



## The Women Masters Interview with Christine Arylo

AMY: Welcome, everyone to the Women Masters Teleseminar Series expert call with Christine Arylo. I hope all of you are ready to get inspired because we are going to have a fantastic call today, all about harnessing your superpowers so that you can be a superwoman in the 21<sup>st</sup> century. My name is Amy Ahlers, as most of you know, and I'm the creator of the Women Masters, as well as the CEO of Wake-up Call Coaching. 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, get inspired, stay inspired and stay motivated step into your power and genius.

I'm really excited about our call today with Christine Arylo. I want to introduce her a little bit here. She is an inspirational catalyst and the leading self-love expert for today's woman. She's a former marketing executive and MBA, and Christine basically traded in building images for big brands like the Gap and Visa, so that she could teach women the new skills and strategies they'll need to do more than just survive the 21<sup>st</sup> century, feminine superpowers that teach women how to thrive. She is fun, she is sassy and she is soulful, and I can definitely speak for that. She is all about teaching women how to stop running around like Energizer bunnies gone mad and to start being beautiful, powerful and happy women, in harmony with herself and her life.

Christine speaks from firsthand experience of being an achievement junkie and a doing addict herself. She is a coach, speaker, author and sought out expert with the media, on the topic of today's woman and her struggles with life and love. Since the release of her book, Choosing Me Before We: Every Woman's Guide to Life and Love in February, she has appeared on ABC, Fox, and over 75 radio programs, and in publications like the San Francisco Chronicle and the DailyOM. She is a frequent guest speaker at colleges, corporations, women groups and leading spas all around the country. I hope everybody will buy a copy of Choosing Me Before We: Every Woman's Guide to Life and Love. The book is fantastic; I've read it. I highly recommend it whether you're single, married, in a relationship, want to be in a relationship, whatever. The book is fantastic and you really get to learn all about Christine's struggle in all of these areas, and how she's overcome that struggle, so definitely check it out. She also has launched a movement on February 13<sup>th</sup>, the day before Valentine's Day, called the International Self-Love Holiday, and she's currently hosting the Summer of Self-Love on her website, DareToLiveYou.com, and that's an eight week, virtual adventure that gives women truths, tools and tips on how she can love herself more without having to add anything to the to-do list. Okay, so that was a mouthful for me and now, without further ado, welcome, welcome, welcome, my dear Christine. Welcome to the call. Yay!

CHRISTINE: Thank you. It is fabulous; can't wait to be talking about superpowers today.

AMY: I know. I love it, I love it, I love it, and I really want to encourage everyone to check out Christine's websites. They're gorgeous and you're going to love them. Okay, let's dive in,



Christine. You use the terms achievement junkie and a doing addict. What are those and how do you know if you're one?

CHRISTINE: Well you are talking to a recovering achievement junkie and doing addict, and I say recovering because I've been working on being a recovered achievement junkie for eight years, and I think it's something I'll probably be doing for the rest of my life. But what I've learned and what I've found in my teachings and all the stuff I've been doing with women, is that as women of the 21<sup>st</sup> century, we have been brought up to believe that we can do anything, and that's fantastic. There's been so much work done in the 60s and the 70s and the 80s and the 90s, to give us this freedom and the self-confidence and the self-esteem, so many of us do believe that yes, we can do anything. The problem is that now we all feel like we have to do everything and we have to do it at the same time, and it has to be perfect, and you'd better get it all done right now. What's happened is we've become this generation of achievement junkie and doing addicts, and there's some common symptoms that are out there. I can share a few of them; maybe you have some of these too, Amy.

AMY: Never. Of course not. I don't know what you're talking about.

CHRISTINE: I know you have at least one, and it's okay. All of us do, and that's the thing. That's why I'm so excited to talk to you today and talk to the women that are on the call, is because we all suffer from these things, and if we don't talk about them and we don't admit that we suffer from them, then we're in our own private hell, versus actually banding together and saying, you know what, the way that we've been doing things doesn't work, and I can't be superwoman and have it all.

AMY: Yes.

CHRISTINE: The first step is you have to actually know if you are an achievement junkie or doing addict, and here's a couple of symptoms. One symptom is if you feel like you're never enough, you're never doing enough, you should be doing more; it's like those should, those could, those ugh. When you've accomplished something, instead of really celebrating it, you're like, well, I could have done it better, oh, I should have done more, and so there's this constant feeling of I should be doing more than I'm actually doing.

AMY: Let's just pause. I have to pause right there for a moment and just invite everybody on this call to take a look: where are you doing that in your life? Where are you not celebrating and just achieving something, checking it off and running right to the next thing. Oh, I so can relate.

CHRISTINE: It's like climbing a mountain. It's like being a mountain climber that never stops. You don't ever stop at the peak to be like, wow, look what I just did. It's like, oh, next mountain, next mountain, next mountain.

AMY: Yes. I'm sure that everybody's probably nodding their heads right now, yes. Okay, what else? What are other signs?



CHRISTINE: Well there's another component to that one, which is where you're constantly seeing what you're not doing, versus what you are doing. The analogy I give is like looking in the mirror and seeing the pimple, versus seeing the beautifulness that you are, and it's the same thing in your life. If you're looking at your life and you're seeing all the things that you're not doing, or you're seeing the things that you should be doing and that you're not succeeding at, more than the things that you are, that is an indication of being an achievement junkie, for sure.

AMY: Yes. I remember I was talking with one of my clients recently and I was saying to her, life exists with items still on the to-do list. Right?

CHRISTINE: Well here's the thing. The to-do list is never going away.

AMY: That's right.

