

Attract A Loving Relationship

A Six Step Process to Take You From Single to a Couple



Rosemary Heenan

ATTRACT A LOVING RELATIONSHIP

THE RELATIONSHIP ATTRACTION PROCESS

**A SIX STEP PROCESS TO TAKE YOU FROM SINGLE TO A
COUPLE**

By

**Rosemary Heenan
CICP**

Create the Life of Your Dreams

Rosemary Heenan

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About the Author

Rosemary Heenan is a Certified Integrative Coach Professional who uses her gifts of a warm, gentle heart, enthusiasm and genuine acceptance of people to create a safe relationship with her clients and support them in achieving the lives of their dreams.

Rosemary received her coaching training with New York Times Best Selling author Debbie Ford and has graduated from two intensive coach training programs with the Ford Institute for Integrative Coaching in San Diego, California.

She coaches private clients and mentors participants in the Ford Institute's coaching program.

Rosemary also leads powerful workshops in Creating the Life of Your Dreams and Stress Management.

Rosemary's passion is making a difference in the world and as part of that passion she has spent years studying with successful leaders in the personal development field.

Rosemary is a professor of Early Childhood Education at St. Clair College in Windsor, Ontario, where she has taught for 30 years.

What People Are Saying About this E-book

Rosemary has hit on the key to changing your relationships. Her *Attract a Loving Relationship Reconditioning Process*[™] offers six easy-to-follow steps that are guaranteed to guide you from where you are to where you want to be – loving and being loved!

Cara Lumen, M.A.
Metaphysical Philosopher & Author
The Winds Of Change Series
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Testimonials for Coaching

I thought I would never find what I was looking for in a relationship. I felt powerless to leave a relationship that I knew deep inside was never going to work. Thank you! Thank you! Thank you! I am in love with the perfect man for me and we are both so happy. I know this wouldn't have happened without your coaching support. I learned how to find what I really wanted and how to make that happen and I am now happier than I have ever been. S.B. Teacher

I went from no dates in the past year to three in the past two weeks thanks to your coaching. There is nothing like having someone rooting for you and expecting you to follow through on your plans. I healed a past relationship wound and ended a relationship that was going nowhere. I never would have done all that without your coaching and support. C.H. Professor

Rosemary is an open-hearted lady who seeks to become the best possible version of herself that she can. She is solid and you can count on her to help coach you to making your wildest dreams come true. She is open-minded and you get the feeling that you can say anything to her. She can help lead you through the shadow side of yourself into the light that is your divine birthright. You can show her the deepest, darkest parts of yourself and she will respond with compassion and suggest to you ways that you can love those parts of yourself more deeply. If you are looking for a way to break out of any boxes you feel constricted by, Rosemary is the perfect coach to help you do this. She is a living testament to the power of Debbie Ford's work and also to what can be done when you set goals and truly stick to them.

Jason Rich Myomassologist

Rosemary is very kind. A great cheerleader, supportive and sees the best in people. With her support as a coach, I accomplished all my goals. I know I wouldn't have done this without her help. Thank you from the bottom of my heart.

S.M. Entrepreneur

Rosemary was a very committed coach who showed up and delivered the process very clearly. She supported me through the process and held me accountable for following through and helped me stay focused and on-task. K.S. Artist

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Attract a Loving Relationship

Introduction

Have you ever begun a relationship that looked like it would be what you had been hoping for only to find in a few weeks or months that it was just like the others you had in the past? Do you know why that happens and what you can do to stop it happening again?

You want a loving relationship with your ideal partner. Perhaps you have been in a series of failed relationships. Maybe you have yet to have that loving relationship you have always dreamed about.

Imagine that you have the best loving relationship you've ever had –the ideal one for you. This one is unlike any other in all the details, designed to fit just you and you alone. What will that look like? How will you feel?

Welcome to the process that can change your life! The steps in this process can be used to create anything that you want. In this book, they are designed to attract an ideal love relationship.

In this book you will discover how your beliefs affect your relationships and learn how to change your beliefs so you get different results.

The book will show you how to become the person who will attract the relationship you desire and why it is necessary to give yourself what you are longing to receive.

You will also explore how and why you sabotage yourself in relationships and how to stop doing that and get what you really want.

A key component of the book is the Relationship Attraction Process, a process you can use to create exactly what you want in attracting a loving relationship.

Finally, the book looks at how to support yourself while you are in this creation process.

