
Give Yourself Permission to Dream...

about your ideal man,
about your relationship with him,
about your life together.

When you start the Choose Him Process, you become the dreamer and author of your authentic life with the man of your dreams. As you journey through this process, you breathe life into that vision that has been too long dormant or locked away.

Here is a glimpse of an excerpt created from the interactive Story Creator template:

...What my guy loves about me is my curiosity and positive attitude toward life. He is thoughtful in supporting me in my alone time when I want to tinker in my hobbies, read, or dig in the garden. He appreciates that my spirit is optimistic, adventurous, and upbeat and he loves my laugh and thinks I'm funny.

He's proud that I am very open-minded, confident, and nonjudgmental. When he speaks about me to others, he says that I'm the best thing that ever happened to him, which makes me feel respected, free to be who I am, and unconditionally loved.

My man encourages me to pursue my dreams by helping me with planning and always being positive. It's natural for him to find creative ways to make me feel special. He shows his romantic side by planning special things for us to do together. He's the kind of man who would surprise me with a trip to Morocco and that makes me appreciate his zest for adventure.

When I walk through the door, he makes me feel adored. In our quiet time together, I know he feels appreciated and confident and he always says I add so much to his life. I know for sure that he makes me feel unconditionally loved.

I'm proud that my man is incredibly conscious, respectful, and comfortable in his own skin. . . . When I sit back and watch him, I truly appreciate his grounded, genuine, and down-to-earth way of being. . . .

The Choose Him Process is an opportunity to dream, to allow for what might be possible. You're likely going to be engaging with energy that's atrophied because you've been asleep to it, or actively ignoring it. In these pages, I invite you to allow that energy to be free and to allow yourself to express your heart's desire.

Introduction

"A dream man loves who you are and encourages you to follow your aspirations and dreams."

This book is a product of my life experiences, relationships, and learning over the past forty years. Much to my surprise, the process of writing this book uncovered a profoundly ingrained coping strategy I had formed in childhood as a bi-racial African-American woman. Growing up in the 1950s and 60s, as the daughter of a dark-skinned father and a light-skinned mother, I had to stand by and watch them endure appalling verbal abuse and discrimination throughout their marriage. They not only tolerated the mistreatment, but never complained and silently accepted their plight. I grew up believing that I needed to find a way to avoid the pain of rejection, but more important, to succeed without limitations in a cruel world.

My challenge in coming into my own self-esteem and personal power was compounded by the fact that I look Caucasian and was allowed to pass through doors that my own dark-skinned family and other blacks could not. You see, I was straddling two worlds. Part of me felt guilty for escaping the judgment and limitations imposed on blacks. The other part of me felt shame for being of African-American heritage. Overriding these two dynamics was my determination to be successful and find my place in the world against all odds. I have suppressed these feelings of guilt, shame, and rage (yes, rage!) all my life, and believe it or not, these emotions have only come to surface since I started writing this book. I invite you to the Afterword in this book on page 159 if you feel called to read more about my story.

In my desire to be truly authentic and certain that I'm walking my talk in all I've written in this book, I was obliged to look at my own paradigm prisons. I have found that the power of writing and delving into my deepest motivations has compelled me to peel back even more barriers to my own self-awareness. This experience has evoked revelations that have led me from fear of being who I am to embracing my authentic self and deeper self-acceptance. After decades of talking with women about our concerns, our dreams, and what moves us, I feel confident about the liberation we can experience when we free ourselves from the confinement of old identities and step more into our truth.

Over the past decade, it's been my *modus operandi* to support and champion women to overcome fear and strive for their dreams. I have long been aware of the importance of the women in my life. I have a remarkable daughter, three wonderful sisters I'm very close to, and my extraordinary mother was a tremendous influence on who I am today. I am also blessed with many brilliant women friends who have journeyed with me on my personal growth path. Whenever I have succeeded in a challenge or experienced a new perspective, I have shared it with other women.

In the early 1970s, I was a twentysomething newlywed attending San Francisco State University. This was one of the first times in my life that I actively sought out like-minded women to talk about women's issues and bettering our circumstances in life. And it wouldn't be the last! I started a small rap group of women, mostly comprised of the wives of my first husband's colleagues. This had nothing to do with the current genre of rap music. We got together to talk about our truths and feelings about our society, spouses, roles, and purpose in life. We were young housewives—many of us young mothers—who would sit on the floor around the living room coffee table into the wee hours of the morning, drinking wine and delving deeply into the meaning of life. Conversation usually centered on what was wrong with our cultural norms and the empty, confused feelings we women were experiencing. We didn't know what to do about our frustrations. Percolating in the background was the fact that the '60s were behind us, and many of us were experiencing the shift in consciousness through the women's movement towards equal rights. It opened our minds to the possibilities of new opportunities and new ways of expression—but we weren't seeing enough of these opportunities and expressions being put into action!

