

How to get back on your bike and build
a great relationship
after a fall

Back on Your Bike

Chris Walker



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Back on Track™

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BACK ON YOUR BIKE

We all fall off the bike at some stage in our life. Some recover and go on to fall off over and over again. Some never get back on properly. A couple get the top of a hill on a tandem bike. The woman on the front exclaims, "my goodness that was the hardest hill I've ever done" - the guy on the back says "yes, me too, I was so worried that we wouldn't make it, I kept the brake on to make sure we didn't roll backward." Don't be like that. Make sure you've cleared the past properly as you enter a new beautiful love. This book can help.

There's a tension isn't there? A tension between what we want and what we've got. There are periods when they line up. Some of those periods last longer than others, particularly in relationships. Like the last relationship you had. It started like a perfect download of your in the shower imaginary life movie and ended up like the steam, evaporating through the ceiling.

And now, it's time for a second go, or third, or fourth and you probably don't want to get your heart broken again.

So, I wrote this book for you.

About Your New Love and Relationship

Love is a beautiful thing. We must be careful not to over-think it. Love and relationships are experiments and it's wise to accept that right from the beginning. There are no secret formula that are going to prevent or immunise you against pain. If you don't want pain, then you don't want love.

If you have the courage to know that although you may have felt suicidal, drunk yourself into a stupor, betrayed your inner demons and or made an ass of yourself last time, that was a valuable experience and worthy of a second run. I mean, the only thing between you and that state of despair is your pride and surely love is better for one day than pride for a lifetime?

If you take any relationship that's on offer and see where it goes, life is a real experiment and you will learn the old parable that "NOTHING IS IN THE WAY, ONLY ON THE WAY. Yes, that's the way to think about relationships, you will not be a worse person for giving it a go. You will end up somewhere and if you keep trying to control every aspect of your humanity so you end up totally goal driven and master of your destiny, you may as well read about your life in a text book. I don't think that's living at all.

You can control 50% of your life. Choose which 50% carefully. All people can only control 50% of their life but they don't know which 50% they are controlling. That's a mess. It's called half hearted living. Do you want half hearted life? I doubt it and if you do, get a refund on this book. It's only for those who want to put their whole heart into what they do because there are no half hearted success stories.

The reason people get in a mess with love and relationships is that they think that a relationship is the be all and end all of life. Never was there a greater load of BS projected. Most people who admire love and relationships are depressed, like RUMI and Romeo. They weren't happy. All their life was spent moaning that they couldn't enjoy themselves without love and relationships. How dumb is that?

So, start your journey with the knowledge that relationships don't solve problems. They actuarially make them worse. Relationships magnify problems. They feel like they will solve problems, they promise they will solve problems but they don't. The closest a relationship gets to solving a problem is that it makes having a problem less intense because it feels like there's a second person batting for you in life. Really there isn't but it feels good to think it.

The other reason people get into a mess in relationships is that they put too much mush into them. If you divide life into seven equal parts like: career, money, health, intelligence, friends, self and relationship you get a rough idea about the real context of relationship. A relationship is not life, love is. And you can't love one person and hate another. 99% of single people have an axe to grind on someone in their past, or their sister's past or their brother's past or their parent's. They grind that axe and hold onto all sorts of distaste. It's like sucking a dog poo lolly while kissing a prince. It's going to make a difference. The taste alone of a judgement or hate that's dragging itself through a person's life becomes permanent. They taste crap even when they meet their soul mate. So, smart thing would be to put relationships in context, and use mouthwash.

So, here's a story.

In my last relationship I met my partner in a park and was instantly attracted to her. On our first date I knew that there was very little chance of it working. And I knew full well, that if I went ahead it was really probable that I was going to get hurt. That immediately brought back memories of how it felt when my first marriage ended, when I felt like the gutter would have been a step up from where I was. So, I drew down and asked myself whether I wanted to walk away and save the pain, or take what nature had delivered and put my heart and soul into it and see where it took me. Well, six months later it did take me to a huge heartache. I'd even proposed marriage in that six months, I held nothing back, I never do because in nature, nothing is in the way of life, only on the way.

This is what makes the difference for me. I value that life is a journey and even pain is important to learn and guide us. My pain had a purpose so, when it ended, I rang my brother to get some TLC, then, I took a few days off work and dug into the pain to see what it would teach me. I let all the pain in and didn't hold onto anything. I went through a ream of paper, 400 sheets of paper, listing the discard, (Simplified Demartini Process) opening my heart again to love. I passed the acid tests making sure there were no grudges or regrets about that last relationship. For what it's worth I can share that I learnt more about myself, my work, my life, people, human nature, bi-polar and hormones in that six months than any university degree could have taught me. This was my eleventh full blown heartbreak.

They don't get easier, but they do get shorter. My first smashed heart took 3 years to deal with, the last one, 3 days. I'm confident the next one will take 3 hours. Yes, there will be more.

Now you might say that the pain was not worth the gain, but in the six months since the inevitable ending of that experiment, I've lived more of my life purpose and helped at least 400 people I could not have helped as well before that last experience. People came to me who were suffering from the same struggles my ex partner was experiencing while I was with her. I learned so much about others and of course myself. That immersion really helped but I would not have known that at the start.

So, here's the rub. You can't go wrong. You can't go wrong trying. You can only go wrong half trying. If you are in doubt pull out. If you are being safe, or self protective, or cautious in love, it's over. There is no half. You and your baggage come into the relationship boots and all. Otherwise it's a joke, and you'll be the punch line. Give all and if it ends cop it sweet, right in the heart. You'll get over that. I teach you how to get over a heartbreak in a day or two, even if it's your long lost lover from 20 years and family, you can get over separation, affairs, cheating, lying and all that in 24 hours and meet your next lover if you choose. But remember, there's an acid test. Do you love your ex, unconditionally?

A few hints on being confident in surviving a heartbreak and the same hints go for putting 100% of your heart into a relationship. Create a routine that works for you when you are single or as if you were single and do not change one molecule of it when you are double (except for the dating and sex with strangers). Compromise kills love and therefore relationships. You get to know yourself as a single person and you keep doing those things that make you a good single person when you are a double person. That means focussing on the other six areas of life as well as relationship. It's the overloading of relationship with too much pressure to create happiness that causes their failure.

Seduction means “to please.”

Happiness is, by the way, over rated. You'd be better to focus on fulfilment and be fulfilled when you enter a relationship than focus on happiness because happiness is like an Ogre, always hungry, never satisfied whereas fulfilment can last a lifetime. You'd also be wise to accept that the purpose of a relationship is not happiness.

If you are trying to please your partner you might be making a huge mistake. You might start looking for someone with the same values as you. Someone who is pleased by the same things as you. That notion is so self-destructive. That's a bitter pill. No mouthwash can kill the flavour of being a disappointed lover. If you think the essence of a great relationship is finding someone who wants what you want and thinks like you think, you will be hurting forever. No need for that.

There's only one person on earth who thinks like you, who wants what you want and who needs what you need in the quantities that you need it. And that person is you. If you think you found a like minded soul, this is possible but if you think that they will want what you want in the order you want it in, think again. Anyone who gives you the impression that they want what you want in the order you want it, is tricking, seducing and manipulating you by making things easy. They are just making you happy so you surrender to them. Once you surrender they will reveal something terrible, something devastating, that they do not want what you want, in fact, they probably want the opposite.

Trust nature, if two people are the same, one of them isn't necessary. If you do find an exact replica, a person who thinks like you, resonates with you, walks and talks like you and wants what you want, then wear a hard hat because they will soon ask you to change, something about you is about to change, or the relationship will dissolve.

All relationships are based on differences. If there are seven areas of life, and your priorities are spiritual, mental and financial in that order, you can bet everything you own that their bottom three priorities will be financial, mental and spiritual in that order. This is how nature works. It's not wrong. But in some societies on earth, some cultures, women are beaten until they submit to the authority of the male, and in countries like America, where there are some strong religious bias, the church can have a go at beating everyone into submission to their values. Still, deep down, the human spirit is non complaint. Only on the surface can we cause another person to subjugate their values. Deep down, intrinsically, we are all very powerful.

Seduction means “to please.” So we seduce each other by lying. You do what you can to seduce your new date, but really, it's an act. Deeply, you want something and the best way to get it is by pleasing them, this is marketing at its best.

There is short term pleasing and there is long term. If you focus on what someone needs in the short term you will please them short term. But all short term pleasures open the gateway to the real driver, the long term. Satisfy an appetite and it gives birth to ten more, and eventually seduction gives way to truth. People want their long term needs met.

Seduce means to give others what they want, and it will be very different to what you'd want if you were them. Seduction is sales and marketing in perfection. So, yup, you might think you are the same, hope that you are the same, laugh at your similarities but if you know each other more than a

week, you'll start to see there are as many differences in values and morals and ethics as there are similarities. And this is why relationships are so challenging. While you are getting seduced you dream that this getting, this satisfaction is going to last forever. But your needs will expand and their needs will expand and you'll eventually feel that your needs are not being met in some area. And then there's a test.

Now what? Now that you find you've started dating someone who wants things you don't want, what are you going to do? You know this is inevitable so do you stay single and just self-gratify, hoping to meet your perfect self in another person, or do you realise that by giving to your lover what they want they give to you what you want?

Are you one of the people who get into relationships with enthusiasm and then spend the rest of the time you are in it thinking about whether you made the right choice, looking around at other people going, "my God, they are perfect" or "wow - that person is flirting with me, if only I was single ... etc I wishbla bla" If you are one of those people then please read the next chapter carefully.

Confusion or Clarity

Western ideology means we want what we haven't got, so, when you are with one person (relationship) you want to be with the many (single) and when you are with the many (single) you want one (relationship) ... in other words when you are single being double looks brilliant and when you are double being single looks like nirvana. That's the epitome of western ideology. We want what we haven't got. It's the driving force of the consumer society, our culture, our religions... simply we are conditioned to "want what we haven't got." And this presents an dilemma for those who love the commercial world of business. If business success comes from wanting what you haven't got, then are you doomed to continual dissatisfaction in relationship?

The whole business and financial model of the world runs on "wanting what we haven't got - consumerism" even in Maoist countries it's what feeds people. But at home, in love and relationship maybe the opposite works better. Maybe in love "I need nothing, I want nothing and therefore I have everything" the Eastern model of want what you've got, is best.

I teach clients who have been in long term relationships a great game. Would you like to read about that? If so read on, otherwise skip to the next chapter - how to have sex without commitment (not really).

So, here's the rub about Eastern thinking in a Western relationship. Lets say you are a woman, 29 and feel very beautiful in your clothes and body and work and life and you are dating a short fat man who has no money, smelly armpits, a hairy chest and eats like a pig on heat. So, you look up from your meal and there he is with food down his shirt, spaghetti on his bald head and snot dripping from his nose. He is making a grunting sound and his knife and fork haven't left the napkin. His hands are up to their elbows in tomato sauce and he is on the phone talking to his ex. You look just past him and there is Brad Pitt. You slide off the chair in bliss. Your mind drifts and you are no longer at the table with short, fat, bald man you have left your body at the table and are sitting on Brad's knee and he's happy to see you if you know what I mean. So, now you want what you haven't got right? And in Western life, that's unhappiness, dissatisfaction, lost interest, doubt, unromantic, heart closed, argument coming, gee I wish I wasn't stuck in this horrible relationship thinking. Yes?

Now the trick..... take a big paper bag and no only joking ... here it is....

Imagine that there's a competition and your child is in a race. Your kid is not the greatest runner, so they always lose. At the end they come up to you crying because they lost the race so what do you say to them? You find something to celebrate like "well, you didn't come first but you were the best starter, or you didn't win the running race but you went faster than you've done before or you looked great or tried hardest" Somehow you extract a take away from the event that proves an amazing universal truth. In every competition, everyone is a winner. That's a universal law, not a platitude.

In nature, nothing is missing. So, although you might be looking across the table at Mr Piggy and looking past him to Brad Pitt, in nature's eyes, they are equal. There is nothing Brad Pitt has got that your partner hasn't. The only question is "what form?" Now, before we get into that I want to make a point clear. To compare your partner with other potential candidates is human. To have questions and see other attractive people is human. Even wearing one of those "Ned Kelly" helmets

as some religions do to prevent people being attracted to them, is not going to prevent it. We compare, life is, nature is, competitive.

Apply that to business or sport and you are a winner. Apply it to relationship and you will be a loser. Don't get messed up thinking you need to be Eastern in everything or you'll end up half engaged in work and half engaged at home. You need to be diverse, open and have both. Apply the Western model of "I want what I haven't got" to your work and sport and apply the Eastern model of "I want what I've got" to your relationship and health.

You can be Buddhist and Christian. How about that... if you be one or the other some area of your life is going to end up in the toilet. Now the Buddhists are sort of happy to include the Christians but just try bringing a Bhuddist statue into a Synagogue. Or, like me, with an Om tattoo on my shoulder sitting talking to some moslem radicals. So, you can evolve beyond that, you can own the diversity and be everything. Just choose where and when.

Lets get back to the "competition" between Mr Pig Man and Brad. So, we suggested that in nature nothing is missing, it just changes in form. You are looking at gorgeous Brad and comparing Mr Pig Man to him, well as far as appearances go, it's a no brainer. But if you say, Brad is gorgeous and therefore my Mr Pig Man must be gorgeous somewhere you will find it. Your Mr Pigman (now his name) might be gorgeous in his emails or in his affection for flowers or in his reckless abandon when it comes to life. Look and find it and then ask yourself what's the benefit of being gorgeous in that way and what's the drawback of being gorgeous in Brad's way. This should take you 4 seconds, and in that time, you put your Mr Pigman back on top and Brad down the bottom, or at the least, even.

The key is that in every competition you have with your partner against someone else, your partner must win. That's called "the honeymoon that lasts forever" because that's what you feel on your honeymoon. You feel like no one else on earth would be good enough or as good as this person you are with. But most honeymoons don't last because of the "want what I haven't got syndrome." My suggestion: stay horny for who you are with by making them win every competition and don't be afraid to say it.

You are NOT Superman or Superwoman - in real life

Do you love the movies? Do you have a favourite cartoon character? There's one character I've always admired, and that's "Superman." He flies around in a pair of Bonds Undies, saving people from distress. He's bulletproof, handsome, has a significant probability of pleasing Lois Lane (unless she's got Kryptonite stuck in her teeth) and never seems to have tiredness from over training in his ocean kayak like mine. Ahh ... but it took me to the age of thirty four to realise "Superman" wasn't real. I wasn't bulletproof after all.

When I was 8 years old, I went to the second floor of my Nanna's home, went to the open window and with a tea-towel as a cape, standing on the back of a chair, with nothing else but my undies on, jumped out the window. I flew horizontal, arms outstretched, but I didn't make it out the window. I hit my nose fair and square on the sharp corner of the windowsill (the bridge of my nose is still missing). I bled good red human blood, which I'd never seen superman do, all over the light green felt of Nanna's good chair. I woke in hospital bewildered but none the wiser. I went on to try to fly out of trees, off garage roofs, on water skis and well, you name it I tried to fly off it. Somewhere deep down, there was no separation between Chris and his alter ego, his own super-self. I really thought I was bulletproof and with that belief I put myself through university, won rowing championships, built businesses, travelled the world and created a wonderful family. Then, at the age of thirty four I found out something new.

My armour cracked for the first time in my life, I got divorced. I never imagined I could lose control of my life like this. I was a father and happy to be that way. I didn't know how to be a thirty four year old single man. I was Superman, all I had done all my life was to apply myself to whatever I wanted and it usually happened. I had never had a dream shattered, a reality out of control. I became depressed, dysfunctional. Normal process didn't work. The divorce stripped my cape, took away my powers. I lost control, I wasn't bulletproof and there was nothing I could do, or at least there was nothing I knew how to do to fix it. I went down like a sack of potatoes. I had no idea how to live in that reality. It was, in classic language, an identity crisis.

