can be, period. How do you forgive yourself, and why do we need to forgive ourselves? If we want to change, without forgiveness change won't happen. Sometimes you can spend years and years in therapy and become very aware, and really begin to understand the roots of your patterns that are not positive and all kinds of things, but unless it's followed by forgiving yourself, you will not change. You will keep yourself on the hook. It's a fact. I'm not inventing it and it's not a negotiable fact . . . and how do you forgive yourself? You see you've done something terrible in your mind or for real, or something terrible was done to you, terrible in your mind or for real—I'm saying real or perceived; it doesn't really matter. In order to be able to forgive it because you want to be free, you want to stop carrying the pain on your shoulders and inside your body, you are getting back to the same need to allow all the feelings to come up. Once they come you feel them, and if we're talking about forgiving yourself, accepting yourself, there will be remorse and remorse is so



scary to people. It's a phenomenon, it's fascinating. We would rather cut my right arm, but don't make me feel remorse. And yet it's magic. It's like a healing balm. God is not going to strike you down. If he were you would already be dead. For me it's love. If God is punishing and is somebody I have to be scared of, then I don't want that god. Luckily, in truth, it's not so. We've been taught that it is so but it isn't. I know many people disagree and many people absolutely, wholeheartedly embrace it, because when you hear the truth you know it.

When you are able to forgive, change happens as a byproduct. It's almost like a gift of forgiveness, it's automatic. You can make a choice to change as well, and the choice will take. Otherwise you can choose to change all you want but you will repeat the same thing because you have not forgiven yourself. It's like the poison is still inside.

AMY: Yes, so everybody on this call, just think right now for a moment, reflect on that. Where have you been withholding forgiveness for yourself? Where have you been withholding forgiveness for others in your life, and what would it be like to be free of that shame, of that guilt, of that anger?

AURIELA: This is very big.

AMY: This is huge and it's deep and it's real, and I know that we've all experienced those moments when we've truly forgiven people that we, like you said, real or just perceived have wronged us, and oftentimes we don't do that work for our own self-forgiveness. Starting there, really looking at where can you put this into practice today, in this moment in your life.

AURIELA: You know, Amy, I'm so glad we're talking about it. This is such a huge subject and really life changing. Last year what I did was I created a video. It's a six part video. It's on YouTube; anybody can go to my website and the link is on the home page, or just go to YouTube and put Auriela McCarthy. It's a video and I talk for 45 minutes about the controversy of forgiveness, because a lot of people believe that there are things that are unforgivable. Some things yes, there's no way I can forgive that; perhaps I should but I can't. Okay, that's alright, but you still need to be free from that pain, so what do you do? You forgive the reasons. The best example is Jesus Christ dying on the cross and saying, in the midst of unbelievable pain, father forgive them, for they know not what they do; the famous line. I'm not Christian; it doesn't really matter where you are with Christianity or religion. There is no greater example in our modern history of a great soul forgiving, because that being sees that the people who were capable of that level of cruelty did it out of their own pain and out of something horrible that was perpetuated upon them that damaged their soul, and that you can forgive. Forgiving them becomes obtainable; maybe not the action, but understanding why. Okay, you've been abused all your life by this uncle, and when you see how twisted this person is and what must have happened to him to make him so, then you can forgive that without forgiving, actually, what he did. It sounds like a paradox but it really is not, and then you can begin to let go and you will have a healing.

Another thing that I very quickly want to mention, sometimes people want to forgive and they understand everything, they just can't, and for that, knowing that and having gone through this myself many, many, many times, I have recorded two meditations, guided visualizations,



not hypnosis, nothing, just guided visualizations, but amazingly powerful. One is where you can forgive yourself and another, forgiving another, and they're my gift. They've been on my website for a year now. People keep downloading them from all over the world. On the front page, the home page, just click and they're yours.

AMY: Wonderful, so people can go to your website at PowerOfThePossible.com.

AURIELA: PowerOfThePossible.com and on the home page if you look kind of to the center of the page, on the right hand side, there will be a link to the video on YouTube. Maybe you want to watch it first before you do the meditations. It kind of brings the concept in and there are two separate meditations, forgiving yourself and forgiving another. They're so powerful. Based on the feedback that I've been getting, I meant to have them on for a month and then to only make them available to my list, the people who are subscribing and sell them, but I didn't. They're always free; it's my gift. I received them as a gift years ago and I'm just passing it on.

