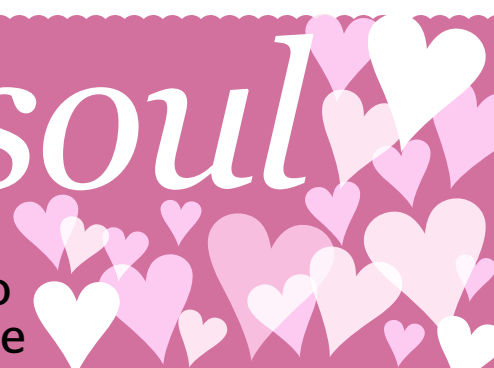




Heart & soul

Cate Mackenzie, our resident love coach, helps readers open their hearts to relationships they never thought possible



Create a love corner

This month, Cate reveals how you can make the most of your home to boost romance in your life

When you're ready for change, creating a love corner in your home will help you open your heart to let love back in. It can also revitalise an existing relationship.

MAKE A SPACE

The perfect place for your love corner is whichever part of your home feels right for you. If you're interested in following feng shui guidelines, the far right-hand corner of a room (looking in from the doorway) is a prime location for nurturing relationships. It doesn't have to be a huge space – your love corner could be a set of shelves or a small table, for example. Now you're good to go.

CHOOSE YOUR SYMBOLS

Placing symbolic images or objects can help bring a new relationship into your life. Love symbols are

many and varied, and the choice is endless. I've listed a few examples here – pick as many as you like from this selection, or just choose items that resonate with you.

- Heart images or shapes
- Pictures of happy couples
- A Shiva Lingam symbol – this sacred stone is said to represent phallic energy in Hindu culture
- Rose quartz, to symbolise unconditional love
- Ruby, to represent deep loving energy
- Rose petals, to symbolise love
- Jade, for a beautiful and abundant union
- Red jasper, to encourage long-term commitment
- A pair of bird figurines
- A box of poems or words of love you've written to the partner you desire
- A wish list of the values and commitments you're looking for in a relationship – 'mutual trust' and 'understanding', for example

MEET YOUR LOVE ANGEL

Whenever you feel unloved or longing for affection, go to your love corner and connect with your love angel. Here's how to

forge the connection:

- Close your eyes and breathe in and out slowly, imagining the breath coming from your heart. As you breathe, put your hand on your heart and ask for help from your love angel.
- Imagine a beautiful angel coming towards you. What do they look like? How do they make you feel? Do they have wings? Are they male or female, or neither? Are they made of light?
- Allow yourself to connect in the way that feels right for you. For example, you could speak to them, or simply acknowledge them with a smile.
- Once you have connected with your angel, ask them how you can find the true love that's waiting for you, how to clear any blocks, and what steps you can take to meet this person.

STRENGTHEN YOUR BOND

If you are already in a relationship, then your love corner can be a celebration of that existing bond. After being in a couple for the first few months, people often stop putting as much effort in – it's a fact of life. Putting energy back into your love life can create a beautiful shift. Boost the positive energy in your relationship by

putting a photo of you both on the altar, reminding yourself and each other just how much you have to be thankful for in your relationship.

Voice what you are grateful for in your partnership by making the following declarations, filling in the details yourself. You can do this every day, or if you want to be more relaxed about it, say them whenever you feel the need:

- *'What I love about our relationship is...'*
- *'What I feel I bring to our relationship is...'*
- *'What I would like to bring more of to our relationship is...'*

AFFIRM YOUR RELATIONSHIP

This is a verbal way of cementing everything that's good between you. Affirmations could include:

- *'We are a loving couple.'*
- *'We honour each other's boundaries.'*
- *'We communicate our differences with love and respect.'* ■



WANT TO FIND OUT MORE?

Cate Mackenzie is a love coach and couples counsellor with more than 20 years' experience. For more information about her work, visit catemackenzie.com