CHRISTINE: So if your goal is to get everything checked off your to-do list, you're setting yourself up for failure, which is another thing that achievement junkies do. We actually set ourselves up with these ridiculous expectations that, I swear to God, even Oprah and Barbara Walters and Wonder Woman couldn't meet. Then when we don't meet them, we beat ourselves up. I say almost like beating yourself with a yard stick—why didn't you do more; you should be doing better—and we set ourselves up for the failure, so it's part of the achievement junkie mentality to set huge expectations that you could really never, ever meet, and that's a sad idea.

AMY: Yes.

CHRISTINE: We'll talk more about how to actually remedy . . . these are all remedy-able. This is the good news, ladies; we can fix all of these things.

AMY: That's great.

CHRISTINE: The other pieces, and you mentioned the Energizer bunny gone mad, and I don't know if you've ever felt this way, or if anyone on the call has felt this way, but sometimes I do, literally, feel like there's steam coming out of my ears, and I'm running around in circles, and my pink fuzz is flying off of me, and that's the doing addict piece. That's where we're always doing. We can't ever stop. The list doesn't end, we keep adding more and we're doing everything for everyone else instead of ourselves.

AMY: Yes. Gotcha.

CHRISTINE: I think another really great analogy is, and I use this a lot with my clients and myself, is what I call the Atlas syndrome. It's basically like . . . Atlas is the guy that holds up the world and that's what we do as women. We are great multi-taskers, it's a great skill, but what we do is we hold up everything for everyone else. If we see a space that there's something to be done, we will rush in and we will pick it up, and we will just add it to our to-do list. Then usually we'll get resentful or mad or angry later, but part of what we need to learn as doing



addicts is to stop rushing into those spaces, and to actually start letting some of those things fall. But the doing addicts keep those from actually doing that.

AMY: Yes, got it. What else? What are other signs if you know that you're one? Those are some pretty good ones that you've laid out already, and I know I can relate, and I bet almost everybody on this call can relate to all of those things.

CHRISTINE: Yes. I think there's a big piece of the whole doing piece of not trusting other people to do things right, or not trusting that it will get done the right way, or if you let people do things, say you let your husband do something like dress your kids or take care of the grocery shopping, and then he comes home and he hasn't gotten the right things, and the first thing you do is jump on him for not getting the right ingredients. There's all these things where we actually put more on top of ourselves, versus being able to let some of these things go, and so there's a perfectionist streak inside the achievement junkie and doing addict, and it's something, Amy, that you and I have actually talked about, is, and you talk about a lot, is the mean girl in your head, and this is one of the ways that we can actually start to get a hold of our achievement addict and doing addict, is to actually start listening to the mean girl in our head.

AMY: Say more about that.

CHRISTINE: Okay. Sometimes people call it the inner critic. I like to call her the mean girl because she literally is like the seven year old on the playground, just sticking her tongue out at you.

AMY: Exactly, yes.

CHRISTINE: I have actually named mine. Mine is named Mean Patty, and I recommend to everyone on the call that one of the best things you could do is get to know your mean girl, and actually give her a name. One of my clients, she actually named her her name backwards, so her name was Natalie, and she named hers Eilaten. Mean Patty, my mean girl, she has red hair in pigtails and freckles, and she wears a green smock, and she's just, like, you should be doing more, why aren't you Barbara Walters already, Oprah would have had this figured out by now. She's relentless and she does all the things that we just talked about. She sees what I don't do, she's perfectionist when I'm not perfect, she's on me, she has ridiculous expectations for me and this is a voice in your head, and what you have to do is actually get her on your side. The thing with the mean girl is that there's actually value to her, and there's actually value to being an achievement junkie and a doing addict, it's just the junkie and the addict piece that's not so good.

AMY: Right.

CHRISTINE: People who are achievers and doers—it's awesome. We get a lot done, we succeed, we have great lives and that's all great, but when there's an addiction quality to it, when Mean Patty is running your life, that's when it's really hard. I gave—this is something I'd say to everybody—give your mean girl a new job. The first step is to actually become aware of



what she's saying, and sometimes for people this is really hard because she's so prominent in our heads that we don't really even know the difference between her and ourselves.

AMY: Right.

CHRISTINE: The first step is just to start keeping a list of all the things that she says to you, like you're not enough, or who do you think you are, or you should have done this better, or no one's going to buy your book; things like that. Then start to think, what could I do instead, what job could I give her. For me, this last December, Mean Patty and I, we had a face off. She was killing me, Amy. If you could have seen the emotional wounds that she put in the inside of me; I was black and blue, and I think that's something—and this isn't the most happiest analogy, but it's true—we do this as women, we beat ourselves up all the time, and it's like cutting ourselves emotionally. It's no different than taking a razor blade to your skin, and you just don't see the scars, but they're there. This past December she really was hard on me, just again and again, what I haven't done, and here I've published a book, which is something that a lot of people . . . two percent of all book proposals make it to that place. You think I would be celebrating that, right, and I did for two weeks. Then I went right into achievement mode, and then I went right into December of oh my God, you don't have this, you don't have this, you don't have this, and so I gave her a new job, and my Mean Patty is now a scout. She goes out into the world and she scouts fantastic women doing fantastic things—like you—and says, what can I learn from her; what can I be inspired by, by her?

AMY: I love that. I love the idea of putting your inner mean girl to work for you, instead of trying to just banish her or even wrestle with her, because the minute we interact with her in that way and get into that power struggle, she's already won. She's keeping us really tied up energetically, really tied up emotionally, and I love that idea of giving her a really great job to do, something that she's going to be really good at.

CHRISTINE: Yes and she has a lot of power. She is part of your superpowers, you've just got to turn her from the evil superpower person into the good superpower person.

