

Open your Heart

Is it really possible to find the man of your dreams in one day? **Jennyfer Bayliss** talks to Cate Mackenzie about her inspiring 'Open Your Heart' workshop...

Everyone wants to be loved and to find their soulmate, don't they? Well imagine a magical space where you can manifest the man of your dreams and then find him within a day of sending your wishes out to the Universe. Cate Mackenzie's 'Open Your Heart' workshop teaches you to do just that. Petite, flame-haired Cate exudes so much natural energy you can't help but feel that any wishes you have stand a pretty good chance of coming true, just because she says they might. Her workshops are without doubt a magical experience, but it's the alchemy you achieve for yourself through a series of guided exercises, meditations and energy work that has the power to transform your life.

So how does it work? Love coach and artist Cate explains, "Too many of us close our hearts to love. I aim to get deeper in to what people really want. And sometimes it's not what they thought they wanted at all. Their head may be telling them one thing but their mental picture of their ideal man may not be so ideal for their heart. And so often people say, 'But how do I meet someone?' You can look fantastic, be on any number of dating websites but still never get approached. If you don't value or believe in yourself, you'll simply carry on attracting men who have a closed heart or hidden agenda. Learn to be yourself, be more open but be safely vulnerable and you'll be on the way to receiving honourable, loving attention. Love is a very gentle and delicate thing and even friends can be judgmental of your hopes and

dreams. So the workshop approach creates a place of safety for you to open up and dare to take a risk." Your hand is held all the way, not just by Cate but by the supportive band of strangers on the same

quest as you. The group invariably forms a strong bond by the end of the course. "You're not just made to jump in at the deep end," reassures Cate, "and if you feel safe you can truly think about taking a chance."

Groups are small so everyone gets personal attention, and 'heart images' feature strongly on the agenda, especially in the initial ice-breaker where a magpie-like collection of nick-nacks and objects d'art are scattered about. Everyone chooses something they're drawn to and talks about that item. It could be a tiny statue of Ganesh, the Indian elephant-headed god, antique keys, rose quartz crystals, hearts (of course) and picture postcards or toys. Cate says, "A trinket suddenly becomes very

Who is Cate Mackenzie?

Cate runs 'Open Your Heart' workshops that show you how to entice love into your life. She's also an artist and life coach



AMANDA

Working to find Mr Right



Amanda Timberlake, 34, London

I was in my early 30s, an out-of-work actress and I'd never really had a good relationship with a man. I'd been kidding myself that my career was my focus and I didn't need a partner. The truth was I had no career and all my focus had been going into these unavailable, undesirable, unsuitable men! So I decided to open my heart to the possibility of having it all, which is what we all deserve and what Cate's workshops encourage. But how was I supposed to make that

happen when my confidence was at rock bottom?

I liked Cate and I trusted her. She had a warmth about her that makes her almost shine. And she makes you feel that anything is possible. I wanted a bit of her hope. The same week I did the workshop, having not worked for a year, I suddenly got three acting jobs: a film in Italy, an episode in a long standing series and a lead in a Shakespearean play. I was overwhelmed by the results. What was next? I hoped it would be the man of my dreams. Admittedly I was meeting nicer men but still not the love of my life. So I thought I needed a little top up and decided to go for

some one-on-one coaching with Cate. I figured if I had a broken car I would take it to a mechanic, and I didn't want to ignore my problems any more. I wanted fixing.

Whatever she asked me I answered truthfully. I knew there was no hiding. Some of the answers were a shock but I suppose nobody had ever asked me such soul-searching questions before. And saying it out loud made it clearer and better somehow I left feeling so alive I was electric.

I didn't know what was going to happen or how to change things but somehow Cate had given me the invisible tools. A few weeks later I started working on

another acting job. And there he was, the man I'd been looking for. Kind, bright and sexy, everything I'd ever wanted. And he wanted me. It's been six amazing months now. We're in love and finally I'm happy. We have so many plans, I'm excited about our future together and I know it's going to work out just fine. I don't think I ever would have met him without Cate's help. She has a way of making you feel safe and proud of who you are but also able to change and become a better version. I think she is truly magical. She helped me see that the only person stopping me getting what I really wanted was myself.

precious and people weave amazing stories about their wishes and dreams."