When you read this book, make sure to take the time to do the exercises included. The exercises are designed to help you identify your relationship beliefs and then create new beliefs and imbed them into you. Then you will change your experiences with relationships and attract what you consciously desire in a loving relationship.

Experiences do not determine what you believe. What you first of all believe is what you will experience. It follows, then, that if you wish to experience life in new ways, you need to examine your belief systems.
Richard Bach

Chapter One: Beliefs: How Your Beliefs Affect Your Relationships

One premise of this book is that your beliefs shape your reality. Your beliefs, both conscious and unconscious attract to you the experiences that confirm what you believe to be true. If you believe that “all the good men are married” then that’s exactly what you will see. If your belief is that “no one will ever love me”, or “I’m not attractive to women”, then your experiences will match that belief and confirm it for you.

The reason that you repeatedly have the same experience in relationships is due to the beliefs that you have about relationships. Beliefs shape reality and they may be both conscious and unconscious. Sometimes you are very aware of what you believe and you act in accordance with those beliefs and have the expected results.

Other times you are completely unaware of your beliefs. These beliefs are beneath your awareness in your unconscious. In fact they are so deeply held in the unconscious, that you have no idea you even hold them. When you take action based on what you want on a conscious level and your actions produce an effect that is not what you think you want, then you can be sure that there is another belief underneath your conscious belief that is far more powerful.

Debbie Ford, author of “The Right Questions” calls those unconscious beliefs “underlying commitments”. Underlying commitments are your first commitments and they have a far greater power than your conscious beliefs. They cause you to

act in a way that creates an effect that matches the unconscious belief.

Where do you get your beliefs?

As you grow up, you take in everything happening around you and you also have your own experiences. What you see, hear and experience becomes the foundation of the beliefs you hold. The more frequently you see, hear or do something, the stronger will be the belief.

One of the ways a belief becomes deeply imbedded is when it is created with significant emotions. If your parents were divorced when you were young, you may have a strong belief that “love hurts”. You may be completely unaware of this belief, but if you find that whenever you are in a loving relationship you experience a lot of pain, that would indicate an unconscious belief that “love hurts”.

New research discussed in *The Biology of Belief*, by Bruce Lipton Ph.D., explains that the brain waves of an infant from birth to age 2 are primarily in the lowest frequency of Delta waves, while the brain waves of a child from ages 2-7 are predominantly in Theta. These are the brain waves that hypnotists drop people into so that they can be more open to suggestions that are not detected by the conscious mind.

Since children primarily spend their first 7 years in a highly suggestible state, taking in everything going on their worlds right into their subconscious memory, is it any wonder that humans repeat patterns they have seen in their families even though as adults they make a commitment to live a different way.

If you want to know what your beliefs about relationships are, just take a look at what your experiences have been and you will know. *You always create what you believe!*

Most of the time we are unaware of those core beliefs and we just keep having experiences of a similar nature. Suzanne had an unconscious core belief that she wasn't good enough. She was not able to identify this belief and didn't know it was causing her repeated relationship failures. What she did know was that she was having the same or very similar experiences over and over again.

When she began dating a new man, he would act in a courteous, kind manner and seem to be completely taken with her. However, it wouldn't be long before the man would start to tell her to change the way she dressed or criticize the way she talked when she was with his friends.

It didn't occur to Suzanne to speak up for herself or think that the man was wrong. She would silently take in that negative comment, feel unsure of herself and think that there was something wrong with her. Within a few months the man would find someone else and leave her. Thus that belief that she wasn't good enough was reinforced each time and she continued to believe it.

Remember though that Suzanne had no idea that she held this belief. Because she believed that she wasn't good enough, she kept having experiences that showed her that she wasn't good enough.

In coaching she worked on uncovering that belief and bringing it out where she could see it and do something to change it. Suzanne committed to spending time each day looking in the mirror and saying to herself, "I love myself and I am perfect exactly as I am." "I am good enough." "I deserve love." Within a few weeks she met Randy and they have been happily dating for a year.

Doing this identification of core beliefs and replacing them with affirmations is very powerful, however there is more that you can do.

That core belief may never go away completely and what you want to be able to do is recognize it when it gets triggered. If you have an experience where you don't feel good about your ability to do something, such as speak French, or you encounter someone who speaks condescendingly to you, notice how you feel. If you are feeling badly, say to yourself, "there's that belief that 'I am not good enough' being triggered. I can choose how I respond to that now. I recognize that I am not good at speaking French, however, that doesn't mean I am not good enough in every way." Take some deep breaths and move on.