AMY: Right. I know that you know this because you and I . . . Christine and I just did lunch recently. We live almost within, well, basically within walking distance of each other, so we just had lunch recently, and you and I, we're busy women, and I know a lot of the people on this call, taking just this hour out for themselves is a huge deal for them. We have all these things to do. How are we exactly supposed to get the achievement and the doing addiction under control. What are we supposed to do?

CHRISTINE: One way you can do that is what we just talked about, the Mean Patty, because one of the reasons why we are achievement junkies and doing addicts is because we're so hard on ourselves, and if you can work with that one piece we just talked about, that's a great place to start.

AMY: Great.



CHRISTINE: But there's a lot more, and here's the great thing about it: these are not going to be to-dos. I swear to God, you are not going to leave this call with more to-dos. If you leave with to-dos on your checklist, you've missed the whole point. The thing about the whole mean girl piece is it's about learning how to be differently.

AMY: Yes.

CHRISTINE: It's funny, I have a client who I love and we've been working together for the last year, and she's like, you know, Christine, I just don't get this whole being thing. What's this value in being? Doing, I get; being, I don't. So I joke with her that we're going to be 90 years old, having wine one day, and she's finally going to go, I got it, I got it, I really get the being thing.

AMY: Yes.

CHRISTINE: That's where the feminine superpowers really come into play. One of the things I think that we've been conditioned as women, is to chase this illusion of balance. We're all supposed to go out and find balance, and I don't know about you, but I have not figured out how to have a life that's in total balance. What I learned in this pursuit of balance—after reading Yoga Magazine and going to yoga, and reading self-help books, is, like, why can't I find the balance—was that we're chasing the wrong thing, and what we really should be looking for is we should be looking for harmony, because balance happens in moments. Think about balance, right, like the scales. They're even; there's no movement. Or if you're in a pose in yoga, like one of the balancing poses, like tree pose, you're balanced but you can't stay in tree pose for 24 hours, seven days a week.

AMY: Right; right.

CHRISTINE: It's not possible to find balance every day, all day long, but what is possible is harmony, and I think this is what we're really looking for as women, and this is the analogy that I think helps explain it. Think about your life as a symphony, where you have all these different parts that are playing. You have the tubas, you have the saxophones, you have all these different things going, and you're the orchestra leader. You're up there with one of those little wands making things happen, and at any given moment one section of your life, one section of the symphony, is going to be louder than the other. It's your job to be able to know which one needs attention, to know which one to amp up and let go, and to constantly be more in a dance with your life and more in harmony, versus what I think a lot of us do is we strive for balance and then we end up creating one of my favorite words, a cacophony, which is like a harmony gone very awry. It sounds very, like, grating sound.

AMY: I love, love, love that metaphor of the symphony, and I really get what a . . . that just makes me breathe easier. It makes me want to look up and open up my chest and just go oh, right. Yes.

CHRISTINE: Well think about. In a symphony there is breath, and here's one of things that we have to do. We don't breathe, and if someone had told me . . . eight years ago I was totally asleep



to all of this. I had a big wake-up call in my life, and if someone had walked up to me . . . I was getting my MBA, I was a rising marketing executive, working 60 hours a week, going to school at night, and if someone had walked up to me and had told me to breathe, I would have been, like, you are a nut case; what are you talking about? I'm more wiser and I have learned that there's really simple things that we can do that we discount, things like breath, things like harmony, and that's where the whole feminine superpower piece came in for me, and I really go to learn, was that I had been brought up in a world—working in corporate America, going to college, striving to get my MBA, striving, striving, striving—to basically be a man, to basically rely on my very masculine powers. I have to drive to make things done; I have to build it and then they will come; I had to go out, as my girlfriend says, and kill the meat and bring it back like a cave man, or what's that, fry it up in a pan, the bacon thing with the woman, who's like, bring home the bacon, fry it up in a pan. What's happened, I think, for us as women, it's great, in the 70s and 80s and 90s, all this female liberation stuff that happened, but we've liberated ourselves into this totally other jail cell, where we don't honor and we don't even know what our feminine superpowers are. We're totally disconnected from them.

AMY: I just love that because it gives me the sense, Christine, that there's something else possible here besides just what's going on right now, because what's going on in the world right now, I mean, look at it. It is not working, right?

CHRISTINE: No it doesn't work, and that's the thing. It's so exciting, Amy; we have more possibilities and more opportunities than our mothers and our grandmothers combined, we do, and that is fantastic, and I so honor the women that have come before to be able to give us this. I'm so grateful to be a women today because of everything that's happened and what women have given to get us here, and we need to go another step farther. We can't time manage ourselves out of this. No Covey system is going to help us learn how to manage our lives.

AMY: Right. Yes.

CHRISTINE: Women today, we could be a Yogini. We have to be fit, we have to be healthy, we have to have a career, we have to be supermom, we have to be superfriend, superdaughter. There's all these pressures and chasing after balance, trying to time manage, trying to prioritize your to-do list. It's just not going to work and so we need new skills and new strategies that are going to help us really thrive in the 21<sup>st</sup> century, and those are going to come from our connection to our feminine superpowers.

AMY: One of the things that I love about this is . . . one of the many things I'm taking is that the feminine superpowers, I had someone that jokingly . . . my friend Blake put on the reminder for Today's call on Facebook, and said, what if I'm a guy and I have feminine superpowers, and I'm like, yeah, you do have feminine superpowers. You're right; we all do, honey; get on the call! Let's talk about it. What are some of the feminine superpowers? What exactly are you talking about here?