It can be difficult to open up at first but facing the fear is half the battle. As Cate puts it, "If fear wasn't in the equation, what would you do?". The aim, then, is to open up our often blocked or closed hearts. Dancing

to be, and on the path to attracting the perfect partner. Cate reasons, "It's down to the right timing and the right intent. If you open doors in yourself you open doors somewhere else too."

Part of Cate's coaching advice is to be in the dream all the time. She says,

“Don't expect to ask for someone else's husband or George Clooney and expect them to turn up at your door”

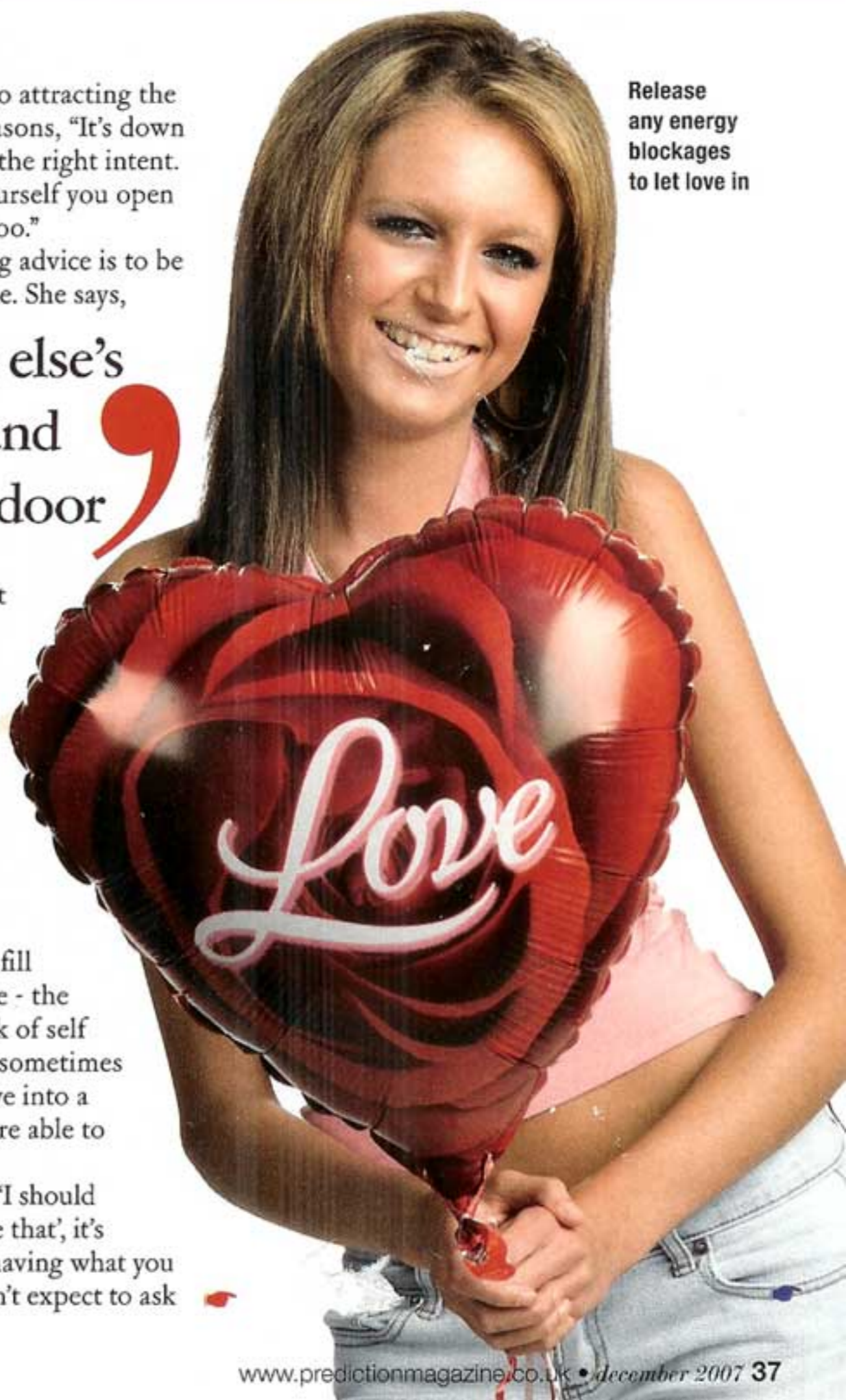
during the workshop raises the energy while the meditations go deep, with a powerful visualisation to help create a picture of your ideal life. You don't have to be an artist or a dancer, and it's liberating just to be creative without any limitations. There's no-one trying to evaluate whether what you've done is right or wrong. It's right for you. Everything promotes a willingness to move, breathe and project energy into the heart to become stronger in who you are.

