

# Clear the way for Love:

A path back Home  
(without “fixing yourself”  
or “trying harder”)



Leah Dawang

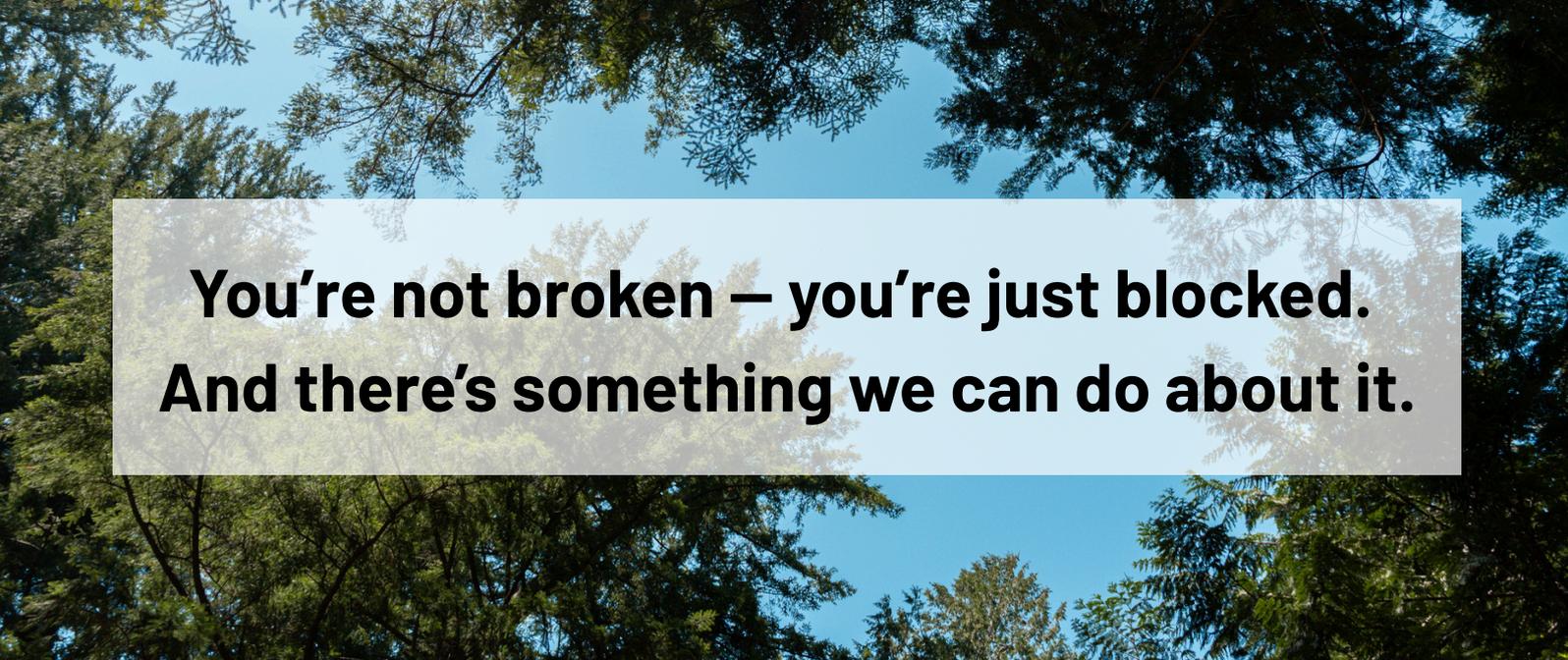
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Photos: Nathan Dawang | @nate.dawang



# Where We're Headed

- You are not Broken, You're Blocked
- Reconnection doesn't begin with "trying harder"
- The Universal Pattern
- What I Mean When I Say "Love"
- Who I Am as Your Guide: Really Human and Still on the Journey
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# **You're not broken – you're just blocked. And there's something we can do about it.**

If your life doesn't feel like the character of Love – the steadiness, ease, contentment, compassion, clarity, creativity, belonging, flow – you're not broken.