Or if you find you are feeling badly and have gone back into feeling not good enough, you can take some quiet time and close your eyes and go inside and get in touch with the part of you that feels not good enough. Ask this part what it needs to feel good enough and then do that. It may tell you it needs a long, luxurious bath or a good conversation with a close friend. Whatever message you receive be sure to act on it. That action is a very important step in relieving the pain you feel and in reinforcing a new belief.

Exercise to Uncover Core Beliefs

You're going to need a journal for recording your answers and actions. I recommend you get a beautiful new journal specifically for the exercises you will do to attract a loving relationship.

1. Set aside a time when you can relax and get quiet. Think about your experiences in past relationships. What has worked and what hasn't. Get out your journal and make the headings of *What Has Worked For Me In Past Relationships* and *What Hasn't Worked For Me In Past Relationships* on separate pages. Leave several pages of space between the two so you have lots of room to write and to add to your lists when you think of new things.

Now write as many answers as you can about each of those headings. When you feel complete with this, take a break and a drink of water. You can do the next exercise right away or at a later time.

2. Read each of the experiences in your list of what hasn't worked and see if you can identify what you must have believed for that experience to have taken place. Perhaps you will find that you've had several relationships with people who have lied to you or cheated on you. The belief that created that pattern may be "I can't trust men (or women)."
3. Now take those beliefs you have uncovered and write their opposite. "I am worthy." "I am good enough." "I can trust men." You will use these affirmations to reinforce your new beliefs.

4. Take what has worked for you in the positive experiences you have had and do the same. Whatever you uncover there you will strengthen through your affirmations. “I have great communication skills.” “I am fun to be with.” “I am thoughtful and kind.”

Self-sabotage is when we say we want something and then go about making sure it doesn't happen. Alyce Cornyn-Selby

Chapter 2: Self Sabotage: How You Sabotage Your Relationships

Have you ever joined a dating service and then never gotten around to putting up your profile? When you receive an email, you forget to reply or don't find time to reply. Have your friends set you up on a blind date and you came down with a headache and cancelled at the last minute?

Now that you know that your beliefs directly affect your behaviours you need to understand how your brain operates in relation to you getting what you want.

One of the main functions of the brain is to keep you alive and one way it does that is through a mechanism called homeostasis. Homeostasis means to stay the same and it will automatically work to keep things operating in pretty much the same way over time, so that you feel safe.

This is sometimes difficult to understand because on a conscious level you may not be happy with the way your relationships have transpired, however, you have some degree of comfort in the familiar and subconsciously can feel quite safe there.

Your prior experiences and your beliefs are wired into your brain. When you attempt something that is significantly different, your brain eventually kicks in and does something to get back to what it is used to and comfortable with.

Think of your brain like a thermometer that manages the temperature in your home. It is set at 72 degrees. On a sunny day when the house warms up, the thermostat causes

the furnace to stop running while the sun is creating the heat that keeps the temperature at 72. On a cold, dark winter day the temperature drops inside and the thermostat causes the furnace to come on and run until it reaches 72 degrees again.

Have you ever come close to a goal you want to achieve, only to find yourself sabotaging that goal? That's what happens when you don't change your internal thermostat. Your internal thermostat will only allow so much variation from the norm before it kicks in and turns on whatever will get you back to your established temperature for this area of your life.

If you think of what your experiences with relationships have been like in the past, you will get a sense of what your present perception and comfort zone is for loving relationships. In order to change this to your new ideal, you have to recondition your brain so that it will allow you to have your new desire.

Here is Sarah's experience as an example. Sarah is 36 years old and a successful teacher with a fulfilling career. She has a busy social life with lots of friends; however, she hasn't had a date in several years. Sarah says that she wants to be in a loving relationship and decides that she is ready for that to happen. She joins a local dating service and says "yes" when her friends want to introduce her to a single man.

Unbeknownst to her though, Sarah has an unconscious belief that "no one ever loves me". She meets Jason, a great guy, and starts to date. They enjoy being together, have lots of common interests and have fun when they are together. They are happy and good to each other and over time they fall in love.

