

BECOMING A MASTER DATER

7 STEPS TO LOVING YOURSELF
SO YOU CAN CALL IN THE LOVE
YOU DESIRE



LAURA MEDRANO

This book does not replace the advice of a medical professional. Consult your physician or mental health professional before making any changes to your diet, lifestyle, or regular health plan.

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Dedication

*This book is dedicated to my younger self,
she was lost and didn't know
how to navigate her way through the world.
Despite all of this, something
beautiful emerged from her mess.*

***Self-forgiveness**, even when we don't
have all the answers, allows us to uncover
our true inner power and authenticity
so we can offer it to the world!*

*My intention is to show you how to
love yourself
(the way you wish they did).*

*The journey can sometimes be painful,
but the rewarding gift lies ahead if you
are willing to do the work...*

You are worthy!

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Introduction: One Day or Day 1

And just like that, I was almost 40 fucking years old and this was not the way I had planned it. Heck, that's what I get for never planning anything at all. I thought by this point I would have it all figured out. I told myself I should have known by now how to have a stable, healthy relationship, and it wasn't supposed to look like this.

I was broken— I mean BROKEN— another failed relationship down the toilet. I was done feeling depleted and devastated from another heartache. I was physically sick, I couldn't leave my bed unless it was to puke or look at the clock in despair, hoping it was just a nightmare and I was going to wake up.

I was numbing myself out for the previous umpteen years and I knew, I just knew, that the little voice inside my head continuously whispered "you've gotta wake up girl, take a hard look at yourself, and make some changes." But I was clueless about where to begin.

I also knew that hard work lied ahead. And something else told me, in order to get the kind of relationship I wanted, I was going to have to do the heavy lifting myself. I was going to have to face all my shadows and deep dark scary stuff that I had stuffed away into a little container for far too long.

So right then, in my darkest of moments, I decided to get to work. I was clueless about what work I needed to do, but I had to start somewhere. So, I spent the next few days crying my eyes out, not eating from the world-famous "Breakup Diet".

I was going to do everything in my power to have my Day 1. The change was starting now. I picked myself up off the floor and decided to heal myself from the inside out. What that was going to look like from this point forward, I didn't care, I just knew that it wasn't going to look like this.

"How's that working for you?" Sounds like the famous Dr. Phil quote!

If you are reading this book, there is no coincidence that you have found yourself here for an excellent reason. Don't worry, I'm not here to shame you, this topic is very familiar to me because I was guilty of being "that girl".

I invited in unavailable toxic men to validate my self-worth, or tried to “fix” a broken person, or simply tried making a match with someone who was definitely not a match, and I was settling for less. All of these were no longer working in my favor.

I’m about to share with you some of my not-so-proud moments, but I’ll also give away some golden nuggets on how I turned my life around, and how you can too.

I started to treat myself like the queen I knew was, dormant inside of me. I know far too many women that are intellectually smart but make bad decisions when it comes to the men they pick as their significant other. I’ve spent countless years trying to help everyone else, but I didn’t know the secret key ingredient was inside of me all along.

I had to focus inward, heal myself, and give myself the biggest gift of all, **Radical Self-Love**. I realized that the key to a healthy relationship wasn’t about finding the “Right One”. The common denominator to my issues was me, and it was time to get to work.

In this easy read, I will deliver my method on how I transformed my thoughts, perceptions, and actions about how to give a fuck about myself and become the kind of person not only a decent man would want to date, but the man of my wildest dreams.

Why settle? Are you tired of calling in the ones who need so much work? Think of it as a house. It’s okay to have a remodeled version, but a fixer-upper? Nah, sometimes we don’t need to do the work, instead, the real work to be done is on ourselves!

“I ain’t no Hollaback Girl...This shit is bananas, B-A-N-A-N-A-S.” Remember that song, or am I “dating myself”? It’s a double entendre. I live for innuendos and you see how I snuck that one in with the title of this ebook with a sexual connotation. Sorry to disappoint, but this book has nothing to do with sex, but it has everything to do with the love you have for yourself.

It’s also not a substitute for friends, supporters, or professionals. It is a clear bullet point fast tract to the 7 steps I took to call in love in my own life.

Here’s the method all in one handout, so let’s get going...

Fair Warning: It’s not for the faint at heart, lots of hard work facing that woman in the mirror. It’s one of the hardest things to do. But once you cross that river, it’s going to be a beautiful place.

You can’t put a price on changing your life.