**Something is *blocking* your natural ability to receive Love.**

That's it.

It's not failing. It's not a lack of willpower or discipline. It's not because you're "not trying hard enough."

The truth is, you are designed – biologically, spiritually, relationally, cosmologically – to receive Love. Not in a vague, poetic way. In a real-life, moment-to-moment, felt-in-your-body way.

And when that doesn't happen, it hurts. You feel the ache of disconnection. The contraction. The stuckness. The swirl of overthinking. The self-criticism. The exhaustion of trying to "be a good person."

And even in that place, I have some really good news:

**Disconnection doesn't have to be a dead end.  
If you move through it on purpose, it can be an initiation.  
An inflection point. Disconnection can be a doorway.**

Every human life moves through an ancient pattern – connection, disconnection, reconnection – the same pattern written into Nature, relationships, transformation, and even the rhythm of the cosmos.

Disconnection is not permanent, it's your stop before reconnection and you're already closer than you think.



**Reconnection doesn't begin with  
"trying harder."  
It begins with safety.**

Our cultural says:

"Push through." "Fix yourself." "Work harder." "Grind it out."  
"Just think differently." "Do more."

That voice is loud, but it is **not** wise.

Reconnection doesn't start with pressure or intensity. It doesn't start with trying to get somewhere else. It doesn't happen when we force it or do more to make it happen.

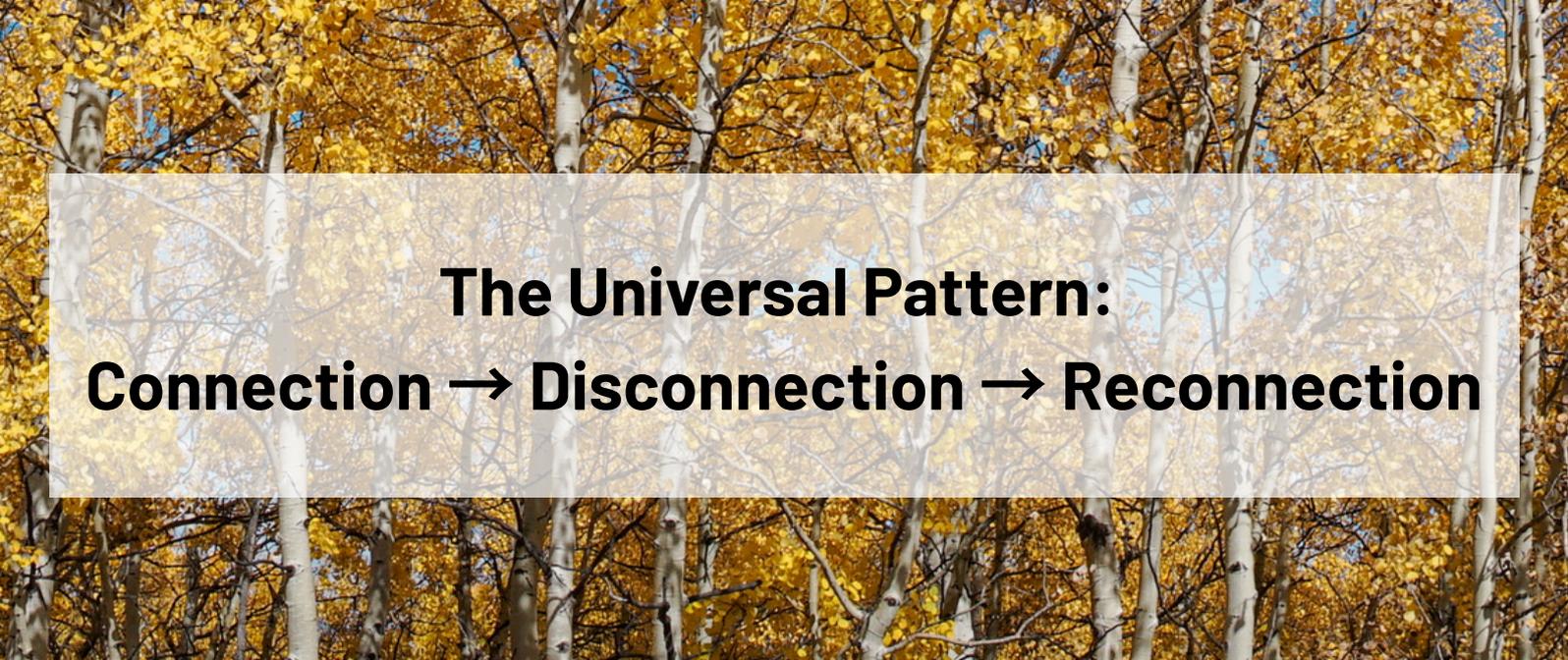
**Reconnection begins the moment your system feels *safe enough* to be curious instead of critical and judgmental. Safe enough to set down the agenda.**