The point I am trying to make here is that sometimes the benefit of a relationship is the pain it puts you through. This identity crisis I went through during my divorce opened my heart, took down years of barriers, gave me back my humanity. No other process could have given me this reward. I am forever thankful for it. I think, in spite of the pain, it was the most sacred and beautiful experience of my life. It proved that superman was my false self, and the real me, the vulnerable me, who wanted the dichotomy of success in business and love at home had every right to exist. Something I hadn't understood before this time.

That identity had successfully built three multi million dollar business', bought up a family, made wealth and won trophies in sport but like a snake that sheds its skin, it needed to drop away. The rewards of my life were many but the quality and inner turmoil were unbearable. It was time to expand, to grow bigger, to be East and West, to be successful and in love without compromise.

If you are worried that the future might bring you pain, or you might be making a mistake in a relationship, be content with the worst case scenario. You will expand, you will grow, you will find a bigger chunk of you if the whole thing does collapse. That's the worst.

You are a lover. You are a hero, an amazing person, you can be resilient, be a leader, be intelligent and live spiritual if you want. You can be all powerful and wealthy, but at the end of the day, to be in love and have the courage to dive in 100% and face defeat in relationships, you need to accept yourself as a human being too. If this relationship fails, you will survive. You are not your relationship, so if it falls over and you go down the toilet emotionally, it just helps you realise that you are you, and relationships are not more than a part of you, not the whole.

No one can predict what will happen. So give the notion away that you can predict how long this will last. Surrender and just return to love as often as you can. Don't let your humanity be buried just because you want to avoid some pain. Having the courage to be hurt is going to sustain you in relationships and keep you in love. Realistic expectations of yourself are the foundation of great love and care for others. That realism is that you are, emotionally at least, vulnerable. You will, even if it takes a few weeks or months, rebound to be a better person, a more inspired person, a more loving and productive person if you stop trying to work things out, or protect yourself and just trust you will be ok. And, besides, you know my email and web, I can help you if it hits the fan.

Ok, I hope we're off to a good start here. You would no doubt like a recap....

1. Pride is not worth dying for
2. Nothing is in the way only on the way
3. Sucking dog poo lollies leaves a bad taste in your mouth ... clear the past.
4. Stay true to yourself at least 66.666% of your life. Merge the rest in relationship.
5. Seduction means "to please someone by giving them what they want"
6. Don't look for common values ... that's deception
7. Be Eastern and Western in life approach but Eastern in Relationship wins
8. Be a human being not a comic book character

How to Have Sex Without Commitment (Not Really)

Any book about love and relationship, new or old, must get to the sticky subject of sex. It's not really complicated, but there's a big danger making moral or ethical statements about it because what is acceptable to one person, isn't to another.

However, here goes.

When men talk to me about relationships and I ask what they miss most about being with a partner, the answer is sex. And they do complain about the lack of it. Which proves a quote a friend once shared with me (she was a prostitute in her youth) "Most men are too lazy to masturbate." I didn't like it at first, but now, years later, and thousands of clients later, I can say, "its got some truth in it."

Sometimes these guys are driven into a relationship because they are lonely, horny and don't like being single and they meet women who make sex quickly available and the emotional turmoil that follows is quite extraordinary. Sex is a pretty quick link to a relationship, an easy entry as they say, and the guys are suddenly faced with a dilemma. They love the intimacy but can't deal with the complexity, "she wants more." (Ok, it does work in the other way around too).

Sex and dating are like job interviews and employment. If sex is part of the interview and both parties agree, then it's potentially a healthy part of getting to know someone. But if sex is a step on the way to commitment, then it's being bloated to the equivalent of winning the lottery instead of a \$2 scratchy.

You might be tempted to do sex because your partner is basically making that the "next step" on the journey. It's not a step. It's not next. It's not even on the ladder. Put sex over there, over in the corner. Do it if you want, don't if you don't want. But if it becomes the process or the outcome, it's being placed in a huge power play and will be accordingly screwed up (sorry about that pun).

Smart people get commitment before sex. Remember, most men are too lazy to masturbate so a lot of male testosterone is searching for a receptacle. It's not love, and it certainly will not be exclusive. If a man can't direct his "blue balls" into his work and life, then whenever his partner is pregnant or otherwise unavailable his options are going to lead to all sorts of bad places. Be aware that people who crave sex in a relationship have energy but maybe no creative outlet, no life, only a vagina to put it. That's going to feel great at first, but will you sleep when they are away with work?

Love making on the other hand doesn't require orgasm, ejaculation or nakedness. But I think if you are reading this, you already know that. So, lets move on.

God Isn't In Your Pyjamas

It's a commonly held belief that the more you love somebody the longer the relationship will last. If you see a wedding and the couple are so in love you automatically think, "ahh they will last forever." It's so beautiful that thought. Love is divine and the God's have blessed this union between man and woman "as long as yee both shall live."

Within 7 years more than 50% of all those marriages fail and most of those in horrible, ugly, mean and cruel, vindictive circumstances. And a survey reveals that of the other 50% that do survive, 20% are doing so through affairs and disappointment.

One commentator I heard say "the bigger the wedding the shorter the marriage." Ever thought that through? It's all about fantasy and false expectations and it isn't always true. However, big expectations and too much pressure on a relationship to make either individual feel complete, does influence how long the relationship will last before cracks appear.

The whole thing comes not just from an inflated perspective on the value of love and relationship but more from the exclusivity of love and an underestimation of what is required at a personal level to maintain the magnetism of love in a relationship.

Relationships do not cause happiness. Being single does not cause happiness. Marriage or being single do not cause sustainable happiness. Nothing causes sustainable happiness. So, it's really wise if you approach love and relationships with that reality. An unhappy person does not get happy because they get into a relationship. That's the thing you see. People love the idea of a bond between themselves and another person that fulfils the missing link in their life. But when this bond is derived from a relationship it puts an amazing amount of pressure on the relationship. It's like turning up the dial on every possible good thing that can be had from relationships and consequently turning up the dial on everything bad too. People become hyper sensitive when they get into relationships that have fixed a problem in their life because they know, deep down, that if the relationship goes, the problem returns. It's like living on egg shells, a facade that is just not liveable. Insecurity, jealousy, anger, frustration and more of those troubled emotions will dominate a relationship that has been created with the hope of fixing something, or making somebody happy.

Even if troubles do start in a relationship, with the right tools a person can evolve and solve them.

They can grow from all the confrontation they experience. But if they don't have the right tools they will turn to control, trying to fix their partner, complaining and ultimately self-depreciating behaviours like compromise and the tools that sustain it, alcohol, drugs, spirituality and food.

Paradise in a bedroom or home is like meditation

Creating a cocoon from life and the world at large in a bed is spectacular. It relieves stress, it's back in safety irrespective of the challenges of life, it feels like "God" is in your pyjamas. It's brilliant, we all love that snuggle feeling, that warm wet morning where the world disappears and all that exists is skin, chocolate and wet kisses. No one is arguing that this isn't brilliant paradise. All you need to know is that outside that room, when you do step back out into reality, it may not be as easy to maintain the space. There are two sides to everything and while you can dream about creating that paradise you may not be aware of it.

Lets look at this:

Paradise in a bedroom or home is like meditation. It can make you feel like heaven has dropped into your lap. But what are the downsides, the consequences of bliss based bedrooms.

1. You don't want to leave it so it's possible your whole values hierarchy gets turned upside down making you totally vulnerable to achieving great bliss in bed or head but in reality being totally depreciated. Remember, in the long term we ask "did I achieve my potential?" Which is another way of saying "was I true to my values?" A life full of blissful bedrooms combined with a values based existence out of the bedroom might just be the perfect existence.
2. You become needy. When you meet your new partner you have probably learned to be self-sufficient. You go to bed when it's good for your health, you probably get up early, eat well, sleep deep and do the appropriate amount of rejuvenation to turn up in a strong place in your work. Now, enter a blissful bedroom that takes some if not all your sleep, makes it hard to get out of bed in the morning, takes you to romantic places rather than rejuvenating and you might start to see that while your bedroom bliss might be flying high, some other areas of your life might be sinking and stinking.
3. There are conditions. Your new lover isn't Jesus or Buddha, nor Mother Terresa or some saint. They come with their baggage just like you do. So, they are not blessing out unconditionally. They want their values met outside the bedroom as well as inside. That can mean conflict. You might want to travel the world and they might agree but want a baby first. They might want to be hanging around with their ex partner and you might dream of isolation. The bedroom and the headroom can be in conflict and no matter how much bliss, no matter how romantic and sexy, no matter how many multiple orgasms you both have, outside the bedroom is going to be a challenge, even in the best of relationships.
4. Emotions exist. Emotions are not logical, even in the most spiritually adept, life mastery guru teacher, academic professor, emotionally intelligent individual. On the full moon, new moon, birthdays and anniversaries, emotions rule. And those emotions are irrational. Emotional intelligence is an oxymoron. What might be the most logical thing on earth will not satisfy an emotion. People commit suicide because of emotion, and have affairs. Logical, intelligent emotions simply don't exist. (next chapters). So, if you think bliss in the bedroom and logic outside it will make your life sane, think again. What seems practical and priority to you will not be them. You can guarantee that if they do not challenge you emotionally you'll soon be bored to death, and if they over challenge you emotionally you'll burn out. It's a fine line.
5. Novelty wears off. You can poke them in the bottom, put cream on their body and lick it off, you can shave them downstairs, and go from one end of the Karma Sutra to the other and back in sex positions. Eventually you will start repeating, and repeating, and repeating and you'll start to wonder what else attracts you to this person and that might be a confronting question if

the bedroom bliss has been the great attraction. 99% of all relationships end from this one crazy notion that good in bed, fun in head.

6. Other people exist. Ok, so in bedroom bliss it's just you two. You can open your heart, it's safe. Yup, this room, house or hotel room is sacred. Or so you thought. And then there are three. Your partner has friends, and little by little they are asked to form approval scores on you. Even though the stories of your sexual prowess precede you, it's the smelly armpit you forgot to wash or the terrible coffee you made one day or the night you drank too much to perform that make up the data base that this approval rating is going to be calculated on. You can know this one amazing fact, that because nature runs your universe, and you can't escape, 50% of the scores will be positive and 50% will be negative. Everything in nature seeks balance. Including options about you. You ... you ... animal you..
7. History. So, in bedroom bliss by its very definition you are in the moment. Many people say this is where you are meant to live your whole life and if you can, then bedroom bliss will last forever. To achieve this you need to find someone with Alzheimer's disease. Someone who has no memory of their history and no real interest in their future. A Japanese Kamikaze pilot for example. Or a suicide bomber. But if you meet a human human being, then you are going to have to deal with, outside the bedroom at least, their baggage. It'll include memories of an ex partner who cheated, abused them, hurt them, lied to them or was just plain stupid. And it will include visions and hopes for the future because that's the human spirit. You can't believe how sexually excited and engaged people become when they lose hope for the future. Sex is an incredible substitute for vitality that comes from a great vision. Even when President's have moments of great achievement (vision complete) and before the next grand plan is hatched, they get horny, and addicted to sex for a while. However, once the vision is back, probably thanks to you giving up yours, they will be more interested in getting into that than bed.
8. The old slip of the tongue syndrome. So you are lying in bed, dripping in perspiration. You've done everything to make them happy, even given up your meeting this morning, missed the bus, pissed off a client and possibly your boss, and there's love in each other's eyes and you say "bla bla, bla, bla, bla, bla, bla, bla, bla, bla, and they say "how could you say that?" and three hours of sex, five missed appointments and all that effort is for zero. Ahh how unsatisfying and then after three or four of those you think to yourself, "what in the hell am I doing here?" Great question.
9. I can't get no, satisfaction... In the science of human satisfaction there is a well known fact. The more you have the more it takes to cause it. So, day one in bedroom bliss you merge for the first time and irrespective of the experience, you're satisfied. Day two, that same level of satisfaction is going to take more than plain old first date merging. You're going to have to up the anti a bit. Then day three and you're looking at porn trying to get some ideas and then you think about doing what you did on day one, day two and day three and it's all starting to push you to the realisation "I want more." You try with sex but ultimately, more leads you to want more human, You want more contact. More emails. More romance. Then, your values kick in and start defining more by what you actually want in life, like more security, more time off, more bigger home, more trips to France and suddenly, there's not enough. So, you make a baby.

This list can go on. Every lover has been to each if not all those places and more with bedroom bliss. But we keep doing it. It's the easy way to make us think that we've snaffled a partner and because there's sex, there's an increased probability of it going somewhere good. I'd be inclined to suggest that sex and going somewhere good are really not linked, but I'm not going to change a culture overnight. You can sort that minefield out.

Finding the Glue in Human Nature

There's a wonderful freedom that comes from thinking that the happier and more in-love we are, the less we have to worry about in a relationship. This is totally supported by any poetry book you might read on romance and love. And we love poetry books on love. Because in those poems good people make happy couples and the more passion they have, the longer they last. It turns out that it's a little more complicated than that.

The power of love is amazing. It can bind people together forever. It just might not be in the same house or a physical relationship forever. Love is not bound by "you and me" relationships. So, yes, the more you love someone the longer it can last, but not always in a relationship.

35 years ago I met my first wife. We are divorced but I still love her. I don't want to be married to her or live with her or have sex with her but I love her. That sentence took me a lot of therapy so please read it twice.

For longevity of a relationship, it's wiser not to place so much responsibility on love as the glue. Instead, trust human nature.

1. There's two sides to everyone and you will be continually surprised that the wonderful person you met has the other side to that wonderful and that surprise never stops. Don't run from those surprises, grow to embrace humanity rather than reject or try to change certain character traits in them. Every human being has every human trait. They're just hidden during the honeymoon.
2. Love is always changing. You think you know what love is because you feel love, but when you are 20 love feels different to when you are 30. If you don't evolve your definition of love then you will be stuck, unhappy, always wanting the last version of love you felt. Try this comparison: everyone thinks they know what love is but love is like chocolate, you only know what it tastes like from your own taste buds, you don't know what it tastes like to me, we can only share emotions like "yummy" or "delicious" - so for a relationship to last, you need to continually ask your partner what their love feels like to them. It's really interesting to find out.
3. Human nature worries endlessly about the future. Even a billionaire worries about the future. A Zen monk worries about the future. All human nature is focussed on the future. Things like great sex, meditation and a fine wine knock that worry about the future on the head and bring us into the moment but that's not home, it's not where the heart is. The human heart is in the future and when that looks rosy and fits our dreams, we say "I am in love." strange isn't it?
4. You can't love one person and hate another. What stops relationships growing is the hate, judgement and anger people have for those people they have known or get to know. When you hear a person say "I'm over them" or "I'm over it" you know they are stuck. The only way to love your current partner is to love your ex. The only way to love your ex is to love your parents and the only way to love your parents is to see them reflected in you. (See Dr John Demartini Process if you are stuck in that journey somewhere) and if you hear your potential partner criticise their ex, their parents, themselves or whoever - run because you are next. That's human nature evolving itself.
5. Vision. Big vision big love. Little vision, big sex. The size of your vision determines the size of your life (no not your penis although there is a correlation between vision and libido for men and women alike). Human nature, finds substitutes (no not prostitutes although ...) when vision is lost. Human nature can't exist without hope and food, alcohol, sex, drugs, spirituality and greed are great substitutes when vision - dreams and hopes turn to mud. So, if you ask your

potential partner what their vision is and they say “be with you” then you would be wise to understand that this isn’t going to last once they get their act together again.

6. Loneliness is not solved by a relationship. One of the great motives we have to find love is to overcome that awful feeling of loneliness.. nobody loves me .. type of feeling. That ingredient of human nature is a strange one because we are never alone but the more we engage in emotion, the stronger our drive for independence, the more isolated we feel, even from those who love us. Loneliness stems, not from the lack of companionship or the lack of love in someone’s life, but from the sense of not feeling loveable and that sense does not evaporate when in a relationship. In fact, it amplifies. So, maybe a good barometer on your personal wellbeing could be any sense of loneliness which will come from judgement of self, self-depreciation and or self aggrandisement. Either way, humility and thankfulness overcomes loneliness and frees you to be in a relationship for a more sustainable result.

