

Foreword by Christine Kane, founder of Uplevel You

# The Universe F♥cking Loves Me

**GETTING OUT OF YOUR WAY  
AND INTO YOUR FLOW**

**SARA AREY**



The Universe  
F♥cking Loves Me



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Getting Out of Your Way  
and Into Your Flow

BY SARA AREY

## UN-SETTLING BOOKS

Boulder, Colorado USA

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## Advance Praise

*You can feel Sara's smile, joy, courage, vulnerability, and acceptance of you and herself in this book. She gives us simple, practical ways to bring ourselves and our gifts to the here and now with her for-real, been-there-done-that understanding of what we're going through. Her experiences have been all the way from sad and touching to funny and "no, duh!" Sara's warm welcome for us to shine comes right from her heart...along with the powerful love from the Universe.*

—Tapas Fleming, L.Ac.  
Founder, TAT<sup>®</sup> at TATLife.com

*If you've ever felt stuck in your own stuff, read this book. If you've ever felt like you're in your own way, this book is for you. For anyone who hasn't had the good fortune to work with Sara in person yet, this book is a powerful intro to that experience—and to the difference it makes in your ability to show up in your own life.*

*For those who feel stuck in their own stuff, including the growing number of people—like me—who've been lucky enough to experience Sara's work first-hand, this book is a wonderful resource and handbook—a reminder of the empowering concepts of Sara's Refuturing Process, coaching prompts you can put into play immediately,*

*powerful metaphors that open your mind, stories that give you insight—AND it's a great read!*

—Deborah Henson-Conant

Grammy-Nominated Composer, Performer,  
Speaker, & Coach at HipHarp.com

*Ms. Arey has written a guide for all of us who think we've broken the Law of Attraction. Far from living in a hostile universe, she tells us, the Universe fucking loves us, just as it loves her. We just need to understand how these messages of love arrive and manifest in our world. And in this gem of a book, she shows us how to do just that.*

—Jeanne Andrus

The Menopause Guru  
and author of I Just Want to Be ME Again!

*If you think the title's great, just wait 'til you read the book.*

—Lori Barklage

Owner, Ancient Art Midwifery Institute

*This book is a must-read for anyone who feels like they've been forgotten or slighted by The Universe. Sara's stories illustrate in a simple and powerful way how the only thing that's real in this world is how much we are loved. Period.*

—Christine Springer

CEO & Founder of Christine Springer Coaching,  
ChristineSpringerCoaching.com

*For Trey, Maylen, and Bri*

*And the Universe*

Thank you for loving me



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# Foreword

By Christine Kane

PRESIDENT AND FOUNDER, UPLEVEL YOU

If there's one thing our funny little egos clamor for, it's a good label. There's nothing like the perfect box to put someone in.

- *“Ah, an accountant. Safe and uninteresting.”*
- *“A hippie. Loose, irresponsible, and needs a better deodorant.”*
- *“A priest. Hmmm, maybe I should walk the other way.”*

Never mind accuracy. Egos want to know how to judge the situation and each player involved.

So, as someone who founded what is now a multi-million-dollar, business-coaching company—Uplevel You—I occasionally have to deflect the all-too-common, left-brain labels that go with the territory. Labels like “Strategy,” “Systems,” “Sales,” or “Spreadsheets.” At a photo shoot years ago, the photographer shouted at me to “look

more like an executive!” while showing me how I should stand: arms crossed in various power poses.

At the same time, I often find myself being asked to justify the spiritual or soul practices I’ve incorporated into my business trainings. A word like “spiritual” evokes a whole different set of categories and rules than a word like “business.” Spiritual people should wear loose-fitting clothes and sensible shoes and talk in hushed, breathy tones. They most certainly don’t swear. Or talk about money. So they can’t be business people. (Well, maybe they run a non-profit, but not with any semblance of order.)

When people find out that I coach my business clients on two tracks—the Strategy Track and the Soul Track—they either turn away like they’ve just met the crazy cat lady on the block...or they seem totally relieved and they lean in. The ones who lean in know there’s truth in the idea that their own energy and mind-set (the spiritual) make an impact not just their business, but their whole life.

Sara Arey had a lot to do with my being able to unshackle the Soul Track from kneejerk labels, solidify it so it could be put into practice, and give it legitimate and equal status alongside the hard business strategies I teach.

Sara was the very first coach I hired at Uplevel You. I’d always been deliberate and unapologetic about incorporating soul work into our processes—it was (and still is) a big reason clients sought us out. (Hey, all the strategies in the world can’t help you or your company if you keep getting stuck in your old stories.) Though I didn’t know it then,

bringing Sara on board quickly became our next step in elevating that spiritual side of our work with clients.

Sara's superpower is unsticking stuck people. With great intuition, and a carefully developed and proven process, Sara gets you out of your own way and into your flow—which, for most of us, is reason enough to read this book.

