Aligning Your Energy

Before choosing your online dating platform and creating your profile, it's important to align your energy with the experience you desire to receive.

Your energy is magnetic and your 'one' will come in via any number of miraculous ways - online dating is just one of the ways! The way your person comes into your world is really none of our business. All you have charge over is your energy, how you feel and what you are available to receive.

So being connected with your true self, feeling tapped into your desire and knowing what you want unapologetically is key. It means that any action you take will feel good for you and without a hint of neediness, attachment or doubt!

I invite you not to 'put all your eggs in one basket' and expect your person to come from online dating. Maybe they will, Maybe they won't. We don't know where they will appear from! How exciting is that!

Your work is to do what you know you can do.

You can prepare your energy (the following sheets will help).

You can create a powerful online dating presence (see the masterclass and podcast mini-series for help with that).

You can surrender and allow yourself to be shown the perfect way forward for you. Maybe you'll be guided to joining a local gym or art class. Maybe a friend will invite you to a new restaurant or tango class. Perhaps you'll be guided to try a brand new dating platform or go to a singles event. We don't know. What we do know is that when you are feeling open, the world is your oyster!

Go grab your journal and dive into the sheets that follow!

SET YOUR INTENTION

Take some time to journal around the following points and give yourself permission to create an experience that feels really good for you.

1. How do I desire to feel while dating in general?
2. How do I desire to feel while using a dating platform?
3. How do I desire to feel when I am on a date?
4. What do I need to remember about myself to have this experience?
5. In practical terms, how do I desire to interact with a dating platform - i.e. what time each day will I log on, swipe, send and respond to messages? Perhaps diarise that if having it in your calendar feels good for you.
6. Write at least 10 affirmations to support you with your intentions. I have written a few examples below that you are free to use if they feel good for you. Please also create your own.

I feel open and curious
I feel connected to the truth of me
I love to speak my truth
I am great company
I am loveable & worthy of being loved
I am interesting
I enjoy meeting new people
Dating 'my way' feels fun and easy
I remember that my person is probably feeling similar to me
It's ok to take my time and date in a way that feels good to me
I choose to feel good today
I am excited to take some action toward meeting my one!
How this plays out will be just perfect for me
He/She is looking for me too
I love knowing that the way my soul mate and I meet each other will feel magical

WRITE YOUR VISION

Take some time to journal around the kind of person and relationship you desire to receive.

It might be fun to write this as a highly descriptive vision - in present tense as if it is happening now, loaded with much feeling and emotion.

What will it look like, feel like, smell like and sound like to have met your person!?

Perhaps you could write a snap-shot of a day you've spent together.

Maybe describe them in detail.

Be sure to include how you feel when you are together! That's crucial!

You might also like to write a list of what your 'non-negotiable must have' and 'non-negotiable must not have' qualities are in the person you are calling in. That clarity can be really helpful.

Enjoy this juicy exercise!

RELEASE YOUR WORRIES

It's possible that as you wrote your vision and tapped into the kind of person and relationship you want, some doubt crept in. Perhaps some memories of when dating didn't work out for you came up. Maybe pain from past relationship experiences was felt.

1. Take some time to journal around your limiting beliefs, worries and concerns about dating.

I wonder if you could love the part of you that thinks / feels this way? I wonder if you could forgive yourself / others and allow yourself to receive what you deeply desire? I invite you to tap into the truth that no matter what you think, feel or have previously experienced, the kind of relationship you desire IS available for you. Your journey towards receiving that is a journey of self love, self forgiveness and self belief.

2. Without judgement, allow yourself to feel what you feel as you tap into these thoughts. There are no right or wrong feelings and your feelings are not WHO you are. They do not define you. They come and go naturally.

Our habit is to ignore more uncomfortable emotions because we judge them for being 'bad' or 'inappropriate' or 'wrong'. When feelings are not acknowledged they get stuck and blocked which in turn blocks you to receiving.

We want your energy to be in a receiving state!