The Soul Mate Myth

Until menopause, an emotionally vulnerable woman doesn't have 100% control of her feelings around child birth. It's not her fault. Planets, moons, weather and so much more impact the emotional chemistry of our body and never more so, than in relation to the emotions around childbirth. Especially if that woman has not had children.

Now, if you are a bloke and you think you heard a pre menopausal woman say "I don't want any more children" please hear what she's really saying "to the best of my knowledge, right now, under the current circumstances, given all the variables, including what my friends, family, ex partner and the local cafe owner think and endorse, I am quite almost positive, nearly definite almost, that I don't want another child." The more she engages in another form of creation, such as her work, her sport or interests, the more solid will be her emotional state and the less the fluctuations.

Reproduction is nature's reason, the higher order, for relationships happening. So, if a couple are limited in their range of options, i.e. the only form of common intellectual and artistic connection they have is physical, then babies are the form of reproduction. But nature isn't obsessed with babies, human's at a relatively primal level of communication are. At the gut level of human love, babies are the outcome. But two people can reproduce a lawn mower and feel like they are on track. They can reproduce cats. Not through the uterus, of course, but through creativity. So, a couple might make babies, then make children, then make family and then make divorce when they run out of common creative ground. Nature doesn't care what you create together as long as it's not just woopie.

Sex is not creating something unless there's a baby involved. Sex, when a baby is not the mission, is a human pleasure which of course is balanced by human pain. No one on earth is having only sex. They are having pleasure and if a person is experiencing pleasure they are also, even if they don't recognise it, having pain.

Making a baby is a pleasure that comes from sex. The pain might be financial, personal or physical but the pleasure is worth it. But lets say you are having pleasure from sex and the pain is no baby or ridicule by your friends or something like that. Then bit by bit as the pleasure of the sex starts to become less fantastic, the pain will become unbearable. And that's probably what caused the break up of your last relationship.

So, lets summarise this: Emotionally two people engage in relationships to get pleasure, to be cared for and nurtured. That's the human aspect of relationships and it's unsustainable. So, if that's your motive in merging with Mr or Mrs Right, just accept that impermanence is a Buddhist word for "watch your arse you are going to get heart break sometime in the future." Inspirationally, which is way way above emotional engagement, you will come together to create, produce and reproduce. It does not have to be a baby. It can be a book, a business, a song, a tennis ball but it must have commercial value and it must drag you both, kicking and screaming to the top of your game, your profession, your vision, inspiration and purpose. This is sustainable as long as you know how to negotiate with respect. See chapter Sexy Negotiation

Raving and Craving

So if trusting love is not the key to attracting and sustaining your next relationship, what is?

I'd suggest that you trust raving and craving. When your partner is raving and craving for you - and you are raving and craving for them, out of bed, then it's all good in bed. You can trust that. You can trust that they will look to get their needs met out of bed as much as in bed and you will do the same, even if you think you are self-sufficient and just need sex. If two people meet and get their needs met out of bed, at the same time, they might even call that love and enjoy being in bed.

What makes you rave and crave and what makes someone else rave and crave will be different. That used to be the engagement period. It used to be what people explored before they had sex. It's very simple math to work out what makes someone's clock tick. What's not so simple can be working out their priorities. You see, what makes our world go round includes all seven areas of our life but if we didn't prioritise those seven areas, we'd be continually confused, we couldn't make decisions, we'd be in a state of overwhelm. So, human nature prioritises a list of values and makes them important and less important. What's important to you and what's important to your potential partner must be different.

When two people have the same hierarchy of values, one isn't necessary. There's more about this later in the book but for now you can know that when you do something for somebody you will value the gift based on your values hierarchy and they will value the gift based on their values hierarchy. Lets say it's their birthday. They value health, work and financial security as their top three values. You value relationship, spirituality and social engagement. So, for their birthday you take what you don't value - Money, and spend a lot of it on a magnificent romantic dinner at the Bondi Trattoria. First cross against your name is that you've blown some financial security, they value the storage of money, not the spending of it. Second, a big dinner makes going for a run in the morning impossible, that's another cross against your delivery and finally, they have a work issue which they had to leave in order to get to your romantic dinner, third cross against your name. Now you've delivered what you value, you value relationship, spirituality and social life and you feel that your birthday gift is worth \$100,000 of kisses and sex. They receive your gift based on their values and for them, it's a crappy birthday present, worth about \$5 of kisses and sex.

This raving and craving thing makes you cry. You give at your values and yet they get resentful. It's because you might need to reconsider what you know about them. You might be so infatuated that you think that what you value - they value. But that can't be. Really getting to know someone is to find out their values. This used to be easy in the far distant future when sexism determined that the wife would adopt the husband's values, and so, that's how misery was born. Now, thank goodness each individual is respected for their own values and the role of the romantic in us all, is to satisfy those values in their order of priority.

So, lets go back to the Birthday party. Instead of dinner, because they are health prioritised, lunch would be better because they can process that and still get up in the morning. You could do the lunch near their work so not too much work time was lost. And you could talk over lunch about value and wealth creation. Yes, you don't always get to talk about what's important to you, relationship, if you are out to please them, talk about their priorities even on a romantic date. It doesn't sound sexy, but it is. (for them)

Raves and craves can change too. What might be their priorities at the start of a relationship can easily change. For example: they might value babies, home and security and suddenly the kids grow up and they value travel, spiritual and health. Values change based on what drama and emotion has been introduced into their life.

Values are also impacted by education. I had a partner who attended a seminar and they changed their values (or so they thought) overnight. I became the devil because my values were the antithesis of what their guru said they “should” be living.

This is a hard call in a relationship. Should based values are not authentic and can really mask the true nature of your partner. If a person has been stressed at work and some guru says “you should be more relaxed” that person can go from being a really 100% heart driven business executive to a “should driven peacemaker” and you, their partner might be completely left in the dark.

When values change, even temporarily, people change. We are motivated by values, we make decisions on values. If you know your real values you will find many of the self-help guru’s around the world repulsive. Their attempt to seduce you into their values will be repugnant. Why would their values be better than yours?

But this values shifting process is epidemic. People give their power to the internet, to guru’s, to yogis, to meditation teachers without a blink and with that giving of power goes values, hand in hand. The person you married or started dating last week isn’t the same person this week. You can easily ask a person about their values and whether those values are stable. If they’ve been consistent in their life, more likely than not their values are steady and will remain so, but if they’ve been in or are in some sort of therapy or self-help, you need to be cautious. They can change in a blink and therefore so can the basis on which you commit to a relationship.

Sometimes values look the same at first. Maybe when you first meet all you both want is a wet juicy kiss, however, it could end up with one of you wanting a Maserati and the other a holiday in Paris. That just meant that it’s possible to play compatibility games at first and leave the real you at home until there’s a hook firmly gaffed in their throat. This is good as long as you know how to shape shift and deal with their endless suspicion that you aren’t the real think.

You currently might be dating someone and are wondering whether to take it to the next level or you may be single and wishing there was any level or you may be double and wondering whether there is any level left. So, the first step before working on getting to know someone’s values, and meeting those changing needs and keeping the honeymoon mood alive, is to meet someone. So, lets backtrack a bit and get involved in magnetising a partner that’s going to be a good fit.

Staying Horny - Two Different Routes (sorry)

1. You don't meet people while talking to friends on the phone about meeting people.
2. You don't meet people while looking at Youtube videos about African wild life safari's
3. You don't meet people when you are pissed, tired or angry (or if you do, they're probably desperate)
4. You don't meet people while sitting in your office chair at 11pm doing a report.

After working with thousands of business people in both a private and public capacity I can say the following with authority. People love sex.

The only reason people don't like sex is if the rest of their life is so mundane, so boring, so repetitive they could live it blindfolded. Ground hog day over and over and over. That's when people become stuck, unable to get an erection and disinterested all dried up. My friend says that she "lost so much interest in sex that her vagina dried up and fell off." I don't wish to know more about that, but she was talking about her whole life, not just her sex life.

Either side of mundane, is sexual.

The lower side of mundane, is failure. When a person is faced with impending failure or dealing with it, they get horny. It seems that the same chemical mix that comes from success and fulfilment can be temporarily generated during sex. So, in the most poverty stricken places, in the most violent environments where security and safety are never reliable, sex is most frequent. And, from studies we know even more.

Sex that comes from the failure side of mundane is extremely physical. It's often short, orgasm based and random. It happens in cars, forests and beaches. This sex is what is commonly called, "Animal instinct" and therefore doggy style is often preferred. It reminds me of a quote I heard which was of a couple making love "darling, darling, have you come yet" and the reply "give me a break, I haven't even thought of anyone yet." Ahhh the animal within us.

The upper side of mundane is success. Success also drives libido and in movies such as "The Wolf of Wall Street" you see power and success mix to create a ridiculous amount of testosterone in both men and women. I can name 20 of the world's most powerful women whose sex drive is legendary but whose public persona is media protected. It hard to sell newspapers and magazines with photographs of a woman labelled as a sex addict. People don't buy that. But success and power influence women as much as men in the sex drive it creates.

So, again, in summary. Mundane life is like driving in neutral in the car. You're not going to go far and the engine is not connected to the wheels. No sex drive is the result. Failure is like putting one foot flat on the brake and the other on the accelerator, lots of screeching, lots of smoke, plenty of noise, and a sex drive to match but at the end of it, nothing really went very far. Finally, success, that's just pure accelerator and there is no brake. It's go, go and go and the love is mixed with the sex to make a great and beautiful romantic connection. You feel satisfied after you've made love with a person who feels like they are successful. And here's an amazing fact, they don't have to be successful in order to feel successful.

Who defined success? I didn't. I mean I have my definition of it, but it's not the generic definition. Success that's defined as business or sport or whatever has a benchmark set by others. And no matter how many trophies and dollars and first prizes you win for cake baking, someone is always nibbling at your heels to make you not a success. So, the perception of not being a success and having to become a success leads to failure. The perception of not being a success makes us motivated to become successful but unfortunately the premise of the chase, spoils the reward.

If you think you are not a success then when you achieve success you will perceive that you are not a success even when you over achieve. You will predicate your success on the not enough thinking that drove you. So, you'll always be the lower side of mundane, pushing, struggling, wanting to do better to prove you are successful. But you can't. It's the same for the new age hippies who are trying to become enlightened. They are trying to achieve something that they already are. So, no matter how "enlightened" they get, (substitute Stoned off their face for enlightened) they never feel enlightened because their whole strategy is based on chasing something they've already got.

Success is the same. You are a success. You don't need to become something. You are a success. You exist. That's pretty amazing. You feel, wow, that's damn awesome. And to top it off you are reading, shit, you are a phenomenon. So, wTF, success is life. You don't need to be putting great mountains of cream on top of your ice cream. It's all good, you got it. But how does this work?

If you can give yourself that same beautiful feeling you get when you win the leg of ham at the pub raffle without the win and the leg of ham, you can give yourself the feeling of being a success even if, by conventional means, you look like a loser. Remember the movie "Meet the Fockers" when Robert DeNiro criticises Dustin Hoffmann for celebrating mediocrity? Well that's what I'm talking about. You can celebrate life without winning the Olympics. I think if you can celebrate life and success and mediocrity that's the fastest way to win the Olympics. You gotta try and love the game and from there success comes.

However, in bed, in relationship one other variable around success comes into it. Equality. It's really important to compare apples with apples here. If you made \$2.0 million last year and your partner believes in equality and measures it in good old material wealth, then they need to earn \$2.0 million in order to be your "upper side of mundane" lover. If they feel that you are "way more successful than them" then they are on the "lower side of mundane" and are playing catchup through sex. It's all perception, but it's real perception. Just try changing people's perception like my job. Cripes, you'd think, the way people hold their perceptions they were Indiana Jones swinging across a crocodile infested river.

In nature's eyes, we are all successful. Sometimes we feel like failures and that's a good thing because it drives us away from mundane, the black hold of complacency, and it's bed mate, depression. Either be a loser wanting to be a winner or be a winner and thankful for it, but don't take the middle road of mundane. That's singled for life. (the only way to stay single and comfortable with lack of sex is to organise your life into mundane).

So, before you dive in and bite the forbidden fruit, make sure you know how to position yourself on the high side of mundane and make that equal to any person you meet and irrespective of your reality. You are a success if you can be thankful for not being in a worse position.

Feel Successful for Better Loving

You know how you feel successful when that one thing—a promotion or a new job, a new house, a new relationship, a Jaguar or a Chanel bag— drifts into your grasp. Well, it will for a time but then you'll get used to whatever it is and so, in a matter of time, the promotion just becomes your job, your lover is lovely but familiar, the Jag becomes the car in the driveway, and so on.

Add in the fact that human beings are notoriously lousy at predicting what will make them feel successful and so it's not hard to see why hanging on to the feeling of being a success isn't easy.

You control how successful you feel

I know that no less an authority than Abraham Lincoln (I changed this quote as I often do to suit this occasion and he's dead so can't complain) said "Most folks feel about as successful as they make up their minds to be." The fact is that a piece of the feeling of being a success pie is in your control and, well ok, a piece isn't.

About 40% of anyone's feeling of being a success is governed by the "success set point" which is sometimes genetically determined. Your temperament and personality are a part of the set point. About 10% of the set point has to do with circumstances—although, anecdotally at least, most of us focus on our circumstances when we think about being successful. (you've heard the "if only" and "when I" excuses a thousand times). Circumstances include gender, life events, job, security, and income. Part of the small effect circumstances have on the feeling of being a success has to do with the comparative perception of ourselves versus others we measure ourselves against. This is referred to as hedonic adaptation.

Now, the good news. Some 40% of the feeling of being a success is attributable to intentional activity—what people do for themselves. The real problem is that most of us aren't focusing on either the right things or approaches that might make us feel successful regardless of our circumstances.

Myth - Counting your blessings will make you feel more successful.

This is a big and very popular trope because it's so positive and spiritual, and there are doubtless millions of magnets stuck to fridges all over the world exhorting us to tally up gratitude and be happy. It sounds great and pretty easy but the science on whether counting your blessings actually works is a very mixed bag. In fact, the grand-Daddy of these studies, conducted by Robert Emmons and Michael McCullough yielded inconsistent results when comparing the "gratitude" outlook with the control group. The preponderance of studies show that gratitude doesn't help at all, in fact; in fairness, there are only two that show that people's sense of feeling successful or happy was increased.

So what to do? Fall on your success sword and give it up? Are there ways of making yourself feel like more of a success than you are at this very second? It turns out there are:

1. Work on maximising your the feeling of being a success

When I was a kid, I loved sweets. I loved chocolate, and junk and anything with any form or sugar or chemical colour attached to it. So, as a consequence I'd eat my bag of junk sweets and easter

eggs in a flash. My brother on the other hand was not so keen. He'd eat one or two of his collection and store the rest. This made me a kleptomaniac - it's my brother's fault. If he'd eaten his junk as fast as I did there would be no theft. But alas, I learned the fine art of pilfering at a young age and have suffered from chocoholism since. While I pigged out, my brother enjoyed the sweets to a maximum and became a scrupulous storer of things edible in the most frustratingly unfindable hiding places.

The psychological term for maximising is "savouring," and the studies are revelatory. One, conducted by Jordi Quidbach and Elizabeth Dunn suggests that an abundance of something pleasurable may make it harder to savour it. They used chocolate (see I told you so) in their studies (of course!) and found that participants in the study who gave up chocolate for a week were made happier by eating it than those who were given unlimited access to it or those in the control condition who just continued to eat their usual allotment of the candy. Making the good things in your life more of a "treat" or a rarity may actually make you feel successful for longer. In other words rather than try to feel generically always everyday successful, accept that you screwed up, didn't do great yesterday and celebrate the stuff you do well today. Even on a daily basis it's wise to include your failures (balanced with your success) in your assessment of your life. Those who want to be on top 24/7 never are.