After a couple of months, for no obvious reason, Sarah starts to doubt her feelings for Jason and his for her. She worries about the relationship ending and begins to do some things

she didn't do when the relationship started. She's late for dates and treats Jason rudely. She stops answering the phone when he calls, saying to herself that she's tired or busy. Even when Jason talks to her about what she is doing, she's unable to explain it rationally, she just feels like she really is too tired or too busy. In time, Jason gives up and decides to end the relationship and Sarah then says to herself, "See, no one ever loves me."

What Sarah doesn't realize is that she is *unconsciously* sabotaging herself and her relationship with Jason. Jason does seem to love her, but that doesn't fit with Sarah's internal belief that "no one ever loves her" and so she isn't comfortable. Her brain begins to release stress hormones which make her feel out of sorts. Feeling edgy, scared, uncertain and uncomfortable under the influence of these stress hormones, Sarah acts out. Her actions cause Jason to pull back and finally end the relationship and now Sarah is back in her comfort zone, the safety of her life where "no one ever loves her".

It is important to stress that this is happening so far beneath Sarah's conscious awareness that she does not do any of these things with intent. That's the sad part. Sarah fully consciously believes that she wants a relationship and she really does love Jason. It is that unconscious belief she has not realized that causes the brain stress and creates actions that take her back to her inner truth "no one ever loves me".

However, there did come a time for Sarah when the accumulated experiences created a noticeable pattern that tipped her off. She started to identify that she was having the same experience over and over and wondered why.

Sarah could have decided that she was "unlucky in love" or that "all the good ones are married" and these new beliefs would then create more of the same experiences.

Instead, Sarah decided to look beneath the surface of this pattern. When she was exposed to the notion that we are all 100% responsible for our lives and we create everything that happens to us, she examined what beliefs would keep creating her experiences and was able to change those beliefs.

Sarah used the Relationship Attraction Process to change her beliefs and condition herself to accept those new beliefs so that she no longer sabotaged her desires for a loving relationship.

What is your comfort zone around relationships?

Exercise to Uncover Self-Sabotage

1. Take your journal and write about the outcomes of your present or last relationships. Take a look at how they started out and then identify significant changes that you aren't happy with.
2. Ask yourself, "What would my beliefs truthfully have to be to create these results?"
3. Now create some new beliefs that would support you in having what you want.

Many of us are frightened to look within ourselves, and fear has us put up walls so thick we no longer remember who we really are. Debbie Ford

Chapter 3: We Cannot Attract What We Are Not

In this chapter you will look at how *being creates having*. This may be the opposite of what you presently believe, but it is one of those truths that, when you really understand it, can cause a monumental shift in your results.

In order to have what you want in a relationship, you have to be a match for it, because like attracts like. You will only attract other people who are similar to you. You cannot attract someone who is completely different and have a lasting relationship.

In reality, that is good news.

Why, because you can work on yourself and develop the aspects that you desire in another person. You can start right away to become the kind of person you want to attract.

Have a look at some of the qualities you desire in your relationship partner. Do you want a person who is kind toward others? Someone who thinks the best of people and treats them the way he or she wants to be treated? Are you attracted to someone who manages their time well? Would you want a person who is open-hearted?

Now take an honest look at how you would rate yourself on those same qualities. Are you actively exhibiting all of them?

If you are – great, you will be attracting people that have those qualities. If you are not, you have some work to do before getting into another relationship.

Who you are affects who you attract. This cannot be denied – even if the people you have been in relationship with seem to be most unlike you. This area may take you into the dark side of yourself that you've been avoiding, but it is critical to making the kind of person you attract be different than the past.

When you look out at a room full of people, who is missing from your view? You are.

When you dress to go out and want to know how you look, you have to look in a mirror to get a complete view. This same concept applies to getting to know your personality traits and qualities. You can only see yourself reflected in the others around you. This concept is called mirroring.

Whether you admire something in someone or label it wrong, it is a characteristic you possess. It's easy to identify some of these qualities. You're probably quite aware of many of your traits. You may find it challenging to see some of the others, but they too exist within you because as human beings, we are born with all traits.

To understand and apply this to help you attract what you really want in another is fundamental to having a more loving, successful relationship.

Until you make changes in yourself, you will be attracting people who will give you only what you are willing to give yourself. When you are willing to accept 100% responsibility for your life, you can start giving yourself all the things you want someone else to give you.