You know you are in the perfect state to receive in your desires when you are feeling passionate, enthusiastic, excited, happy, joyful and loving. To be in an open and high vibrational state you must allow the lower vibrational feelings though a regular practice of acknowledgement and release.

I invite you to acknowledge how you are feeling and a super simple way to do that is to journal. Just write,

“Right now I am feeling …….”

If you desire to understand why you feel the way you do (remember, we feel our thinking so there is likely a thought process / pattern / habit going on that has you feeling the way that you do) then feel free to delve a little deeper to understand why you are feeling the way you are.

By acknowledging a feeling you may desire to express the feeling. If you feel like crying, then cry. If you feel like getting angry, allow your journalling to express your anger onto the page or if it's a safe time and space for you, do some deeper expression like bashing your pillow and shouting.

Again - because I cannot say this enough! - do not fall into the trap of judging your feelings. You are NOT your feelings.

3. I love to use EFT - Emotional Freedom Technique. I tap the key acupressure points while focussing on the situations / thoughts / feelings / fear that are hurting me and repeat the mantra :

"Even though I feel ..... , I completely love and accept myself".

I insert each worry or pain and move through each one as I tap.

4. I also love to use the Ho'oponopono Prayer to release my worries and move into forgiveness. Reciting these four simple phrases helps develop self-love and self-esteem which we need when opening our hearts to date :

"I'm sorry, Please forgive me, Thank you, I love you.”

You might like to google EFT and Ho'oponopono if you are not familiar with them.

Start to notice how great it feels to get to know yourself at this level. Rather than resisting and ignoring the truth of you, you are getting intimate with the truth of you.

You are being vulnerable and that creates true intimacy.

A relationship like that with yourself is KEY to calling in your soul mate. When you can be emotionally available to you, your own best friend and love all parts of you - light and dark - then that is what you are vibrating. That vibration will attract its match - your soul mate who will be emotionally available, your best friend and love all parts of you.

Being comfortable with yourself means you have the confidence to be fully comfortable with your 'one' and that is the foundation for a life long lasting, intimate, passionate love affair!

RELEASE ATTACHMENT & ALLOW MAGIC

I remember so clearly how it often felt to be single. The frustration, sadness, loneliness, numbness, anger, defeat and confusion - it was relentless.

It was a source of frustration to practice acknowledging my feelings when there was an underlying thought that nagged..... "But this isn't going to change because while I am single, this is how I am going to feel". I worried that all the 'acknowledgement' in the world wasn't going to change how I felt. I worried that I would feel this way until I met my man.

I didn't want to feel like this. I was very resistant to feeling all of this!

On the other hand I was really attached to the desire of being with a man. I was attached to those 'wanting' feelings. I really really wanted to be in a great relationship and to create a family of my own.

I was resistant to being single.

I was attached to being with a man.

Can you see how the energies of resistance and attachment were playing out?

Non attachment is the KEY to being in receiving energy.

Non attachment is a state of being and surrender. It's being ok with what is - right here, right now. And that is the art of the Feminine!

I knew I had to practice non-attachment around both my feelings and my desires. I didn't know how to do that but I set the intention to discover the way. I became willing to be shown. I invite you to do the same.

The prayer I invite you to use is this :

"Even though I have attachment to being in a relationship and resistance to being single, I am willing to be shown how to release both and allow magic into my life!"

I discovered that there isn't so much a 'way' to 'do' it. It's more a decision and choice to 'be' with what is. To acknowledge and accept. To surrender and let go.

This is something I invite you to practice. I invite you to be ok with who you are and what you are experiencing and feeling in this very moment.

The Universe knows what you desire - you don't need to keep asking, begging and pleading.

Being in the desire rather than being attached to the outcome or what you don't want is key.

Please be kind to yourself as you practice this new way of being. As with everything transformation, this is a new muscle to be strengthened!

I invite you to set the intention to be available for magic and miracles! They are your birthright, totally natural and it's the most fun way to approach dating.

Practice this affirmation :

I am available for magic and miracles!