2. Realise that less is more when it comes to material things

I say this as someone who loves his things as much as the next person but it turns out that when it comes to feeling successful by owning things that cost money —be they possessions or vacations or other satisfying experiences—the very fact that you can get them actually cuts down on your ability to savour them. According to studies conducted by Fred Bryant, the playing field isn't precisely level when it comes to being able to savour; some of us are better at it than others. If you can answer "yes" to the following questions, the chances are that you're good at savouring: Do you get pleasure out of looking forward? Can you enjoy something before it happens? Do you find it easy to hang on to a good feeling? Do you store up happy memories so you can revisit them? But if, on the other hand, you are uncomfortable anticipating things, find it hard to get excited ahead of time, don't like looking back or tend to feel disappointed when you reminisce, you're not very good at savouring.

3. Take action to be happier

This part takes a bit of self-knowledge and reflection because the action or goal has to be suited to your talents and abilities. If I were to embark on taking ballet lessons as a way of making myself happier, for example, I can guarantee that my the feeling of being a success would decrease and my unhappiness would increase. Setting impossible or unattainable goals for yourself won't increase your sense of well-being one iota.

My own take-away lesson —is that much of the work you need to do to make yourself feel more successful has to do with reflecting on and knowing what you should be persisting at and what you need to quit and let go of. Know yourself intimately and you're more likely to focus on things that feel rewarding to do. If you're an extrovert, then being an artist alone in a studio all day long will not make you feel successful even if you are a world renowned artist and no matter how much you love making art. And while the goal of getting in better shape is a terrific one, if you're inclined both not to follow through and beat yourself up about it, that's not going to make you feel

successful either. Set goals that are attainable; break them down into baby steps, if you need to. Fitting your talents to your goals is also key to achieving “flow.”

4. Take a leaf from the George Bailey Playbook

What if, instead of counting your blessings, you subtracted them? In a study that examined romantic relationships (and all the participants were in relationships they considered satisfying), participants were asked to either write about how they met, how they started dating and the like or write about how they might not have met or ended up together. It’s the second—the exercise of subtraction—that yielded the increase in positive affect.

So, if you want to feel better about someone or something in your life, journal or think about your life without that person or that experience. Ironically, the pain of loss is greater than the pleasure of gain. This breeds a feel of success.

5. Work on managing your negative emotions

While positive and negative affect are governed by different behavioural systems, there’s no question that being on a more even emotional keel will actually make your feeling of being a success last longer, especially if you’re given to ruminating or worrying. As you know from the laws of nature, a winning strategy requires two steps to help you manage the fallout from a bad experience. First, you have to step away, choosing a distanced perspective, almost as if you are seeing the experience happen to someone else in your mind’s eye. In corporate seminars I call this the “helicopter mindset.” (Many of us tend to “relive” the experience, which only immerses us in it again, and inevitably stirs up the same negative emotions.) Then, instead of focusing on “what” you were feeling—which, again, thrusts you back into the moment and is likely to make you re-experience the anger, frustration, hurt or whatever emotion you felt initially—you need to focus on “why” you were feeling it. In combination with the distanced perspective, this is a more analytical and hence “cooler” (as opposed to emotionally “hot”) response.

Understanding why—takes us into heart of our feelings and helps us deal with them. This way, we don’t sabotage our feelings of success.

6. Focus on getting into "Flow"

In the Universal Laws of nature one core premise is that deep involvement and connection are the way into enjoyment and feeling of being a success. “Flow” is what a writer feels when the work is going well, when a runner hits his or her stride, when an artist knows that the sketch just finished is the great sketch. Flow can be experienced by anyone in any line of work or any activity. Flow means doing something for which you are well-suited (in other words, your gifts and talents are equal to the challenges of the activity), that the activity provide immediate feedback (you can see that you are making progress or that what you’re doing is good), and that you get so involved as to be able to remove yourself from the worries and frustrations of life. Choosing your activities with flow in mind will increase your sense of well-being.

There is much in the digital age that removes us from flow, especially the constant interruption of texts, messages, and email. I notice it in my own life and I wonder about people who, faced with constant distraction at work, may actually have jobs that should put them in flow but don’t

experience it anyway. The feeling of success and enjoyment, according to The Laws of Nature, requires immersion.

So, do what you can to hang on to feeling of being a success.

Promise Small - Deliver Big

Try to avoid starting a date or relationship with such a fake explosion of goodness and promises that you just can't sustain it. If you can't keep giving at the rate that you used seduce your partner then it's going to lead to all manner of problems. If you are going to start off in a relationship at 100 mph which is pretty fast and furious in order to make them rave and crave you, then you have to sustain that level of intensity (generosity) or the relationship is going to sink in the mud of complacency. I think instead of all the wedding video's we'd be better spending money on a camera person to film our generosity during the days and weeks before the ceremony and force us to play it back years later.

Relationships are a lifestyle choice - Inconvenience is the Best Solution

Remember that complacency is the cause of relationship breakdown. So it feeds from the first comment that if I am raving and craving in love with my partner in the first months than I have to do things to keep that raving and craving completely awake. It's easy to fall into the mundane day-to-day existence of living conveniently. Convenient living is the bane of relationships. If you live conveniently you'll wake at the time that's convenient, you go to bed at the time it is convenient, you will prioritise is your partner based on convenience, and you will be romantic when it's convenient. This is complacency at its worst. Convenience is the beginning of the end of a great relationship. So, the antidote to convenience is not inconvenience it's generosity.

Make them Feel Good

It's hard, it takes effort, its sacrificial, it means making somebody else right more often than wrong, it means doing things that are not convenient for you but make somebody else's life more comfortable. It means risking being taken for granted. Sometimes they might value being elsewhere and not with you. They might value being alone or with other people that threaten your security. You can't moan. You can't complain. You have to process your stuff and be enthusiastic for them to do whatever they feel good doing. The more good they feel around you, even if it's by default you not complaining, the better things will be. They are in a relationship to feel better with you than without you. The only thing stopping that happening is you.

So, in summary, you need to know what your partner values. Be careful fulfilling short term needs and wants thinking that this will make them happy. It does, temporarily but long term, it does the opposite. The more we get our needs and wants fulfilled by someone, the more needs and wants we get and the unhappier we become. A person is best to learn how to fill their own needs and then focus on the fulfilment and values of their partner.

Give Up Being Single

Now if you've had a trauma in a relationship in the past you might be in one of those "I'm healing the past - getting to know myself again" phases. It means that you will eat what you want to eat, sleep when you want to sleep, go to yoga when it's convenient and in general, do for yourself what you fail to do in your last relationship. Now this might seem like a fabulous way to exist. And compared to your last relationship and the way you let yourself go in that relationship this might be absolutely true but it will not sustain a new relationship. You have to get over the idea that the recovery phase from a past relationship is any indication of how you can exist in a new relationship.

If you accidentally carry the "getting my feet back on the ground phase" to develop the skill of being an incredibly great single person and very clever at looking after yourself and doing whatever it is that you want for yourself so that you feel fantastic then you've created the perfect single life. And that needs to be given up, when or before, you find new love.

There may be some people who are attracted by the pleasure of the first couple of weeks of being with you as a great single person but not many will enjoy staying with a person who is fantastic at being single. There are many negative words for being fantastic at being single which include "healing, self absorbed, self-indulgent, spiritual, conscious, driven". Each one of them has incredible benefits especially if you perceive that they had passed has been sacrificial. My suggestion is that you explore a little further as to whether the real cause of your past relationship failure was that you were sacrificial. My experience has been that being sacrificial in a relationship is not the primary cause of relationship failure.

Is it Wise to Trust Your Intuition or Not?

There are many levels of intuition and I will explain a few of them here so that you can get some clarity on the depth and therefore trustability of your intuitions.

There are four levels of intuition. They often feel the same but they range in trustability from zero to 100%.

The first and lowest intuition in relationships is called gut feel which is a sense in your lower abdomen that something is right or wrong, black or white, on or off, good for you or bad. Business people use this all the time, I don't encourage it. When it comes to the layers of intuition it really is very primal and unsophisticated. Gut feel is helpful for those who use their brain excessively, are highly intellectual and have no real connection to their emotion. At least gut feel is a healthy step away from the cold logic of intellect. Let's call this the bottom line of intuitions and if you have a gut feel about a person, ignore it. That gut feel can be, at best, 50% correct.

The second intuition is called emotional intelligence. It's an oxymoron. Emotion and Intelligence should never be used in the same sentence. There are over 3000 emotional states that you can experience as a result of any single event in your life. Every single emotion is a lopsided perception. Every single emotion is therefore an out of balance observation. Nature seeks balance, emotions seek imbalance. So, when we say we have free will, we really mean we have the freedom to experience emotions, even though they are not in harmony with nature.

If you take 3000 people from 3000 different cultures around the world and give them one event they will have 3000 different emotional intuitions about that experience. So to rely on this sort of thing is better than gut feel but it is a far cry from anything you would want to stake the farm on. People who spend their life becoming emotionally sensitive are blessed with the gift of feeling every breeze, and can be wonderful artists, but that same sensitivity can be a nightmare when it comes to intuition about relationships.

The next level of intuition comes from the heart. Now this heart is not the thing in the middle of your chest that pumps blood but it is located about the same place in your body. It's the intersection of where heaven and earth collide within you. and this is starting to get more accurate in approximating accurate intuition in a great relationship.

You will have heard of the trilogy, body, mind, and spirit. Body is interested in experiencing life with pleasure, this is Gut feel. Mind is interested in experiencing life by being right, safe and secure and this is called emotional unintelligence. Spirit is interested in experiencing life through higher awareness and this begins in your heart. It is still an emotion but it is limited to gratitude, gentleness, kindness and compassion. When these things are felt, the heart automatically opens and we become intuitive.

Absolute unconditional love is another level of intuition and it is called inspiration.

You can have inspiration sitting on a toilet or taking a shower. You can have them in the midst of making love or while standing in a queue waiting for an ice cream. Intuitions can come at any time. They are truly absent of emotion because to have them, you'll need to be in the moment, in the Now.

Intuitions do not come from you they come through you. When mind, body and heart feel safe, intuition is awakened. People meditate for a lifetime to achieve this state of awareness. But you can do it anytime you choose.

So, your gut might be saying “go into this new relationship” and your emotional intuition might be saying “it feels right” and your heart might be warm intuitively open ... you’ve lined up the ducks and all looks good, and yet, something can still be wrong. This inspiration doesn’t respond to your needs, your physical, emotional and mental needs, inspirations guide you to the future and this relationship, even if it’s as sexy and wonderful as all hell, might be toxic for your future.

Don’t go against your inspirations... They are very important.

The Audition

"People who find, live in and sustain a great relationship continually challenge themselves to improve but are grateful for what they've got.

A relationship is a journey. If you choose well at the beginning of the journey it will be beneficial for both of you. If you choose poorly at the beginning of the relationship it will still be beneficial but "ouch." Either way, you learn something from a journey in a relationship no matter how long it lasts but it's better to learn something new, rather than to repeat old patterns. So, let's see if we can write a few notes in this chapter about helping you get back on the bike, and choose, at least new mistakes, preferably none.

When you meet somebody they will put their best foot forward. Take everything you see, reverse it 100%, and you will know the person you will meet after six months. If, with that realisation your heart still flatters and you feel a sense of destiny with this individual then, a relationship that stands the test of time is possible and probable.

The whole conversation about meeting the right person and entering the right relationship is a time based issue. When you are 20 years old the right person will have very different characteristics to the person you would be interested in meeting when you are 50 years old. This reveals something really profound about relationships. The odds of two people meeting each other when their 20 and growing together at the same rate and being happy with each other when their 50 is small. It's possible. But the odds are small especially when in the current climate, people search for pleasure instantaneously and not so willing to work through the years of hard work but our grandparents used to seem to enjoy or survive through.

A global survey has recently revealed that more than 50% of people in relationship have had affairs and of the remaining 50% 20% would be willing to have one. This shows one thing and one thing clearly, and that is: people do not know how to maintain the romance within the relationship. It seems we can all get started, but growing together over a period extending much more than 5 to 7 years seems to be a science few people understand. From statistics on relationships, the first two years are easy, the next three just seem to happen, and then people get itchy feet. Is this because people start taking each other for granted after a few years? Is it because they chose each other based on an infatuation? Is it because people don't know how to deal with conflict? Or, because we start taking ourselves for granted, relaxing and becoming complacent in our relationship?

Most people do act differently at the start of a relationship. They're more diligent about everything. They turn up, they leave work on time, they're polite enough to be horny, they don't talk about their ex, or their unfinished business with their Dad or Mum. But, bit by bit, the socks get left on the floor, the skid marks appear on the undies, farts seem to become a family fashion and respect, both for self and other, seems to be replaced by a familiarity that assumes that partner, because they love you, will be happy living below the relationship poverty line.

I believe it's important to set the benchmark for how we act in a relationship pretty much by what it takes to get into one. How we act during the honeymoon period really does provide some great insight as to how we can act, after it.

Hold Your Horses

Delaying getting into a relationship is wisdom. Spontaneity and that urgent, oh my god I've met the one, rarely aligns with the objective of a long-term journey together. However, it can be enormous fun. If you choose fun please don't cry when it doesn't end the way you expected.

The purpose of delaying getting into a relationship is not to make it more likely to succeed. The probability of failure and success in a relationship does not change with time, self-help, wealth, or any other proposed suggestion about getting your shit together. The probability of success in a relationship is determined purely by the willingness of two people to enter into a growth contract together and to maintain a learning environment.

I've written long and hard about the purpose of life. The one thing I've emphasised is that the purpose of life is not a relationship, nor a family, nor work nor anything else you can put your finger on. However, each of us has a purpose and when you can link your relationship to that purpose the odds of sustainability become massive. Of course, it takes 2 to tango. So if your partner's highest value is sex then once you are conquered, you don't have to be Houdini to work out what's going to happen next.

This is one of the most difficult topics to write about. We all love great sex and it's important but when it becomes the single most important thing, or even the dominant thing that attracts you to another person or attracts them to you, you have just gone down a path that millions of people have gone down before you, and that you've probably already gone down yourself, that ends in heart-ache.

Honing That Secret Weapon - The Power of Attraction

"People who find, live in and sustain a great relationship are inspired to follow their inner calling. They are without competition, because nothing compares to an inspiration. Bringing out inspiration is simply following nature's guide."

Every single day shit happens. Stress and worry and anxiety are not the privilege of the few they are life. If you meet somebody who says they don't have stress or worry or anxiety give them some because a person without stress or worry or anxiety is dead. And, the longer you live the more their will somebody might tell you that if you practice your yoga and do your meditation you will get less anxiety and stress. That's rubbish it defies the laws of nature and it defies the experience of billions of people who have come and gone on this planet before you.

You might think at this point that I am just trying to sell the laws of nature to you and contradict your wonderful paradigms that you've read in books and heard in seminars about how you can be stress free worry free and anxiety free. But I have proof. Unlike most people who have engaged in the world of spirituality and inspiration I've actually gone and lived with the gurus who teach this stuff from the traditions thousands of years old. I haven't read many books on the topic but I have studied for 35 years with those people who's taught those people who taught those other people who wrote the books. So I want to give the facts to you from the horses mouth direct. I mean there is no real need to take the long road if it's not necessary. Now I could just share the laws of nature but that could be argued as my interpretation of something, so let me go back and share some short stories.

Shri K Pattabhi Jois

Pattabhi Jois was my guru but more than that he was my close friend. For those of you not familiar with the yoga world, Guruji (as we affectionately called him) brought Ashtanga Yoga to the world. He started Yoga when he was a child, became a disciple of a great teacher and eventually started his own school 50 years later. He was professor of Sanskrit at Mysore University. When yoga finally became global do you think that he had less or more stress? He was travelling throughout the world teaching classes in cultures he didn't understand, being written about in Time magazine with some less than pleasant accusations, and his wife passed away. He went from 20 students to over 500 students a day within 10 years. The stresses involved in this were huge. Yoga gave him the capacity to handle those stresses. So rather than avoid stress he headed straight into it but with the skill and capacity to handle it.