*“The struggle you are facing is a test
to see if you’re committed to the
life that you say you want.”*

Step 1: Self-Care, Self-Care, and More Self-Care

Take a deep breath... Inhale the possibilities and exhale anything that doesn't serve you. Are you ready to dive in?

Overwhelm, overthinking, symptoms of anxiety, depression, etc. all come when we are not taking care of ourselves.

Self-care is not a luxury, it's a necessity.

Self-care is so underrated these days. People become too busy with their lives to worry about taking care of themselves. They make excuses on why they can't fill up their cup. But what they don't realize is that it ultimately does a disservice to all the expectations they have for their life.

Some people think it's selfish to spend time taking care of themselves, I say it's completely selfless! Taking care of yourself has so many benefits that cover just about every other department of your life. And ladies, let's face it, we are the worst at taking care of ourselves first.

Kids to worry about, careers to focus on, household chores to do, and then to try to squeeze in the idea of spoiling ourselves, let alone giving ourselves a break, yeah right!

So guess what, we put ourselves on the back burner...Our favorite excuse is that "ain't nobody got time for that."

Be Real: Do you even have a self-care ritual?

The payoff is priceless when we schedule ourselves in for a couple of hours a week, so let's start with baby steps...

I feel like this example is cliché, but it holds so much value. In an airplane emergency, why do they recommend that the adults put on their oxygen masks first before they help any children? It seems obvious, but for some, it may not be.

You cannot be of service to others if your internal batteries are not charged up. In other words, you cannot save another person's life without attempting to save your own first.

So, shall we begin? The following is my list of things you can do to aid in your own self-care. Also, a reminder, there are plenty of items on the list that *do not cost money*, so I don't want to hear excuses.

No complaining allowed here! Haha! Okay, you are allowed to complain for about 10 minutes to get it out of your system, then it's straight to work with being proactive and finding solutions. *Dust yourself off and let's go!*

The more you are calm, centered, and balanced, the more you will attract a calm, centered, and balanced life.

What can you do to nourish your soul today? I'm not just talking about physical actions, but emotionally and mentally too.

Laura's Self-Care Ideas:

- ♥ Get outside and into nature
- ♥ Get a massage
- ♥ Lay by the pool
- ♥ Go to the beach
- ♥ Play in water
- ♥ Read a light-hearted book
- ♥ Go for a hike
- ♥ Cook a homemade meal
- ♥ Dance with your kids
- ♥ Ride a bike
- ♥ Journal
- ♥ Crafting, planting, painting
- ♥ Call a friend
- ♥ Take a yoga class
- ♥ Give yourself a facial
- ♥ clean out some clutter
- ♥ Take a time out for peace and quiet
- ♥ Laugh your ass off

Name 3 people you can reach out to when you need a self-care partner:

- 1.
- 2.
- 3.

Just imagine how much better you will feel once you tackle taking care of yourself. Once you feel better, you do better! When you feel good, that's an invitation for joy and happiness to enter your life. It's amazing what unfolds next when you feed yourself through positive actions and self-love.

“Some people think it's selfish to spend time taking care of themselves, I say it's completely selfless!”

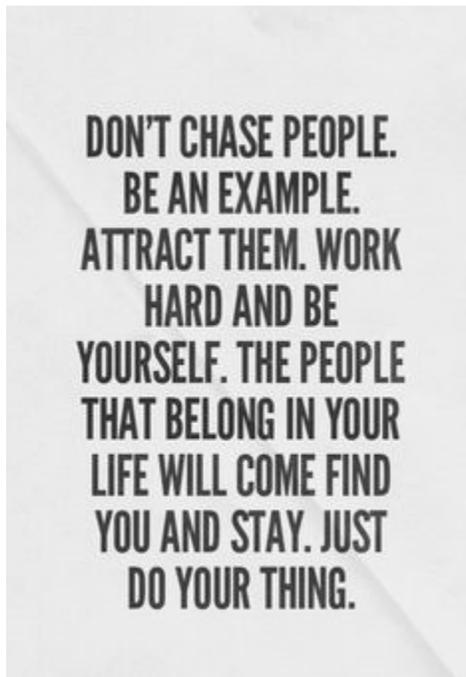
Step 2: Be Your Authentic Self— No One Can Do You the Way You Do It, So Stop Dimming Your Light

“I had to be ME” — Laura Medrano

Textbook definition of *authentic*:

1. Not false or copied; genuine; real;
2. Representing one’s true nature or beliefs; true to oneself or the person identified

The world doesn't need more robots, it needs YOU, exactly the way you are. No one can do what you do in the way YOU do it. You are special and you shine brightest when you are being true to yourself. The results? The right people will gravitate and stay. That also goes for relationships and attracting the right person.