AMY: Wonderful, thank you, and I know that everybody on this call will want to go and check those things out because I just don't know anybody who doesn't have work to do around self-forgiveness and forgiving others, myself included. I'm going to be downloading those puppies and listening to them. I love it; thank you for that. I think that . . . wouldn't you ay, Auriela, that there's a misunderstanding that forgiving someone means that you condone their behavior.

AURIELA: Yes.

AMY: But that's absolutely not the case.

AURIELA: No, no, it doesn't take away their accountability, it doesn't make it okay. The only thing that happens is you're free.

AMY: Yes.

AURIELA: I'm going to give you a fabulous quote because last year I interviewed an incredible woman, Eva Kor, who is a Holocaust survivor and unimaginable happened to her in Auschwitz, and she forgave everyone and everything. It took her over 50 years, not over, but around 50 years. How she didn't die living in that anguish it hard to even imagine, but she didn't and one days she woke up and what she says is: I deserve it. Why did you forgive? Because I deserve it. Forgiveness is for the victim, she says. She's tiny and so powerful. It's for the victim, it's not for the perpetrator. I don't care about them; I deserve it; I want to be free. She says, when you are happy in your life you are more loving, you are more giving. She says, now I love my skin. Oh my God, this is such a powerful interview; just listen to this woman. Didn't do any spiritual work that we all have done—no digging—she woke up. Brilliant. She has earned the right to talk about it worldwide, because nobody can accuse her—you don't know my pain. Have you been to Auschwitz? Dr. Mengele's death lab, for which she was experimented on as a ten year old child? She couldn't live with this anymore and she is under a lot of criticism from other Holocaust survivors who don't understand it.



AMY: That is hugely, hugely powerful and inspiring. Hugely. My gosh.

AURIELA: I'm going to have this podcast, at some point, on my website, available. It's an early podcast so you can no longer listen to it, but I have it so I'm going to make it available, also.

AMY: Please do. Wow. I encourage everyone to look at forgiving others, forgiving yourself, and looking into doing that work. Make sure to go to Auriela's website at [PowerOfThePossible.com](http://PowerOfThePossible.com) to get some of those free tools, and while you're there please do pick up this book. It's truly life changing.

AURIELA: Thank you.

AMY: I love the story about the son forgiving his abusive father in the book and this was a story that was told to you. Can you share a little bit about that, because I know that the son never said a word about it, nor did he even say to his father that he had forgiven him, but then the father changed, so what happened? How do you explain that?

AURIELA: Because it's not in the words. It's the energy. People that we are very close with, we are close in such a way that whatever is happening to them we know. Very often it's not a conscious knowing but we still do, and everybody knows stories where mothers suddenly, something horrible to my child, and the child is 10,000 miles away, but she had a plane crash this minute. They didn't know it; it's this visceral connection and it's the energetic thing. What happened in this story, it's a true story. There was a very abusive relationship and a family of alcoholics. He was a kid that grew up there and became an alcoholic himself, and hated his father. Then when he was mid or late twenties, I think 26, he went to AA and stopped drinking. Then one day he just wakes up in his place and realizes that he needs to forgive his father—I just woke up with this feeling—and he didn't postpone, he didn't say, I'm going to do it later, he didn't say, I don't know how I'm going to do it. He just grabbed his bag of clothes and got into the car and drove for four hours, through horrible weather conditions. When he arrived the father was the same as he had always been, drunk, barely talking, abusive, mean, but during the drive something happened. The choice to forgive was enough and the hatred that the son lived with all these years was lifted, was just gone, so when he came he was immune, immune to himself, immune to all the things that used to make him want to kill. He was immune and all he saw was a frail, very sick man who was trying to hold on to his dignity the best he can, and he could not get angry with him at all. So he just went about being there. He made some coffee, he thought, oh, I'll just spend a nice evening. He thought that this was the last time he was seeing his father, because his father was very, very sick already, and within two hours, two, four, however long time they spent, suddenly, out of nowhere, the father says, I need to stop drinking; take me to the rehab. He was driven to the rehab and never drank again. That is the story is probably 30, 40 years old.

AMY: Yes.

AURIELA: True story. There's lots more there but they need to read it.

AMY: Yes and it's such a beautiful illustration.