Nawang Tenzing Jangpo - Ringpoche Tengboche Monastery, Khumbu Nepal.

Tengboche is a magnificent, peaceful, loving, Buddhist place. A crown jewel in the Himalayas, the maintenance, care and service of the monastery is the responsibility of Ringpoche. First built in simple terms in the 1800's when there were no tourists. it was destroyed by earthquake in 1934 and again by fire in 1989. Once there were no tourists now there are thousands each day. Once, no one climbed Mt Everest, now, 400-500 climb it each season and all must pass Tengboche and most ask for a blessing from Ringpoche. His legs are hurt from touring those mountains daily so he now goes about doing his duty

being carried. Do you think his stress is less or more? The enormous burden on his shoulders has escalated exponentially over the past 20 years. But Ringpoche, who has become a friend of mine, always has a smile. His study of Buddhism was not about reducing the stress of his life, it was the opposite, to increase the burden of his responsibility to the world but use his borders and practice to handle the stress better.

Dr John Demartini

John and I met more than 20 years ago when I flew to Texas to undertake one of his training programs, the breakthrough process. We became friends and soon after I arranged for his first visit to Australia to present that seminar. We went on to present thousands of seminars throughout Australia. In that seminar we were lucky to get 15 people. Now, thousands attend John's programs throughout the world. We are great friends and I know personally the challenges John's faces as he expands his reach and shares his message with more and more people. What would have inhibited John's growth would have been shying away from stress. Instead John knew his vision and used his own practices, taught in his seminars, to handle the increased stress.

So every single day stuff happens. Uncomfortable stuff, stressful stuff, and good stuff. But that means every single day shift must happen if you are going to sustain a healthy quality of life and relationship. If you want to know your life purpose just go in the direction of the most stress. If you want to know where your best relationship will be just go in the direction of the most stress. I know this sounds ridiculous but most single people and people whose relationships are failing have gone in the opposite direction. They have looked for a person to be their partner who doesn't stress them and this is certainly not the recipe for a long happy and fulfilled relationship.

The longer a relationship lasts the more stress it will have an like my colleagues above, you need to be able to use your skills not to alleviate the stress source but to handle the increased pressure. For example you might birth children and take a mortgage, or you might book a holiday or choose to work in a different country all of which will cause you increased stress. If your paradigms is to avoid stress and try and live life in "peace" you will avoid life itself and subsequently avoid the most precious beautiful relationship you could possibly have. There is a radical difference between violence and stress. But really violence only comes when stress is not handled well in its minor form. The ability to handle increased stress is absolutely concurrent with the ability to handle a long-term relationship.

The place to practice stress management is in your relationship not in your work. Your work is born to challenge you to take you to bigger places where there is more stress and automatically you will look for better ways to deal with the stress unless your hippy or a new age deluded individual who tries to eliminate the source of stress. Eliminating the source of stress like, changing jobs, complaining about the boss, reducing the work hours or taking a pay cut is devolving. Now given that nature has only one objective for all of its laws and that is to cause you to evolve can't you see that by avoiding the stresses and using old techniques to handle stress in your life you might well be in one of the worst fights that could possibly be had, a fight with nature.

There are many contradictions to the laws of nature that people try in the interests of freedom to implement in their relationship. Those contradictions come in the ambition to create convenience and in the ambition to reduce stress in their relationship. This would be the equivalent of Dr John Demartini or Sri K Pattabhi Jois, or Ringpoche from Tengboche deciding to limit the number of people they work with, limit the number of tourists, limit the number of seminars they present and therefore reduce their stress to maintain it underneath the radar of their existing skill base.

Most stress is emotional stress. It's emotional because it attacks your emotional intelligence. If you consider your emotional intelligence to be the highest form of thinking possible in your life you have automatically put a pair of handcuffs and a straitjacket on yourself because this is the highest level of thinking you can cope with and therefore it will restrict you in your ability to handle stress. There are, as we've noted before much higher levels of thinking than emotional intelligence but at this level stress is destructive. When it comes to the heart stress is a gift that triggers transformation and evolution. Do you know how to turn a stress into an inspiration?

One Step at a Time At the Start

You will be supported and challenged in your relationships. If you are looking for only support you will be single. If you are getting only challenge then you are stuck in your stress management process. The way to change both has been illustrated above. If you welcome a challenging person into your life the likelihood is, provided that you can evolve your intuition past gut feel and physical pleasure, that you will have a long relationship provided that you maintain the maintenance requirement nature dictates that you see two sides to everything that stresses you.

When I work with people who have split and they are going through enormous pain one of the most common awareness people get is that they didn't see the good side to their partner until the relationship finished or that they didn't see the bad side to their partner until the relationship finished. In other words people strive to be extraordinarily naive and operate by gut feel or at the best, emotional unintelligence in their relationship. It's very simple to understand that we might enter a relationship based on gut feel because that's very physical and sometimes it's the physical attraction that draws us towards somebody. However, very soon after the relationship enjoys its physical engagement there is a quest for the mental engagement and a rising up from gut feel to emotional intelligence and this is often where surprises happen.

There are two sides to everything, there are also two sides to every one. Gut feel can't see two sides to anything. that's why it's called gut feel, because it sees one thing better than another. That perspective is really fantastic when you first meet somebody and all you want is a great erotic and wonderful physical connection that we call sometimes chemistry. It's chemistry all right. It's hormones rushing around the body wanting to make babies. But gut feel is blind and indirect argument with nature's law and therefore you're going to be challenged to evolve from that place to at least your emotional intelligence and eventually your heart to sustain a relationship because the sex won't do it. Not forever. You may have heard a lot about movie stars and famous people having short lived relationships and it's because they are great mirrors of people who work in high places with relatively low emotional intelligence, reliant 100% on gut feel in their industry which may be acting or performing. Intuition, inspiration are more reliable and trustworthy friends if you want a long-term relationship.

THE POWER OF ATTRACTION

"People who find, live in and sustain a great relationship are people doing what they do with intensity, drive, urgency and inspiration."

If you are single you want to attract a great partner. If you're in a relationship you want to keep one. So the secrets of maintaining attraction to another person must be profoundly important to us all. I'm going to present nature's perspective on this power of attraction and try and separate it from much of the rhetoric that has been written about such as "what you think about you bring about."

If you've been single for any period of time you will know that what you think about you didn't bring about. You will know that there is a vast gap between what you want and what you got. You will know that just thinking about a great relationship and a beautiful partner doesn't cause them to magically appear even if they are on the Internet quite attractive. If you've been in a relationship and been hurt you will know that looking good, being subservient, providing wealth, giving great sex, holidays, children, houses, cars and even tolerance do not guarantee loyalty.

I'm going to get here a few words of advice that may require some clarification at a later date. But I will do my best to be as clear as possible. Even when I speak these words to a client face-to-face there is a 50-50 chance that they will look at me confused and I'm far better speaker than I am a writer. But I'll do my best.

There are two simple steps to being attractive.

The first step is to be attractive.

The second step is to have something that somebody else wants.

Now it gets complicated.

The first step is to be attractive.

To be attractive. I have met men who think that the length of their penis has a great influence on their ability to be attractive and no conversation can convince them that there is anything more to the human condition than this. I have also met women who think that meditating all day in a cave and praying to a guru will make them attractive. Our definition of what will make us attractive is variable as a seafood curry served from a street to see beautiful people acting stupid, being mean and putting their own and others' stand in India.

There are so many layers to this conversation. I have a strange button nose. When I look in the mirror I see my nose. When I think about my appearance I worry about my nose. However, when I meet a woman she often says "what beautiful eyes you have." That just demonstrates how complex the whole physical appearance attraction issue can be. I have been out with and dated some of the most beautiful women who turned out to be the most ugly. And I've been out with and dated some of the most physically unappealing women who turned out to be the most beautiful.

I live in Bondi, Australia. The beach here is adorned with beautiful people. Amazing, handsome men and women. But because I live here I get to see their behaviour. It's been an absolute revelation to those primal stereotypes to see beautiful people acting stupid, being mean and putting their own and others' lives in danger. There are two sides to everybody. And there are two sides to attraction.

There is one thing that you can guarantee based on the laws of nature. If you are super attracted to somebody you will eventually experience the other side and be super repelled from them. It may not be instantaneous, it may not be this year, but eventually if you are super attracted to somebody you will be super repelled and this is very important to know when you are single.

If you can remember just this one awareness. That on a physical level if you are super attracted to somebody you will eventually be super repelled from them on a physical level. If you remember this it will take you very quickly up from the gut feel emotional intelligence level of communication to a higher level of unspoken connection. And this is where a attraction starts to become sustainable.

Nobody treats you better than you treat yourself. So if you are defining yourself by your physical appearance then you will define others by their physical appearance. If you are considering yourself to be attractive or unattractive based on your physicality then others will be attracted or not attracted to you based on your physicality. This is a very important awareness especially as time and age starts to creep by. I'm 60, is impossible for me to use my physical appearance to attract a woman unless she's 80 years old. It's just not a reality. So if I define myself by my physicality I will feel unattractive. Nobody treats me better than I treat myself so, if I feel unattractive, it becomes real.

I rely on a law of nature which says that nothing is missing. Therefore my physical attraction may not be in my youth but it is there somewhere. Physicality doesn't have to be limited to my body that can include my work, my heart, my energy, my love of sport, my passion for photography, my kindness, my art, my vision and purpose. This expansion of the definition of my physicality is really important. People are attracted to each other physically but it's not limited to what they see. There are other senses. There are other areas of life. The key here is that I have to know this not somebody else.

To feel attractive you have to see that there is nothing that needs to change in you. There you might have a strange year or like me strange nose but there are two sides to everything. If you can see your unique characteristics as both strange and beautiful then you will eventually rise up from that awful physicality which is limited to eyesight and gain access to a whole other dimension of yourself and relationships. We know that pride is a terrible emotional troublemaker so we're not asking you to be proud of your appearance instead it's about appreciation. Because what you appreciate grows. The more you appreciate your attraction an attractiveness the more others will appreciate it and you won't have to say a word. This is called personal magnetism.

I've tried many techniques to raise people's personal magnetism. It's difficult to work against a belief that some part of us needs to be changed. People would often say to me when I get this fixed I will feel more attractive and therefore more magnetic. That this is stagnation because there will always be something to fix. You must, to become magnetic realise that there is nothing to change only something to love on the way to achieve that is to see that there are two sides to everything including those things you might think need changing.

But one single aspect of the human dynamic that raises people's personal magnetism is a vision, inspiration and purpose. The reason this is so powerful is because we rise out of ourselves and expand our boundary. While we're living in the moment or doing our job playing our role we are confined by the size of our body and the amount of food we eat and the amount of energy we feel. This is resonating with gut feel an emotional intelligence we are what we feel and think. But this is such a minimisation of the possibility of the human condition. It's limited by concepts such as Maslow's hierarchy who thought self actualisation was the highest achievement of person could reach, all biblical teachings misinterpreted that imply the kingdom within is the highest achievement. It's far wiser to accept that this definition of ourselves is corrupt an draining magnetism. The true definition of the human condition is one that is connected to a far greater sense of existence than self. It's easy in theory to have this idea of interconnectedness but the real process that helps people rise up and feel more attractive an magnetic is a vision, inspiration and purpose greater than themselves.

I challenge you to sit down now and write the details of your vision of the next years of your life. Make sure that you use the seven areas of life because of vision must include all seven. Then prioritise these visions from all seven areas based on your values. There you have written what you want. Now let's move to the next layer and find out what the universe wants because you are not separate. Your vision comes from your emotional intelligence, the sense of separateness, your gut feel the thing you call, you. Now we will work on your inspiration and I challenge you to sit quietly with gratitude and see if you can tap into your inspiration. Remembering that inspiration comes to you not from you and so now automatically even by the attempt to tap into something bigger than yourself you've expanded now it's possible to rewrite your vision to include your inspirations things that have come to you not from you. And finally your purpose.

I mentioned earlier that there are three competing forces in the human anatomy. Mind body and spirit. The body is seeking pleasure, the mind is seeking safety, and the spirit is seeking love. We've also mentioned that when these three motivations for your life are contradicting each other it makes it hard to feel good about being yourself. When you feel a loss of control in your life it puts you into the lower levels of intuition and emotional intelligence. You gravitate to ground zero if there is

conflict between mind and body and spirit motivation. The way to pull the three together is to find a purpose greater than all three. That's like leadership that every individual in an organisation will only be led by someone who has a vision greater than all of the parts. To find and yoke your mind motivation, your body motivation and your spirit motivation we find a purpose greater than you.

This is the most powerful personal magnetism skill available. If you are single and you are looking to attract a long-term healthy challenging stressful relationship that will cause you to evolve then this is the secret you've been waiting for. Find a purpose greater than you and dedicate your life to it. It doesn't mean that you become a monk or are celibate. Quite the opposite. What it does is to give you permission to enjoy the motivation of mind body and spirit and yet not become controlled by gut feel and lower emotional unintelligence.

My life purpose is to open hearts. I've always done it, even as a kid. When my mum died I was just 3 years old and felt totally responsible for her death. (I was the only family member with her in the car when she fell out the door). So, everyone's grief became my duty to fix. I've been doing that ever since. I love helping people out of the pit of stress, to see daylight when it's dark. There is no choice. Even when I was an engineer I was really helping people open their heart and breathe fresh air. In my Purpose Statement I wrote: I do this as a management consultant, speaker, author and teacher. Will do anything and pay any price to do the work my purpose. But this does not stop me having relationships because a relationship can be linked to me doing more of the work that is my purpose. It doesn't stop me from paddling an ocean kayak because I can link this to my purpose too. Anything I can link to my purpose will thrive and anything that I can't link to my purpose will not survive. This is not new. Actually from the day you were born to this moment you are reading this you have been on purpose and you have been attracted to anything that helps you live your purpose and you have sabotaged anything that contradicts it. It's your value system hardwired into you that will cause you to do both the most amazing things and some very very unexplainable things. Every relationship you've ever started was because it helped you live your purpose and every relationship you've ever stopped or had stopped, was taking you away from it. If you want to be magnetic then I strongly recommend you follow nature's guide and find your purpose. Everything in nature has a purpose, a unique purpose, and in understanding this purpose the rise up to be bigger than you.

From time to time I work with clients who struggle with their purpose statement. I want to share this with you because it's important for you to understand why, if you are struggling with the expression of your purpose, this could happen. When the ego or definition of self becomes concreted and the primary focus of a person's life (seeking pleasure avoiding pain) purpose is like the dentist. The drill is ready, the tooth needs to be fixed, but fear keeps the patient at home. Your ego is not your enemy. It is a friend. It can work with you. But a purpose takes you beyond your ego. Remember what we said earlier "it's a purpose greater than you." That you that we are talking about is your ego and it has been very good friend for a very long time protecting you and guiding you. It is your emotional intelligence and gut feel intuition.

However, sometimes the ego thinks there is something to fear and so it closes down and won't allow a vision, dream or purpose to be expressed in the conscious mind. The cause is simply stress that has not been processed and most likely it is a memory of a stress rather than current reality. This is why I created the first step of the back on track program to be "discard." Its review of the thoughts, emotions and feelings of major events over the past years of your life to make sure there

is nothing stuck an previous stress is not holding you back from the beautiful future you deserve and a beautiful relationship. It's impossible to guess what that previous stress could be. It's not worthy of therapy or some major intervention by a psychologist. Simply its one thought that stuck and what we need to do using the discard process is to sift through the haystack and find the needle. It does take a few days but it's worth it.

The second step is to have something that somebody else wants.

It would seem pretty obvious that to be attractive to someone you must have something that they want. And this too is a part of nature's law. What you appreciate grows. If you appreciate something in someone ... they grow...they feel better ... you create attraction. But there's a small provision. They have to appreciate your appreciation. Confused?

Lets say a beggar comes up to you and praises your wealth. How would you feel? Probably suspicious, or at the least their appreciation would not make much impact. So, we receive compliments and passes from people who have something we value, credentials we allocate, quite randomly.