At the end of the day, we are stuck with ourselves for the rest of our lives, so we might as well live in our truest form and make the best relationship with ourselves possible. If we spend the time worrying about what other people want for us, then we are doing such a disservice to ourselves and the world. *Why dim our light?*

When we are living in our truth is when we feel our best, and the right people will be attracted into our lives. The best news is that everything we need to be authentic is already inside of us. Whether we choose to use it is solely our decision. But, when we choose to use it, it's so liberating and freeing, and nothing feels better than living in authenticity.

People can tell. They intuitively know when you are hiding, laying low, and when your energy is different. But when you are authentic, you radiate a GLOW, a bright light that shines because you are living authentically in your best life.

Sometimes the worst thing about you becomes the best thing when you are being authentic.

People-Pleasing. Saying NO to Them, Saying YES to YOU.

Do you have a problem with saying yes to others when you never even wanted to in the first place? It's called *people-pleasing syndrome*.

I was guilty! I mean fuck, being an empath, I wanted others to feel joy, and if I were the responsible party, then, of course, I was going to say yes, even if that meant dread, pain, discomfort for myself!

The downside of people-pleasing is getting sucked dry, like draining out your internal battery, which is no bueno. Why sacrifice yourself to please others, when at the end of the day, we are all stuck with ourselves. *Shouldn't you fill up your own cup instead?*

Judgment

Every choice we make sabotages or serves us.

We all have a basic human need for validation, BUT it can get in our way of being our true, authentic selves. When we worry about what everyone else thinks, it shrinks us into conforming to others' ideas of what we "should be" according to them.

It's all in the same wheelhouse as embarrassment and vulnerability— if they see the real me, then they won't accept me. **Not okay in my book! ;)**

The icing on the cake? **The Unspoken Rule:** When YOU live as your authentic self, it permits others to live their true authentic lives. People take comfort when they see themselves in others. It's a ripple effect that can reach farther than we ever know.

Another Bonus: *When you are authentic, whatever is meant to be yours will be yours.*

Journaling Exercise

Make a list of 10 things that make your heart sing. Then evaluate how many of those 10 things you are currently doing.

Pick one that you answered NO to and ask yourself how you would feel if this was a YES. Sit into that feeling.

Step 3: Healing Past Traumas and Old Habits **With Shadow Work**

This chapter should be a book on its own—actually, it is— but I’m only going to briefly touch base. So, remember these bullet points and how imperative they are to calling in a healthy relationship.

There is an array of healing books out there, almost too many to recommend, but this is the true sweet spot to calling in the love you desire.

Whatever you do not heal, you carry over to your next relationship. It's like a flesh wound; it's okay to come from a place of a scar, but not okay to have an open bloody mess. Take the time to heal with shadow work.

What is Shadow Work??

This topic can go deep, but I’m just going to give a simple brief overview. Everyone has a shadow. First and foremost, it's the side of yourself that often is hard to face head-on, a part that you have suppressed because it's viewed as “bad” or because a moral judgment has placed on. Sometimes our subconscious pushes old traumas down from childhood or past experiences and it resurfaces in some not-so-pleasant expressions or habits.

If you decide not to feel the emotion while it's present, then you subconsciously sign over your rights to heal it. Shadow work is when we become aware of this side and shine the light on the shadow self. We have to learn how to love the side of ourselves that we have disowned.

For example, It's okay to feel anger, because that's where passion lives, but if it's suppressed then it might show up later in unhealthy behaviors and patterns.

Another example: It's okay to show a sexual side of you because that's where creativity lives, but when suppressed, one might form an unhealthy addiction to sexual behaviors.

Think of something that triggers you in someone else. Do you know what's happening? It's basically a mirror reflecting right back at you the thing that you need to work on.

First, ask yourself: What am I judging in this person that I'm actually judging in myself?

Then, ask: How is this teaching me a lesson about myself that I must learn? We cannot change something unless we are aware of it.

Remember: This Is Imperative!

- ♥ **The more you heal, the less you trigger**
- ♥ **As you heal yourself, you heal the world**

Step 4: The Power of Writing It Down, Manifesting, and Meditating

Make a manifestation list right NOW.