Here's my example to help you see this point more clearly. I used to attract men who were unkind to me. If you knew me, you would probably find me to be a very kind person. So I had a long struggle seeing how I could keep re-creating the same relations over and over. Initially the man would be very sweet

and nice. I might notice that he wasn't always kind to everyone else, but he was to me, so I would ignore it. Then, after some time had passed and we were well into the relationship, he would change and turn the sarcasm or critical words onto me as well.

I felt like a victim and got quite self-righteous about this. "I am so nice to him. How could he treat me this way? I have been nothing but kind and sweet to him? Where is this coming from? How could I keep picking this type of man and creating this horrible experience?"

In time, I would lose self-confidence and self-esteem and feel hopeless, defeated, and a total failure at relationships.

Eventually, I would end the relationship and after spending time nursing my wounds and building up my confidence again, I would begin again with another man, only to go through it all another time.

This went on for years before I read the *Dark Side of the Light Chasers* by Debbie Ford and applied the mirroring concept to my experiences. If everything I experience in anyone else is merely a reflection of myself, how was such a nice person like me actually mean, unkind, rude, sarcastic and all the other negative characteristics these men had exhibited?

When I was willing to be honest, I could remember occasions when I hadn't been kind to another person, when I had spoken rudely or gossiped or said something mean about someone else.

Where I was even worse though, was in my internal dialogue about myself. I was downright mean and ugly there. I held nothing held back when it came to me.

I would think about myself and say, "I can't do that, I don't have what it takes. I'm not good enough. No man will ever

want me, because I am so unlovable. These are just a few examples. Believe me, there were more and some were far more critical.

Let me tell you, it was not fun to do this, but it was so necessary, because there lay the crux of this problem. How could I expect anyone to treat me better than I would treat myself? It was not going to happen over the long haul even if it did begin with the man acting loving and kind.

Once I had uncovered the source of my disastrous outcomes, I chose to change. I monitored and reduced the gossip and unkind thoughts towards others. I transformed my internal dialogue and treated myself with the loving kindness I had been seeking outside myself. All my relationships have improved as a result, not just the ones with men.

Eventually I internalized the truth that as human beings, we all have all characteristics within ourselves, positive and negative, good and bad. When we are trying to stifle, hide or deny any aspect of ourselves, we will attract people to us who mirror these unwanted traits. They come to show us what we need to heal. By taking back all these disowned aspects of ourselves, we will stop attracting people who mirror the parts we are ashamed of and free ourselves to attract others who are also healthy, whole human beings.

Exercise to Uncover More About You

1. Take some time to relax completely and get comfortable. Light a candle and set an intention to be honest and gentle with yourself as you do this exercise.

2. Take out your journal and write a list of the negative traits of the people with whom you have been in relationship.
3. Take each trait and just allow yourself to mull it over, looking for ways that you may have shown this same trait. Relax and breathe into this. You are unconcealing some things that may have been buried for quite some time.

Here is another way to detect the characteristics within yourself. If you cannot find this trait in your own behaviour, ask yourself what kind of a person would do the things I am referring to? Is it someone controlling, afraid, or dependent? Then look again and see if you can identify the times you have been like this.

4. Now write out the traits in sentences beginning with “I am ...”
5. Next do the same thing for the list of positive traits. Write a list of the positive traits of these people and then do the sentences beginning with “I am...”
6. Take some time each day to read through your negative and positive traits and breathe them in. They are part of being a human being and when you become more comfortable with owning all aspects of yourself, you will stop attracting people who mirror the traits you cannot admit are yours.

Chapter 4: The Relationship Attraction Process

The Attract a Loving Relationship Reconditioning Process™ is a six step process designed to rewire your brain so that you will have the relationship you desire. It is a proven process. It is simple and it works.

Do each of the steps consistently and your brain will begin to create comfort for your new beliefs. You will find it easier to take different actions than you did in the past. Your reality will change.

The Attract a Loving Relationship Reconditioning Process™ reconditions your brain so that when you change your experience and begin to attract what you desire, you have already created the necessary comfort zone and you won't start sabotaging your success. It will help you to attract the relationship of your dreams and give you a means to do that without undermining and sabotaging yourself because what you want is different than what you've always had and are therefore most comfortable with.

Once you apply the Relationship Reconditioning Process™ for 30 days, you will have created a new wiring in your brain and you will be well on the way to the relationship of your dreams.

Here are the six steps.