CHRISTINE: To answer your question, too, Blake is right. This isn't a male / female thing. This is about being in harmony, so going back to harmony, it's about being . . . you are never going to



find the harmony that you're looking for in your life if you are not in harmony inside yourself. That means that you have to be in harmony with both your feminine aspects of yourself and your feminine superpowers, and what I call your man powers. You have to be able to do and be. You have to be able to be creative and also rational. You have to be able to be okay with being organic and also building structure. You have to be okay with letting things unravel and making things happen. There's really a dance between all of those things that are going on.

AMY: Yes, great.

CHRISTINE: One of the things, I've done a lot of research on Wonder Woman because she is a female superhero. There was this great quote that I just wanted to share with you and everyone on the call because I think it points to a lot of why we're here, and then we can totally jump into some of the superpowers. This guy, the guy that created Wonder Woman, he wrote this quote in 1943. He said, not even girls want to be girls, so long as our feminine archetypes lack force, strength and power. They don't want to be girls. They don't want to be tender, peace loving as really great women are. Women's strong qualities have become despised because of their weakness. The obvious remedy is to create a feminine character with all the strength of Superman plus all the allure of a good and beautiful woman.

AMY: Wow. Talk about an enlightened man before his time. My gosh.

CHRISTINE: Yes. That's 55 years ago that that quote was written, and that's the thing. That's the thing I really want to get across and share with everyone, because I really had to get this too, myself. When I first started learning about this and people starting talking to me about the feminine, being softer and being open, and receiving and letting things happen. I'm like, what? Soft? Weak? Vulnerable? Don't want to go there. I didn't really see the value in a lot of these feminine superpowers, these feminine ways of being, and what I've learned over the last, probably, five years that I've been studying these and studying with some fantastic teachers, is oh my God, I wish I had these ten years ago because I can do and be so much more when I use both my feminine power and my masculine power. Who knew? Who knew that you can go to Yin Yoga and lay there and do nothing for two hours, and get five speech ideas within a second in your head? By doing nothing; by doing nothing. That's the shift that we have to make inside ourselves.

AMY: I love that. I love seeking that harmony between the masculine and the feminine energies, and I love what you've pointed out, that often feminine powers are collapsed with weakness, and that is so not what we're talking about here. It's hugely powerful to sit in your feminine.

CHRISTINE: Yes. There is nothing more beautiful, powerful or happy than a woman who is in harmony with herself and with her life, and a woman who truly loves herself. I could stand up in a room and say, you know what, I do love myself and I know what that means, and I have created a life in which I am in harmony and balance, and I can dance in it. I think you're right. Like I said, with my one client, she's like, being, what value is being, and every



woman I've ever worked with, and this is myself included, shows up and I will talk to them about having to be open, let things happen, not forcing things, and it literally is like re-programming ourselves, because we've been taught that we have to make it happen or it's not going to happen.

AMY: Yes.

CHRISTINE: And that's not true.

AMY: You've definitely whet our appetite here. Please tell us some of these feminine superpowers and how we can start using them.

CHRISTINE: Absolutely. There's many of them. Girls, this is very exciting. Here's a couple of things. Number one, there's many of them. Number two, you all . . . we all have them. It's not like you have to go out and have a to-do and go learn them, but you do have to work at activating them, and it's a process. You start with what I call activating light, where you're like oh, wow, I have this thing, and you've got to try it out. The more and more you build it . . . it's almost like going to the gym; you build muscles. You build up your feminine superpowers and you become masterful at them. I think one of the first ones that is so important—it's so important that I wrote an entire chapter on it in my book. I could have wrote a whole book on it and actually many people have, and the first one is intuition. What I mean by intuition is that we're all psychic at some level, and I know that there . . . this is not woo-woo, it's not New Age-y, it's a fact. We all have the ability, we have a sixth sense inside of ourselves, and if you're not using your sixth sense and you're not listening to your sixth sense, and you're not trusting her, you are missing out on so many opportunities, and you are missing out on happiness and success levels that you can't even imagine are possible.

AMY: Yes.

CHRISTINE: The reason we aren't connected, most of us, to our intuitions is because we've been told that basically we should think with our heads. We've been brought up to be very rational people. It's a very masculine quality to be rational, and I'm not dissing rationality. I am all about being rational. I like rational optimism myself, but you do need to use your brain and your mind, but there's also this higher kind of sense, this intuition. It's like when the phone rings and you know who's on the call, and you pick it up and that person's there. Or I use it for parking. I use it for little things like parking, like sensing which way to turn, right or left, where there's going to be a parking spot, and you turn and there's the parking spot. Or you get a sense that you should maybe wait on something, or take a certain action, or pick up the phone and call somebody, and you do that and you act on that sense that you have, and then great things happen.

AMY: Yes and this superpower is so incredible. It's how I created the Women Masters. It totally and completely came, dropped in right from my intuition. I thought this is it, this is the name, and synchronicity really started happening when I listened to that intuition and impulse.



CHRISTINE: And that's the key thing, Amy; you listened to it, right?

AMY: Yes.

CHRISTINE: At some level you probably did some work on yourself to get to the place a) to be aware that you had an intuition and b) I think what happens is we work up our muscles to begin to trust her more and more and more and more over time.

AMY: Yes, definitely; definitely.

CHRISTINE: Starting with smaller things. One of the things I wrote about in my book, Choosing Me Before We, and kind of the reason I stumbled upon this superpower, was I realized that in our relationships as women, and men, too, we don't listen to our intuition. I have talked and witnessed, and been myself, so many women who have been in relationships, or been ready to get married, and they knew, they knew that they should not be walking down that aisle, they knew that they should be breaking up, or they knew that they should be getting divorced, or whatever the issue was, but they stayed. They didn't listen to that intuition and at the end of the day the truth comes out, five years, six years later, and it's really a lot more painful than if they had actually listened to their intuition to begin with.