Write every single desire in detail and remember to be *very specific*. The universe doesn't comprehend the word "don't", so please only write the people, places, and opportunities you are calling in, not the ones that you don't want.

DO SAY- "I'm calling in a loyal man"
AVOID SAYING- "I don't want a cheater"

The intention is EVERYTHING. Focus on what you are calling in. Feel into the desires as if they are currently yours, and refrain from using the word "want." Act as if it's meant to be yours already. Ask for this desire or something better.

When I did this for my relationship, my list was SO detailed. I wrote it over 2 years before my soulmate came into my life. I wrote down 52 things I desired in my ideal man.

And GUESS WHAT?? **Every single thing** came true from that list. *It's that powerful.*

Meditation is Key

Sooo....Do you meditate regularly? You know, not only does it clear your head, calm, and relax you, but it allows your subconscious to communicate with you and call in the life that you were meant for.

Personal Share...

I SUCK AT MEDITATION! Now, I'm going to rephrase that and say, 'I'm challenged'.

Words we chose are imperative.

I was never that good at quieting my mind. I had stuff to do, and how could I have time to sit down when all I could think about were the chores I had to do, what time I had to

pick up my son from school, then off to basketball practice... And oh yeah, what the heck should I make for dinner, and what time is it?? ADD at its finest! Oh, look, purple squirrel.

It's just like anything else in life, it takes practice. No one comes out of the flood gates in life and starts meditating like a Buddhist monk on top of the Himalayan mountains. Give yourself a break.

Start with 5 minutes a day.

Instead of picking up that cell phone of yours and checking social media, start with a short guided FREE meditation on YouTube. It's that easy. Baby steps, just like a marathon runner. She doesn't enter the race without practice, she starts with walking, jogging, running short distances, then the damn marathon. Same concept!

During my singlehood, I continued doing the work on myself to heal and become the woman I would want to date. I was feeling called to do a love/abundance meditation and thought it was so ridiculous, but I went ahead with what my gut was whispering at me.

I felt ridiculous asking my subconscious about my love life. I started meditating on what I desired to call into my love life. I felt like I was ready, and SO I DID IT.

Well, the message I received was "IT'S ON ITS WAY"! So, I wrote that message down and proceeded along with my life. As I was doing these meditations a few times a week about LOVE, it gave me a great amount of comfort and peace to know that I was ready to call in the big love and that it was on the way; I just had to be patient.

NOTE THIS...

The universe will start moving things for you once you decide you want the good life. **But first, you have to decide.** It's like a train that gains momentum: It starts off slow but charges up and is so strong and powerful once it gets going.

Step 5: Be The Reflection

***“You don’t get what you want, You get what you are.”
– Wayne Dyer***

Literally, ask yourself “what kind of person would date me?” and “Would I even date me?” You attract what you are, not what you want. Become the person that you would want to date.

For example, you want someone who is loyal, yet you have an issue with being loyal yourself... *WTF is that?* Your desire doesn't match up with the vibration you are putting out.

We are all on a particular frequency. Imagine a radio station’s channels, they are all existent, but we can’t hear them all because it depends on our location and we have to be tuning in.

So, when it comes to relationships—including the one you have with yourself— get on the level that you desire to call in. Show the universe that you are exactly that person you are calling in. How, you ask? *Well, it all starts with your thoughts and mindset.*

Stories you tell yourself become your reality. Just because you were told something since the day you were born doesn’t make it true. Choose wisely with how you speak to yourself.

What we give attention to expands—you know, the Law of Attraction— this is how to change your reality. Learning to become aware of where you place your dominant thoughts is the key.

Take yourself out on a date, spoil yourself.

I was single for a LONG time and I was almost forced to show myself a good time. If I wanted to go to a concert, I didn't wait for a co-pilot, I bought the ticket and went solo. If I wanted sushi for dinner, I didn't wait for an invite, I got dressed up and took myself out for the evening.

Bonus: Whenever I went solo, I was more aware of my surroundings, and sometimes I would fall into a lovely conversation with a complete stranger, or notice something about the ambiance that I would have never seen had I been with another's company.

How to Shed the Weight of Those Limiting Beliefs

Definition: A **limiting belief** is a state of mind, conviction, or **belief** that you think to be true that limits you in some way.

This **limiting belief** could be about you, your interactions with other people, or with the world and how it works. **Limiting beliefs** can have a number of negative effects on you.

