

# Love yourself, love life!

To connect with your heart is to truly know yourself, and release the power to realise your dreams

**D**aily life can pass us by in a series of chores and responsibilities, usually with a few worries thrown into the mix, too. This means that much of our time is spent thinking with our head, navigating our way through situations and finding solutions using our mind. The casualty of this is our dreams. Think about it – when was the last time you actually sat and asked yourself, ‘What does my *heart* desire?’ Love coach Cate Mackenzie says it’s only when we come into alignment

with an open heart that we can truly know ourselves, love ourselves and achieve our dreams. And, as you connect with your truth and values, all you wish for can come into your life.

‘The key to a happy life is to have an inner connection with feelings of love, contentment and joy. As you love, you become a magnet for love. Your creative opportunities and soul’s path will unfold. You don’t have to know your purpose or your soulmate, as you open your heart the answers will come.’

‘It may surprise you to know that the most important love in your life is... YOU. You have to create a loving relationship with yourself in order to fully open up to the true you and your true dreams, so you can become your most powerful. Your heart is the doorway to your soul and holds your dearest wishes.’

We talk about ‘following your heart’. When you do that, your drive and impetus come from within you.

‘When you listen to and connect with your heart, you look at life through a new and magical lens,’ says Cate.

‘Your heart is the centre of you, your entire being. If you think about it, it makes sense – when you were conceived, the first thing you were was a heartbeat.’

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## Journey inside

So how exactly do we make this connection with our heart that will lead us into our highest state of true happiness?

Well, it's not going to happen overnight, it's an inner journey that you can take at your own pace, explains Cate. It involves healing and removing any blocks, resistance, or negative beliefs that stop you from knowing your true self and pursuing your heart-felt desires and dreams.

Cate adds, 'Opening your heart and discovering your blocks takes some time. It's just like when you first meet a person, you don't know them from that moment, it takes time.'

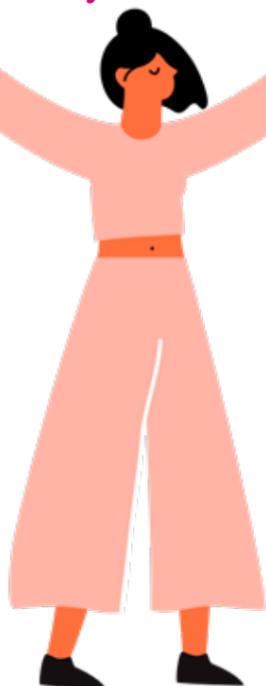
'All you have to be is open to the process, recognising and accepting your vulnerabilities and imperfections. The rest will follow as you trust in something bigger than you that is helping you, guiding you and supporting you.'

'Your heart stores all your emotional turmoil, heartbreak and grief. It may be that it's difficult to realise who you really are because heartbreak has led you to shut your heart down, saying, I am NEVER going to open myself to that hurt again.'

'But as you breathe and connect with your heart, you allow a wonderful healing to take place and you will expand into the powerful being that you are. You can open your heart gently and gradually.'

TIP

Connect with your heart whenever and wherever just by placing your hand on your chest.



## Remember to breathe

'There is no rush. All you have to do is be willing to turn up to discover who you are. The rest will unfold.'

As you start to connect to your heart, you will hear whispers of inner wisdom speaking to you.

As your heart connection grows stronger, the voice will get louder and clearer, connecting you with what is dear to you, your desires and your dreams, whatever they might be – living by the sea, finding a life partner, creating a home together, writing a book, having children. When you work with your heart connection, synchronicity comes into your life, helping you manifest these dreams.

'Start with just five minutes. Then build it up, spending more time listening to that voice and asking for Divine support on your journey,' encourages Cate.

'As you strengthen your heart connection, you will start to feel a 'yes' when something is right for you, authentic to you, and a 'no' when it isn't.'

When we talk about working with our heart, at its most basic we're talking about working with our breath; being aware of breathing in, breathing out, while your body is relaxed, and visualising your heart as you do.

'Rub your hands together and put them where your heart is – to bring your attention to your heart in a literal way,' suggests Cate.