AMY: Yes, so I just want to invite everybody on this call to just pay attention to that voice, that intuition, and to see if there's something your intuition is telling you right now that you're pretending not to know. If you have one of those things, I just want to challenge you to act on it today.

CHRISTINE: And I think you make a really good point, Amy, because what's hard for us when we first start listening to our intuition, and by the way I call her a she, like she's my intuition. She's your best friend, girls. Forget any other BFFs; she is BFF number one; she never lies to you. One of the problems that people have is they can't distinguish between their fear and their intuition. They can't distinguish between the mean girl or the mean guy and their intuition. Part of the process is as you have to learn about your mean girl, you're going to start to learn the difference between how she feels and how your intuition feels. There's a really great book, it's called Are You Psychic?. It was written by this guy named Pete Sanders, who's an MIT guy, astronaut-y type guy who studies this over and over and over again. It talks about the different types of intuition you have. Some people have auditory intuition where you hear things. Other people have visual where they see it. Other people feel it. Other people just know it; it just pops in, like you said, like boom, you just know and you move. You want to start figuring out what are your strengths. We have all of them but what are your key intuition lovers? Is it do you hear things? I hear things. I'm not crazy; I do hear things.

AMY: Right.

CHRISTINE: When I came up with the Madly In Love With Me thing, then my whole movement, that was a voice that dropped in my head. I had just left corporate America, I was dancing with a girlfriend in my living room who had just gotten divorced about a year prior, she went to



Africa, tried to find herself. I'm twirling her around the living room and she's like, I don't know Christine, I don't know, I don't know what to do, I'm so, so unhappy. All of the sudden it dropped, this voice dropped into my head and said, oh, women need to fall madly in love with themselves. I was like, did you hear that? Where did that come from? I had to learn to trust this voice, that I wasn't nuts, but that there was really a voice that was talking to me, and it was real, and I listened to it, and now here I am, three years later, talking to you on the phone.

AMY: Right. With hundreds of people listening.

CHRISTINE: Exactly. Yes, and I've created a movement and a holiday and it's like . . .

AMY: Oh my gosh, yes.

CHRISTINE: I think that's the piece of it. It's like I really want to encourage you to listen and trust her, and know that it takes time, so start with small things. If you're at work, right, and you get an e-mail and it's not a very nice e-mail, and you want to just respond and blast that person, and you know, your intuition says don't do it, don't press send, don't do it, and then you do send it and bad things happen. But if you wait and you pause, which is another superpower, and listen to that intuition and that sixth sense, you end up actually creating a much better response, and then you end up creating the situation that you actually want. That's another example of using your intuition and the superpower of pause.

AMY: Yes, so what's pause?

CHRISTINE: Alice Walker, a very wise woman; she's the author of The Color Purple plus many, many . . . she was a wonderful woman. She says that the wisdom is in the pause, and if we don't take pause in our life the universe will find ways to give it to us. It will throw out our back. It will give us a flat tire. It will make us sick. It will . . . I've gotten a flat tire. I haven't thrown out my back, but I've gotten sick and I've gotten a flat tire. The superpower of pause is all about starting to value finding pause in your life. Like I said, balance is not attainable in a long term 24/7 thing, but you can find moments of balance or moments of pause. Pause is like creating space, like actually stopping the movement to be empty, so that you can really get clear about what you're wanting to do or you can open up to receive the intuition. If we're moving around like crazy Energizer bunnies, no intuition is coming through. Mean girl has the microphone if we're moving around like that.

AMY: Right, yes. I love that and just on a scientific level, getting into that alpha state in your brain wave patterns. That happens when you pause.

CHRISTINE: Yes. It's scientifically proven, and I think this goes back to what the Wonder Woman creator guy said. Oftentimes I've talked to people about that, and they're like, oh, it's woo-woo, or it's self-help-y, or it's New Age-y. There is nothing self-help-y or New Age-y about any of this. This is wisdom that's been around for thousands of years, it's being now finally coming out in all this brain science that's out here, and if we keep pooh-poohing this stuff



as New Age-y or woo-woo or whatever, we are totally discounting the massive power that we have.

AMY: Yes.

CHRISTINE: Why would we do that? Fear.

AMY: Yes, right.

CHRISTINE: Fear. We are actually afraid. Marianne Williamson says it the best, and I'm going to totally not quote her correctly, but we are actually afraid to be brilliant. We are afraid of our own power.

AMY: Right.

CHRISTINE: And who are we not to be brilliant? She says, who are we not to be brilliant? Who are we not to be beautiful? Who are we not to shine as our most greatest self?

AMY: Right. So creating space; using our superpower of the pause is one of those ways of really tapping into our genius.

CHRISTINE: It is, and think about pause this way. I actually like to think of pause as the color blue. It helps me because blue is really about space, so if I'm needing pause sometimes I'll just light a blue candle or I'll think blue, because it's also cooling, so when you cool the body it actually does create space. Another word for pause is stillness, and not just stillness in your body, but stillness in your mind and stillness in your spirit, and there's a couple of different levels, I think, that you can think about pause. Some of these things you just think about it, like, great, what is pause; how do I do it? One way to actually think about pause, I like to think about it as instituting pause buttons in your life, like I almost think about this big blue button, like those STAT buttons, you know, it's like STOP. But this is not red and scary; it's blue, and daily you should be pausing. Every spiritual teacher that I've studied with around the world, the one thing that they've all said is that if you want to be happy and you want to be successful and you want a great life, you have to have a daily practice.

AMY: Yes.

