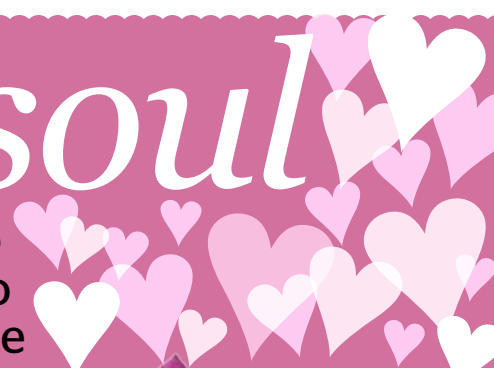




Heart & soul

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



Write to your love angel

In her first column, Cate reveals how a little divine intervention can help you embrace new opportunities

Are you anxious about whether you can have true love? Do you find that people tell you it will all happen when you simply let go and you're just left wondering, 'How do I do that?'

I work with lots of single people, helping them find the willingness to be open to having a relationship. What I have found is that love

seems to arrive when a person opens their heart and takes an appropriate leap into the unknown.

One woman who came to see me was in her late thirties, and hadn't had a boyfriend since her early twenties. She was so sad about not having anyone that she was ready to try anything. I told her to write a letter to her love angel, put it under her pillow and read it every day. I also told her to get dressed every morning for a month as if she was going to meet this person, and to go to as many exciting,

random events as she could. She also had to search for the hidden gold in any heartbreak by thanking all her previous loves, even if this was to say thank you for showing her how not to be treated. She agreed to try these tips and went out a lot, including going to an art gallery event for singles where she met her next boyfriend. They dated for two years and then got married. She told me that she knew why she had been single for so long, and

her love angel had helped her go beyond her fear of intimacy.

Everyone has their own unique love angel, and they're patiently waiting to be asked to assist you. It's important to be clear that you're ready to be helped and open to receiving that help. Ask yourself if you really want to bring in 'the one'. Once you're ready, your love angel will help you keep the faith while

'This woman was once scared of the intimacy of a relationship, and had to get used to a loving partner'

it was that she had been scared of the intensity of a relationship. She said she often felt she could handle things better on her own. I asked her whether she wanted to go back to being single, and she said she was happier than she had ever been – she just needed to get used to a loving partner who wanted to support her. Reaching out to

you manifest your partner.

At the top of this page is an example of a letter to give you an idea of the sort of thing you could write. But please write one in your own words because it will be much more heartfelt and powerful.

Good luck, and remember that miracles can happen! They do every day – why not for you?

WANT TO FIND OUT MORE?

Cate Mackenzie is a love coach and couples counsellor with more than 20 years' experience. For further information about her work, visit catemackenzie.com

Manifest your perfect partner