

Calling in the One in the Era of Social Distancing

Love is alive and well in the era of social distancing. You do not believe me? That may be because you are using an old paradigm to navigate your love relationships. Today I am going to offer four fail-proof tools that will help anyone call in love.

First, 2020 is all about utilizing parts of our awareness and person we have not been using. 2020 is a time of personal and professional awakening if we allow to be so. If we resist awakening, we will feel frustrated, drained, and demoralized. This is truly a time of fresh starts, and new beginnings. It is an opening for those who align with a pioneer spirit and the energy of invention. It is a time of incredible opportunity.

Any business coach will tell you that to make money you look for a problem to solve. Then you figure out a way to solve it. This piece is not specifically about making money, but it is about expanding our awareness so we can see that opportunity is everywhere, including our love life. What is required is that we dig deep and awaken those muscles inside of us that have been laying dormant or in atrophy. We need to develop other parts of ourselves and give them a voice. We must leave the comfort zone and stretch ourselves as much as we can.

Historically the darkest moments have produced the most beautiful pieces of art and literature. The most heartbreaking events have produced change or cures. Even in contemporary times, when we hear the angst of an artist telling their story of heartbreak or loss it touches our own experience. We listen to the song over and over to relieve our own pain. The artist's pain was useful to the collective.

Whether we want to improve our love life, our financial life, or our career, our challenge is to seek out the true problem and then reach for a skill or idea we have yet to implement. We put that skill or idea into practice. We continue to do that until we hit the right note or find the right formula and we connect. Then we turn that into our new habit.

Yes, change can be tiring, and sometimes scary. I love to use physical fitness analogies to make the point. When we are building our bodies lifting weights and working out can cause fatigue. As we get stronger, we have less fatigue and realize the benefits of the investment into our system. If we utilize the same methodology, we can grow our lives and improve our outcomes.

Enjoy these four fail-proof tips to call in love during quarantine:

1. Create a Connecting Network:

If you are online dating, change your profile to say you are looking for friendship that may lead to love, worst case scenario friendship. Swipe yes on anyone who looks like they may be a good friend. Forget about romance, think expand your network. When we expand our circle, our circle can provide opportunities. Make a pact with the person that if you two are not right for each other you both will keep an eye out for anyone who may be a good match.

2. Create and host your own Zoom love network. Invite all your single friends and ask them to invite all their friends. Share your experiences, read dating books together and talk about the principles of calling in love. (use the book *Calling in the One* by Katherine Woodward Thomas) Support each other. Raise your vibration through group alliance.

3. Create videos and post them on social media. These are videos that talk about your life, or that Vlog about your experiences. They do not have to be long just 1 to 3 minutes. Let people get to know you just for the sake of getting to know you and what your experience in life is. In that you become approachable. People everywhere are hungry for connection and want to see "real" in the world. Be real in the world. Not what you think people want to see but be you. Share your truth.

4. Connect to a new meetup group every week, via Zoom, until you strike a chord with a group of people. The point is to expand your network. While you expand your network, you are enjoying your life, meeting new people, and sharing your gifts and talents and opinions in an open way. You are becoming accessible.

The common thread here is to expand your network and be real. Once you connect there are many safe ways to meet people in person to explore the chemistry and begin to merge from virtual to physical. It begins and ends with expanding your network by stepping out of old habits and your comfort zone.

I get it. The brain is wired to resist change. Change signals a potential hazard to survival. It is quite primal. We have evolved, and the next level of our evolution is to learn to manage our minds, to literally make them our friend. Through tools, meditation, and practice we can flip the script. We can see opportunity as opposed to limitation. We can access our inventive mind and pioneer spirit rather than feel crippled by the limitations of the existing structure.

Call upon your wisest self, the most courageous part of who you are. Let that part of you emerge. Let that part of you have a voice. Life is calling each of us to do just that. This is the beauty of 2020. See the beauty and it will be in your life. See the opportunity and your life will reflect results. Find your courage and your life will be rewarded. You can do this. You were made for this.