It begins with a spontaneous deep breath, one degree of space, a loosening in your chest. It's like this moment of "oh... right... I remember," because it's what you were made for.

This is where Love meets you because Love has been here the whole time.

When the conditions are right, receiving Love becomes as natural as exhaling. It's your design.

My intention is here to walk alongside you as I teach you how to create those conditions.



# The Universal Pattern: Connection → Disconnection → Reconnection

Every living thing moves through this rhythm, over and over again:

**Connection → Disconnection → Reconnection**  
**Order → Disorder → Reorder (Rhor, 2021)**  
**Life → Death → Resurrection**  
**Home → Lost → Homecoming**

Nature doesn't panic in winter. She trusts what's coming next. Trees don't try to tape dead leaves back on rather than heading toward spring. Disconnection is simply the winter of your inner world – a necessary season, not a permanent experience. When you move through disconnection *on purpose*, it functions as the initiation into reconnection, expansion, and the next chapter of your becoming.

This is the heart of the Clear the Way paradigm:

**Move through disconnection on purpose by clearing what blocks Love.**  
**When you clear what blocks Love, you receive Love.**  
**When you receive Love, your life transforms.**

And the best part?

**There is always more Love to receive.**

Love is limitless. There is no end point, no max, no cap.

**Your journey is never over because Love is infinite.** You can literally have as much as you want. COME ON. That's *INCREDIBLE*.



# Love is known by many names

Love is called many names:

**God | Spirit | Universe | Source | Creator |  
Cosmic Consciousness | Great Mystery | The Divine | I am**

Call her anything that resonates – she does not have an ego.

Love is not an idea, a metaphor, or an inanimate backdrop to life.  
Love is Presence – relational, wise, attuned, coherent, alive.

Love is the animacy in all things. The vitality in every living being. The energy that holds the universe together. The consciousness that is both beyond you and intimately within you.

And because Love is Presence, you can converse with Her. Listen to Her. Question Her. Repair with Her. Be angry with Her and repair with her. Receive from Her. Be guided by Her

It's Love's *character* is what sets Her apart. It's how you discern Her from anything else.  
She is:

**content, compassionate, clear, patient, kind, playful, nuanced, courageous, creative,  
gentle, grounded, steady, joyful, truthful + graceful at the same time, humble, curious,  
attuned and bent on justice.**

Love heals. Love liberates.

Love always has boundaries.

Love reorders what has been disordered.

Love stands against oppression and honors inherent worth.

Love has no gender and is the perfect balance of sacred feminine and masculine.

Love is infinite – which means **there is always more to receive.**

You are not meant to “perform” your way into Love.

You are meant to *receive* Her – and then live your life in coherence with Her. Not because you're trying really hard, but because it's your natural state of being.

## Who I am as your guide – Really human and still on the journey

Before I started guiding others, I was someone living in daily panic, deep dysregulation, intrusive thoughts, chronic self-judgment, yo-yo relationships, and debilitating uncertainty.

I had done so much therapy and worked so hard but I still felt trapped inside myself.

And then, during a long bus ride in Cambodia, something happened. Something both mystical and neurobiologically real. I was journaling, wrestling with the idea of grace, and I began dialoguing with Love. Over the course of that ride, Love guided me through memory after memory, letting me see each one through Her perspective rather than through shame.