Here's an example: you are sitting at a bar and the person next to you compliments your shoes. You are aware that they have a boogie dripping out of their nose, down onto their top lip. It's green.. you shudder and you ignore the comment. Yuk... a boogie. Now, replay the scene, you are sitting at a bar and the person next to you is a handsome, well dressed and polite individual who is in some way, attractive. Your face flushes with embarrassment and you smile warmly with a thank you hoping your thank you bridges the rift and starts an exploration. The big difference here is that the second "boogieless" person, maybe even the same person with clean nose, has something you want.

Imagine the complexity trying to work out what makes you attracted to someone? Start with the physical, the gut feel and you'll note that there are certain physical traits that turn you off and on. Then move to emotional intelligence, or unintelligence, and you'll find a whole bundle of emotional attractions and distractions. It's a minefield because every emotional attraction is going to be eventually balanced by a a distraction. Remember, there's two sides to every story.

So, what I've just gone through is the cause of 90% of relationship start-ups, failures and the vast reason why most single people who don't want to be single, stay single. The executive summary? Judgement.

Judgements cause physical and emotional attraction and distraction. What you just saw was how much energy can get blown away messing around and trusting your gut. Your gut is not smart, it's exactly the same intelligence as a dog's instincts. If you put a bone on one side of a busy street and a dog on the other, the dog knows little more than to sprint across the road irrespective of what's in the path of danger.

Gut feel and emotional intelligence in relationship and business is about as intelligent as a dog on heat. There is natural instinct in this gut feel that attracts all sorts of complications. Judgements are behind gut feel and emotions. You have a right to your judgements but when it comes to love, relationships and sustainability, they are about as healthy to rely on as a New York Stock Broker. I'd rather put my head in a crocodile's mouth than trust my gut.

Again, lets be really clear here. Trusting your gut is better than trusting some sort of fundamentalist philosophy that's been handed to you in the form of a "should and shouldn't list." But your gut is going to be attracted to the same thing, in different forms, over and over and over again. Your gut

feel is better than laws and rules but it's all based on judgement and your identity, judgements are really the restriction of your relationships, not the enlightenment you are looking for.

You can change your judgements and as a consequence change your gut feel, change your emotional unintelligence and rise up into your heart more in order to attract a different type or style of individual. The safest way to do this is to do, as previously mentioned, the discard on your history. That's not complex. Simply write down the 12 people who have influenced your life most (positively and negatively) - then for each person list their good traits and their bad (there must be a balance of both at around 100 per person is ideal but if you're the lazy style, 20 would be a minimum). Then, simply write next to every positive how that had a negative influence on you and next to every negative how that had a positive influence on you. Remember, to change your heart, mind and spirit simply prove over and over again, that there are two sides to everything, including things that people say are bad.

The more you do this, the less your emotional unintelligence and gut feel will drive you toward people in the belief that they have something you want. You will get more and more appreciative for what you've got, both appreciating the negative and the positive. Not wanting to fix you or change you simply learning to live in your skin you will become a better person, more attractive.

Nobody can appreciate you more than you. I'm not talking about getting all proud of you, no, we're meaning thankful and humble and really like stopping all this emotional rhetoric that gets you down and self-critical. Nobody beats you up more than you, so stop. Don't stop by force, stop because there's something to be thankful for in everything you are. Find that... and then enjoy your being.

It goes into material assets too. So, we've focussed on body and mind, but what about spirit? You will be attracted to people who "FIT" into your future visions. That's the revelation when you can rise out of your animal instinct and body mind attractions and get into your spirit. You will get attracted to, chemically aroused by, people who support your future dreams, plans and ideas.

That's value based relationships. It's more powerful than love as a magnet. If Jane meets Peter and they seem to be chemically connected, they might or might not have sex early. It's their decision on that but really, in the long term, that doesn't matter except for moral ideals. What matters in the long term is when the gut feel and emotional unintelligence come back to reality, (that there's two sides to everything and everyone) then the question is beyond body and mind thinking. It becomes spirit thinking ... "what are you going to bring of value into the future I imagine for myself?" That's spirit talking and there's nothing more powerful than that (once the hormones settle down).

So, you want to be attractive to someone, I mean deeply beyond sex and emotional chemistry, then you need to be aware of their dreams. For example: if you are a 50 year old man and you've been married and had children you might not want to have more children but you might also be attracted to a 34 year old woman without children. It's highly probably she will want kids so, even though your relationship might get off to a chemical start, with lots of romance, dinners and sexy times the inevitable will surface... what about the future.

You might be a woman and you have children and meet a younger guy and think wow, young, sexy and great looking. It might, chemically fill your gut feel needs, your emotional intelligence and that might be all you need in a partner. You might have other people filling the future for you, like managers, agents, business coaches, yoga teachers, father, mother, brother, sister, church or sport.

You might have your future so sewn up with support that all you need from a relationship is gut feel, body and mind satisfaction. So, that guy is perfect. That is, of course, as long as you realise he is probably the opposite. He's probably got his gut feel and emotional levels of life sorted out before he met you with spiritual teachers, yoga practice, family, friends and ex partners and what he needs is future, future and future. That's one of those scenarios where opposites match. At least they match unless something changes... like uncertainty in your future and emotional instability in his present. Then, there will be struggle.

If you want to make the next relationship different to the last then make what you are dreaming to create in your life different than before. For example: if you live in the city, think about living in the country, or another country, or if you have been working for someone think about starting your own business. Then, sort through your judgements as we've mentioned earlier and that's it. You will be dreaming a different dream (make sure it's a real dream) and you be attracted to a whole new echelon of people, not so much on looks or emotional needs. That's magnetics.

So here's the challenge:

Create four columns

Make a list of all the qualities you want in a partner in the first column

In the second column next to that list item write the opposite quality (if you wrote handsome - the opposite is ugly)

In the third column write the benefit of the trait in the second column

In the fourth column write the downside of the trait in the first column

This helps you to rise out of gut and emotion in meeting people.

Challenge number 2.

Write yourself a vision... a dream list or in more boring language a bucket list for the next 5 years. Each item you write down sit still, close your eyes and visualise you and your partner involved in it. As you visualise make a special note of smells, tastes, sounds, feels and scenery. As you visualise, make a humming sound that you can remember — eventually just humming that sound will associate the experience of the visioning... and send out magnetism.

People are attracted to you based on what you can do for them

The key awareness in a relationship is that you are not just there for your need. You are there to make someone else, feel good. That's a pretty low gut feel, emotionally intelligent perspective but really, if your partner doesn't feel better because they know you, why are they still there?

Now if you don't feel good when you wake up, then it's nearly impossible to remember why you are in a relationship other than to have someone make you feel good. That's why many relationships fail. People forget to look after themselves, they don't "feel good" and as a result, they start depending on the relationship to make them feel good. That's when things go "pear shaped."

Giving, or generosity in a relationship is not a guarantee that you will make a person feel good. Unless your generosity and kindness leads them to a state of inner gratitude, inner humbleness. So, you can give your ass away, you can slave night and day, you can bend over backward for someone but if they don't value what you are giving them as precious, if they don't feel inner gratitude and inner humbleness for your giving, then it's worthless to them.

The way to cause others to value what you give them is for you to value what you give them. To give without value is to receive without value. In other words if you just give someone money and you don't care about it much, then there's a likelihood they will spend it quickly. What comes cheap, goes cheap, including your time and effort.

This is important. Sometimes we give and think "wow aren't I amazing, look what I am giving them. Aren't I just a wonderful lover" but we are giving but they are not valuing. This is most important. If they don't appreciate what you are giving, then what you are giving is of no value.

Sometimes we miss the target on giving. We give a lot but it's not really what our partner wants, it's what we want. I remember being with a partner and she gave me so much mothering and caring and I didn't really want mothering and caring, it was smothering and constrictive in that volume. Really, what she wanted from me was fathering, and she thought that's how she would exchange for it. She gave what she valued.

So, to create attraction in a relationship you have to give someone what makes them thankful and if they aren't thankful, stop giving. It's a supply and demand thing, if you give more than they need, the price goes down.

That's why honeymoons are so great. We naturally want to feed pleasure (short term) to our partner and we naturally fantasise about satisfying each other's long term needs too. So there's appreciation, gratitude and humility.

But the honeymoon can soon die out when people forget to be thankful. They might start taking you or you might start taking them for granted. That's why, in love and work, it's wise to hold something back.

I live in the eastern suburbs of Sydney. I meet many people who are building or buying a new home around the area. It's affluent around here and it's hard for people to hold inner gratitude or inner humbleness. The new renovation or new house construction is often relegated to a necessity, rather than a real privilege. When I get back from Nepal where orphans can be cared for on about \$10 a week, I can't help but see these multimillion dollar investments as amazing privilege.

It's against nature's law for a relationship to survive when someone starts to take what they get for granted. Life becomes a complacency and this, in nature is against the growth, against the flow, counter intuitive.

When your partner starts to take you for granted then it means you are taking you for granted. You can see this as being very important on a date. If you are not treated with respect, like if they talk on the phone over dinner or come to a date tired from work. Don't bend, don't flex, just go home and leave the whole dynamic alone. There are plenty of people who will respect and value you once you work out why you are devaluing yourself. Devaluing yourself is easy to detect. If you put someone on a pedestal, thinking they are better than you, then you're in the poo.

If you infatuate your partner and think you are so lucky to have them, then they will take you for granted because your infatuation with them reveals that you are taking you for granted. You can only get infatuated with a partner or potential partner if you resent yourself. If you think you aren't good enough for them at some level.

When a guy infatuates a woman for example, or even their potential partner who is still in their head, they are using that relationship to make themselves feel good against a backdrop of self depreciation. It means, in this example, the guy is putting himself down, seeing themselves as super vulnerable with this partner because if they stop being generous, in this relationship, the partner would leave. That's why people get taken for granted. They are afraid of losing their partner because they just don't feel worthy.

So you're really wise to not infatuate your partner or potential partner. To see that you are a beautiful human and nothing is missing in your life. This is the foundation of a great relationship and the lack of it is why relationships fail. Ironic isn't it that what many people do out of fear of losing a relationship is really what causes them to end.

When you have inner gratitude, inner humbleness for yourself you turn up in a relationship thankful, mostly thankful for you, your life, your vision. And from that place you can share your love and generosity, rather than work your arse off to earn it.

Sharing love and generosity is different to giving it. Sharing means you have plenty. The key here is to make sure all seven areas of your life are balanced.

The key to attraction is giving people what THEY want. But the key to giving people what they want without getting walked on and have your generosity abused is to come from a place of abundance. If you can create a self-awareness that is based on inner gratitude, inner humbleness for

what you've got, what you are, what you do, what you give, for where you are going, where you have been, why you are here and the person you are, then, from that, there can be no abuse or taking for granted. Call it spiritual stuff or just plain common sense, but ultimately, you can't give what you haven't got, and what people want from you is to feel good, and it's hard to do good and give good if you don't feel good in yourself.

You are a Magnet - Make Sure You Turn It ON in the Right direction

"People who find, live in and sustain a great relationship are asked to write a personal plan for themselves. They are asked to define their dreams, their goals, their fears their infatuations. In other words great leaders support and challenge each and every individual to get to know and understand themselves better."

You are a magnet to a loving person who needs what you've got. Maybe it's your eggs or your sperm, or your money or your affection. It doesn't matter. You are a magnet because you've got what someone else wants. The more that exists on the three levels of body, mind and spirit the more sexually and mentally and spiritually engaged your prospective partners will be.

The key is to know you've got it. If you think that what you think about what you've got doesn't matter you're right. You might think you haven't got much to offer someone, and guess what? You are right. You haven't. It's not that you don't have anything to offer, it's the fact that you deny it that makes it real.

You could be wiser to consider nature's laws and recognise that nobody treats you better than you treat yourself. If you go through life thinking you haven't got much to offer, you are right. If you go through life being thankful for the gift of your life, your work, your health, your wisdom, people will flock around you. This is personal magnetism and the first step in creating a magnetic relationship - you have to turn the magnet system on.

Pride is an ugly thing, so that's not what we're talking about here. You'd be wise to avoid pride. Pride is separation from nature. Proud people stay single and become single. Thankful people get married and stay that way. You will already know that thankfulness for your partner makes them horny and electric for you, compliments, credit and letting them win arguments are the keys to that romantic path. But that's just a fraction. Thankfulness must be mostly for what you're able to contribute to the world, your work and therefore a family.

So, lets look at being thankful for what you've got.

If you think you are unattractive you'll look for someone who you think is attractive
If you think you are poor you'll look for someone who is wealthy
If you think you are dumb you'll look for someone who is smart
If you think you are irresponsible you'll look for someone who is super responsible
If you think you are lazy you'll look for someone who is diligent
If you think you are not creative you'll look for someone who is creative
If you think you are insecure you'll look for someone who is secure
If you come from a broken home you'll look for someone who is going to create a home
If you fear failure you'll look for someone who is strong and supportive
If you have had a heartbreak you'll look for someone who you can manipulate and control.

This list goes on and on... you look for someone who has what you haven't got.

This is a recipe for disaster and it is very un-magnetic. It means you are focussing on what you want from someone else to make you feel complete, feel good and the trouble is that it's unsustainable. Everyone, and everything has two sides and everything you might be looking to get from someone in the list above, they will also have and provide the exact opposite quality. You just might not see that opposite quality until the first baby is born or whatever landmark their "attraction" was primarily based on.

For example: it's controversial but there is an epidemic of women right now who have left the baby birthing thing to their mid to late thirties, some later. If I ask them in coaching or seminar vision setting programmes about their dreams they will inevitably say "i would like to have a child, but it's not essential, if it's meant to happen it will" - this is such emotional intelligence speaking. I've spoke to enough men and women to know that the desire to have at least one child sits in the DNA of many women in spite of their "mind" claims that it'd be ok not to. So, when women of that age and stage of life meet someone for a date, they are asking themselves, at some level of consciousness, will he make a baby with me?

It is a very challenging subconscious ambition because she might compromise her values, be quick into bed, be passive, let a whole lot of boundaries slip, accept a bunch of unfinished business in the guy, be blinded by desire. And whether they have a baby or not, that blindness will eventually piss her off. With or without a baby she'll eventually be mad at herself for being in this terrible catch 22, needing a man, and yet challenged to find love with someone who will make her dreams come true.

All that math defied nature. Her best bet would be to value herself more. To see where she already produced, created and gave birth to other things in her life. To become more thankful for what she has and let that thankfulness magnetise the right guy. Nature will bring two like minded souls together as long as this neediness and incompleteness doesn't demagnetise a person.

Other things that blog personal magnetism are:

Hating your job

Lethargy

Overweight

Alcohol and substance

Too little exercise

Poor attention to environment (see next chapter)

Worry and stress

Time poor for silence

Too much internet and TV

Being alone

Stuck in Your Comfort Zone

The Number 1. Thing that turns off your Magnet is - Hating your job

The law of interconnectedness in nature frees you up to break down the barriers between one area of your life and another. In nature, it is impossible to be bipolar - that's a human idea. In nature one

pole creates the other, there are always two sides to everything. You know that now. So, a job you hate creates a polar position in your life, and sets up some other area of your life to balance it. That other area is often relationship. Love is not the opposite to hate. The opposite to hate is infatuation. Infatuation means to gush, to be overwhelmed with excitement, to have a childlike enthusiasm. And you know how that's going to end because there is no such sustainable place in the whole, entire universe. So, a job you hate doesn't create a relationship you love, it creates a relationship you infatuate and that means, in simple emotional unintelligence and gut feel levels of life, heartbreak, Over and over and over. So, to magnetise yourself - love your work and recognise that the partitions between one area of your life and another are fictitious. If you set up polarities then recognise them. If you love your sport and get a whole heap of excitement from it, plan to have something in another area of your life not feel rewarding. You can't avoid balance in your life. Instead, maybe you can balance each area of your life. Have the ups and downs in your sport and ups and downs in your relationship and ups and downs in your work. Then you can separate what you like and dislike from what you love. Love, in nature, means support and challenge. So, if you like and dislike something, then if you are aware, you know that you love it. That might contradict some of your more gut feel and emotional intelligence paradigms (body and mind levels of thinking) but it will compliment your spirit level (vision, inspiration and purpose) which is all about creating the future you'll be living soon.