Next up your boundaries are explored. Do you always mean it when you say 'yes' to something? And how hard do you find it to say 'no'? This exercise gets rid of fuzziness and gets you focused and thinking clearly. And if you think you're just looking for love this new-found clarity may reveal what you really need to happen first. One participant came out of the course with a whole new business plan in place, moving her a step closer to becoming the person she was born

"Be it, feel it, act it, try it on to see how it feels and symbolically release anything that's holding you back." It's crucial to let go of the past. Get rid of old diaries, the old you, and trust that by making some space in your life something new will come along to fill it. Clear out the negative - the sadness, depression, lack of self belief, resentments and sometimes crippling anger - to move into a space where you are more able to receive positive things.

"It's not a question of 'I should be this' or 'I shouldn't be that', it's being who you are and having what you want," says Cate. But don't expect to ask

Release any energy blockages to let love in



the universe for someone else's husband or George Clooney and expect them to turn up at your door. Manifestations should include the all-important clause, 'May it be for the highest good of all'.

So does Cate practice what she preaches? Yes, and it's not just about manifesting love! Cate says, "I wanted to go to a movie premiere. It's the only time I've ever wanted to do something like this but I couldn't get a ticket. Around the same time I had to attend a smart dinner and before I went I lit a candle and said a prayer and pictured myself walking down the red carpet anyway. At the dinner I sat next to someone who, as it happened, had a spare ticket as someone had dropped out, so I went to the premiere after all!" So the right attitude and sending out the right vibrations are major factors in attracting the right situation - or the right partner - your way.

Finding your perfect man in a day, though, may sound like a fantasy but it can and does happen. Other success stories from Cate's workshops tell of soulmates found within weeks after finishing the course. Cate explains, "The only difference between being successful and unsuccessful is not about being amazing and different. It's about not giving up." So if this is the year you want to be successful in love, you know what to do. Go and see this very unusual heart specialist. ❖



One of Cate's paintings

further info

You can find out more about Cate Mackenzie's 'Open Your Heart' workshops and personal love and life coaching on her website at: www.catemackenzie.com or email her on: info@catemackenzie.com