AURIELA: He was accepted for the first time. Everybody always was looking at him like, when are you going to stop drinking, whether they said it or not, but they were afraid to say it for fear of being yelled at. He didn't need to say. The man felt accepted for the first time, just the way he was, and that made him realize, do I want to be this way? No. And he had enough fire and enough will that he was able to stay with rehab and then AA, and completely turned his life around, became healthy and lived for decades; is still living. We're friends, good, good friends; very new and different relationship, like the old one didn't even happen. It can be like that. That's the gift of forgiveness.

AMY: One of the things that we also said that people would learn on the call today is about the three fears that come with any relationship, and how to handle them. Will you talk about that?

AURIELA: Ah, yes, that's a whole different story. It's very interesting. When you fall in love, when you really love somebody deeply, pretty much all fears disappear. It seems like they're not so . . . they either disappear or they diminish greatly because love just takes over. But one fear comes up that you didn't have before, and sometimes it's almost debilitating, and that fear is fear of loss—what if I'm going to lose this person, now that I have her or him? I could live before, but now that I have experienced this I can't live without it anymore. What if something happens to them? What if they die? What if there's an accident? What if he leaves me? What if she decides she doesn't want to be there? It's all fear of loss and if it's unchecked it can really wreak havoc in the relationship, in your life. Jealousy comes out of that, not only out of that but it can, and everybody can relate to that. So what do you do? What do you do?

There also are two other fears that come, that we all have, especially when we're in relationships, and that is fear of intimacy. Intimacy scares people tremendously, some more than others, some run away and won't let it start, but you can't be in love and at some point not get closer and closer, which you're going to get more intimate. What happens then, as your intimacy increases with each other—I'm not talking about sexual intimacy, I'm talking about emotional intimacy—when your intimacy increases another fear comes up: fear of humiliation. Am I going to be humiliated? Am I going to be taken advantage of? I've never shown myself in this vulnerability. That is also very debilitating and there is another fear that comes up when you begin to care. If you care deeply, which is different from love—you can care very deeply and not love or you can love and not care that much. We don't have time to go into depths with this, but just all it takes is thinking about it and you'll see how different they are. With caring what happens, the fear that comes up is fear of being rejected. So we have three fears—fear of loss, fear of humiliation and the fear of rejection—that we have to deal with if we are close with somebody, getting closer and closer, and loving deeper and deeper, and there is a recipe how to handle it.

AMY: Please tell us; don't leave us hanging! It's like okay, you've got me in the fear portion, now tell us the rest.

AURIELA: There is a way out, there absolutely is. The point is you've got to be conscious. If something is going on you begin to feel really tired, emotionally. What is happening? Am I afraid of



loss? Am I afraid of being left alone? Am I afraid of getting closer? Am I getting close, am I afraid of humiliation? I just read something and now I'm terrified because I can be so humiliated, or I care so much, what if he doesn't want it? What if he will reject it? We acknowledge and identify what it is. That is not hard. It's just paying attention, focusing and deciding what it is. What you do then, once you know what it is, say it's fear of rejection because you realized I loved yesterday, I loved the day before, but today I care so much, I never cared as much before, I really care, and it's so terrifying. Maybe you don't put it into those words but that's the fear. Okay, you've got to increase the other two components. Increase your loving and increase your intimacy. Just start feeling more love for that person, get into that feeling. Start feeling closer, more tender, more vulnerable. You don't have to do anything, you can do it by yourself. As soon as you re-focus on these two others, not on two other fears but on two other energies, and we have love, intimacy and caring. If you're afraid of rejection that means you care more, focus more now on love and intimacy and the fear of rejection will dissipate.

If suddenly you're terrified—you just said goodbye to somebody you love very much who is going on a business trip and now they're in a taxi going to the airport—what if his plane crashes, what if there's a car accident? We get like this. Okay, alright, I'm loving more now than I loved two minutes ago, probably, since I'm afraid of loss. What am I going to do? I'm going to start feeling more intimacy and more caring. I'll start caring more about him or about her and just in your mind, in your feelings, and I'm going to feel closer. Suddenly, what happened to my fear of loss? It's gone, and the same with the third one. You increase the other two components and they take care of that fear. It's magic.

AMY: That's so powerful because it's so counterintuitive. It's exactly what you think . . . like, no, let's go into that rational mind, let's talk about statistic of planes crashing.

