



# Heart & soul

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



## Your ideal future

*This month, Cate talks about how to attract your perfect reality into your life*

Even though it's January, it doesn't feel that the year has quite started yet – it's as though we're still in the starting blocks. So take some quiet time out to write down your visions because this can be a fertile time to imagine what you really want in your life.

Abundance is a state of consciousness. It's about connecting with your own sense of possibility, grounding yourself where you are now, then allowing yourself to imagine where you want to be.

Next, take small steps every day towards your goal. Build gently and slowly, while dissolving and releasing any blocks that may be holding you back.

Maybe you're seeking meaningful and long-term relationship. If that's the case, truly believe that by taking baby steps to focus on and create the life you dearly wish for, you can have what you want.

However, past experience can leave us afraid of daring to admit what we really desire, for fear of failure. But all our mistakes create the learning we need to take us to the next stage.

If you're looking for your perfect person, let me tell you, they already exist and, when you're ready, they will both meet. Get ready to love and be open to seeing the person you crave.

Your job is to discover what you want and to allow yourself to have fun and move towards your long-term goals and happiness. It comes easier to build a bridge to light – a pathway to joy and so you can achieve your

desires – if you regularly focus your attention on your goal and feel excited about it.

## Build a bridge to your dreams

**This will lead you to realise your vision of happiness.**

- If you're having negative thoughts, focus in a different direction. Release any unsupportive

thoughts by writing them down on a piece of paper and ripping it up.

- Write down the list of values and feelings that you would have in your perfect relationship.

- Find a 'love action buddy', someone who you can check in with regularly to create accountability about your project.

- If you want a partner, make a love altar in your bedroom with images of love, such as two hearts or two birds. Choose crystals like ruby for commitment, rose quartz for love,

and a Shiva lingam (a sacred Hindu stone) to represent the divine masculine. Write a letter to the partner you envisage, telling them you long for them. For a month, go out dressed up as if you're about to meet them.

- To improve your partnership, visualise sending your other half love before you go home from work. Spend 20 minutes imagining that you're hugging and kissing them at the door. Send loving texts and messages throughout the day, plan special dates and give them a massage. Create a vision of your life together, and ask them what you can do for them.

- If you're ready to have a child, start to take steps, like cleaning up your diet and creating space in your life, so the spirit of the child knows that they're welcome.

- Give what you want to receive, and receive what you want to give. Always wish for others to have what you dearly desire and be ready to receive when gifts come your way. When we can give and receive, we allow the flow of the universe.

- If you express thanks daily, it helps to expand your sense of abundance. By being grateful you increase what you have. It invokes the feeling that you already have what you want, and it helps to bring more in.

- Remember, you cannot change the world from without – you need to change from within.

- By treating people as friends, we create more in the universe. If there is a good base of trust, even better connections can blossom. ■



**Let the universe know that you're ready for love**

**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](http://catemackenzie.com)