

Here are Tips to Attract Amazing, Passionate and Enduring Love

11. Physicality and Play

- a. We all know that sex and affection are the expressions of our most potent feelings. Playing together is critical. We need to have fun together. Beyond the inside joke, craft activities that you do together that you love, that make you laugh and that remind you of why you are attracted to your partner. Nurture the balance of play with seriousness in your life.
- b. Encourage safety with your partner to inspire potent physical interactions. Compliments, reassurance, kindness, attention, and sensitivity to your partner's moments will generate safety, and joyous physicality.
- c. If physicality is dwindling, don't ignore it. Use it as a barometer for attention your relationship may need in other area. Lean into it not away. Learn how to adjust to the changing needs of your relationship. Nothing ever stays the same. Our ability to flow with change wins the day.

12. Grow Yourself with Love

- a. Each day ask yourself "how would love behave?" Do that and be that. Set a new standard for yourself and your relationship to the word love.
- b. Consider your partner's needs before you consider your own. No matter what happens in your life, your partner knows you have his/her back, and that you care about what they are going through and what they need.
- c. Keep growing as a person, not just as a couple. Continue to bring new information into your relationship. That will keep it fresh, alive and invigorating to both of you. Make it your job to breathe life into your relationship every day.

8. Forgiveness is key to lasting love

- a. You're in love with a human being. Human beings are flawed, and WILL make mistakes. The ability to forgive often and well is the glue that creates longevity.
- b. With forgiveness we learn how to love all aspects of our partner, not just the traits we put on our wish list for the perfect partner. If we are going to love we have to love all of the person. When we learn to love the errors, the missteps and the flaws we create lasting safety and connection.
- c. Forgiveness frees you to be you. It is not a "let you off the hook" activity. It is a key to unlock your own prison of fear and defensiveness. Learn from the mistakes, but don't let the mistake define you or your partner. Let the love define your story as a couple.

9. Be Friends (always)

- a. We all want sex, vacations and dinners. When we are friends with our beloved we automatically behave with understanding and compassion. We root for their well being and success. Learn to activate "friend" when challenging moments arise. Passion will follow.
- b. Be a safe place for your partner to land. Criticism, expectation and judgment rarely take you any place you want to be. Your friends see your best, always. Be that and you will find yourself in love with your best friend.
- c. Friends always have an inside joke, a secret or a belief that is unique to the friendship. Create your own code, and relish in the awareness that you speak the same language, and get the same joke. This trick unifies couples.

10. Fight Fair (if you don't how learn how)

- a. All couples fight. All couples hit core issues that cause the worst to emerge at some point. If we learn to fight by staying on topic, and off of personal attacks we can make headway. Set ground rules for fighting when you aren't fighting. When the moment of heat comes in the rules have been established. FYI - time out is good for grown ups too!
- b. Fighting doesn't necessarily mean your relationship is wrong. Constant fighting is different. The occasional blow up or argument is a normal part of human interaction. When two or more people occupy the same space it's bound to happen. Don't panic. Learn to focus on the issue (you scared me, I'm powerless when you do this..etc) rather than "you're late again!!!). Issues rather than topics win the day. Arguments and fighting sometimes clear out a build up of unspoken disappointments. Make the best of it.
- c. Be kind even when fighting. Don't reduce yourself or your partner to personal attacks. Do your best to keep your ears open. Even if it's difficult to hear your partner's point of view. If you get off track into personal attacks remove yourself. Calm yourself and come back at it at later time. Studies show that how couples fight often determines whether or not they stay together. You can always apologize, but the impact of some hurtful words can't be undone.

4. Be Patient (What???)

- a. be patient with yourself and others. Any form of receiving is done through ALLOWING not ACHIEVING. Stay in your natural flow. No stress, no worry, no strain...
- b. It takes time to create a beautiful representation that energetically matches what you envision. Allow your gestation period to realize its full potential. Good things ARE worth waiting for.
- c. Practice trust that you are in a creative process that is working for you. Don't fret. Fret interrupts the beautiful vision you have put in place and only delays your juicy outcome.

5. Have Fun Despite Your Status - Why?

- a. High vibration frequencies beget more high vibration frequencies. Good, fun, loving, exciting things happen when you are in high vibration energy.
- b. When you are having fun, everyone wants to be with you. You have the answer we all are looking for, happiness. It's your secret weapon. Few things are more attractive than someone having fun.
- c. Why not have fun? This is your life, with or without a partner, or a partner who is struggling. Enjoy your moments. This is your time, your life, give to yourself. If not you then who?

6. Stay Open to New Ideas, even new Food :)

- a. Just because you've never had a good blind date, doesn't mean there won't be a first. Stay open. As you change and grow your frequencies adjust. You automatically attract different people and experiences. Also, stay open to trying new things on a date...even food...it shows you are flexible and interested in what makes other people happy and in growing yourself. Flexibility is key in successful love relationships.
- b. Being able to let people in to see the real you is the #1 name of the game in love. How else can you be appreciated if you aren't seen. Always show up with an open heart, an open mind, and let people see you, not just your amazing outfit.

7. Make Friends - (I already have friends)

- a. Assume your next date will be your friend, not your husband, not your wife. Go with no expectation, and seek to cultivate friendship.
- b. The more friends you have, the more friends you have. The more people will look out for you, and perhaps even match you with others in their friend network.
- c. More friends means more love. It means more fun, more connection. It means a fuller life. Love is love, whether it is romantic, friendship, parental, or familial. Love sees us, supports us, and roots for our happiness.

1. Be a Force for Love in the World. What does that mean?:

- a. Stop the gossip...the relentless pursuit of taking people's inventory...it's a love sucking activity.
- b. Don't put others down, even when you don't agree with them. Maintain space for all to exist in this space we call the world.
- c. Be a detective. Relentlessly look for the good in others, not the weaknesses
- d. Be kind, always. When you can't be kind, walk away.
- e. Honor love whenever and where ever you see it.

2. Love Yourself

- a. Don't plaster a perfect "have a nice day" smile on your face for everyone, then tell yourself you are ugly, unlovable and fat - LOVE YOU unconditionally. Someone else will too.
- b. Take the time to give yourself what you need.... is it rest? Is it good food? Is it exercise? is it psychotherapy? Take the time to do your personal work...make yourself ready, balanced, and prepared to be in a mature healthy grounded relationship by becoming that.

3. Love Now

- a. There is always a value in every moment. Look for it...don't lament that what you "want" is not here yet....train yourself to see the opportunity in "now." Feel full with now.
- b. Just say "no" to complaining - it drains you...lowers your vibration and takes you nowhere
- c. Celebrate the love, success and happiness of others.... when you honor it in others it activates in your ene