The Number 2. Thing that turns off your Magnet is - Lethargy (unfinished depression, grief, anger, frustration and hopelessness)

I have discovered from hundreds of consults with single people that there's a disconnect between reality and fantasy that makes being in a relationship really difficult. Lets begin by making the most wonderful discovery, "Nature demands that we be in a relationship" so you are never single. This contradicts so much of what people perceive to be reality. People say to me "I'm single" but that's just impossible. The thing is however, nature doesn't really care what you call a relationship. She's not at all invested in what you relate to. For example: you might have a dog and love that animal with so much affection and yet you might not have a life partner. You are not single you are in a relationship and that's perfect unless you walk around thinking that the dog doesn't count. It does. Another example, really common, is a parent. You might meet the perfect person and they might say they are totally ready to fall in love and be in a partnership with you but you suddenly notice that their dynamic with their parents is extremely co-dependant. I've met women in coaching who are over 40 and yet they seek permission and approval from their parents. These people are not single, they are in relationships already. So any attempt to find a life partner will only be partial. Some piece of them is AWOL, (absent without leave) and is attached to mum or dad. These existing relationships can be extremely strong even though the individual says they are single, they are not single. Other examples include: children from past relationships, church groups, money, work, pride and audiences (fans). But the most difficult to deal with is not in that list so far. The most difficult relationship that single people can be in, is with themselves. This terrible addiction can be to their youth, a lost dream, victimhood, anger at someone, disappointment in life itself, and frustration. Those are addictions to emotions and they are so often endorsed by attending yoga classes, save the whales groups, eat organic clubs and more. Those addictions need empathy and sympathy and it's often found in the more esoteric "world peace" communities. There are few things more toxic to a new form of relationship (life partner) than the addiction to the old form. That can be, as mentioned, an ex, or family, a cat or dog, but the worst of it, is the hidden attachment to an emotional story about life and the past. All anger, depression, grief and frustration comes from attachment to the

past, and those attachments and the stories that create them can block new attachments, they are the love of that person's life. To prove that, just try questioning the stories.... as I must... and see how much people invest in emotional concrete. It's really demagnetising to hold those emotional and other attachments. Letting them go must come before the new arrives. If you have been single for more than 3 months, be 100% guaranteed you are not single, you are attached to someone, something, some story, somewhere and it may be wise to deal with that.

Start with your early experiences in your family and then move through your romantic relationship history. Develop awareness for how love patterns from childhood are repeating in your adult romantic relationships. When being cared for in childhood meant dismissal, rejection or invalidation, people are more likely to choose partners with these same traits. Familiarity can feel like love, even when it is not. As you carefully develop awareness of your love history and how your needs went met or unmet, you will develop a greater ability to see others as they really are. Ask yourself if in your adult relationships you are playing the same role you did as a child? Have you adopted the role of one of your parents or even the role you played in a previous romantic relationship? Become fully aware of who you are choosing to become romantic with and assess whether they remind you of a dysfunctional relationship from your past. Learn to take time to get to know people who treat you well and make you feel good. Surround yourself with friends or family who are compassionate and kind toward you.

The Number 3. Thing that turns off your Magnet is - Overweight

I don't know what overweight is. I don't know where right weight is. Nature doesn't have a pictorial map that says you should or shouldn't carry fat. I suspect that in winter we should all carry more fat than summer, so I suspect our ideal weight will fluctuate a few kg. The key however, is not what your weight is, but rather whether you are putting on weight. If you were 70kg and now you are 110kg over 5 years, I'd predict that your relationship energy is mostly being consumed, eating yourself, or drinking yourself, to death. Putting on weight is a relationship disaster. It is proof to you that you are storing a friend inside your skin, a protector, a nurturer, a security blanket, and for some people, it seems they are storing a whole community in there. All you need to remember is that your body weight gets between you and love. It's not about love for yourself or love for someone, it's about emotional protection, that's all that extra weight is about. If you think you need protection then you are in your gut feel or emotional unintelligence. Be wiser to recognise the cost of fat to your capacity to turn up with an open heart. Overweight is only protecting your heart - but from what? What would nature do to hurt you that didn't help you. Nature would never do that. Maybe it's time to get back the trust you had in the universe, god or nature and take back some that you threw at someone else. Trust is best put where trust is true. Human nature can be trusted but never trust emotions or gut feel both of which are expressed in words. Words cannot be trusted, because they come from the polarity of gut feel and emotion... both are half stories. Remember, there are two sides to everything, including your stories.

The Number 4. Thing that turns off your Magnet is Alcohol and substance abuse

Single people drink more than double. Double people have each other to breathe on at night, fart on when their stomach gets bloated, stumble on when they are drunk and argue with when their head is

out of control. So, double people usually don't drink too much, they know it affects their love life too. But single people, who don't share a bed, can drink themselves into a stupor, fart under the sheets and burp disgusting alcohol all over the house without fear of reprisal. So, you can tell single people from double people. They drink and take drugs more. But let's be really mindful. There are a huge number of double people who are single. If a person walks around a home that they share with their partner and farts and burps and doesn't give a shot about their partner's experience, then they are a single person using a relationship to avoid a fear. Relationships that are used to avoid a fear are ok, as long as both agree that there's a low level of "spirit" element and a high level of the "body - mind" element in the satisfaction they achieve. I mean to say, sometimes people just want a convenience. You see them together and they are unaffectionate, quarrel a lot, drink a lot, eat a lot and go on expensive holidays that they usually report were disasters in some way or another. These relationships cause people to die young because the issues breed stress and that stress is gradually eating away at their existence. Nature won't allow relationships to be unproductive, so all the tension and drama is productive. Ultimately it might cause both people to become conscious of their purpose and step forward. There's no rush because that couple might, on their death bed, realise the depth of love they were holding but couldn't express.

The Number 5. Thing that turns off your Magnet is - Too little exercise

I once asked a client who had been single for a while, and wanted a relationship badly, what they were missing in their life and why they were so hungry for a relationship. The answer she said was "sex... I miss sex." One of my closest friends was once a prostitute and she gave me the best quote ever for this sort of idea for a relationship. She said "most men come to prostitutes and relationships because they are just too lazy to masturbate." I shared this with my client and she laughed until she cried. "you are so right." The more you exercise the more you enjoy sex, and the less lazy you become to masturbate. It's not a contradiction, or an either or, it's about vitality and libido. If you feel that your life is inspired (thinking from inspiration and heart levels of intuition) you will get horny, but if you aren't getting exercise, daily vigorous exercise, you start thinking that you need sex. Mostly, you just need an orgasm. Go on, admit it. So, exercise frees you up to meet a partner and share sex in a great loving space instead of fulfilling a physical need. Physical sex is nice but that's not going to bring a great person into your life, it's going to bring a replacement masturbator - vibrator - who walks and talks. That's fine, as long as you aren't looking for more. Nature loves sex, every specie on the planet does it. Animals do it from instinct, remember that's the human equivalent of "gut feel". So if you want love, then bring your animal instinct along and enjoy the celebration of nature but there is so much more and rather than base the relationship on your laziness, maybe it's better to base it on your spirit, your vision, inspiration and purpose in a self sustaining, horny environment. Remember, nature grows anything that's fulfilling its purpose and as long as your relationship is linked to you vision, inspiration and purpose, your relationship will be a sexy, emotionally romantic, inspirational love nest. So, for goodness sake, go for exercise, not in a gym unless you are in Iceland, go outside and get fresh air, ski, run, jump, dance, cycle, paddle, walk, skip, bend, twist and do it around trees that oxygenate your body. Don't go to classes and gyms that are indoor. You'll blow most of the magnetism flirting and comparing. Get outside and expand your horizon with nature then bring home the hormones and the libido to your work, your love for life and your sexy new partner.

The Number 6. Thing that turns off your Magnet is - Poor attention to environment (see next chapter)

The Number 7. Thing that turns off your Magnet is - Worry and stress

Thinking too much makes you are total bore, both to yourself and others. Thinking too much turns into talking too much. Talking too much turns into thinking too much The antidote is to STFU.. I will not expand that acronym but the first word is shut, the second is the and the last is up. You need silence, Silence is what you need in order to allow another mind - body energy to experience yours. If you are always hypothesising, sprouting your wisdom, sharing your deep profound insights or worrying about work or your hair, you are going to crowd out the space, fill it with noise and become your own worst enemy. You want magnetism? You want powerful energy between you and others? Shut up.... listen more than speak, never speak about yourself. Ask questions. Keep some of your wisdom and knowledge and information back, Many, many of my business clients get paid a fortune to think a lot. That thinking can be proactive and inspired or it can be worry. You can't have one without the other because, there are two sides to everything. So there's no on or off switch to thinking. You can't stop thinking. All you can do is think smart, think dumb, think worry, think stress and or think inspired. If you can think more inspired then there are fewer words, more profound connection and the experience is magnetic. If you think dumb, emotional, gut feel then you suck people's energy because you are draining your own just opening your mouth. This is about as far separate from nature as you can get because this is the highest point of the emotional intelligence, a separate "self actualised" space. That's separation extreme. It might make you feel important and confident but it sucks, anything that makes you separate, eventually sucks and puts you into an emotional funk. What creates emotion causes all emotional problems. You can't have good and wonderful emotional experiences without their opposite. When you are connected to nature and others, you have less emotional swings because something is more important than following your emotions. They are very unreliable. Follow nature's guide instead.

The Number 8. Thing that turns off your Magnet is - Time poor for silence

I get letters and emails from people complaining that their life is hectic, they are time poor. I write back and say "count your lucky stars because love needs intensity." Anyone in a great relationship is busy. Being busy can be a real stress or you can choose to throw away that "poor me" busy language and insert, inspired, instead. Inspired in life, inspired by nature you are full. You don't sit around drinking gin and tonics wasting your valuable life, You read, you play, you do and when you stop for silence you do it with intensity, not sitting on a deck chair wasting your own and your partner's life. What's the difference between poor me I'm busy and whoopee lucky me, I'm inspired and in love? The answer is nothing. They are exactly the same but one is seen as a curse and a mad scramble to get things done with a bludgeoning panic and overwhelm and the other causes a need for prioritisation, time management, mindfulness, and a commitment never ever to be late. I remember a night I went out for a romantic dinner with a lady I was seeing. We had been dating and sleeping together for a few months but I was more into it than she was. She was still attached to her past and was working her way through it at a snail pace. We arranged to meet at a local restaurant at 7.00pm. At 7.20pm I put the table on hold and walked up toward her apartment which was nearby

and there she was talking to a friend on the phone. It was a playful conversation and so I just stood politely and waited. We walked together back to the restaurant but I knew we were not going to get to a healthy space. Her commitment to the value of our time together was low, and therefore her capacity to bring magnetism and love was low. They are one in the same thing. Time value is life value. To be magnetic, turn busy into intensity and time into moments of connection. Never lose that and you will automatically be attracting amazing partners. Nature guarantees it.

The Number 9. Thing that turns off your Magnet is - Too much internet and TV

You can be anyone you want on Facebook. You can be a Greenpeace activist, a sport fanatic, a save the children leader and a yogi. All this while sitting in your lounge room watching TV. You can become a legend in your own lunch box on the internet. It makes you hard to live with because ironically you are going to want to have your partner treat you like your “friends” like you on Facebook. In other words you want them to believe that what you say is more a truth than what you do. Get off the frigging internet if you want a relationship deal with real. It’s easy to watch TV and think you are living, you are not living when you watch TV. If you watch TV with your partner you are not in a relationship. You are in a TV sitting next to someone. If you sit on the internet you are in a relationship with the internet. It’s not life. Don’t let it confuse you. In 20 years they will recognise that TV is sending people mad. It is a toxin. It is sending you out of your heart and into your gut. There is nothing wrong with being in your gut as long as there is a whole keyboard of intuition, all the way from the bottom “gut” to the top “inspiration.” but TV is not a whole keyboard. The shows target your GUT - they show every low extreme of polarity of emotion. Low to low. That’s no place to go. The most important thing in TV is story. Stories are wonderful, they entertain and encourage us. But they are emotional intelligence and unintelligence. The full spectrum of empathy, compassion, sympathy and hate. So, that’s where you resonate when you watch TV. No problem? Well if you watch TV and go to bed you resonate at emotional unintelligence and your thoughts go there in your night. You drift in and out of story and you might think this is wonderful but then you might also ask why your life is not inspired, why your love is in decline and why you might be putting on weight and never ever link it to the vibration of TV. But I’d suggest that’s the first thing to break. The addiction to the “idiot box” as we used to call it. If you go to anywhere in the world where people are in struggle, poverty, violence, addiction and obesity, and measure the time they spend in front of TV you’d be shocked. Those people could learn a trade or a skill or an art but no, the TV is their life and their life is not good. This is bloody important. I’m not hammering entertainment, or the internet or TV. I’m hammering the complaints people make that their life is in the shit and their relationship isn’t romantic or who are fattening up like a prize bull and who still sit and watch TV too much. My suggestion is one hour a day. My suggestion is to get off Facebook unless it’s business. My suggestion is to pre-record TV shows and cut out the adds. My suggestion is to read the news, not watch it. My suggestion is to be the comedy not tune into it. I have many suggestions. They are not about right or wrong, no need to get upset, just recognise the correlation between wealth, quality of life, inner peace, heart, inspiration, romance and success and not watching too much of the “idiot box.” Do it instead of watching it.

The Number 10. Thing that turns off your Magnet is - Being alone

If you would love someone to love being with you, you best get used to liking being with you. That means meditating. Yup, meditating. So, I will quickly give you a slice of meditation here because there is a lot of options in meditation and most of them make your life worse rather than better. Firstly, please get past the idea that in meditation you close your eyes. That's not meditation. That's something else that will send you crazy in the end, and certainly down into your gut although it might feel like into your nirvana. Second, you don't have to sit cross legged with your fingers all curled up, you can do it walking down the street although you might need to be mindful of your speed because you will not have a grip on how fast or slow you'll be walking. Third, if your posture is crooked, then you'll meditate crooked and end up all bent out of shape, meaning in your emotional unintelligence. So, we're progressing. Next, you don't need to be spiritual or have a spiritual motive. You can simply want to learn to love being with you so someone else will. Next you need to be intense, not wallowing in bliss but really time precious, focussed and deliberate. All that ho hum meditation is about relaxation so, that's not meditation, it's relaxation. Are you still with me? Next you must be able to become aware of sound, sight, feel, smell and taste all at once. This is called "Yoke" and you are yoking if you don't do it... (joke there)... Finally, instead of developing a sense of self based on you and how great you are for being in meditation, you start to feel that you are connected to things, people, places, and everything. In other words you lose your "self" image and gain a bigger experience of being the water, the sky, the earth, the ant. Actually, if you really get into it, meditation can be done 24/7 because you can feel this sense of connection continuously, even while making love, fishing, playing tennis or working at your desk. So, rather than learn meditation so you can do more, you learn it so you can do less. You learn meditation - I call nature's meditation, mobile meditation, so life becomes it. You are doing it by living it. Then there is no separation between you and your partner, nor anyone else for that matter. Or between you and a telegraph pole. You lose your identity and ultimately gain, flexibility. This is the real flexibility of yoga not the mysterious obsession people have with sticking their leg egotistically behind their head, no matter if you put your head up your bum, you are not more enlightened than a fat man sitting in a spa tub.

The Number 11. Thing that turns off your Magnet is - Stuck in Your Comfort Zone

If early in life loving one or both of your caretakers left you feeling undervalued, then you may unintentionally pick undependable or inattentive lovers who tend to dismiss your needs or emotional experiences. It can be intoxicating to meet a person who triggers old love patterns. What was once a powerless child who felt at the mercy of an inattentive caregiver becomes a powerful adult who, with an inattentive partner, has the hope and wish they he will magically change his inattentive ways for her, because he sees her as worthy and special. Sadly the intrigue and allure that he will become something she has never before experienced gives way, and she is left feeling once again hopeless about finding real love. When you do date someone who is directly loving toward you or genuinely interested in knowing the real you, you may not feel the 'spark' simply because he does not match your early learning history and resulting neuronal wiring. Push yourself out of your comfort zone; get to know new types of people—even if at first they do not elicit the intense chemistry and intrigue to which you have become accustomed.