CHRISTINE: I don't even care what it is, they say. We would like it to be this, but I don't even care what it is. You have to do something every day where you press that pause button and you connect to yourself, and you connect to something bigger than you. And for some people that's meditation. I meditate every morning, three to five minutes, not even a big deal. Three to five minutes because if I don't do that before I leave the house, bad things happen to me. Once I was working at the Gap and on the way to my job I got pulled over, I got a parking ticket, I was in a meeting and I made a vice president turn bright red, which was not a good idea, and then I got into a huge fight with my husband that day. So I never again left the house without quickly just doing a connecting with myself in a meditation.



AMY: Yes.

CHRISTINE: Some people it's breathing; some people it's walking. It doesn't really matter what it is, but you've got to do something. Some people journal; that's another way you can do it. Five minutes in the morning; we all have five minutes. You can't afford not to take five minutes for yourself to connect, to pause.

AMY: Well and you know, I don't know how many calls I've done so far in this series, I guess we're edging towards twenty, and I think that probably 99% of all of the Women Masters have mentioned this in one way or another.

CHRISTINE: So we're all getting all the good, same information.

AMY: Yes.

CHRISTINE: That's a good sign.

AMY: That's right, and that just underlines and highlights, and believe me, ladies and gentlemen that are listening to the call, we get that you're busy. My alarm clock is my two year old saying Mama from her crib, right, so it's hard for me to take the time at that moment in the day, so I have to do it when I come into my office and I close the door. I've got to do it then and I've got to do my affirmations and I've got to do it through hiking on the trails right by my house every day, so yes, it's really vital and it's so easy to let it fall off the plate. I would challenge everybody on this call, if you don't have some sort of daily practice, how many more times do you need to hear it on the Women Masters calls for you to begin. Like Christine says, it does not need to be an hour long closing your eyes and listening to two hours of a visualization CD. It can be three to five minutes; just begin.

CHRISTINE: Yes and it's not a to-do, like the other things. If you treat it as a to-do then it becomes another thing to check off on your list, and it just goes back to self-love, and this is my whole thing, that we have to learn to love ourselves, and part of loving yourself is taking care of yourself. It's not about taking time. This is another really good thing that helped me totally shift and I find it helps a lot of women and men, is don't make it about time. Make it about taking care of yourself. You would never tell someone you love—you would never tell your kids, you would never tell your spouse, you would never tell your friend—hey, don't take care of yourself. You tell them, no, take care of yourself, so tell yourself the same thing, and ask yourself, what do I need? I haven't met a person yet who doesn't need to connect to themselves in the morning.

AMY: Yes and I just want to encourage everybody—MadlyInLoveWithMe.com is one of Christine's websites. It is filled with amazing tips and tools. Sign up for her e-newsletter, pick up her book, pick up her book, pick up her book, Choosing Me Before We. It's fantastic. Okay, so intuition, pause; what's another superpower you can share with us on this call?



CHRISTINE: Another one I would share is unconditional self-love. Now that does sound soft and gooey, right? It does, but there's so much power in it, and that's the thing, is that if you love yourself, there is nothing in this whole world that is more beautiful and more powerful than a person who—than a woman or a man—who loves themselves. There's just not, hands down. It's a hard thing to grasp, unconditional self-love, what is that? Amy, frankly, if you had asked me eight years ago when I was totally asleep and living my linear path to the American dream, if I loved myself, I would have been, like, hell yeah, I love myself. I didn't have a clue, and most of us don't. The way that I like to describe this superpower to start is to actually think about what it's not. What it is not, one way that we don't love ourselves, is around how awful and mean we are to ourselves. It's called self-acceptance, but really it's about really loving who you are for right now, accepting the woman or man that you are right now, in this moment. When you accept yourself for who you are, you're not judging yourself, you're not comparing yourself to other people, you're not comparing yourself to who you should be, who you could be. I can't tell you the amount of wasted energy that I spent comparing myself to people like Barbara Walters and Oprah a year after I left corporate America. I was so hard on myself. I'm like, I should be published by now; I should be doing this. My husband looked at me and he said, Christine who are you comparing yourself to? I said, um, Marianne Williamson and Barbara Walters. He's like, Christine, how long have they been doing what they've been doing? Twenty years. And how long have you? A year. I was like, hmm. What I learned is that every time we compare ourselves, it's like biting a poison apple. You literally poison your image of yourself. My challenge to everyone on this call, and I challenge you because I've done it myself, is to give up comparison, to actually go on a comparison diet.

AMY: I love this.

CHRISTINE: I've given up comparison three times. I think I've finally licked it, 99% there, and what a comparison diet is, is this. Every time something comes out of your mouth in which you're comparing yourself to somebody else—you're comparing yourself to who you should be, you could have been, you used to be, you should be, you're 40 years old and oh my God, I haven't done anything yet—that's comparison. I want you to stop and actually visualize that your words are poisoning yourself, like you're biting an apple that's full of poison, and notice how it makes you feel. Notice your energy. Notice how you start to feel about yourself. Then throw that poison apple out the door and pick up a real or imaginary, beautiful piece of delicate chocolate, and eat that instead. Chew on it and let it sit in your mouth, and love yourself. Find something really great about yourself. Every person, every one of you on this call—me, Amy, you too—we all have something great going on for us in our lives. Instead of biting the poison apple, eat the chocolate, and the great thing about this diet is you don't gain any weight on it. You can eat all the chocolate you want, love yourself all you want, and you will not gain a pound. In fact you probably will lose weight doing this.

AMY: Right. I love that homework assignment. I love thinking of all the people on this call dropping comparison, going on the comparison diet, and just really getting how poisonous it is to be playing that game with ourselves.