We'd come a long way, baby, but we weren't quite there yet. And we're still not all the way there today.

Fast-forward two decades to 1994, when I found myself with two divorces behind me, as well as several other disappointing long-term relationships. I was now in my mid-forties, and ready to pursue personal growth work to understand and heal the part of me that believed men defined my self-worth, beauty, and lovability. I was frustrated and fed up that I didn't seem to have any control over this part of my life. I felt as if I was just supposed to wait for the next man to come along and choose me; then I'd try to fit into his world and hope it would all work out. Repetitive frustration prompted me to write out my original vision for what I wanted. I realized that my anger was part of what helped me access the permission I needed to grant myself to ask for what I wanted—not just what I thought might be possible in a future relationship. I was a rebel with a cause for *me*.

In April 1995, at age forty-seven, I wrote out the first version of my Dream Man vision based on probing my heart and my core desires. Little did I know that this original vision would lead me to help many women through the same process in years to come, and would serve as the inspiration for the Dream Man Story Creator and the impetus for the Choose Him Process.

When I wrote out that original Dream Man vision, I decided to do it in the same way I approached my professional achievements. I had pursued career objectives through clearly defined goals and focused intention. I'd read about the Law of Attraction when I was a teenager, and I was impressed by the principle it holds that you can manifest what you want in life with your thoughts and feelings. Since that early time, anytime I wanted something important, I made it happen through writing it out and then imagining what it would feel like to have it already. I would think about it with confident expectation in vivid detail and hold the positive feelings inside me many times a day. I'd done that for absolutely everything I'd ever wanted, from material things to business and life experiences to improving aspects of myself. It finally struck me that I could actually employ that same process for a man. I thought of this man I was envisioning as my Dream Man because, until that time, I truly believed that the type of man and relationship I wanted was a fairytale fantasy—something that could only exist in my dreams. Given my life experience, I innately knew that I couldn't just envision this man solely from my mind or have him manifest after listing the qualities and characteristics I desired. I needed to create a vision of him through the feelings that I wanted to experience with him and in our day-to-day life. I was determined that I would either manifest this man of my dreams, or be content to remain single. Eleven months to the day later I met my Dream Man, and we were married ten months after that.

In 2003, after training to become a life coach, I started noticing a common theme among my clients—they were stuck in various belief patterns that were preventing them from truly being open to finding the man of their dreams. As part of my practice, I mentored women to envision and attract the man of their dreams. Hearing women’s stories about their relationship experiences and most intimate desires led me to start compiling data in earnest.

Using my original Dream Man vision, which had led me to find and choose my own husband, I started working with women to extract and transcribe their exact words as they divulged their most personal thoughts and desires about what they wanted in a partner and their relationship. Their feedback, along with contributions from my expert consultants, resulted in a unique and in-depth tool—the Dream Man Story Creator—designed to help them write the story of their Dream Man.

During my work as a life coach, I’ve issued surveys, interviewed over one hundred women, and coached numerous others. My coaching style is what I call a “co-spirititor,” in which I connect with my clients’ core essence through an intense probing technique. But this process also took a lot of time, and I could only work with a limited number of women. As I started thinking about the possibility of reaching a broader group of women, I realized that creating their own stories was the thing that was connecting them to their sense of what was possible. Writing your vision of what you want actually connects you to the feelings you want to experience with your man and in your life together. It dawned on me that I was witnessing women connecting to their own innate sense of power through their feelings. This is at the core of feminine intuition, which so many of us unconsciously ignore because it’s not valued in our society. The idea that it is possible for women to envision what they want and not just find, but choose, a relationship is at the heart of Choose Him. And the Choose Him Process is the very process you’ll get to experience and write out for yourself in the pages that follow. The result will be a new vision for attracting the man of your dreams. But first, we’ll delve into some common belief systems that have likely kept you stuck or prevented you from getting what you want. It’s important to define what these are so that you can move past them and onto creating what you want.