What I didn't realize then was that Love was guiding me through a profound process of *memory reconsolidation* – a neurobiological mechanism that transformed and freed my inner world.

When I stepped off that bus, my mind was silent for the first time in years. Reverberations of quiet, echoing in the stillness.

From that experience on, my life was completely different. **Not because I tried harder.** Because there was a clearing. A way made both by and for Love.

For more than 15 years, I've been clearing the way in my own life. I've also trained extensively in various approaches like:

- Interpersonal neurobiology
- Nervous system-focused modalities
- Relational and attachment-centered practices
- Parts work
- Trauma healing modalities
- Spiritual direction

I am certified in:

- Somatic Experiencing
- Relational Life Therapy
- Safe and Sound Protocol
- Rest and Restore Protocol



But most importantly:

**I am still on the journey. I am doing this work *with* you, not above you.**

My clients describe me as:

Messy and charming  
Direct, clear and compassionate  
Playful, curious and present  
Really human and a little mystical  
Same as, never above

Let be so clear: I do not hold something you don't already have. You have everything you need, you may have just forgotten the path back to it. I know the path well. I can't walk it for you, but I'd love to walk it with you.



## **What reconnection actually *feels* like**

Reconnection feels like:

- a spontaneous deep breath and muscles softening
- your mind going still and a quiet presence in your heart space
- an "oh right, I remember" that is both ancient and brand new
- clarity, steadiness and readiness for life
- a sense of returning to yourself and deep contentment

It's simple and profound. New and deeply familiar. Like coming Home.

You don't force reconnection. You **allow** it by creating the conditions for Love to meet you.



# What blocks Love

When you feel blocked from Love, it isn't a flaw in you. At its most basic foundation, it's physiology.

Overwhelming experiences, cultural conditioning, urgency, chronic stress, and trauma leave residue in the nervous system that blocks Love. Not because you failed, but because your system did *exactly* what it was designed to do: protect you, keep you alive, help you adapt.

It was insanely *intelligent*.

But without metabolizing it, what was intelligent then can become constricting now. Whether it shows up through your body, relationships, thoughts, emotions or behavior, this residue simply keeps you from being with what's happening inside you with curiosity – not criticism, judgement or agenda.

And what clears it is almost never what people think.

People fear they'll have to excavate their worst memories. Or do it "right."  
Or achieve their way into worthiness. Let me say this so plainly: *Not even close.*

The path Home is so much gentler. So much more natural. Because when we soften even one degree and intend to receive Love, *everything* shifts.

The labyrinth is the point – not finding your way out.  
This is a journey of remembering, not fixing. Of receiving, not striving.  
Of coming Home, again and again.



# Receiving Love transforms your reality

When you begin receiving Love consistently, your life doesn't just feel better – it reorganizes. Literally feels like it's 'back in place.'

Your inner world becomes quieter and more spacious. You respond instead of react. What once felt overwhelming becomes manageable. Your relationships shift because you're no longer outsourcing worth, safety, or belonging from others. You show up with clearer boundaries and more honesty.