Working with Sara, our clients learned to reframe expectations into invitations, rid themselves of paralyzing judgment and shame, and turn demanding goals into enticing choices. With Sara, they were able to open to something so much bigger than their restricted egos had ever imagined for them.

Within several sessions, our clients experienced transformative results in their businesses and their lives. Tangible ones such as profit growth. And intangible ones such as personal growth. In those early years, it wasn't unusual to overhear people at our events sharing the "magic" Sara had worked on them. My inbox filled up with OMG messages about her.

Their success was the eye-opener I needed to see that this soul work was more than just a slice of entrepreneurial training—it was its own full track. And clients needed to attend to it and work it just as much, if not more, than the Strategy Track. With Sara's astute input, I laid out the first teachings and tools of Uplevel You's now celebrated Soul Track.

Sara's remarkable ability to help people shift out of painful patterns is, I believe, a direct outgrowth of her world view. Many gurus teach that this life we live is some kind of Universe University, with endless les-

sons to be learned, challenging tests to judge our worth, and success or failure being the final measure. To them, being successful means thinking positively at all times, chanting affirmations with conviction whether or not we believe we can achieve them, and daily striving to be better, bigger, or at least MORE than we are right now, damn it.

Sara doesn't buy into that whole stressful and often defeating way of looking at the world. As she sees it—and as she shows you throughout this book—we're already exactly who we should be. Life is simply our opportunity to expand, to move even closer to our essence and experience the divine within us, if we accept the invitation to do so. And if you're reading this book, I'm betting you've already RSVP'd in the affirmative.

As Sara so often and elegantly states, “The purpose of life is to live.” And in the pages of this book, she lays out positive, sure, and potent ways to do that fully. You learn her subtle and effective techniques—such as Refuturing—to rid yourself of patterns and thoughts that keep you stuck. She teaches you to move forward, not with oppressive goals, but through more centering “I Choose” statements. Mostly, you learn to take joy in life, own your power, be present, and feel to your very core that “The Universe Does Fucking Love You.” And with that, the world—this life, your life—becomes truly yours to experience, to love, and to realize however you wish.

How do I know? Well, I have many hundreds of clients whose successful businesses and successful lives can attest to the revolutionary power of Sara's methods. But

I really know because I have found them instrumental in my own expansion and continue to practice them myself.

So turn the page already. I'm excited for you. Because you, my dear reader, are on the threshold of expansion.



# Introduction

If you're like my clients, you've read about energy and manifestation. You try to live right, to be positive, and to do some good in the world.

And some days, it feels like too freaking much.

You might be like the woman I talked to recently who *loved* the title of this book, saying, "That's it, isn't it? The Universe *does* fucking love me." As the conversation went on, she told me about how hard things are right now, how frustrated she is, how she's read *The Secret* more than once, and it just doesn't seem to work for her. There's both the knowing that she's loved by the Universe, and the sense of not experiencing it in her life—at least, not in the ways she wants to.

I get that. My own relationship with the Universe has been a work in process for a long time.

I grew up in a small Southern town surrounded by family—Mom and Dad, sisters, grandparents, an aunt and uncle, cousins. Not only do we love each other, we really *like* each other. My sisters and cousins have always been some of my best friends.

This should have given me a deep sense of security and well-being. In some respects, it did, and I know I was really, really lucky. But there was another side too.

Ever since I can remember, I've had a deep sense being different, of being out of step with everyone around me. I never felt really *seen* or that I could fully be myself, whatever *that* was.

I went through a time when I was six or seven of going to the front of the house after everyone was asleep and crying so that I wouldn't disturb anyone. I don't remember now why I was crying, except that it felt like my heart was breaking. I have no idea why I didn't tell my parents. In fact, I didn't tell anyone at all until maybe ten years ago.

Another thing I didn't tell anyone was that I was having some strange experiences. One was when I was in my room one afternoon when I was around nine. I was sitting in front of a mirror and felt God's presence really strongly. In my head, in a way that was more knowing than hearing, I felt God say that there was a purpose to my life. I didn't know specifically what that purpose was, but I had the sense that it would unfold over time. I knew that this path wouldn't always be easy, and that it would make a difference. I clearly remember saying somewhat nervously, "OK, I'll do it, just don't make me do it alone."

What I felt then—and called God—I've since come to call by many names, including God, the Universe, the Divine, Love, and All That Is. This presence is so all-encompassing that words seem inadequate and irrelevant. Throughout this book, feel free to substitute the name(s) you like and feel comfortable with.

This feeling of being different and not fitting in continued. Most people didn't know about it. I learned to gloss over it. I was happy. I did well in school and had good friends. And in the midst of it all, there was a deep current of disconnection that led to feelings of resentment and jealousy, which I also worked hard not to show.