Examples of Limiting Beliefs (LB's):

- Lack of worthiness
- Fear we are not good enough for someone else
- Fear of not being loved/being unlovable
- Fear of rejection – generally leading you to avoid relationships or people-please

Let's face it, LB's weigh us down and keep us from achieving what we desire in a relationship. How do we break the cycle of a pattern that has been ingrained in our minds for a lifetime?

LB's usually start when we are young kids, into our developmental years; it's the tapes that we play over and over in our minds as to why we can't get past a block or accomplish something that we want to achieve.

Personal Share...

A personal example of a limiting belief with my previous relationships was that I always sought out the guy who "needed" me, or so I thought. **Eye roll.**

I saw the "best" in him and he could definitely use a little fixing up. Basically, he was broken...I mean, now looking back, so was I.

But I didn't find value in who I was because I hadn't mended my wounds that came from childhood into my teenage years, until I reached adulthood. I carried those limiting beliefs with me and lacked self-love and self-worth.

Now looking back in retrospect, I had to do the WORK. It takes work, for our entire human existence is to learn and gain wisdom.

So, give yourself a break. You're not alone in this.

I finally now see proof of my progress on how far I've come. Not just in my relationships but in my own healing journey too. I am not the same person I was 10 years ago.

So, when you take a look at the bigger picture, give yourself some credit where credit is due.

Journaling Exercise

- Make a list of 10 LB's
- Now deliberately change that LB into a positive thought, change the language and the words you're using to describe it
- Pick one that resonates with you and write it down on a post-it note, then place it somewhere that you'll see every day (*i.e.: the bathroom mirror*)
- Say the thought out loud 3 times per day for 21 days in a row.
IMPORTANT: This needs to be done every single day for 21 days, do not skip a day!

Step 6: Having Gratitude

Stop complaining! We as human beings have a tendency to complain as a way to vent or release the things we get frustrated about.

I get it. As much empathy as I have for others, I feel their pain; but on the other hand, I'm also a "DOER". I like to think of solutions and be proactive and figure out how to manage a problem.

I wasn't always that way though. It took some inner work for sure. But what does complaining really get you? Oh, let me spell it out... N-O-T-H-I-N-G (*but a headache*).

The no-brainer secret is to be **grateful**. When you are thankful for all the magic that you already have in your life, it gives the universe a cue that you know how to treat it, so it wants to provide you with more.

Think of it as a parent teaching a child about responsibilities. No parent is going to buy another gadget for their child when he or she doesn't know how to treat the first one.

It's the same with love and being grateful for what you already have. Show your gratitude in everyday practices, whether that's in prayer, writing, expressing yourself to family, friends, and others. Heck, be grateful for being single and independent and for learning how to have a relationship with yourself. **Being grateful allows for more goodness to flow in.**

Gratitude is one of the highest vibrations.

Why would the universe give you more if you don't appreciate the blessings in your possession now? Think about that. Negative energy doesn't exist in an energy field of love and gratitude.

Let's take it a step further... What about being grateful for your struggles, because without them, you would have NEVER come across your strengths. *Perception is everything.*

When you are happy with what you have, that's when the universe will provide more. Find the joy in the smallest things and the love will grow!

I truly feel that my past relationships went wrong so that I could appreciate how it's now going right. I have something to compare it to and I would never want to go backward. While I worked on myself, I knew I was so blessed to have the time alone to build myself up and become the Master Dater with myself! I'm so grateful and have much appreciation that I will treat the relationship I have now like GOLD.

KNOW THIS...

Catch yourself when you say something that you do not want. Flip it around and rephrase it with something that you are grateful for.

“I truly feel that my past relationships went wrong so that I could appreciate how it's now going right.”

Step 7 - Let It Go and Surrender

Straight Out: No sugar coating here. Let it go, surrender the idea to the universe, don't be attached to the outcome. If it doesn't arrive, be okay with the results either way. Be whole and complete no matter what happens. *Spirit decides on timing.*

Make room for the right kind of love to enter by clearing out the clutter and let it go for the universe to decide on timing.

For me, I let go of control (without knowing a damn thing about surrendering), but I lived my life doing the things that made me excited.

The lesson here is when you let go of control and surrender to outcomes, it creates room for love to fit into place. When you get rid of clutter, emotionally and physically, you make room for the unthinkable and beauty to enter your life.

PERSONAL SHARE...