Meditation and visualisation are important tools in your heart work, and ones that we can all learn to use effectively.

'There is an idea that a higher power is a car and you are the driver. So, you name what you want by painting a picture. Make your vision as detailed as possible, spell it out as if you're describing an image in a book. If you can see it and feel it – you can have it,' says Cate.

If what you'd really like in your life is social confidence and a belief that you are interesting and good company, then one of those pictures

you paint might be of you in a room full of people, chatting and laughing in a relaxed way as the people you're engaging with listen to your every word and hold eye contact. See every detail as if it's real.

The power of words is also your friend when it comes to connecting with your heart. A lovely little exercise here is to write to your love angel.

Commit to paper what you seek, so your letter may read something like, *Dear love angel, please bring me [insert desire]. I am willing to allow this into my life, as soon as possible.*

Don't be shy with the details, list everything you are hoping for. When you're done, sign your letter, date it and pop it under your pillow along with a piece of rose quartz (the love stone).

Turn the page for more rituals and techniques you can try to let love into your life.

✧ **More info** [catemackenzie.com](http://catemackenzie.com)  
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## Meet your love angel

You have an ally in your quest to open your heart fully

**F**ind a quiet place and allow yourself to relax totally.

Imagine yourself walking barefoot along a beach, waves gently rolling over your feet.

The turquoise water is full of healing crystals and you feel all of their healing vibrations.

You look to your side and see some beautiful trees and a temple in the midst of them.

Walk across the sand towards your heart temple, making sure you take time to notice every detail of what it looks like.

When you

open the door and go inside, you see your altar to love.

Bow to it, thanking it for all the love in your life and everything you've ever received.

You turn around and, as you do so, an angel comes through the door.

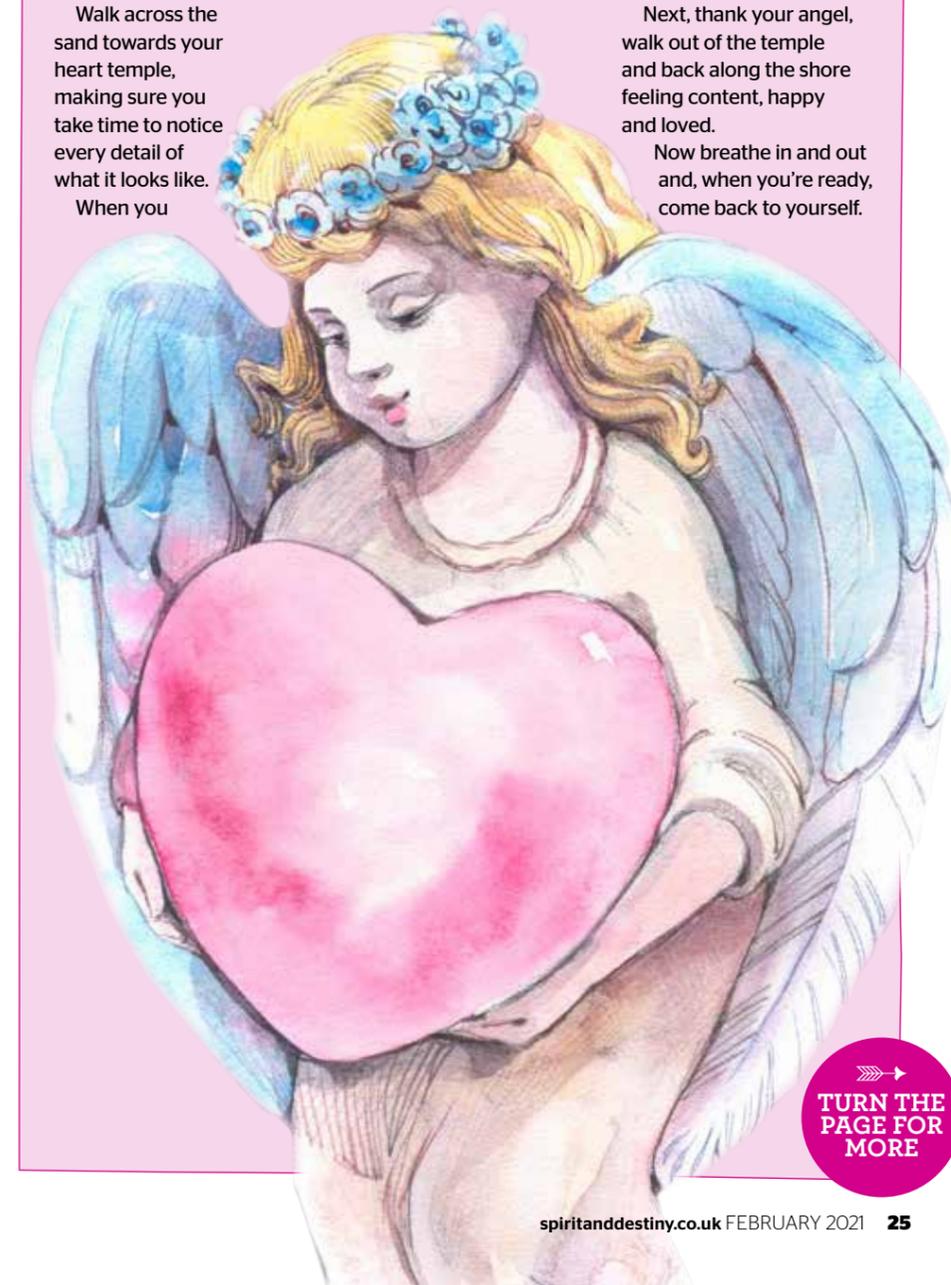
The angel steps towards you, takes your hands and you are both surrounded by a gorgeous golden light of unconditional love.