- 1. CREATE A NEW POWERFUL PHYSICAL AND MENTAL VISION**
- 2. CREATE POWERFUL NEW DECLARATIONS AND AFFIRMATIONS**
- 3. CREATE WRITTEN, AUDITORY, KINESTHETIC, VISUAL AND SUBLIMINAL IMPRINTING MATERIAL**
- 4. DEVELOP EMOTIONAL TRIGGERS FOR THE “NEURAL LINKING” PROCESS**
- 5. DAILY RECONDITIONING**
- 6. RELEASE AND DETACH**

Step 1: CREATE A NEW POWERFUL PHYSICAL AND MENTAL VISION

You are going to write a complete story about your ideal mate and what you will feel like and do in the relationship. This will begin the process of creating your ideal relationship in your mind and send a clear message to the universe of what you intend to have. The more details you include and the more senses you can involve, the better it will work. Your goal is to create a picture that is so exciting, you will automatically feel joyfully excited when you read it and picture it.

Describe Your Ideal Mate

- List as many qualities as you can possibly think of that are important to you. Here are some examples to get you started. Kind, honest, enjoys being with people, good sense of humour, etc.
- Next, look at the values that are essential to you and that you would desire in your partner. Closeness with family, service to the community, and doing his/her best at work are some possibilities.
- If there are any appearance qualities that are really important to you, list those too - height, weight etc.
- Now list shared interests that you consider desirable. Golf, reading, long walks etc.

How does it look? Are you excited by this description? Does it feel like you are describing exactly the kind of person and relationship that you want? Congratulations. Take a few long, slow deep breaths and really connect with your heart. You are well on your way to attracting this loving relationship.

Knowing what you do want is an important step in the process.

Create a Sensory Vision of You and Your Ideal Partner

Remember that the brain encodes experiences accompanied by emotions. Getting yourself in touch with the positive emotions of being in love and being close and intimate, happy and joyful will give your brain the connection with a loving relationship and pleasurable emotions.

- How does it feel to be with this person? Are you excited, aroused, dreamy, peaceful and calm, closely connected? Can you feel the sensation of being together, wrapped in each others' arms? How does his/her skin feel next to you?
- What emotions do you desire to have when you think about him or her? Would you like to feel exhilarated, romantic, warm, happy?
- Describe any smells you might find attractive, such as your favourite cologne on your partner or the scent of skin fresh from the shower.
- You can also use aromatherapy to enhance your emotional experience as you visualize and affirm. Scents that you enjoy and that are known to have positive effects can be used to embed the feelings you desire to have in the relationship.
- Some of the essential oils which enhance romance are ylang-ylang, rose, patchouli, jasmine and vanilla. My favourite is a blend from Young Living Essential Oils, called Joy.

- Find an essential oil or a candle that you love the scent of and smell that when you do your visualization. That will help anchor the visualization in your brain.
- You could also add a taste sensation to this. What restaurant do you love for a special occasion? Imagine eating your favourite meal there with your partner.
- Now visualize being with this ideal mate doing things you love. Create a mental movie and picture yourself up close in this movie. See it as real as if you are there. What are you enjoying doing together?

VISUALIZATION TECHNIQUES:

Mental movies

Create a mental movie of you and your ideal partner. In your mind's eye, see yourself and the other person as close as you can when you play the movie in your mind. This helps it to feel more real, present time, and possible rather than remote and more in the future.

Self-Guided Imagery

Guided imagery involves listening to a visualization and seeing yourself in that story.

Visualization Boards

Also known as treasure maps, visualization boards are created with pictures and words that symbolize what you desire to attract. Find pictures and words in magazines and on-line, cut them out and glue them onto poster board.

Your vision board should be inspiring and connect you to your vision. It is better to have a few good images and words rather than a collage that is overflowing. The goal is to use pictures and words that activate your emotions and show scenes that you would like to be in. If you can find men or women who resemble the physical type you find attractive, all the better, but don't get too concerned about that aspect.

The important thing is to set some scenes of what you would like to be doing with your ideal partner. Also the mood is important to replicate. If you're the kind of person for whom physical contact is important, make sure to have couples holding hands, walking with arms around each other or kissing and hugging.

If you eventually want to have children, you might want to add some family pictures also.

Step 2: CREATE POWERFUL NEW DECLARATIONS AND AFFIRMATIONS

Declarations and affirmations are crucial to supporting your vision. When you say these daily, they will help you recondition your brain so that you will attract and be comfortable in the new relationship that you are affirming.