TRACY

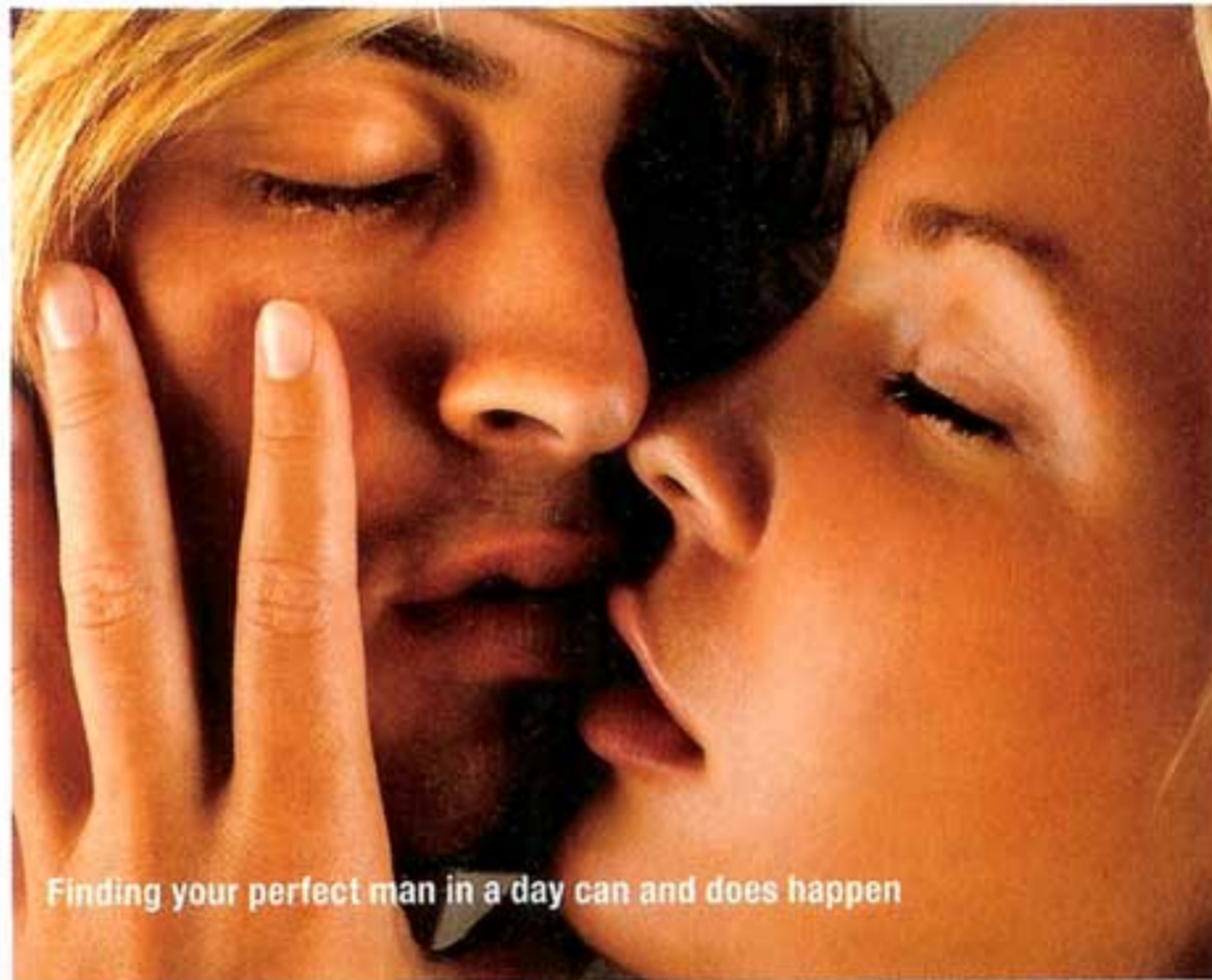
Let 'yes' mean 'yes'



Tracy Beaney, 44, Ipswich

I had already met my partner when I did Cate's workshop but was living apart from him after yet another break up! We had so many problems I wouldn't know where to start. One of my main issues was learning how to please myself and with Cate we worked on saying 'yes' and then 'no'. 'Yes' was easy - I realised my whole life had made me conditioned into saying it. I said 'yes' all the time with my partner when I really meant 'no'.

When it came to working on saying 'no' I got a shock. The words refused to come out and I was almost in tears. Cate's workshop released a blockage within me. I learned to stand up for what I want. My partner and I are back together now and everything is so different. I work to please him but more importantly I can now please myself. I can still feel the strength and power I felt through Cate.



Finding your perfect man in a day can and does happen

LOUISE

Opening up to new experiences



Louise Wordsworth, 36, Leicester

I hadn't been in a relationship for some time and I was dragged along to Cate's workshop by a friend. I didn't really think it would be my kind of thing as, although I feel I'm quite an open person, I found opening up in front of others very difficult.

We had to choose and talk about objects to represent our hopes and dreams and even dance across the room in front of other people. But Cate is incredibly optimistic and warm and she really cares, so I felt supported and encouraged by her throughout the course.

Afterwards both my friend and I felt liberated but a little strange, and I was due to go away on holiday travelling around the States by myself. I thought about the things I'd learned on the course a lot while I was there, especially the idea of opening up to new experiences. The day I got back, only two weeks later, I went for a drink with the same friend - and I met someone!

He was different to my usual type and so much better for me. I'd normally go for larger than life, charismatic men who always turned out to be selfish. But two years later he still treats me like a princess and he makes the ordinary extraordinary. I'm just glad I tried Cate's course. Opening up to something new really changed my life.