**Now ask your angel the following questions, then wait and listen for their reply:**

- ♥ Dear angel, how may I open my heart?
- ♥ What is my purpose in life?
- ♥ Is there anything that is stopping me from stepping into that true purpose that I desire?
- ♥ How may I clear these blocks in my life?

Next, thank your angel, walk out of the temple and back along the shore feeling content, happy and loved.

Now breathe in and out and, when you're ready, come back to yourself.



TURN THE PAGE FOR MORE

## EXERCISE 1

### Attract love

#### CREATE A LOVE BOX

The love box itself can be anything you like - a shoebox, wooden box, or something similar. It can be as pretty or as plain as you wish and in it you should put a selection of objects that will attract love.

##### YOU MAY INCLUDE

- ♥ Rosemary, a herb associated with love.
- ♥ Rose quartz or ruby, both crystals associated with love.
- ♥ A shiva lingam stone, which symbolises the Divine masculine.
- ♥ Pictures of places you'd like to visit with your other half when they arrive in your life.

#### LOVE LETTERS

Whatever else you decide to pop into your love box, a letter (or several) to your partner-to-be is a must. One letter might read, 'I can't wait to meet you.' Write down your worries and concerns, too. This is all part of surrendering to the universe. So, another might read, 'I am so worried this is never going to happen.'

Cate explains, 'Writing these letters are visual reminders of what you are bringing in and help you believe that something really magical is happening. You're building up the energy, getting yourself in the zone. If you write a daily letter, you start to feel that this person you seek is alive, out there, and soon will be with you.'

'Your love box is also somewhere where you can pop what you want to release. When people are about to meet their loved one, it's common

for an ex to show up. I think the universe doesn't like a mess, so it's like the ex is showing up so you can say, 'Goodbye, we're done now.'

'I wish you all the best.' You can do something similar with your love box. Write a letter releasing any feelings about a previous relationship.

'This is a wonderful witchy box, a little soup of magic that lets your desires percolate and manifest.'

The perfect spot for this is in your love corner, the far-right corner of a room as you stand in the doorway looking in.



## EXERCISE 2

### Boost confidence



#### POWER STATEMENT RITUAL

Affirm the beautiful, unlimited and magnetic person you are, with this powerful statement. Make repeating this in front of a mirror a daily morning ritual to attract positive thoughts.

