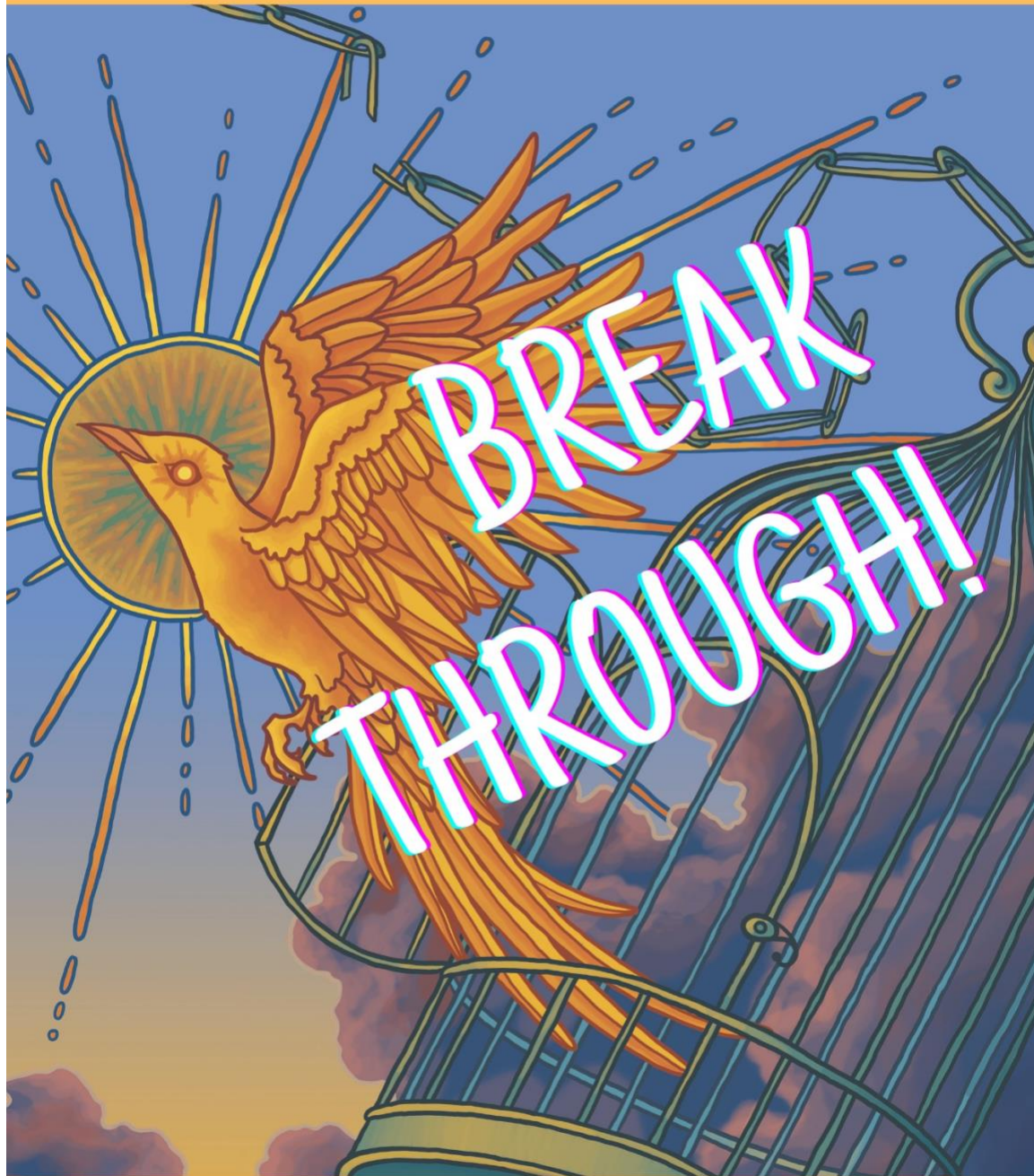


***A Complete Guide for Getting Unstuck
and Realizing Your Dreams***



Victoria Loveland-Coen

BREAKTHROUGH!

