

Doing My Life, My Way
Stepping Out of the Illusion
and Jumping to Higher Timelines

The Love Guru

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*Stepping Out
of the Illusion
and Jumping
to Higher
Timelines*

FAIRYTALE SERIES



THE LOVE GURU



While all the stories in this book are true, some names and identifying details have been changed to protect the privacy of the people involved.

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Nothing in this book is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader.

Special thanks to my editor, Kasi Alexander.

Congratulations on starting (or going deeper into) your spiritual growth and healing journey!

Welcome to The Love Guru's Book Series

The Love Guru's books are created to raise your consciousness and expand your mind. Once you read them, you'll never look at love, relationships, or life the same again. Instead, you'll start to see life from a more enlightened perspective.

Two Books in One!

On one level, The Love Guru's books are created as a light and fun read that you can easily pick up while you are sitting on the beach or waiting for a plane. But on a deeper level, her books are to be used as self-improvement tools. Within these pages are deep insights, lessons, and realizations that you can apply to better your life and greatly improve your success in the world.

Books

The Fairytale Series

Do You Know My Husband?®

Doing My Life, My Way

Is This What Happily Ever After Is?!

The Alien Series

How Aliens Put Me Into Power Book Series

The Rise of the Lightworkers Book Series

Home Study Programs

The Spiritual Way to Attract The One®

Couples Intimacy Club

Money on Demand

Warrior Training

Personal Message

Dear Truth Seeker,

We live in a completely backwards and upside-down world where we have corrupt leaders that occupy every facet of our lives.

Everything we hear, see, and know is a lie.

This is why it's so important to heal yourself.

But why must I heal myself? You may ask, because after all if there is corruption out there, what does that have to do with you? And I'll tell you, because the answer is quite simple: the macro reflects the micro.

And when we have a world filled with people who are living in truth, honesty, integrity, peace, and harmony *within* themselves, then we naturally, normally and automatically live in a world that is filled with truth, honesty, integrity, peace, and harmony *without*.

You see, the leaders who we see *out there* that are corrupt have not spent the time to really get to know themselves.

Again, it may not seem like it connects. What does *not* doing personal growth and healing have to do with corruption? And I would say everything.

These are people who have spent their time focused on power, money, and achievement.

They have placed more value on getting success *out there* than getting success *within*.

This is why the path of healing, as I teach it, is so important, because it clears away one's false beliefs, false programming, and false importance about the success that we have all been programmed to want and need and how one is supposed to go about getting it.

This book, and all of my books, are about truth — universal truths and spiritual principles.

They are about breaking you out of the false programming you have been led to believe, taught to believe, and brainwashed to believe that is probably not even working for you.

For the truth is, all success *lies within*.

And again, I know, you may think that this is spiritual mumbo jumbo and if you do think that, it's probably because you don't understand what it really means.

I'm not telling you to forgo your desires for money, power, security, safety and success; I'm just guiding you to look at it and go about it all differently.

So again, the truth is that all success lies within.

And when you achieve this level of success — of mastery — then the success you have attained *within* is naturally reflected in your outside world without you doing anything.

This is not your average book.

The Love Guru's "Heart Healing" Books

Open & Heal Your Heart, Clear Your Blocks,
Uncover Your True Self, Do Your Mission

The Love Guru's books document her spiritual journey and transformation over a 16+ year time period. It's suggested that you read the books in order rather than jumping around (although it may be tempting!). This way, you will go through the shifts in consciousness as Blaire goes through them, and you will experience transformation in your own life too. This happens all by the simple act of reading the books and thinking about what is shared.

Her books are "Heart Healing" books, meaning that they are encoded with energy and wisdom that awakens, heals, and helps you shift and change. Some of the information and insights shared may bring up uncomfortable feelings such as anger, sadness, frustration, and confusion. This is good, as it means the dark parts of you are being stirred up and brought to the light so they can be looked at, healed, and released. It's suggested that when you have a strong or uncomfortable feeling about something that Blaire does or shares during her journey that you journal about your thoughts and feelings and see what messages they have for you. In other words, see what you can learn.

Enjoy reading the books, expanding your consciousness, and going on your own adventure. We're glad you're here.

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A Life You Absolutely Love

Are you living a life that you truly desire and absolutely love? Or are you simply repeating patterns and old ways of living that have been passed down to you from your family members, friends, media, and society?