Choose Him represents my efforts to advance a shift in women’s consciousness that is progressively permeating throughout all arenas of our culture. Women are beginning to recognize that despite our great social and economic progress, we are still subordinating many of our feminine values in deference to masculine qualities and ideals that are deemed to be more powerful. The irony is that while we’ve been compromising some of our most intuitive and

feminine principles in our efforts to obtain some of that power, we continue to hold onto antiquated models of mating roles and romantic partnering. Consider the fact that most relationships don't last, and fifty percent of marriages end in divorce. It's obvious that it's time for a change in our current perceptions and cultural models. Current partnering paradigms are outdated, and we're stuck in a repetitive spin cycle while blaring signals are crying out for updated perspectives. It's time for us to pursue higher ideals and more realistic guidelines and expectations for creating intentional relationships.

This book is a practical tool to help you push through self-imposed boundaries about who you are and what you desire. It's a realistic guide that will support you to embrace the woman you already are and who you are becoming—your potential. Your individual goals and dreams don't end when you meet the right man; it's a new beginning that enriches your own life story, so it's important that he's the kind of man who will support you on that journey. The first step is about waking up and becoming aware of the paradigm prisons we falsely believe we're locked into. The second step is to peel back the layers and expose your authentic self by becoming honest and real about what is true about you and what you truly want, which leads to authentic personal power. The third step is to form enlightened, supportive, and evolving partnerships in which both women and men hold balanced roles, where independence and individuality is honored. For this type of relationship, today's modern woman is looking for what I call a Dream Man.

For some of you, searching for a Dream Man may seem like some retro throwback to Leave-It-To-Beaver land or Stepford wives. First, let me assure you that this process is no such thing. It is, in fact, a very empowering process rooted in the latest research about how our minds work and how we change old patterns into new models that can transform our lives. Dream Man is a universally understood term for the kind of man who not only will meet the majority of your criteria for an ideal mate, but will also fulfill your most intimate desires, needs and dreams. You know, the kinds of wishes and wants that often feel like fantasy, or something you can only dream about.

A Dream Man is not a perfect robot without any flaws. The dream is about fulfilling your desire to find a man who is a partner with you in navigating the ebb and flow of life, and who can walk beside you through the joys and sorrows. He is one who is willing to fully participate with you in authentic partnership. He's not a knight in shining armor who's going to show up to rescue you from your life—we're not interested in promoting the idea of fantasy happily-ever-afters. This process is about what happens in the "ever after." Real life continues after the newness of meeting, lust, and romance. It's about the beginning of the real story: the ways you interact day to day, develop intimacy, communicate, handle conflicts and life's challenges,

rejoice in the gifts and the blessings, and fulfill your dreams. All these things comprise the true story that determines whether a relationship is sustainable.

When I talk about the true story or the real story, I'm talking about authenticity. Most of us feel authentic in many areas of our lives. We ask for what we want, know we deserve to have it, and we choose what's compatible for us. So why aren't we exhibiting this same behavior where men are concerned? We don't have to wait to be chosen by a man. This book will guide you to ask for what you truly want and show you how to get it. You'll be surprised at all the things you have never thought of that directly impact the success of a relationship. Choose Him points you in this new direction, showing you how to choose true partnerships that reflect the real story. In a true partnership, neither partner defines the other's identity, nor are they codependent (what you do reflects on me). I wasn't one of those women who found her Dream Man easily. It took me years of coming into my own—two previous marriages and lots and lots of dating the wrong men. My Dream Man, to whom I've now been married for thirteen years, didn't give me my identity. And he certainly doesn't define who I am today. But having my Dream Man has provided me a supportive foundation for unveiling deeper layers of my authenticity, dreams, grace, and my own identity as a woman. My Dream Man fully accepts me for who I am—my authentic self—and supports my aspirations and potential for who I am becoming.

At the center of this work is the simple but profound idea that you choose your Dream Man. Through the Choose Him Process that comprises the majority of this book, you will envision your Dream Man through the lens of your authentic self and receive follow-through tips on how to make him a reality. The message of this book is about starting with yourself—and that's exactly where the Choose Him Process starts: with you getting clear about you.

Choose Him is about awakening women to the things that aren't working anymore. It's a call to action to get out of our old ways of thinking and to attract the man of our dreams by tapping into our power and embracing our feminine attributes, such as intuition, creativity, and receptivity. Once you discover or reclaim your true self, you will be on the path to bringing into your life a man who inspires you to be your very best self. In the following pages, you will be led through a very precise process that details how to get clear, define what you want, and attract your Dream Man. All that's required of you is true presence and commitment to the process, as well as honest assessment of how you've approached dating and relationships in the past and how you would like to approach them moving forward.