AURIELA: Yes.

AMY: But I really get how powerful it is to lean in, to lean into it.

AURIELA: You've got to be real with yourself.

AMY: Yes and I can remember being in the hospital with my newborn baby. My daughter's now two years old and I know that you just had a grandbaby.

AURIELA: I know.

AMY: So exciting. But that fear as a mom coming up. I remember checking, all the time, is the baby still breathing, is the baby still breathing, and it's part of it, right? Talk about the fear of loss. I remember thinking to myself, I will drive myself crazy if I live this way, if I'm constantly . . .

AURIELA: Because your consciousness created that, you noticed that.



- AMY: Well and to be frank, I got into a support group. I got into a group called Mindful Mamas and all my Mindful Mamas, we still meet on a weekly basis.
- AURIELA: So you can share with them what we just talked about.
- AMY: That's right.
- AURIELA: And it's in the book, described in greater detail, much more detail and more examples and everything. It helps. It really shifts everything. So many things that work are totally counterintuitive because they tell you, okay, something is wrong, you've got to talk about it, and I tell my students, no, you don't have to talk about it. Maybe you will later, but you've got to deal with yourself first.
- AMY: Yes.
- AURIELA: Because if you talk about it right now it's going to get worse.
- AMY: That's right. What you're asking is, the recipe, the thread here of all that you're asking is about being with what we're feeling, and that is so simple but it's not easy, is it, because we're so programmed to go on to the next thing. We're so programmed to have a cocktail or go to the movies or watch reality television.
- AURIELA: It's like a muscle. Once you develop it it's not hard. You can't imagine living in another way then. It's really making yourself matter. What I feel matters. What I think matters. Ah, we're going back to self-acceptance. There's a point of self-acceptance that I didn't mention. I only mentioned two but there are four in the book. One of them is: I matter—my needs and wants are important. Nobody teaches that, either. Everybody else's needs are important, not ours; otherwise we're selfish or egocentric, or whatever. But no, they matter. It doesn't mean they're the first priority, they're not always the first priority, and it doesn't mean they don't matter because I matter, so what I feel matters, and it's going to change everything, that thing alone.
- AMY: I know that you talk about it in the book, that that idea was really revolutionary to you, that it was like, what? My opinion matters? My needs matter? What? I'm important in this equation?
- AURIELA: Yes, you're right, but what happened for me was somebody who was very important said to me, you matter, and I never heard it from that . . . expressed this way, and at that point I was very accomplished and I had what looked like a very successful life outwardly. I never thought that I didn't matter, but I never thought about it, period. I knew that my son mattered in my life, my husband, my business, everything else. I never thought about it. That made me cry and you know, Amy, I got endless e-mails from women who wrote to me that they – sobbed while reading about this. I never had such an affirmation. Everybody, not everybody, but many people experienced the same thing. Men too, not only women, everyone.



- AMY: Yes, so let's have everyone really hear that, right now on this call, that you matter. Yes, you and you and you over there, and the person that's on the call that's maybe multi-tasking right now, you too; you matter.
- AURIELA: What you want matters. It's not the first priority always, but it doesn't mean it doesn't matter, that you're not important. You are.
- AMY: Thank you. I know we're starting to wind down and I really want to encourage people on the call to stay to the end because I do have a couple of really wonderful announcements, some wonderful things to share that I'm really excited about. I want you, right now, Auriela, to give us the biggest takeaway that you want to make sure everybody that's on this call—what's the biggest takeaway you want for them to really make sure to take away.
- AURIELA: Oh gosh.
- AMY: Now we're talked about a lot of really important things.
- AURIELA: My favorite quote: nothing changes until you do. This sounds so simple, nothing changes until you do. Not my quote, again, but I'll give you my recent quote. It's very short. I just came up with it: you can be lifted if you don't let go.
- AMY: You can't be lifted if you don't let go.
- AURIELA: It's so clear. Yes, please God, lift me, take me out of this pain, but I want to hold on to my anger and I want to keep my father on the hook and \_\_\_\_\_ for sure, because they didn't apologize. Well, you know, the planet of free will.
- AMY: Yes. Lovely. If you will, will you please give an inspiring homework assignment, some sort of tangible thing that you would like everyone on this call to do.
- AURIELA: Gosh, we talked about so many things.
- AMY: I know.
- AURIELA: Well, depends. You can either make a choice to live from gratitude and do it for real, like you started this call with, Amy, which was so beautiful—what are you grateful for? There's so much talk about gratitude these days that people kind of phase out and it becomes . . . it's a phenomenon or a familiarity; I've heard it so much I don't pay attention. Gratitude is such a powerful generating energy. It generates more things to be grateful for. My friend recently had a accident, a horrible accident where she could have died, and it's a miracle that she didn't. It's going to sound esoteric, but it is the truth. Two years ago she made a decision to start living from gratitude. If you don't live from gratitude you will either live in anger or in fear, or both. It \_\_\_\_\_ most people around, anger and fear, anger and fear, anger and fear. Now and then a good thing, and then again, anger. Because she chose to live in gratitude her entire energy field changed. She was able to survive that accident, went home the same day from the hospital. People say, what are you talking about, but other people will know