I was on a dating site, and I was so quick to say no to the guys that acted as if they wanted just one thing. You know what I'm talking about. SEX. I raised my standards, set boundaries, and cleared out any man who was not ready to date with the same intentions as I.

Was this coincidence? I think not...Hell, I don't believe in those in the first place. ***It was synchronicity.*** Once I got rid of the old crap and got more into alignment for my ideal love and relationship, they began to unfold before my eyes.

Synchronicity is like a wink from the universe to guide you. The universe is always giving us signs, and it is solely up to us to notice (if we are paying attention). The more aligned you are with your true essence, the more synchronicities the universe will find a way to show you.

Rise & Repeat: Radical Self-Love and Compassion for Yourself

In the past, I consumed my time with being concerned about everyone else. Now it's finally time that I'm DOING ME!

If you don't fill up your own cup first, then how do you expect to fill up others? It's like the oxygen mask on an airplane analogy I discussed in the beginning. Put yours on first before you can be of service to anyone else. *How do you pour from an empty cup?*

Bottom line, we are stuck with ourselves for the rest of our lives, so we might as well make a great relationship out of it. You might be alone, but not lonely, and that's the difference.

Let's build a better YOU and you will learn so much about yourself in the process. I'm still doing this, it's an ongoing process. It's not a destination, it's a continual deliberate practice we make time for every day.

Shine your light on the world...It all starts with having mad LOVE for yourself!

One day or Day 1, YOU DECIDE! You are the boss of your life! Let's start with loving ourselves!

1 Favor: Think of 1 favor you are going to do for yourself today and DO IT! When you take time out to care for yourself, you prevent yourself from becoming fragmented into tiny shards, and open up the path for your authentic self to shine through!

No One Will Love You Like You Love You

“You are complete and whole exactly as you are.”

–Laura Medrano

If there are only a few takeaways from this book, please put this little golden nugget in your back pocket...

Love yourself unconditionally first, flaws and all.

No one can take that away from you. You are complete and whole exactly as you are. Once you have that down, the cherry on top is manifesting the love of your dreams.

By this exact process, I have invited in not only my soulmate, but the man who was designed by the Divine for me. We fit like puzzle pieces.

Quite serendipitously, he was not only my very first kiss (peck) in 6th grade, but we have had such a magical reunion 30 plus years later, **because** of the radical self-love practices that I incorporate into my everyday life.

From self-care, to being my authentic self, to healing my past, journaling, using manifestation tools, meditation, being grateful, and surrendering control, this all became my beautiful reality.

He accepts me and loves me for EXACTLY who I am, and we have formed a healthy substantial pillar of true love that is unexplainable. I have zero regrets because I did the “work”! The work on myself to heal from old relationship patterns and I wasn’t going to settle for anything less. **He came into my life when I least expected it, but when it happened, I was ready to call him in.**

Life comes with many obstacles and isn't perfect! But the point in sharing this message is to never settle or be okay with “good for now” AND to do the work on yourself first! It’s so worth the wait.

Extra Bonus Points: I have learned how to use love in everything that I do, even in the things and experiences that still trigger me, including myself.

“I choose to respond with LOVE, the highest frequency vibration that exists!”

About the Author



Laura Medrano is a First & Second Degree, as well as a Master of Usui/Holy Fire I & II Reiki System of Healing Energy. She has also completed her Psycho-Spiritual Alchemy™ Coach Certification Program as a Spiritual Life Coach and Intuitive Healer.

Laura is currently working on publishing her first personal development book, where she shares her personal experiences of struggle to guide others on their journey to stepping into their purpose. She is an activator with a contagious enthusiasm that will catapult anyone with the desire to be the best version of themselves.

This fun-loving Cali girl considers herself to be “The Enlightened Bartender” since she spent many years in the hospitality industry and loves connecting with people from all walks of life.

Since then, she's transitioned into fulfilling her life's purpose by sharing her gifts of bridging her experiences and personal struggles to help others get unstuck so they can start stepping fully into their purpose while getting excited about their future.

Since 2018, Laura has worked 1-on-1 with clients to tackle and overcome personal issues so they can live a life they love. She's hosted group events such as mindfulness and self-care teachings, teenager group circles, and has even taught kids the importance of positive affirmations and meditation.

Laura lives in Southern California where she raises her only son and enjoys being in nature, sparking people's excitement, spreading love through her healing practice, and sharing her knowledge with anyone who is craving change and fulfillment.

Laura's Mission: Healing from the inside out!