

How to Attract your Soulmate Lover

Understanding the Mystic Laws of Attraction

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How many times have you heard someone say 'It's funny but as soon as I stopped looking, the right person came into my life'?

I know quite a few people like that... and I used to find that phrase frustrating because I wanted to find a partner so much and I couldn't get into the centred, happy state where I was content to live the life I had without desperately wanting someone special to share it with. However, deep inside I just knew that it was true, that if I could only feel good about myself and my present situation, then, at some point my 'soul mate' would one day walk into my life.

It is because of my life search for the right partner, and the knowledge that I have gained throughout this time that I have now put together a course to enable people to discover that peaceful place of being centred, where you can happily allow your 'soul mate' to be drawn to you while consciously practicing the ancient 'Law of Attraction'.

This course comprises of two separate workshops, spread over three weekends, and held a few weeks apart.

The wonderful spirit of these workshops is due to the combined energy of 'the group' and I encourage the feeling of loving support, and positive thinking with no judgement passed on ourselves or each other.

Passion keeps one fully in the present, so that time becomes a series of mutually exclusive "nows". Sue Halpern – O' Magazine September 2003.

Workshop 1 - Removing the Barriers to Attraction

During this workshop it will be possible to release your protective barriers. We put up these emotional barriers to protect us from being hurt again but, they tend to have the opposite effect (attracting hurt) as well as stopping us from feeling truly from our hearts. Often we can find ourselves sabotaging our relationships in order to stay in control; this over protective behaviour can lead to disharmony. You will also have the opportunity to experience the benefits of positive change within yourself, and I will be using NLP and "image work" techniques to help improve your feelings of 'self worth' and 'feeling centred'.

Group Hypnosis

I provide a group hypnosis that reveals your true beliefs. These beliefs influence your thoughts and emotions, which in turn create your experiences. Once these beliefs are revealed you will learn how to release old fears that act as road-blocks to successful relationships.

Repetitive Patterns and how to avoid them

Some of us can look back over our lives and notice that we've had similar experiences within different relationships – it is almost like a loop that keeps repeating.

Discovering the meaning of 'Joy' and Passion

Our happiness is a gift not only to ourselves but to everyone in our lives – and it should come with a warning – **It's contagious!!!**

Finding and feeling ourselves anew opens our hearts to love – firstly love of ourselves and then most beautifully, love of another.

This weekend will also include learning simple meditations and grounding exercises. Much of what you learn is for you to take away and practice on a daily basis, although not difficult, these easy exercises will help to hasten your transition to becoming more centred, happy and in balance.

Workshop 2 - Learning to understand and practice the 'Laws of Attraction' and the Power of Visualisation.

First on the agenda will be your opportunity to talk about your experiences over the last few weeks and share them with the group.

How to develop the Powers of Discernment.

Learning about the positive advantages of developing your ability to 'live in the moment' and then realising how when we are obsessed by our thoughts, we often cannot clearly see or hear what is right before us – discover how to choose between suffering and peace, and bring clarity to your heart and mind.

Using Visualisation as a Key to Attainment

How to effectively see and imagine it – what you would love!

Building Faith *Faith is taking the first step even when you can't see the whole staircase – Martin Luther King Jr.*

An important step on the road to drawing your soulmate lover to you is the attainment of faith. We will talk about this wonderful quality and its importance.

There is a fundamental difference between faith and love. Love needs an object whereas faith doesn't. When you don't have someone to love, you feel frustrated! It's like a spring, with its source originating in the heights, which needs soil to make the river flow, and above all needs the sea to run into. So it's a combination of several factors.

Faith is a spring in itself that needs no soil and no sea. Just water springing forth – an end in itself. Love is action, faith is just being, and it's a quality.

Working with the Law of Attraction

How many times have you received something that you wanted, perhaps you noticed it in a shop window and out of the blue it was given to you without you even mentioning it to anyone? And has this happened to you - the phone rings just as you are thinking of someone you haven't heard from for a long time and they phoned you just as you thought of them. Are these really just coincidences?

Sometimes we attract things and people to us that we don't want, and why does that happen? On this part of the course I will explain how you can harness the ability to attract what and WHO YOU WANT into your life..

Jealousy and possessiveness

We sometimes find it hard to recognise our true feelings of love when we are in a relationship. Sometimes, because of what's happened to us in the past, we are unfulfilled and insecure and that can lead to us projecting feelings of jealousy and possessiveness onto our loved one. When we do this we are not in the true 'love zone'. The 'roller coaster' experience is now in action – that's when sometimes love is strong and you are both happy and blissful, but interspersed with these happy times are the dark periods of inadequacy, worry and fear of rejection. But, not to worry help is at hand!

Tuning into the Love Zone

During this workshop you will discover how to tune into the 'Love Zone' . This easy process helps to allow the natural and powerful energy of love to flow – bringing feelings of contentment and stability into your relationships. I will teach you how to recognise when you are feeling negative and how to instantly change this state of mind and switch into feelings of love.

Love isn't something you can make happen; it's already there within us. We only need to know how to tune in!

Increasing your Powers of Attraction

I will be teaching you more exciting exercises to deepen your ability to attract who and what you would like - into your life.

There will be plenty of time on this final workshop to go over and clarify anything from the previous workshop and talk about individual problems not covered.

Group Hypnosis

We finish with a 'group' hypnosis. During this gentle state of relaxation, you will be reminded on a deeper level of the teachings and positive experiences you have had during all three workshops. We conclude with an altered-state session to 'Attract your Soulmate Lover'.