

Book 2: Dating Up

Repairing My Foundation

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Prologue

By the time you finish this book there are three things that I would like for you to take away from it. One:

You are a whole person alone. You were born equipped with all that you will need to survive in life.

You were born complete and it is up to you to keep yourself on full throughout your entire life. Two:

Between each relationship you must take the time necessary to make sure your foundation (you) is always in top notch shape. Fix any cracks (hurts).

Level any shifts(disappointments). Adjust any miscalculations (incorrect, bad teachings & upbringing). Three: God didn't intend for us to live a defeated life. It doesn't matter what you go through, you were created to walk in greatness. It is up to you

to decide when enough bad is too much; enough to realize when it is unhealthy; enough to finally walk away.

Most of all, always remember to never give away your power to be joyful and to live in peace to anyone, ever!

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Let Go and Let God Take Full Control

Release it from your thoughts. To let go of something, to give over your control is easy to say but very difficult to do. How many of you hold tight to ideas that something must happen to feel joy or to live in peace? Many feel this mystery joy and alluding peace will happen if they get that dream job, find that perfect spouse, have a baby or buy a home. If you think about it, it's a never-ending cycle. More value is placed into things and other people rather than into investing self. There will always be bigger and better jobs, homes, basically anything that is man-made and accumulated. Love will be found and lost several times before it is finally figured out. However, there will only be one you.

How many people claim to believe in God but still live a stressful, depressive life? They claim to have faith in the word. Prayers are spoken, often even requested but as soon as they get off their knees or

raise their bowed heads, God is shifted into the back of the mind. Almost like an afterthought. Instead of believing with the same Sunday morning faith that many display on a weekly basis. A lot of people pray with limited hope rather than faith.

For me, personally, the shift came when I decided that I have too much to do to be consumed with something I cannot control; Either I was going to fully trust in the guidance over my life or I was going to be a miserable person, consumed in confusion and doubt.

To let go is not saying you don't care. To let go is saying you do care but at the end of the day some things are beyond your ability. Sometimes you must say to yourself, "I am giving it to God to finish from here. I've done all I can. Hopefully I didn't mess things up too badly before realizing it was beyond my understanding." After that just believe and proceed on with your life.

Let go of all your worries. Let God sort them out for you with the understanding that when it is worked out it may not be worked out to what you wanted or how you wanted, but it will be what you need. God doesn't want any of us to be unhappy so although things may not work out as you envisioned, it will work out better than you could have imagined. You will gain wisdom and hopefully some peace.

What does this have to do with dating and relationships? I know someone is probably wondering just that. Well, it has everything to do with dating and relationships. Some people approach dating and relationships as if it is a separate entity. As if when the 'perfect person' is found then life will finally begin and they can finally show up, wake up and forget all disappointments up until that point. They feel they can finally live life at a full capacity. Not quite realizing that in everything they do, they carry along themselves. Who you are alone, is the same person you will be in a relationship. Romance is

not a cure-all. There is no running or hiding in any area of life. You need to learn to show up, fight and reap the rewards in all life's battles. The events that happen before and after relationships helps to evolve and sometimes mend relationships.

The only kind of love that can heal your wounds, cure your disappointments, and mend broken hearts is self-love. It is a love beyond understanding. It is a love that can only be familiarize through the guidance of a higher power. It is the love developed from the above mention battles.

The lack of self-love breeds disastrous personal relationships. I know most people have heard the saying, "who you are is who you attract." This is a very true statement. I have lived it. The more disappointments we encounter in life the more we become vulnerable to delving further and further into sadness; into a darkness. Especially when there is a lack of teachings being taught and shown in action on

how to get to rooted issues. This is something learned from ones' surroundings.

Rather than letting go of pain, people tend to take a gripping hold. Often creating a root for something that was supposed to be temporary. All the pain and disappoints you refuse to let go of is carried into all areas of your life, especially your love life. Holding on to these past hurts and disappointments also shape your foundation. It shows who you are as a person. It will cause you to attract and choose unhealthy partners. It will be the reason you cannot see your true worth. It will be the reason you will see darkness as your truth and lightness will be a lie. Lightness as in pursuing an everlasting, healthy fulfilling relationships. It will be thought to be unattainable.

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