Now, you may think that's a weird question. It may even be confusing, but I assure you, if you're not super happy and excited about your life, then it's most likely because you're repeating old patterns — thoughts, beliefs and outdated ways of being — that have been passed down to you from one generation to the next.

You see, since the moment you were born, you entered into an “indoctrination” of sorts. You started to be programmed by your family, by your family's friends, by the TV shows and movies you watch, by your school teachers, by your friends, and more to think in certain ways and to do things in a certain manner.

An example of this programming you may have received was that you may have been told to get good grades at school, go to a good college, find a good man (or woman), get married, buy a house, and have kids.

Another example of programming you may have received was to work hard and make lots of money so you can have a good life.

Those are two basic examples that many can relate to, but it's important to realize that the programming you've received goes deeper than this, much deeper, and many people who think that they've already ‘broken out’ of this programming (or what many like to call “breaking out of the matrix”) are actually still living a very programmed life because the programming you've received — that we've all received — goes into every little detail of our lives,

How to De-Program

This book is not one that you have to read from front to back.

The first few chapters give you an idea of what programming is and how to identify it in your life. The chapters that follow share stories and examples of how these things can show up in your life. This will provide you with guidance for how you can recognize and step out of your programming.

After you read the first few chapters, you are free to jump around between chapters as you feel guided.

I suggest you set aside 20-30 minutes once a week to read a chapter, contemplate it, journal about how it relates to your life, and notice what intuitions come up for you on how you can change and adjust things in your life in the upcoming week.

Have the experience of actually *going through* the program so you can see real change.

When you journal, write down your thoughts and feelings about each passage. Write down whether you agree or disagree with what I wrote and then journal about how you can relate my experience to yours.

When you're done with that, then sit and see what guidance comes through from Spirit/God/the Universe for you as to how you can shift and change things in your life.

This is a self-guided program, which means that *you are going to have to guide yourself through it*.

More specifically, it means that you will have to dedicate time each week to do the work. You're going to have to be committed to the experience. You're going to have to motivate yourself to keep going when your mind tells you that you're bored, that you don't want to do it anymore or when you start to wonder,

Your Repeating Cycles

As you read this book, start to bring awareness to and journal about what overlapping and repeating cycles happen in your life.

Can you think of any right now? Right them down, think about them, journal your thoughts, emotions and awarenesses, and then ask yourself: Why are these patterns repeating themselves? Am I handling these scenarios the same way as I did in the past or am I tackling them in a new way? Take a moment, grab your journal, and do this exercise now. I will wait.

You want to bring awareness to your repeating cycles so you're not merely going 'round and 'round on the merry-go-round, getting older, having similar experiences with new people and new places that are really just mirrors of old and unresolved stuff.

When you are able to bring awareness to your experiences, you're able to analyze them and then respond in a new and higher level of consciousness way.

You are then able to close out the unfulfilling, awkward or disturbing cycles you've had happen in your life and step into higher timelines which translates into more happiness, fulfillment and success.

In other words, your dreams made manifest!

Happy Everything

March 31, 2010 — Florida

Today my new life begins. My desire was to live in a home next to the beach, so I could walk there each morning and night to be with the ocean. I really wanted a garden too.

So I went on my search. Not really thinking I was going to find all I wanted (I thought the backyard part of my desire would have to wait until I got a house of my own) but surprise, or rather no surprise at all, as I know how to manifest and make my dreams come true, there it was.

A "for rent" property that allowed dogs (many rentals close to the beach don't), a two-bedroom, furnished, short-term lease (another thing I wanted) with a garden in the back! One block from the beach and it was perfect. And at such a good rate!

I signed the lease papers, was given the keys to my new home, walked up to the door.... and there it was. A sign from my guides and angels. On the door was a wreath that said, "Happy Everything." This is when I knew that this place was picked out specifically for me by Spirit.

That evening I walked to the beach with my dog. Tears gathered in my eyes. "I did it! It came true! I'm living down here, right across from the beach... in a home... with a garden... for such a great price! I did it. It came true!" The wreath says it all!

I felt welcomed in by my guides. Welcomed in by my angels and the fairies. "Happy Everything" is the theme of this new chapter in my life. My new beginning where everything in my life brings me joy, abundance, and prosperity.

...this phase in my life is all about doing my life, my way.

To Lock My Doors or Not?

April 2, 2010 —

I have two neighbors on either side of me and they keep their windows wide open day and night.

Windows WIDE OPEN. Did you hear me?