Write down some affirmations of what you desire. In order to work, affirmations must be written with you as the subject and in the present tense. They must state positively what you want, and they must be written as if it has already occurred. They will be even stronger if you attach feelings to them.

Affirmation examples:

- I am excited that I have attracted my ideal partner and we deeply love one another.

- I feel blissfully content in a wonderful, loving relationship with the man of my dreams.
- I enjoy knowing that I have the perfect loving relationship for me.
- My partner and I grow in our love for each other every day and I love the flow of loving feelings we share.

Step 3: CREATE WRITTEN, AUDITORY, KINESTHETIC, VISUAL AND SUBLIMINAL IMPRINTING MATERIAL

The next step is to take your affirmations and use as many sensory methods as you can to imbed them into your subconscious.

Written

Each day, write your affirmations out as many times as you can possibly manage. Best results come from 100 times a day. If you can't get this many in, choose to write each one out ten times or as many times as you can. As you write you are not only seeing the words but also hearing as we tend to say the words in our unconscious. In addition you are using your kinesthetic sense, making it a very powerful message to the unconscious.

Type out your affirmations and make laminated copies to keep in the car, your gym bag, over your desk, beside your place at the dinner table and any other place you might have some time to look at them and say them.

Auditory

Repeat your affirmations aloud over and over. You can also record yourself saying your affirmations and listen to this. There are programs available that will allow you to create your own CD's with your affirmations recorded and background music playing. One that I know from experience and can recommend is the Got Vision Program. I've found it

to be very simple and user friendly.
(<http://www.gotvision.com/cmd.php?af=287789>).

You can play the CD whenever you are working on the computer or while you walk or read. You do not have to be paying attention to it, so it is very convenient.

Kinesthetic

Get in touch with any body sensations you can use with your vision. How do you feel when you think about being in a loving relationship - warm, aroused, cozy? Spend time daily creating these feelings as you visualize yourself in this relationship you desire.

Subliminal

Subliminal messages are recorded messages that play while you hear something else, such as rain falling and chimes or music. You cannot hear the subliminal messages and the idea is to bypass your conscious mind and get these messages directly into your subconscious mind.

I recommend using the Holosync program because of all the powerful and positive benefits that it creates in developing your brain. When you reach Awakening Level 1, you can record your own voice subliminally giving you the affirmations you create. Here is a link to that site.

<http://staging.centerpointe.com/?aid=368076>

Step 4: DEVELOP EMOTIONAL TRIGGERS FOR THE "NEURAL LINKING" PROCESS

Think about a time in your life when you were feeling in a wonderful, heightened emotional state. For attracting a love relationship, I recommend linking to another time when you felt deep love and happiness. Write some details about that.

Remember two more significant events and write details about those.

Now set aside some quiet time and get yourself in touch with the memories and feelings and sensations surrounding these events. When you feel yourself immersed in the feelings, begin to think about your present goal of a loving relationship. Create a mental movie of you in this relationship while staying in touch with the emotions from the past.

Step 5: DAILY RECONDITIONING

Right before we go to sleep and awaken are two of the best times to do reconditioning of our brains because the brain is in an alpha state and is very receptive to suggestions. Alpha brain waves are more relaxed waves than Beta, the waves we are in when we concentrate and think.

Every day when you awake and before you go to sleep and at least one other time each day spend 3-5 minutes reading your desired outcome and feeling those emotions. This is going to re-set your internal thermometer for a loving relationship. As you do this reconditioning, you are creating a new comfort zone for a relationship. This is going to keep you from sabotaging yourself when you start to get close to what you desire.

The importance of this daily reconditioning cannot be overemphasized. Without it you will not make the changes you need to be able to allow your new desires to come to fruition.

If you do not recondition your brain to accept this new vision for a relationship, when you meet someone you are attracted to and begin to get involved, if that relationship is closer to this new vision and your old internal map of a relationship is very different, you will inevitably do something to sabotage

this relationship. Your brain needs to feel comfortable. Anything that makes it feel too uncomfortable is not going to be tolerated for any length of time.

Reminder! Daily reconditioning. 3-5 minutes upon waking, before going to sleep and another time during the day.

Step 6: RELEASE AND DETACH

Now you have to let go. This may seem contrary to taking all those daily actions, but there is a key distinction between desire and need.