Somewhere along the way, I discovered a deep desire to understand life and our greater purpose here. I had a compelling yearning to connect and love in a truly meaningful way. Surface-level wasn't for me. I wanted to be connected to the Divine, to myself, and to others with all of my being.

This desire is so strong that it's made it easy to say yes to anything that might lead me closer to living this way.

When my aunt introduced me to Reiki in 1990, I jumped at the chance to take a workshop and ended up eventually getting my Master level.

When a friend told me about the transformational work of the Landmark Forum, I was at the workshop four days later.

When a friend told me that his wife taught tai chi, I got enough people interested for her to start a new round of classes that month.

When another friend got certified in hypnosis and asked if she could show me what to do so that we could hypnotize each other, I agreed, and we started that night.

## **Reality Strikes**

While all of this was going on, there were other realities too. My husband and I had some real challenges



in our marriage. We had a lot to learn about being in a healthy, happy relationship, and we had some experiences that felt like “real life” crashing in. For instance, we had a daughter, Bri, who was born three months early and weighed just over two pounds. Other than forgetting to breathe so often that she was known as the apnea queen in the hospital, she did well and came home only seven weeks later.

Our second daughter, Margaret Alice, was born even earlier and weighed less than two pounds. She also had a severe lung infection. She died the next day as I held her for the first and only time.

In the first months after Margaret Alice’s death, all I could see was the pain and heartache. I had done everything I knew to do to have a safe pregnancy and a healthy baby. My heart was broken, and I no longer trusted the Divine in the same way. While I loved my older daughter and husband, and felt loved and held by family and friends, it felt like I had a gaping hole in my heart.

I was angry. Angry with the doctors, with Margaret Alice, with myself, with my body, with my husband...and I was really angry with the Universe.

I thought we had a deal, the Universe and I. I thought we agreed that I would do what the Universe wanted me to do and that I wouldn’t have to do it alone. While I had known that my life wouldn’t be easy, it never occurred to me that this much pain would be part of my path. We were buddies, the U and I, weren’t we? How in the hell could one buddy do something like this to the other? Or if not directly do it, then allow it to happen? This was

not the act of a loving friend. I felt betrayed and angry. As I'd done with my feeling of being different, I buried my anger, but it was definitely still there.

Along with those feelings was the knowledge that there had to be more to this than I understood. In addition to feeling hurt and mad, I felt hopeful and willing to understand more. I was *willing* to have a new perspective.

## Healing Wounds

The following analogy is a little gross, and I apologize if that bothers you. I've just never found one that's better.

It's as though these thoughts and beliefs, about ourselves and about how life should be, create a small wound, like a cut on the body. If it doesn't heal well, it becomes infected. If we cover it over with what looks like shiny, healthy skin, the infection doesn't heal. It just goes deeper.

Left untreated, this becomes an abscess, but all on the inside. You see the signs of it—a rising temperature, soreness in the area, and a rising white blood cell count—but you may not know where the infection site is, especially if it's been well-concealed. To heal the abscess, you need to cut through the covering and let all of that gunk out, exposing it to air and light.

I had covered over my sense of never fitting in and of being “different.” My sense of being weak. I'd done a decent job of fitting in, and I really was happy on many levels. I had family and friends whom I loved, and I'd started exploring energy work. Life would have been OK, fine even, had I kept going that way.

The big thing was that I wasn't being fully myself. To live the life my soul was longing to live, I had to be more me. It's in looking back that the pieces have fully fallen into place.

What I couldn't see then, and am truly only getting as I write this book, is that Margaret Alice's death opened a connection to that old sense of separation and disconnection I'd had as a child, the one I'd smoothed over and told myself was OK. In grieving for her, I was able to finally grieve and shed the tears from my deep sense of not fitting in.

This experience, and the spiritual journey it set me on, has taught me things I couldn't have learned any other way. I see how each step was guided. I see that I was held and loved by the Universe, even and especially in the times that felt the darkest. When I needed someone to guide me, the optimal person showed up. Each experience I needed to have unfolded at the perfect time. It truly was a dance between the Universe and me. The Universe gave me gift after gift, and I said yes each time.

In the months following Margaret Alice's death, a new friend, Lori, offered to do a technique with me that she'd learned called Tapas Acupressure Technique® (TAT®). I said yes. A few years later, the originator, Tapas Fleming, came to our area to do a workshop. I signed up. During the workshop, Tapas said that she needed help with her business and asked if anyone was interested in working with her. Lori and I raised our hands.

Several years later, I was looking back through my

records for something and realized that the day I said yes to joining Tapas's team was Margaret Alice's birthday. Of course. Margaret Alice's life and death, just as they were, were a gift to me that helped me on my path in ways I couldn't have predicted.