They keep their windows WIDE OPEN day and NIGHT!

You know, nighttime... when they're sleeping.

When they're in another zone....

Out of it... helpless... defenses down...

And daytime when they're gone — for the day, when they're at work, when they're off and away.

Now, we're on the ground floor.

Yes, we're in a secluded garden-type entrance, but still, *on the ground floor*.

Who knows who lurks around the area?

A place with blinds wide open and with windows wide open is an easy target, right?!

This is new to me.

I'm used to closing the blinds, closing the windows and locking up. You lock up tight because your valuables are in there!

And also this is quite ironic that I'm upset, surprised, and unsure what to do about all of this... but this is how life tends to be... but I just left my grandmother's house where I lived for 10 days when I had just moved down here and *every day* I would shake my head in disapproval, mock her, criticize her, and all-around look down on her. Why?

Because she kept the place locked up like a prison. Literally.

I used to take my dog for a walk in the morning. I would open the garage and leave it open for the 10 minutes it would take

Stepping Out of the Illusion:

- Do you keep your doors and windows closed and locked at all times or do you keep everything wide open?
- Do you keep your windows open or wide open when you leave your house for the day? What about when you go to sleep?
- What thoughts and/or behaviors do you have about home security?
- Who taught you to act or believe in this way? What's the reasoning behind doing all this stuff? Do you think it is based out of fear that something bad may happen or that one must protect themselves from others or evil?
- Usually fear is the underlying emotion and motivating factor surrounding our home security. Can you think of any thoughts, anxieties and/or fears that you have that motivates your activities around keeping your home secure?
- Is this a way you want to keep living? If not, what can you do, change or heal to release your fearful beliefs or way of living?

Jumping to Higher Timelines:

Of course, this passage is not telling you that you shouldn't close your windows or lock your doors. It is simply inviting you to examine your thoughts, anxieties, fears and worries. Why is it that you do what you do around your home and security?

Take some time this next week to come out of your everyday, autopilot way of being (we all get into habits and don't realize or question what we are doing on a day-to-day) and instead, for this week, start to question why you do what you do — your behaviors around your home and security.

Stepping Out of the Illusion:

- Do you feel comfortable asking the person you're dating or in a relationship with to cook for you, clean for you, do the laundry or something other related thing when you're unable to (or just because you don't want to)?
- Do you think that a woman should take care of a man? Or that a man should be strong for a woman? If so, why is this? Where did these beliefs come from? How do they show up in your life and the role you play or others play with you in your relationships?
- What would you like to change about the role you normally play when you get in an intimate relationship?
- What awarenesses, realizations, fears, or worries came up for you related to your life when you read this chapter?

Jumping to Higher Timelines:

Sometimes you need the help of other people to jump to higher timelines. Whether it's career support, financial support, encouragement, home/cleaning support or something related, sometimes you need other people to help lift you up.

This also relates to reaching out and getting the help of a therapist, coach, or healer to assist you with your spiritual growth.

Over the last 16 years, I have relied on the love, support, guidance, teachings, and healings of many healers to help me jump to higher timelines.

Whether I was going through a hard time in my relationship with my Twin Flame (who you're being introduced to vaguely

My Mom Wants to Speak to Me

April 30, 2010 —

My mom wants to speak to me, but I don't want to speak to her. But it's not just her I don't want to speak to; I don't want to speak to my father or grandmother either.

It's nothing personal. I guess I'm just not in the mood.

I'm not in the mood for the typical way we chit chat with the "What have you been up to?" and "What are you doing with your life?" dialog.

That bores me these days.

I'm not in the mood for it anymore and I realize it drains me.

And when I think about it, I don't want to discuss my career with my parents anymore either.

Sure, I guess I'll share things with them here and there when I feel like it, but the way things have been going over these (almost) two months, I haven't had the desire to share any of it.

Not the good, not the bad. Nothing.

I don't want their energy on my stuff anymore. I don't want to hear their comments. I don't want to see their looks. I don't want to be approved of or disapproved of by them.

And I definitely, definitely don't want to "check in" like I've done in the past, like one does when they're a teenager.

Sure, I know they mean well, but those times are over for me. They're too involved and there's really no reason for me to be sharing like I used to anymore.

Now, as for topics I can and will talk about to my mom, I don't know. And again, for now, I just don't feel like talking to her.

I know this creates fear and abandonment issues for all of them — my mother, father, and grandmother, but it is the way it is.