



Heart & soul

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



Clear away life blocks

This month, Cate reveals how to release negative inherited behaviour

Are there any areas of your life where you feel that no matter what you do, you don't know how to progress or change things for the better? The answer may lie in removing negative and hindering thought patterns that you don't even realise you have.

Even if you don't know exactly who your ancestors are, you'll have inherited – through DNA, thoughts and stories handed down through generations – many patterns from them. As you go on a journey to discover more about yourself, you may find that you're carrying negative thoughts and beliefs that don't belong to you, which you can learn to release.

In my work as a love coach, I assure people that they can have love, and help them create a bridge that leads them to love. Let's say I'm working with a woman whose mother, grandmother or great-grandmother never had a successful long-term partner. If her mother's husband left, her grandmother's husband died and her great-grandmother became pregnant through a fling and never found anyone else, then it would be fair for this woman to assume that men will always leave and she'll never meet or keep anyone. It may be even hard-wired into her subconscious that long-term love isn't possible.

If she can release these old thoughts or patterns and really get in touch with her true desire for a partner, she has the possibility of creating a new reality for herself with the love she desires.

So here, I want to share with

you a technique to create a new feeling or symbol of love that will empower you. I learned it on Art Giser's Energetic NLP workshop, through solar-events.co.uk

1 Close your eyes

Surround yourself in golden light and breathe it into your body until you feel relaxed and safe. Then surround yourself with amethyst light to clear any mental blocks. Ground yourself by visualising a funnel of crystalline energy from deep in the earth, rising up to the base of your spine a metre wide, and allow this to heal and balance all the cells in your body. Imagine releasing all negative thoughts and agendas from other people about

love down through the funnel and into the earth to be healed.

2 See, feel or imagine

a pile of contracts in front of you that are ready to be released. You don't need to know what the contracts say exactly, you just need to imagine that there's a pile with

'We may not realise that we have hindering thought patterns'

unconscious or conscious negative thoughts about love that you're ready to let go of. Create a rubber stamp in your mind, which you're

going to ink and press on the contracts to complete them. On the stamp put your name, the date and time of when you're doing it, and the address of where you are. When you're ready, stamp as many of the contracts as you can to dispel them and their negativity.

3 Visualise a heart shape

in front of you, then take a copy of that heart and place it inside your body. Imagine it filling up with all the feelings and qualities you wish to have such as love, safety, abundance, joy and security. Now fill the heart with lights and colours and allow it to grow, filling you with these feelings

until you're inside the heart and sparkling with joy. Once you feel complete, dissolve the heart and release the funnel into the earth.

4 Say the affirmation:

'I now release any negative thought patterns from my past and stand in my power to receive love.'

5 Try a flower essence,

like the Australian Bush Flower Essence Boab. Alternatively, tune in to crystal energies. Cleanse a crystal under running water and hold it in your hand. Use petalite to take you back to a time before ancestral patterns, or black obsidian to ground you and aid the release of negative patterns.

6 If you'd like to marry

or be in a committed relationship, visualise your friends and family blessing your wedding or ceremony with your partner. Notice how you feel. If you feel any resistance, repeat the visualisation above.



Fill your heart with colours and lights to bring yourself joy

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