

Great dating

Dating doesn't have to be a drag. You're more likely to meet 'The One' if you're having fun and are in touch with your true self. Try these ideas for a date with destiny.

* Surrender

Dating ADD is common in this age of apps and endless temptations. Many escape reality by pursuing the fantasy of a fairytale romance, selling themselves with a false façade. The fallacy that the grass is always greener prevents people from realising the grass is actually greenest where we water it. Only when we take time to tend to ourselves and our beloved will we see a relationship blossom. Give your garden a good chance to flourish by focusing on the one you're with and be someone they can enjoy being with. Agree pre-emptively to discuss issues which will inevitably arise with non-violent communication (see www.cnvc.org). Express deal breakers, such as abuse, addictions, dishonestly, infidelity and other issues that would sever a connection. Ensure you have mutual respect, similar values and a shared future vision. Building a beautiful bond is beneficial not only for a couple, but spreads loving energy all around.

BEFORE we know what we want and need in a relationship we need to know ourselves. A good relationship with ourselves makes us good company. Do you love yourself as much as you want someone to love you? Do you nurture yourself with encouraging words, empowering actions and self-care routines? If you're self-critical you'll find yourself being critical of others, which crucifies connections. Bad relationships are external representations of our inner struggles. Focus on your good qualities and work on what you want to improve. Only you can complete yourself, and then you'll find someone to complement your content vibration.

How could you be like the person you'd like to be with? How would you develop physically, materially, emotionally, spiritually? If you can't love yourself, the love you can accept from others is limited. Radically accepting oneself allows one to radically accept another and be open to true intimacy. You don't have to be a certain way to deserve love. As Louise Hay said, "I am worth loving. I do not have to earn love. I am lovable because I exist. Others reflect the love I have for myself." A great affirmation to say to yourself regularly is - "I am enough. I accept myself exactly as I am. Others love me unconditionally." Don't just say it but show yourself love with nurturing choices including pleasurable hobbies, uplifting company and healing therapies.

Make space

If you met your mate now would you have the time and energy to cultivate a reciprocal relationship? Prioritising everything else above a partner leaves no room for them to move share your life. Drop dead destructive relationships by

cutting your connection with them indefinitely or until you see them as platonic friends. Imagine spending quality time together with your ideal date. Where would you go? What would you do? When would you do it? How would it enhance your life? The best motivation to meet a mate is to imagine the happiness it would bring you both. Feel it forward by visualising how they would fit in your life in everyday and extraordinary ways.

You'll see a perfect partnership when you believe it is possible. Enhance your image of your life together with attraction tools, such as a vision board, life movie, music, doing things you would do together and talking to others as if you're already loved up. Write an inspiring list of how you feel together and the qualities you adore in each other. Be mindful to add qualities in yourself and your future mate that were missing in past relationships. Be better, not bitter, about past experiences. Be grateful they gave you clearer distinctions about what works and doesn't work for you in a relationship. There are no failures, only attempts to success. Success will come when you persevere with unswerving faith that true love is your true nature.



Open up

Where or how you meet someone will fall into place when you increase the inner excitement of being together. The cosmos is compelled to unite you if you feel it will inevitably happen at the right time, right place and in the right way. The circumstances of your meeting don't really matter, it's what you make of the meeting. I know loved-up couples who met online, at work, at the pub, at church, at uni, on the bus, on the beach, at a party, and on an aeroplane - the venue was irrelevant. Their open, receptive energy was what created the connection. Have you ever seen an irresistibly attractive person with people buzzing around them like bees to a flower? They have a joie de vivre vibration that's palpable. You can emanate this energy by being open to opportunities, having open body language, engaging others in conversation, listening attentively, sharing humorous observations, communicating passions, inviting others to do fun activities.

If you feel potential with someone, start off as friends without emotionally investing in them as your forever partner. This takes pressure off you

both as you slowly see layers revealed in different situations and forge trust over time. Delay copulation until compatibility and commitment is established. There's no rush. If it's meant to be, it'll be. It's safer to slowly ascend in love rather than to fall fast. If you want to repel a real relationship, be boring, closed, critical, superficial, impatient, selfish, demanding, and manipulative. Negative emotions are toxic to a relationship: as author Anais Nin said, "Anxiety is love's greatest killer. It makes others feel as you might when a drowning man holds on to you. You want to save him, but you know he will strangle you with his panic." Stay calmly confident that the right relationship will feel right and if it doesn't, drop it and do inner work to reset your relationship radar. Remember your life is always significant, with or without a significant other. ✨

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“An enchanted love, an awakened love, between two people is a blessing on the entire world.”

– Marianne Williamson