exactly what I'm talking about, so I'm going to leave this on this mystical note. Live it gratitude.

AMY: Auriela has decided to gift a lucky winner with a book, so go ahead and tell us a number from one to 50, if you will.

AURIELA: I will give you the number nineteen.

AMY: Nineteen, okay, great, so in order to enter the contest to win The Power of the Possible: A Book of Hope and Inspiration, you can e-mail Auriela herself, [Auriela@AurielaMcCarthy.com](mailto:Auriela@AurielaMcCarthy.com), and you can just put Women Masters in there, and lucky number nineteen, she will go ahead and send the book, and she will go ahead and add you to her mailing list as well, her e-mail list, and of course you can un-subscribe any time, if for some reason you don't want to.

AURIELA: Any time.

AMY: Please go out and buy this incredibly powerful book. I know that . . .

AURIELA: Can I add another one?

AMY: Yes.

AURIELA: Number 23 will win an audio of the book.

AMY: Oh, great.

AURIELA: I also have an audio reading.

AMY: So number nineteen and number 23, e-mail her.

AURIELA: They're magical numbers.

AMY: Yes, wonderful, and ThePowerOfThePossible.com is her website, where you can get all those free downloads.

AURIELA: The website doesn't have 'the.' The website is PowerOfThePossible.com

AMY: Oh, I'm so sorry; PowerOfThePossible.com and those links, by the way, everybody, are in the reminder e-mail, because I know her name's a little tricky to spell, so you can check out her name in the e-mail. I really want to thank you so very, very, very much for being on this call today.

AURIELA: It's been a delight; delightful to talk to you, Amy.

AMY: Thank you so much.



AURIELA: My favorite subject, too.

AMY: Wonderful. I just want to let everybody know some amazing news on the Women Masters front. Really, one of the masters of all women masters, Marianne Williamson. Her and I had a lovely conversation yesterday. She's been one of my dream speakers for the series and she has agreed to come and do a call, and I'm going to release more about that on Monday, but I wanted all of you that are live on this call today to go ahead and know, and mark your calendar right now for August 13<sup>th</sup>, Thursday, August 13<sup>th</sup>, Noon-1:00 pm, Pacific Time. It's going to be a special one-off, stand alone Women Masters call with Marianne Williamson. There's an exciting announcement coming out on Monday regarding her and I will shoot you an e-mail on Monday with all that information, but this will be a stand alone call and you do need to register for it if you want to attend that call, because I really want people just to register. I will make the recording available for everybody, totally free. This is a call about being in service to everybody in the world and on the planet, really, with all this exciting stuff that's going to be coming down on Monday about Marianne Williamson. Please make sure to check out that e-mail on Monday from me, about Marianne Williamson. Open that and register for that call. Mark your calendar now—August 13<sup>th</sup>, Noon to 1:00 pm. Then I'm going to be starting . . . this series ends on July 30<sup>th</sup> and then I'll be starting the fall series, which will be the last series of the year, after Labor Day, so this call with Marianne is just a stand alone call and you are going to be so excited when you see on the amazing stuff that's coming down on Monday about Marianne Williamson. I mean, what a master. I'm so excited.

AURIELA: Yes, she is indeed.

AMY: She's amazing. Check that out on Monday and with that, I'm going to go ahead and un-mute the lines. As soon as you hear the un-mute please go ahead and say thank you to Auriela McCarthy for her amazing call today. Wow.

AURIELA: Thank you.

AMY: Please say thank you once you hear the un-mute, everybody.