**'I am now ready and open to love myself. I create time and space to make this happen. It will happen easily and it will feel great. I am ready to embrace my unloved parts, forgive myself and allow closeness in my life. I release anything that might hold me back. I love myself and all my imperfections as they make me the person I am. I am the source of my own abundance and love is my source.'**

#### ♥ TIP ♥

To say this with meaning and really feel the words can take practise, so stick with it.

## EXERCISE 3

### Connect with your heart

#### LET LOVING VIBRATIONS IN

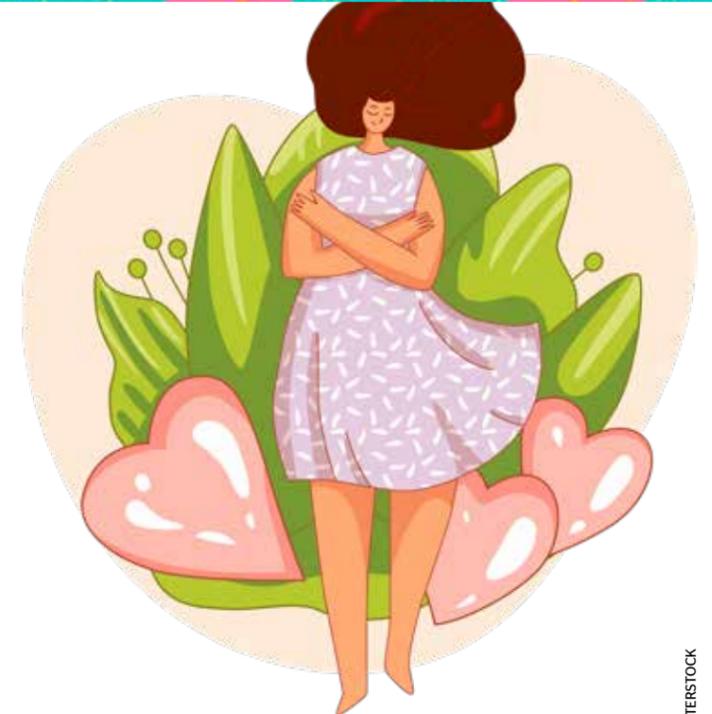
Try this exercise to start the process...

- ♥ Relax, sitting or lying down, and take your attention to your breath. Notice it coming in and out of your body. Feel the rise and fall of your chest and allow your whole body to soften.
- ♥ Now imagine connecting with the middle of your chest, your heart centre. Notice how you feel and how you feel in your heart - open or closed?
- ♥ Visualise a very small flower bud in the centre of your chest. As you breathe in and out, the flower gently opens, and you feel a sense of opening in your chest as waves of love move through your body.
- ♥ In the centre of the flower is a beautiful crystal, your heart's crystal. Take your attention to this crystal, the centre of all you are.
- ♥ Feel the vibration of your heart and, as you breathe in and out, feel a loving vibration throughout your body.
- ♥ Now surround yourself in a protective bubble of golden light, where you can be vulnerable and feel safe.
- ♥ Breathe in this golden light, filling yourself with it and loving you. Continue breathing in and out until you're ready to come back to the room and connect with how you feel.



## EXERCISE 4

### Break down barriers



#### TEAR DOWN YOUR INNER WALLS

This simple visualisation exercise can help you to open yourself up to endless possibilities...

- 1 Relax, close your eyes and breathe in and out until you feel a sense of calm and contentment. Imagine you are somewhere beautiful in nature, where you feel happy.
- 2 In front of you is a wall that symbolises the blocks that are stopping you from fully participating in life.
- 3 Connect with this wall - feel, see and experience it. This wall may have kept you safe, you may have been afraid to come out from behind it, but now you are going to break it down!
- 4 Decide how you're going to do that... take it down brick by brick? Scale it? The choice is yours. Now do it!
- 5 Finally, you are on the other side of the wall, in nature, surrounded by trees, flowers and feeling free. Breathe in, breathe out and when you are ready, wiggle your fingers, move your head side to side and very gently come back into the room. ♥