A Complete Guide for Getting Unstuck and Realizing Your Dreams

Victoria Loveland-Coen

Copyright © 2020 by Victoria Loveland-Coen

All rights reserved. No part of this book may be reproduced or used in any manner without written permission of the copyright owner except for the use of quotations in a book review.

Email: Victoria@ManifestYourGood.com

www.Breakthrough2.com

Introduction

It was early fall. The Unity Minister's Regional Retreat had just concluded. It was a gorgeous time of year on a pristine lake in the mountains of Western North Carolina. The musical guest was awesome. The keynote was empowering. My workshop the day before was well attended and everyone reported that they received something truly valuable. Filled with an equal amount of joy and exhaustion, I walked back to my room after the evening program with a new member of our spiritual community. I liked this new member. She was sharp, stylish, successful, and had fallen in love with our community. I felt a friendship forming. When we reached the inn, she stopped me and said, "I hope you don't take this as criticism, but I have been wanting to ask you something."

"Ask away," I said, cautiously curious.

"Well, I've been thinking about our spiritual community, which offers a beautiful example of how to live lovingly and peacefully. It also teaches us how to use universal spiritual laws to achieve a joyous and successful life, and yet there are a lot of people who have been attending a long time, but they still seem to be struggling in one way or another, either with money, or relationships or career fulfillment. Why do you think that is, Victoria?"

I think I stumbled back a bit and took a long pause. It's not the first time I've been asked this. My husband has brought it up repeatedly. Secretly, I've questioned it myself. I've wondered why people who attend our service, even those who attend regularly, seem to be stuck in the same place. Some do experience significant growth, and that's a beautiful thing to witness. But many still struggle with the same issues, year after year. I've always attributed it to how much effort the spiritual seeker actually brings to the table. There does seem to be a direct correlation between doing the work and experiencing transformation.

This is the answer I pulled out of my mental drawer and offered my friend. "It really comes down to how much the person is committed to doing the work...how committed they are to daily spiritual practice. Many people just come for the social aspect. It's great being around positive, heart-centered folks, and perhaps that's all they're looking for. Others are truly suffering and

desperately want their lives to change. I see them attend Sunday service once or twice a month expecting some powerful juju to magically rub off on them. When it doesn't, they move on. 'Must be the spiritual community didn't really work for me,' they think, and choose another church, or try a different spiritual path, or new type of therapy. Yet, they remain stuck. I know because I've run into them—sometimes years later—and they're experiencing the same issues. They're really not committed to change."

That answer seemed good enough for the moment. We said goodnight and I walked back to my room. I wanted to get a good night's sleep as I had a long drive ahead of me the next morning. But I couldn't sleep. Her question kept rolling around in my mind. My answer seemed so incomplete, so feeble. "There's more to this, Victoria," I kept hearing in my head. "Yes, but what?" I know the "work in/transformation out" equation holds true for some. I have seen quite a few individuals, whose lives were in utter chaos, come into our spiritual center and begin to pour themselves into the classes, workshops, and group meditations. They do the work, commit to spiritual practices and, over time, their lives change—at least some aspects of their lives. There is commonly one thing that will not shift no matter how committed they are, and it is generally the one thing that, to them, is the most painful. This is when I hear the refrain, "Why isn't this working?"

Why, indeed? What does it take to break out of repeated patterns of lack, limitation, and loneliness? What is the "magic formula" for realizing our heart's true desires? There is none. Anyone who promises a magic formula is not being honest—at best. Believing that there is a "formula" for realizing our dreams and continuing to search for that elusive "magic pill" only keeps us trapped in our pain and can lead to self-loathing. We're tempted to think, even if unconsciously, "It must be me. I must not be doing it right." Or, "What's wrong with me; why can't I be more disciplined?"