CHRISTINE: It is and the other fun thing about this diet is you can do it with your girlfriend. I've done this with my friends before and I've said, alright girls, we're going on the comparison diet, so we have lifelines. Just like going on a diet is hard, you give them permission to call you out when you're doing it, or if you're totally in the self-love dumpster, like you're underneath all the garbage, all the poison apples are on top of you, you call up the lifeline and you're like, can you please tell me something really good about myself; I need to hear it right now. You know, we can't do this on our own. This is the other piece of the feminine power, is that women, and this is women and men, but it's about coming together to work together. It's the feminine way of doing things, that we don't have to do it on our own, that we can't do it on our own, that it is not weak to rely on other people or ask for help. It's the way that when people come together and we connect, it's like infinite more energy comes into what we're trying to create, and anything is possible.

AMY: So if that is teamwork or collaboration; what is that superpower, that you're leaning into right now?

CHRISTINE: That is the power of the connector, or connection, and think about it like a wagon wheel almost, like it has a center with all the spokes that come out, or you can also think about it like a web, and the color is purple, and it's really all about connecting to different people in all kinds of different ways, to help you create your best life, and for you to help them. Some people use the power of the mastermind group, a great example of the power of connection. People from a marketing perspective, they talk about leveraging. I talk about asking for help, just picking up the phone and being able to say I need help, and how can I help you, and it's a give and a take. It's being open to that connection and realizing that you don't have to . . . the masculine way would be to go out and I'm going to go find the connections, and I'm going to make it happen. That's not how this connection power works. This is about putting out there what you want to connect to, and then letting it come to you, and using your intuition to watch when it shows up. Part of the reason we don't use our superpowers is because we don't notice when things are showing up for us, and it's especially true for connection. You have to be aware when those connections are showing up. Don't feel guilty for asking for help. Guilt is also a useless emotion when it comes to ourselves. We don't want to not have guilt because then we'd be psychopaths, but feeling guilty for anything at all is another one of those draining energies, and I think going guilt free is a good way to go. Like going sugar free, you go guilt free.

AMY: Yes. Got it, so the connector superpower is really about stating what we want, asking for help, and then receiving it, versus going to 25 networking meetings and doing it in that . . . it just feels like such a different energy, doesn't it, when we locate those masculine powers versus the feminine powers.

CHRISTINE: It is. It's true. It's like . . . the networking is a great example, Amy. It's like, oh my God, I need to connect, I need to build my business, I need to be building my business, I need to build my business, I need to be building my career, I need to go do all these things and make all these connections. It's a very frenetic energy and it's about to-dos. We literally put those on our to-do list—check, check, check, check, check, and there's a flatness to that, versus if you actually use your feminine superpower of connection and think more



about the hub and the spokes and the color purple . . . this is where the pause comes in, too, stopping and getting clear where I really need to connect. Maybe there's two things I can go to, and then you use your intuition to know which ones to go to. I will literally look at the list of events and follow my intuition. My head will say, well, you should really go to that event because blah, blah, blah, and my intuition's, like, no, you should stay home and you should write today. See how they're all intertwined together?

AMY: Right.

CHRISTINE: If I didn't pause then I wouldn't be able to connect to my intuition that would help me realize which connection event I want to go to, or who I might want to reach out to and make a connection to.

AMY: Yes.

CHRISTINE: Or even when the best time is. Before I ever call anybody, usually, I always pause and I check in with my intuition, and I say, is this the best time to call this person? Sometimes the answer's no and every time I listen to my intuition, that person usually calls me at a better time, or we end up running into each other, or I call at a time that would be better for them.

AMY: I love it; I love it. I love, yes. This is so great. So will you share at least one more superpower with us? I'm just loving hearing all of these.

CHRISTINE: Absolutely. One of my favorite superpowers is receiving, and the easiest way to say this is in three words: I let go. It's the hardest superpower. I'm still working on this one myself, I totally admit that, and what I mean by that is the way that manifesting works, and I know that you Lisa Nichols on the call last week, is that you have to put your intention out there. You have to show up and say, you know, this is not about sitting under a Bodhi tree and going mmmm, I'm going to meditate my life to where I would like it to be. It doesn't work that way. You do put your intention out there. You do go into action. That's important. However you have to learn the quality of letting it go, of surrendering, of opening up and letting it in. You may put an intention out there and say this is really what I want, and then it's literally like an almost opening up inside yourself. If you think about it from a body perspective, if you think about your second chakra belly area, that receiving piece, that's where all our creativity comes from. That's where our knowledge comes from, and that's where we open up to receive. Literally thinking about . . . even being in a yoga pose, like the dead man pose, you're just laying there, right, you're totally open to receiving. If there's something you want in your life or you're trying to make something happen, put it out there and then let go. Stop trying to control everything, and you're talking to a total former control addict. I love to control because control is a way to stop from being afraid. If we can control all, then we can control everything and nothing bad could happen to us, and I don't have to be vulnerable, I don't have to be weak. You can't create greatness in your life. You actually can't even create the best life that you want if you don't learn how to let go and trust, and that's the key piece of receiving, learning how to trust, that you don't have to do it



all, that there's actually a bigger energy that you're a part of, that comes with the connection piece, that's going to show up for you.

AMY: Yes. I love that and I love you really recognizing that that is a superpower. That is so . . . it feels so, oh what's the word I'm trying to find, counterintuitive, that receiving is a superpower. When we think of a superpowers we think of go, go, go, go, go, but receiving and the pause and connection, it's just such a different energy, and I love that. I love thinking that . . . I've been talking about this a lot with my girlfriends, of resting when we're resting, working when we're working, getting that when we're resting we are working. That is work, that is important; that's just as important as the time when we're taking those actions, so honing and really getting the power of receiving. Beautiful.

