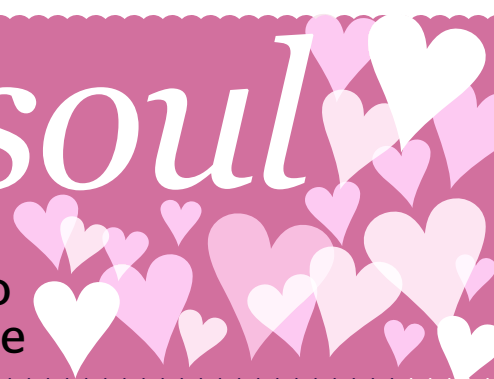




# Heart & soul

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



## Manifest a partner

*Cate Mackenzie reveals how letting go of old hurts and embracing fun is a magnet for romance*

So many people ask me how they can get a partner. I always recommend the same winning formula – have more fun, let go of the past and commit to having love in your life. The reason is that you don't attract what you want, you attract how you are.

When you are having fun, you are more relaxed, more open and more likely to say hello and meet new people. Lightness and fun help form romance.

Three years ago, I set myself a goal of having three weeks of fun. I was determined to not be distracted by the pull of Facebook, email or texts, and was hell-bent on focusing on having fun and attracting more fun. This included writing a request describing the man I wanted to meet – he'd be loving, funny, abundant, loyal and ready for commitment, and he'd find me sexy and I'd adore him. Oh, and he'd be available!

I put this letter in a box with my collection of crystals, then started making a list of all the heartbreaks I'd had in my life and the gold I'd found in each situation. For example, when I was 12, a dear friend called Esther died suddenly, and I was heartbroken. I'd always imagined that we'd be friends for life, and I just couldn't let her go.

Much later on, when I went for some healing, I realised I needed

to release Esther, otherwise I was blocking myself from moving on in life. It was even blocking me from visualising myself getting married one day, as I just couldn't imagine my wedding without my dear friend there.

Through this healing, I changed

**'You don't attract what you want – you attract what you are'**

my thinking to concentrate on how lucky I'd been to have Esther in my life, bringing me so much happiness.

Once I'd popped my list in my box of crystals, alongside a request for my love angel, I was ready to kick off Operation Fun.

That fun included three summer festivals, the first of which I went along to with a couple of friends and had such a laugh. By the second one, I was in full flirt mode and my friends couldn't get over how much male attention I was getting. I realised that having fun makes you more confident and attractive.

After my hat-trick of festivals, I met up with a friend for coffee and a catch-up. A man asked me about the book I'd

been reading while waiting for my friend to arrive (a book about near-death experiences), and we struck up a conversation which went so well that after 10 minutes my friend made her excuses and left us alone!

In the spirit of Operation Fun, I told this man, Paul, that I fancied going dancing, and that he was welcome to join me. My three weeks had given me enough confidence to take a risk and let go.

Paul took up my invitation, and we spent the next 14 hours having a lot of fun together. I felt so relaxed and confident that I asked him out. He said yes, and

it was the start of a beautiful relationship. Paul does some comedy and had just come back from performing at the Edinburgh Festival Fringe. He'd had a really enjoyable experience and was very open to fun and love when I met him. Handy, that!

As we got to know each other, we discovered that we'd lived in the same areas at the same times. We'd also both been regulars at the same snooker club, but we'd never met. I believe we weren't meant to meet until we had both moved into a different vibration of pure fun.

The thinking is that, as you prepare for love, the one that you are meant to meet prepares at the same time. Still need convincing? Well, by the time this is published, Paul and I will be married.

So go on, get out there and have some fun. Who knows where it might lead? ■



**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)

Get ready to take flight with love