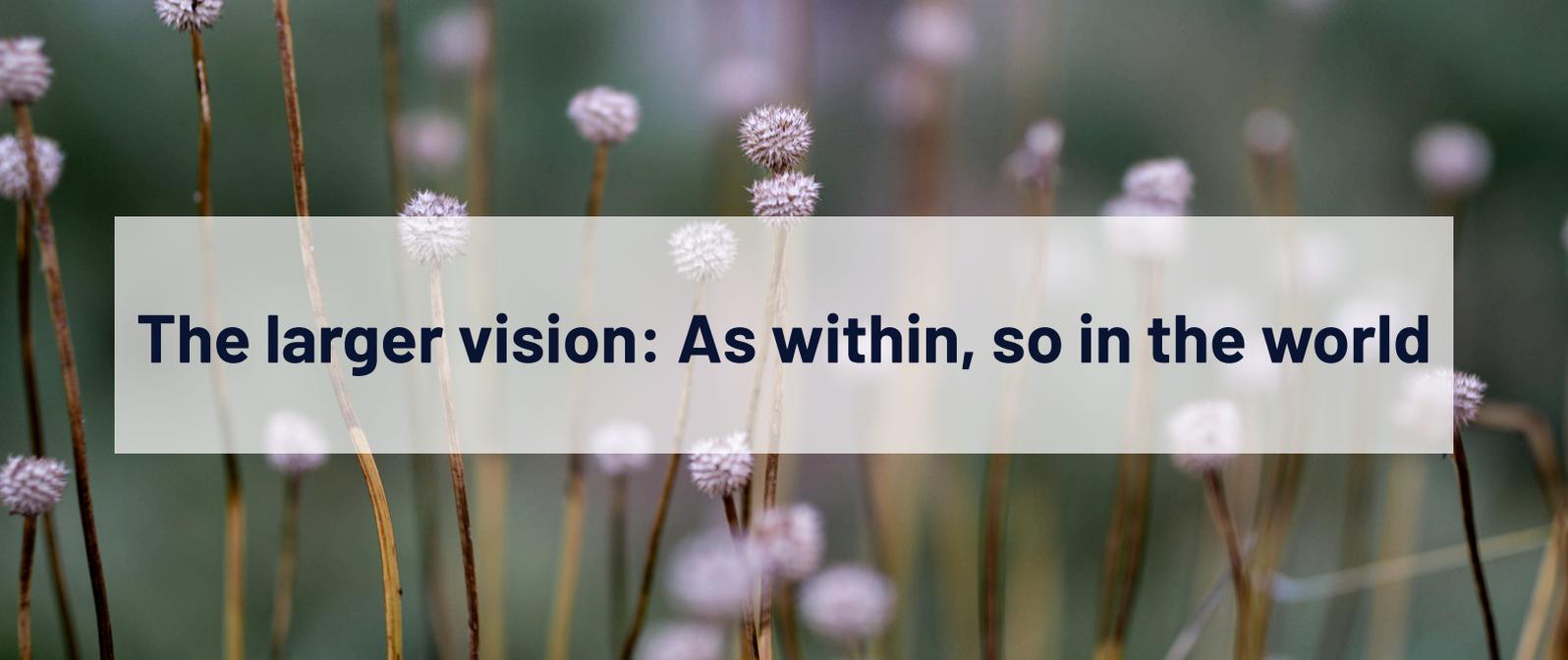
This creates a new baseline – more ease, more breath, more steadiness.

But that's just the foundation. It gets EVEN BETTER and as you continue receiving Love, you begin to experience:

Creativity and inspiration  
Vision and purpose  
Motivation that arises from within, not pressure  
Playfulness  
Intuitive wisdom  
Impact and contribution  
Leadership from coherence, not ego  
A steady readiness that naturally contributes to the world's healing

You become more *available* to life. This isn't self-improvement. It's becoming who you already are when Love is unblocked.

There is no limit to Love which means there is always more Love to receive. And the more receive, the better life becomes.



## The larger vision: As within, so in the world

What you're experiencing personally is not separate from what's happening in the world.

We see it everywhere: polarization, burnout, domination, extraction, supremacy, extraction, violence, despair. These aren't random failures of humanity; they are symptoms of Love being blocked at a systemic level. And systems are just a bunch of people.

The world we're living in is, in many ways, stuck in a season of disorder – a collective disconnection. And just like in your own life, disorder is not the end of the story. It is an initiation.

The most powerful way to change the world isn't by trying to control it but by receiving Love and living from that place.

As you receive, something radical happens.

You begin to embody Love's character – compassion, truth, courage, creativity, "power with" instead of "power over. Your nervous system settles. Your relationships and choices shift.

And Love is contagious.

As more people receive Love – not performative goodness, not moral superiority – the collective begins to reorganize. Systems soften. New possibilities emerge. The world starts to remember what it's always been meant to be: an expression of embodied Love.

This is not naïve. It's deeply practical. If you want a different world, start here. Start by receiving Love.