## **Walking My Talk**

I'm committed to authenticity, which means I'm constantly doing my own work of releasing and expansion. I did TAT for myself virtually every day for over eight years. I made lists and lists of my beliefs, thoughts, fears, and identifications and then cleared them. I even did TAT once on not wanting to do TAT about a situation. This all comes from my deep desire to create an excellent life for myself, one in which I have excellent relationships and am fully myself. I can't do that while holding onto old baggage.

What I discovered was that I was never, ever broken. Broken open, yes. Broken, no. I learned that what created that covered-over, unhealed emotional infection was my belief that there was something wrong with me. The infection wasn't caused by what had happened, but by the way I'd held onto and internalized it. When I got to the heart of the pain, all I found was light and love and me.

As part of my work for Tapas, I attended almost all of her workshops, both online and in person. I especially loved her Spiritual Retreats, where we combined TAT and a method of deep self-exploration to create direct experiences of consciousness.

At one of the Spiritual Retreats, I asked the Divine,

“What is love?” All of a sudden, all of my awareness was centered inside my mouth. A sweetness more pure and transcendent than anything I’ve ever experienced filled my mouth. I cried at the overwhelming deliciousness of this sweet love. It seemed to fill every cell of my tongue and my mouth until everything else disappeared. It wasn’t just a taste of sweetness, either. It was a vibration that my entire being had begun resonating with. And then it hit me like a bolt of lightning—nothing had been added to my mouth. This sweetness, this love, was who I already was. This is who I am. This is what I’m made of. Love.

At another retreat, we were working in pairs. With my eyes closed, I asked, “Who is the other?” in the sense of *who are other people*? I slowly opened my eyes, then had to shut them immediately. The beauty and radiance of my partner was literally too much for me to look at. His divinity was shining so brightly it was like trying to look at the sun from two feet away. I tried opening my eyes with my head turned but had the same experience every time I saw someone.

For over an hour, all I could do was sit with my eyes closed and sob at the sheer beauty of every single being around me. I have tears now writing this and remembering what it was like to see us as God does—to literally see the radiance of God shining from everyone around me. And it wasn’t just certain people. It was

every.  
single.  
person.

This is how I *know* that you are loved, that the Universe fucking loves you. I've seen how it sees you and how heartbreakingly beautiful you are. We are *all* this beautiful. We are all made of love.

Do I see this way all day every day? No, I definitely still have times of seeing with my human eyes. And at the same time, I can never be away from this for too long. Having these experiences made these understandings of love and who we are a part of my being.

Each of those opportunities and each of my yeses created the life and business I have today. My clients can feel how deeply I know that they are worthy and beautiful because it's not just in the words, it's in my energy.

I work to keep reconnecting with this knowing. When I build up ideas or hold onto thoughts that aren't in alignment with this knowing, I consciously work to let go of that stuff. Heck, writing this book is a part of my process of realignment.

For most of us, the biggest challenge is seeing our own beauty and worthiness, at least it has been for me. It takes real work some days, and I keep doing that work.

I now get that feeling different is part of my gifts. I see life from a different perspective than most people, and *that's OK*. More and more, I'm honoring my differences and doing what I need to do to support my energy.

For instance, I know that when I go on group retreats, I'm likely to sleep very little. The energy feels so intense to me that I have a hard time falling asleep, and then I often wake up after just a few hours. Now, I no longer fight it or resent the fact that I'm awake. Instead, I enjoy

the time. I go outside, I dance, sing, meditate, and do energy work. Not only is it fun, it helps me process all that energy. And I nap when I can.

I cry when I see beauty, especially the beauty of human connection and acts of generosity and courage, and I no longer work so hard to hide my tears. I adore deeply connecting with people and talking about something that one or both of us are passionate about. When I feel dragged down by someone else's fear or resistance to change, I do what I need to in order to take care of myself.

The biggest thing I've gotten at a deep, cellular level over the last few years is that even in my darkest moments, I am held and loved. The more I relax into that, the more I experience ease and flow in my life. Even when things feel hard or look scary, when I relax, breathe, and take one step at a time, things work out. Always.

Loving and embracing who I am is huge, and it's powerful. It's what allows me to show up in my life in bigger and bigger ways.

Increasing my awareness and owning my power has been my life's work. It's what I'm most passionate about helping others do too. This book is a way for me to share what I've learned so that you, too, can feel more and more in the flow of life. You have gifts and a purpose to your life. Your soul wants to express itself and live a full life with more fun, ease, and grace. What I've learned can help you do just that.

My intention and hope are that in reading this book, you get a deeper and deeper sense that the Universe fucking loves you. I hope that every time you see or hear this

phrase, it resonates in whatever way you need it to in that moment, whether you're celebrating it, acknowledging a simple truth, or holding onto it like a lifeline. It's true.

The Universe fucking loves you.

The Universe fucking loves me.

The Universe fucking loves us.