What is the key that unlocks the prison in which many of us find ourselves, despite our efforts to visualize the good, affirm abundance, meditate, practice gratitude, create action plans, and implement those plans? These are the necessary tools, we're told, which will enable us to create the life of our dreams. And why, even when we've had a profound realization of our oneness

with Source, does that not translate into an experience of unshakable peace and limitless funds in our bank account?

Why is healing elusive for so many? There is no simple answer, of course. Breaking free of long-standing issues that hold us back from living a joyous, love-filled, healthy, and successful life is a process that requires quantum growth in consciousness coupled with a commitment to spiritual practice. Ooh, there's that word, *commitment*. Why do so many have difficulty committing to practices they know will transform their life? Clearly, there is something essential missing.

My book reveals that missing piece by answering the question for all of you who are stuck, disillusioned, and crying out, "I'm doing the work, so why isn't it working?" If you're engaged in practical spirituality but are frustrated your expanded awareness is not translating into an experience of loving relationships, increased prosperity, success, and peace in your life, then read on. And, if you are new to a spiritual path, or to this way of thinking, then wonderful—you've got less to unlearn!

I know this because I missed it myself throughout the forty-plus years I've been on a spiritual path. Initiated into Transcendental Meditation at the age of sixteen, I have continued that practice all my life. When I was a teen, my mother and I attended a spiritual community in San Diego where I immersed myself in esoteric studies. I took classes in inner sensitivity, aura reading, and the power of the Divine Feminine. In the 1970s, I started doing yoga when it was still considered weird. It was in one of those classes, chanting "Om" with thirty other people, when I had my first mystical experience. I read all of Ernest Holmes's books, including *The Science of Mind* repeatedly throughout my twenties. I did EST (Erhard Seminars Training). In the late 1980s, I studied *A Course in Miracles* with Marianne Williamson when she lectured at the Preview House in Hollywood. I attended the professional Religious Science Practitioner Training at Agape under Rev. Michael Beckwith, becoming a licensed practitioner in 1997. After attending One Spirit Interfaith Seminary, I was ordained an interfaith minister in 2012. I've led a Unity congregation for eight years, and have taught meditation, as well as classes in prosperity, affirmative prayer, forgiveness, authentic living, and more. A few years later I was ordained as a Unity minister. I wrote a book and designed a program incorporating many of these teachings

entitled, *Conscious Co-Creating*. Years of training and practice, and yet, there was an important piece I was missing.

I eventually grew by applying the spiritual wisdom I gained over the years, and saw that growth reflected in my experience. My commitment to daily spiritual practice keeps me centered in a peaceful, loving place...most of the time. In fact, in all but one area (which I discuss throughout the book), I had completely transformed my life. But it was a painfully slow process, one that included being stuck in the muck on quite a few occasions. And, as I previously mentioned, there was that one painful area that did not shift, despite my efforts to apply all the spiritual methods I knew. It did not shift *until I finally understood the missing piece and then developed practices that integrated that essential understanding*.

I slowly began to discover the whole premise of personal growth is flawed. Applying techniques of practical spirituality that we believe will change us, heal us, and bring us happiness are, at their core, misguided. It presupposes that we are “not okay” to begin with. It unintentionally sends a subliminal message that we are incomplete, don’t have what we need, and must be fixed. It is this sense of “needing to be fixed” that keeps people trapped in a never-ending cycle of expectation and disappointment. That soul-crushing lie is just the beginning of the problem.

Breakthrough! reveals a comprehensive, step-by-step program for effectively releasing stuck energy that has choked off the growth of your authentic self, so you can embrace radical self-acceptance. You’ll become aware of the pervasive influence of the collective unconscious and heal the patterns and shadows that have kept you stuck. As you begin to reintegrate your full self, you will discover and embrace the highest vision for your life, while learning to play in the energy of the answer. As a result, you will realize your full Divine Potential.

Know that my love and prayers are always with you on this journey. Let’s get ready to set free your powerful and magnificent self and start living your dreams!