A close-up photograph of a bee on a pink flower. The bee is positioned in the upper left, facing right. The flower is a large, multi-petaled pink chrysanthemum-like flower. The background is a soft-focus green, suggesting foliage. A semi-transparent white rectangular box is overlaid on the image, containing the title text.

## Practices you can do right now to receive Love

Even when we primarily focus on our thoughts or emotions, the roots of what blocks you from receiving Love are in your nervous system. In the subtle ways your system learned to brace, numb, or stay on guard.

That's why the doorway back to Love begins in the body.

But your brainstem doesn't speak language. It speaks sensation. So when we work with sensation – gently, respectfully, without force – we create the internal conditions for something deeply mystical and deeply biological to occur.

This is how reconnection actually begins.

Not by trying harder. Not by fixing yourself.  
But by helping your system feel safe enough to soften, open, and receive.

From that foundation, everything else becomes possible: clarity, choice, relational healing, meaning, purpose, and deeper communion with yourself, others, Nature, and Spirit.

Working with the body isn't the whole journey but it is where it starts.

Below are three simple practices you can try right now to begin clearing the way. I invite you to give what feels good a try.

## 1. Humming

Humming activates your vagus nerve, the longest nerve in your body, and gently shifts your system out of threat.

### **The short of why it works:**

Vibrational sound tells your body, "We're safe." When the threat response quiets, the doorway to curiosity – the beginning of reconnection – opens.

### **How to try it:**

Place a hand on your chest and hum a single, low note for 10–20 seconds. Let the vibration resonate throughout your throat, chest and stomach.

Repeat a few times if it feels good.

## 2. Deep Pressure Touch

This is firm, steady pressure (not light touch) which gives your system a sense of containment and orientation.

### **The short of why it works:**

Proprioceptive input signals the brainstem, "I know where I am. I'm here." It can be really helpful to ground yourself back in your body.

### **How to try it:**

Wrap your arms around yourself in a firm self-hug, or press your hands gently but solidly into your upper arms or thighs and take a few deep breaths.

## 3. Rocking

A slow rhythmic side-to-side or front-to-back movement regulates the same way it does for infants: it organizes the nervous system.

### **The short of why it works:**

Rhythm regulates. Rocking invites settling, which makes space for receiving instead of defending.

### **How to try it:**

Sit or stand and gently rock in a slow, consistent rhythm for 20–30 seconds.

Each of these practices helps create the conditions for what you are already designed for: **to reconnect, to return, to receive Love.**



## An invitation: let's go Home

If you feel an impulse or tug, receiving Love is a way forward.

If you're drawn to go deeper, to move beyond awareness into real change, I'm with you.

Join the **Foundations of Clearing the Way for Love Journey** – a self-paced experience carefully designed to guide you back Home. Over 10+ hours of content, you'll explore:

- Who Love really is, who you are and what blocks Love
- How to practically clear the way including
  - The neurobiology and physiology of healing and reconnection
  - Mapping your nervous system, tending parts, learning how to set boundaries
  - Relational practices that help you live as an expression of Love, not just understand it

If you're ready to settle into what you were born for – receiving, embodying, and living from Love – then I'd be honored to walk with you.

**[Click here to explore & begin your Foundations of Clearing the Way for Love Journey.](#)**

Whether you begin now or a year from now, the invitation is always open and I trust your journey 1000%.



## If you remember nothing else, remember this

You are designed to receive Love.

You are not broken and you never have been. Your disconnection is an initiation, not a verdict.

When life doesn't feel like the character of Love, it simply means something is blocking the flow – and there is something that can be done.

Listen. That is GOOD NEWS.

Reconnection begins when your system feels *safe enough* for curiosity instead of criticism.

Love is already here and ready to meet you the moment there's space.

You are not behind. You are not too late. You have plenty of time.  
You are already on the path. And you have everything you need inside you – this is just a map to find it.

**If you feel the spark – the “oh right, I remember” – trust it.  
You're designed for this journey. You're ready for the next step.**

And I am here, as a fellow traveler and guide, to walk with you as you clear the way so that you can receive the Love you were created for.