CHRISTINE: You're so right. You can't receive if you're not stopping. It goes back to the pause piece, right? I know for me, like the Yin Yoga example, I was in Yin Yoga laying there, and I went there to take care of myself, and I was totally open, and literally five speech ideas just dropped into my head. I'm hosting the Summer of Self-Love right now on my website, which is eight weeks of self-love inspiration, truth or dares that are going on. Literally I was stopped, just kind of sitting there in the morning, drinking my tea, totally open, and then it dropped into my head: Summer of Self-Love. I was, like, oh, yes, that's it! But I had to be willing, and I think what happens for us as women . . . one of our greatest strengths that we are givers, and men are givers. This is not just about women or men, but women, we have been conditioned to give. The problem is that we end up being like banks. We only give withdrawals, we don't ever get deposits, so we will give and give and give and give, and then there's nothing left in the bank. The power of abundance and prosperity and manifestation: you have to both give and receive. If you only give you will not get. You'll just be pissed off and you'll be working really hard. I know for me what happened, just like you were saying, Amy, is I actually had to re-frame work for me, and I would ask stupid questions to my husband, like, do you think it's okay that I not work today? Do you think it's okay if I relax? He would just look at me, like, what are you talking about? Why do you need permission? I realized that there was this belief I had inside of me that I had to work before I could play, I had to work before I could rest, and I could not be on the phone with you today, I could not write, I could not have created the Summer of Self-Love if I didn't take time to receive, if I didn't take time to open up. I actually have a rock next to my bed that says I let go. I've had it for eight years. I got it when my former relationship ended and my life fell apart, and I realized that I couldn't control anything anymore, and that rock and that saying has really been a part of my life saver. It's a mantra that I think we can all pick up, and I use it all the time; I let go, I let go, I let go.

AMY: Yes. This is so great. I know we're starting to wrap up here and I just . . . one of the things that I like to ask at the end of all of the Women Masters calls, of all the Women Masters, is if people walk away from this call with just one takeaway, what is it that you most want them to hear?

CHRISTINE: I've got to pick one?

AMY: Yes.



CHRISTINE: I think what I would say to everyone on the call and I'm going to say it to myself as well, is that you are enough right now. Right now, if you never did another thing, you are enough. That statement is about loving yourself, it's about accepting yourself, and it's about being present in this moment. We are so conditioned to be getting onto the next achievement. I'll be happy when I get there, I'll be happy when I get there, I'll be happy when I get there. I'll feel successful when I get there. There is no there. There is no there, so all these feminine superpowers, everything we've talked about, is really about getting you the happiness and success that you want in your life today, right now, and that only comes from inside of ourselves, and it comes from that harmony, Amy. It comes from that harmony inside of ourselves that we are in harmony with our self and our life, that we are connected deeply to ourselves, to other people, and to something that's bigger than us. You cannot be happy and successful without faith, and I'm not talking about religion. I'm talking about faith inside of you that you're connected to something bigger, that you are connected to people around you, and that you're going to be okay. That's what I would say. You're enough, and just love what you have and find that harmony inside yourself. Don't do it alone because you can't. Lots of women, all these women that you've had on these calls, Amy, they're fantastic. There's so much out there for us.

AMY: Yes; it's so true.

CHRISTINE: See? I'm an achievement junkie. I couldn't do just one.

AMY: Right, yes. My next question for you is please give everybody on this call an inspiring homework assignment, and coming from that perspective of not another thing on the to-do list, but maybe from that space of being, which I know is so much what you're about.

CHRISTINE: You know, we just passed the half year mark June 21<sup>st</sup>, which was Summer Solstice, and it's a great time to actually take pause. I take two of these pauses a year, and my challenge, my homework assignment I guess, or my path work would be stop and take a pause, and take an inventory of the last six months, from January until now. Look back and reflect on your life, and look at what the surprises were, look at what the challenges were, look at what the learnings were, and look at what your successes were. Those four things—your surprises, your successes, your challenges and your learnings. Then ask yourself, how do I want to spend my energy? Energy is time, energy is resources, energy is money. How do I want to spend it the next six months, so that at the end of this year, I feel like I rocked. I feel like I lived my life fully, that I am happy and I am successful.

AMY: Great. I love that. I want everyone to make sure to check out Christine's book, [Choosing Me Before We: Every Woman's Guide to Life and Love](#). It is a wonderful book and actually Christine has generously offered to give away one of her books, and the way that you can enter into that, number seventeen, lucky number seventeen, just go to [MadlyInLoveWithMe.com](#), and on the upper right hand corner you'll see a place to put in your e-mail address, and Christine's team will be tracking the seventeenth e-mail sign-up that comes in from that. You'll be automatically signed up for her newsletter, signed up for the Summer of Self-Love, and of course, if at any time you want to get off that list, you can, of course, just easily scroll down to the bottom of those e-mails and exit from that, but I



know you're going to love being a part of her list; that's MadlyInLoveWithMe.com. The seventeenth person that goes ahead and signs up for that list, you will get a free book of Choosing Me Before We from Christine Arylo. Christine, thank you so very much. I just love these superpowers. I want to review them one more time.

Some of the feminine superpowers that Christine has taught us: intuition, tapping into that intuition; the pause, creating space and stillness; unconditional self-love, go on that comparison diet; connection and the connector, envisioning what it is you want in the purple color, and then allowing those things to come on into your space; then receiving, the I let go superpower.

CHRISTINE: Letting go is the best. All that weight that we're normally carrying on our shoulders just instantly dissipates. Those three words, if you're ever feeling stressed out, just: I let go.

AMY: I let go, I let go. Oh, I love it. Christine, thank you so much for the call today. I loved it. It was just fantastic. I'm going to go ahead, on the count of three, and un-mute the phone lines, so when it goes ahead and un-mutes, please say your thank you and express your gratitude to Christine for being on this call today.