Desire is a powerful creative mode. It births new ideas, beliefs, and actions. Desire creates intention. You can align your thoughts and actions to achieve your intentions.

If you are too attached to the outcome and have the attitude that you have to have this relationship to be happy, you will not be attracting it, but pushing it away. Your belief will be that you lack or need something and then that is what you will attract – more lack or need.

Yes, you are committed. Yes, you are taking daily action to change your beliefs and actions so you can attract that loving relationship.

Yes, you can see it, feel it, taste it, and smell it.

And, you are completely fine that you are having a great life, even if this relationship doesn't happen.

Think about what happens when someone pushes against you. Isn't the natural reaction to push back? However, when you

relax and allow yourself to be pushed, the other person falls away.

Believing that you have to have this relationship to be happy or okay with your life is like that pushing resistance is created and you push it away.

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for it is just the place and time that the tide will turn.

- Harriet Beecher Stowe

Caution

Be persistent. The more consistently you take the steps in the Attract a Loving Relationship Process, the sooner it will happen.

Do not give up! Watch out for the human tendency to start thinking that it isn't going to work and undermining yourself through doubt.

Create an affirmation that you can use whenever doubt sneaks in. Say "STOP! Cancel that thought!" and then firmly state your affirmation.

Congratulations. You are on your way to creating the relationship you desire.

And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom. - Anais Nin

Chapter 5: Actions: Create Potential Ways to Meet

The next step in the process is to take actions that will move you towards your goal. There are many ways to meet new people. Here are a few examples.

- Ask friends to introduce you to people they think you would like. Make it an easy meeting, say having a group of people over to a home, so you aren't on the spot and feel comfortable.
- Put your profile on an on-line singles site, such as E-Harmony or Yahoo personals.
- Create a singles group to enjoy a sport or hobby, such as a golf or tennis league. Tell everyone to invite their single friends. Post notices on workplace bulletin boards.
- Start a book group
- Join a community theatre group

"Who exactly seeks out a coach? Winners who want even more out of life." -- Chicago Tribune

Chapter 6: Remove Hidden Blockers

Are you still recovering from a past relationship hurt? Have you done the Relationship Attraction Process but find that you aren't taking action? You may still have some hidden limiting beliefs that are keeping you stuck or underlying commitments that are stronger than you consciously realize. Perhaps you are just settling, content to stay in the comfort of your present conditions.

If you really intend to commit to making changes, one of the most effective and fastest ways to do that is to work with a coach.

Coaching

Just like an Olympic athlete would never make it to the Olympics without a coach, your goal to have a loving relationship will succeed more easily and quickly when you work with a coach.

The level of commitment you make to your success is greater when you state it to someone whose job it is to help you and hold you to your commitment.

A coach is able to help you see things you can't see with your own usual viewpoint on your life. Coaches are trained to ask powerful questions that uncover the thoughts, habits, and actions that get in the way of your success.

When you work with a coach you have a cheerleader who sees the best in you at all times and helps you to recognize and bring out your own magnificence.

A coach also figuratively holds up a mirror to you so you can see yourself honestly and not hide behind your usual excuses, habits and lies.

A coach inspires you to take the actions necessary to reach your goals. When you commit each week to take actions that will move you closer to that relationship, you will find that you do the actions, if only not to have to tell the coach you didn't do them. Those actions create momentum and changes that move you closer to your desires.

If, on the other hand, you can't make yourself take your actions, you have someone to help you discover what is stopping you. Uncovering those ways you sabotage yourself on a regular basis also clears the way to changed behaviours and movement towards the relationship you so deeply desire.

All of this is done in a safe relationship where you have the freedom to be the whole person you are. You can unconceal and embrace all of your traits with gentle kindness to yourself and humour at your humanness.

My coaching is done over the phone making it accessible from wherever you are in the world. I offer a free sample session to see if we are compatible for coaching. My website is <http://www.rosemaryheenan.com>.

"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level." -- Eckhart Tolle

Conclusion

Imagine how you are going to feel when you have everything you want in a loving relationship? Feel it. Sense it. Breathe it in. Look at the exciting possibilities now open to you?

You can do this. The principles outlined in this book work. They are not new. They have been written and spoken about for centuries, by people far wiser than me.

Take them and use them to have the love you so desire. Give yourself this gift. You can make anything happen as long as you are willing to apply everything you have learned here.

Don't wait another day. Do it now. Attract the loving relationship of your dreams.