Turning on Your Magnet - Attend to your Environment - You are the Environment you create for people.

Create a Space for A Relationship to Thrive in

"People who find, live in and sustain a great relationship create creative space. They develop environments that support creativity. They develop an attitude that supports creative thinking. That means space, colour, time out, community gatherings, entertainment, laughter and spontaneity. They support the unusual and diverse.

Global Environmental Change Begins at Home

50% of your life is in chaos, 50% is in order. If you want to have a happy life, a romantic life, then appreciate the benefit of both. Correspondingly, 50% of your environment is going to be a mess, cluttered and out of control, 50% is going to be in control and uncluttered. If you tidy one area and get it perfect, then another area is going to become cluttered and chaotic. 50% does not mean half. It really refers to the amount of turbulence, dysfunction and mess. Lets see:

Have you met people who are absolutely anal retentive about something? They are wonderful people because they really do help you organise what they think is super important. They are great but there are two sides to everything and if you were to look at their life you would find an area they just didn't care about. I had a friend who was meticulous in the kitchen, in her computer work in her clothing, but if you asked about her health, it was a disaster. If you looked behind the bedroom door, there was a clothing bag full of dirty laundry almost two weeks old. For her, as long as the bag was sealed and hanging in the right place, it was organised. We all see order differently.

I have the most amazing filing system for my tax papers. It's a box at my feet at my desk. The box is neat and attractive, it's not an eye sore. Inside the box are all my year's receipts, tax papers, credit card dockets, invoices - chucked in a big heap. There's just a jumble and I don't find that at all intimidating. For me this is order because it is sort of chronologically thrown in. I find things when I need them really quickly. If you went to find something, you'd be there for a week. I tried all sorts of filing systems and found them to be ways to lose things alphabetically. This chaos is my order.

So, with clutter and environment. It is really important for you to consider where you are going to be anal retentive and where not. The ideal way to consider this is to allow clutter in your lower priorities in life and work for order in your higher priorities. In my life my writing, clients and seminars are my highest priorities followed closely by my research. You'd find that area of my life totally clutter free, organised to perfection. Tax on the other hand is a necessity, and for me, clutter here is ok as long as it's in a box and doesn't get my head distracted on my desk where I do my highest priorities. So this brings us to your relationship.

The reason you are single is because something else, other than a partner, is more important to you. That might not correspond to your level of discomfort in being single, or your conversations with friends about your desire for love in your life, but it's simply a fact. If you are single then something else is significantly more important than a partner. It might be a child, it might be wealth, it might be health, it might be your spiritual journey. Something is more important than a partner because

the only thing stopping you from accepting a partner in your life is your attachment and prioritisation of something more important. It is also the reason that many existing relationships fail.

If you are single and then you really prioritise relationship in order to find one, then once you have a relationship your priorities will go back to what they were when you were authentically single. You might go back to the love of your work, the love of your sport, the love of your children from a previous marriage or even the love of a religion or spiritual guru. If you do that, then your partner might be in shock. They were seduced by a person who made them feel like they were king or queen of your realm and now they are left with the dregs of your time and energy. This is a big problem but it's easily solved.

It's called sales and marketing.

In sales and marketing you might be selling dog collars. Your priority is making money so your values are not healthy dogs, proud ownership or safety for animals. Your priorities are totally different from the people you are dealing with. So, what do you do? Do you lie and make your priorities different so that you can fake that dogs are important to you, or do you sales and market your product authentically? I'd suggest the latter. Here's how.... you care.

When you care about your partner or client they feel that you are making their priorities your priorities. This is not faking it, it's caring. Caring simply means that you sincerely care about what is important to somebody else and then you link caring to your priorities. Here's another sales and marketing example: my partner cared about food, where it comes from, how it's cooked and who grew it. She even cared about the carbon footprint the transport of the food left. She cared about how the animal or fish died and whether it was a humane death. If I was to rank my highest 100 priorities down to my lowest, all of those topics would not even get a mention. Yet, I love making love. So, how did I turn my partner on? Sales and marketing is the answer. I spoke to her in her values in order to get my values met. I took her to great restaurants that cared about all those values she valued and sat through hours of blabla bla, bla, bla..... about organics. In order not to be bored I linked every word she said about food to kissing her later. The more she spoke the more horny I got and the more she spoke about food and had a great listener, the more horny she got. When people feel that their values are being met, they get libido. That's sales and marketing. Make people horny for your product by talking and listening in their values.

Now, was there any in-authentic behaviour in this? No. This is life. Everyone has their priorities and in a relationship they are never, ever, ever, ever the same. In fact if two people come together with the same priorities, one isn't necessary. That's nature's magnificent design. We meet and collude on different priorities but we intersect on how we can achieve them.

Lets now talk about environment... and how this relates to priorities.

You create clutter free, ordered space in the arena that you consider to be your highest priority. If you spend all day scrubbing the floor in order to have a wonderful relationship, one might think you've gone off on a tangent (unless you plan a little floor based loving). But if you were to put your emotional life in order, and if you were to create a wonderful schedule of time so that your energy wasn't burnt out from stress and panic attacks from being late all the time, you would be 100% laying the ground work for prioritising a new relationship.

If you spend all day on Facebook talking to friends and family and yet you claim to be in search of new love in your life, one could be accurate in saying you're lying to yourself. You're doing one thing and wanting another. It's like people who want to lose weight and yet drink alcohol. Alcohol is sugar, sugar puts on weight, losing weight means less sugar. Can you see that these contradictions create hell?

So, if you are real about prioritising the finding of new love, remembering this might not be your long term sustainable value, you will recognise that sales and marketing are crucial and the most important things to a self-respecting future partner (someone who isn't desperate or working from their "gut" needs) will begin at ground zero... The environment you create.

Here are some bad environmental signals

1. Are you so busy you can't make time for a call during the day?
2. Are you so distracted that your sense of humour is sporadic?
3. Are you still dressed in your work clothes when you go out for dinner - disorganised?
4. Are you so in the moment that after sex you don't text when you travel?
5. Are you so self obsessed that you think people want what you want out of a relationship?
6. Are you smelly - feet, breath, hair, underarm, pussy, backside - totally ignorant?
7. Are you up yourself - talking about your values instead of theirs?
8. Are you telling or asking - feeling somehow superior or wiser or inferior, insecure?
9. Are you over doing the attraction - revealing your discontent with your life - needy yuk?
10. Are you talking about, relating to, bouncing off or conditional to your ex - compromised?
11. Are you overweight and trying to lose it - lost and hoping for a white knight or princess?

Ok so those are just a few... add stressed, nervous, depressed, grieving, exhausted, frustrated and worried about money issues and you start to see how a bit of nature's inspiration might be an essential value adding environmental change agent for your real objective.

Please recognise that all the above bad environmental things will put the bug into a relationship whether you have them before you meet or after. They are relationship killers. The key here is that you create an aura around you. That aura has nothing to do with how fat or stressed you are. It has everything to do with how you are dealing with your problems.

You are always going to have problems to deal with in your life. Stress, busy, distracted, time poor, preoccupied, self-obsessed (healing an illness like a flu or toothache), up yourself after a win, feeling insecure, dealing with the past, over weight - those things are here to stay. It's how you deal with these things that determines whether you are going to sustain the sales and marketing (lets call it seduction and romance) that keeps your partner engaged and in love with you, or whether you are going to be complacent and bring that crud home and have it blow your life and dream of a great relationship out the window. You can choose. Nature can help. I can show you how simply by using Nature Based Strategies for Life.

Creating a Loving Space - Choosing where to prioritise your efforts.

If you are single and thinking about being double then a great and easy place to start is in the space you've created at home. Your dishes and shirts and undies and toothpaste are all convenient for who? For you. If you want to attract a partner start making space for them. At least pick up a spare tooth brush and some nice bathroom products to bring out on that special occasion.

I hear people say that they'd rather wait until they meet someone, which is understandable. But one of the secrets in success is to believe it before you see it. Acting as if it's true is one of the secrets to business success, and it's the same in love, believe it before you see it.

So, a powerful step in changing your status quo is to begin with a change in your environment. That means, things, clothes, standards of dress, decorations, art, undies, sporting gear, home, jewellery, friends, cafe's, modes of transport. And more...

You can start today ... clean out the undies, change the room, fix the office, organise the bathroom, improve the space.

Ditch anything that you associate with a past partner, jewellery, gifts and photos. Those past partner's are in your heart, you don't need their energy smothering your open window. Everything has energy so, give, sell or dump it. Make space for the new, even leave a picture frame blank or insert a picture of a happy couple you imagine you will become. It's important.

Environmental awareness starts in your life not with whales and forests and frogs. All that is fine but you need to get your house in order. put on some sandals, before you go out coating the world in leather. That's a big message from nature. Be the change you want the world to experience.

Take it one step further and change your approach to how you look. Not randomly or with a clothing consultant. Change your approach to your private upkeep first. Mow those nose hairs, wax that moustache, have a hair cut or a wax on your back. I mean present yourself differently. There are men I meet with enough hair coming out of their nose the plant a full coconut plantation and some women with smelly armpits and handbags that have been sitting in the dirt on the floor of taxi's and busses. This all makes a difference.

Start paying attention to your eating habits, like the way you eat and how you hold your cutlery. I hear people complain about their partner's eating habits more than any other complaint. I know it sounds trivial if you are really in love, but being in love and being turned on by someone are two different things, and you do want both, I can assure you of that.

We are the environment we create. It all starts at home.

What goes on outside of us reflects the inside. If we create a spacious, uncluttered home our mind and heart become spacious and uncluttered. An uncluttered life has room for a relationship. A cluttered life has room for needs to get fulfilled. You can choose which one you think will satisfy you.

Try an experiment. Clutter your desk. Make it messy. See if it's true that a messy desk is a messy mind.

Sometimes a messy mind is good, it's creative and playful, but if your workload goes up or there's a sudden stress and your mind is scattered, overwhelmed then you might end up in goofball territory. I mean, everything is easy when everything is going your way. That's going to happen 50% of the time. For the other 50% you are going to need some support because there's going to be challenge and confusion and uncertainty. I think having an organised space prepares you for that challenge. But it also indicates you are ready.

If your world is cluttered and your life is just one panic after the other you might be hoping that a relationship will solve that. But that's not going to happen. Relationships don't solve problems, they exacerbate them. They grow. So if you are cluttered and out of control before a relationship, it'll only get worse with one.

So today begin the cycle of improving your environment and creating a loving space for your relationship. Create empty time where you would go out if you were with someone. Sit in a bath as you would do if you were with someone. Clean sheets, nice undies, a shower before bed. Act like you are with someone even if you are not. That's called "the power of attraction."

Can you see nature's role in creating a great environment in your home office and mind? This is most important for discipline, clear mind and body and ask yourself how you can bring more nature into your work and home life.

SPRING CLEAN -even in winter - start with your filing system - but you might even go to a colonic and spring clean your intestines.

Consider your hair cut, your clothes, your computer cover. Consider all the affirmations you have around you that signal your appreciation for yourself. Remember, if you appreciate someone else's dreams and personality and luck and wealth and health more than your own, you are putting them up and yourself down (in nature nothing is missing).

You can't give what you haven't got so appreciate yourself and the form of your environment, your mindfulness about order and cleanliness. Treat yourself with abundance, so you can appreciate others.

Go look in your sock, stocking and undies drawer and throw out the odd sock, the crappy undies, and the holy stockings. Give yourself no choice but to upgrade what is underneath your clothing because that is a part of your environment too. Don't keep stuff for camping trips and then start slipping them back into use because you forgot to do the laundry.

Look at your shoes, your brief case, what's in your brief case and what's dangling from your arm and neck. Look at it with a non sentimental eye. Does this represent where you've been or where you're going. If it's where you are going then great, if not, dump it.

Clear the energy in your space by looking around your life for things that are toxic. Clear away stuff that was gifted to you by someone you've moved on from. Bring into your home and office what resonates with your vision in life rather than what resonates with where you were.

I've worked with a lot of people in underprivileged environments. What is amazing to find out is that those people with the most time on their hands, unemployed, with no sense of hope for the future, have the most disgusting and dirty environments. Which do you think comes first? Does low self worth breed disgusting environments or do disgusting environments breed low self-worth?

Irrespective of the answer to that question, what we clearly know is that they are linked. Not only are they linked for those who are in underprivileged circumstances but they are linked for those in extremely privileged circumstances. I have met so many entrepreneurs and business people who have averaged a plateau in their career, the glass ceiling so to speak, but who are treating themselves in the way they dress and act as they were in the past. So their behaviour and mode of dressing is reflecting the position that they are stuck in in the world. This is not about fashion. This is about recognising that people do judge the book by the cover but it's not the people who are judging us that I keeping us stuck, it's ourselves. When we fail to recognise that we are repeating who we were in the past, by constraining our environment to what it looked like in the past, we are subconsciously sabotaging any attempt to escalate our life and improve our vision, inspiration or purpose.

Challenge:

Go to magazines and cut out pictures that show what you want to resonate with. Separate them into the seven areas of life. This is the new you, the new resonation and add pictures from all different sources. You want to appreciate your opportunity. Now, over the next days, look at your clothing, ask yourself this: "do those clothes reflect the me that I want to become in the future? If not - give em up. Don't wait for the new to arrive - make the space in your life for the new - and then get magazines and choose your brand style - choose a cost level .. beware of synthetic fabrics that carry charges and go for wool, cotton and silk where possible. Throw away fake watches, you are no fake.

I have spent many years of my life in spiritual retreats all over the world. When I first started going I thought it was because I was entering a new philosophy or a transformation in my spiritual consciousness and that was why I felt so amazingly clear and openhearted. But that wasn't why. The environment in a spiritual retreat is pristine, everything has its place, they clean the buildings three times a day, nothing is out of place. There is a respect for the environment that includes the clothes you wear and the robes of the monks. Nothing is left to chance they know that the external environment has a massive impact on the internal environment of a human being. The art reflects the mysticism of the higher thinking. This is the sort of thinking you need to maintain for a new relationship to come into your life and thrive.

I went home to the family world of a couple who were experiencing the final throes of a relationship breakdown. As I went into the front door of their house there was a picture of Marlon Brando, in a swamp filled cage being tortured in the jungles of a war-torn Asian nation. The husband loved the movie but the wife hated it and yet this was the centre-piece of their home. A metaphor that he believed that her feelings about this picture didn't affect them. She feared drawing a boundary and accepted this monstrosity to adorn the walls of their love nest. That this was just the beginning of what I witnessed in an environment that gave the relationship very little support.

When you put on your clothes in the morning, put a little love into it. Be glad you have something nice to wear. For that matter, it is highly important that you would be wise to love your clothing and appreciate wearing it. I think it's better to have one suit of the finest wool than five synthetic ones. But it's not just what people see, choose good quality underwear to wear next to your skin. Give consideration to beauty and elegance in the clothing you wear.

These considerations will cause a rise in your self-appreciation. You will become less needy, more confident, and you will attract a different sort of person. Of course, the commitment is not just for the courtship, or the honeymoon, it's forever, a constant improvement process.

People will begin to remark how much better, or younger, you are looking. You will be invited to more gatherings, more often. Your opinion will be more respectfully listened to.

When you appear well, it must be because you have succeeded at something so others will reason that because you look well, you are well and that attracts a healthy partner.

STAY CONNECTED - THE IMPORTANCE OF RITUAL

"People who find, live in and sustain a great relationship balance elations, they don't take the credit; they don't take blame."

So much of life is coincidence and serendipity and yet when things go right we take credit and correspondingly when things go wrong we take blame. This up-and-down roller-coasters has a major impact on your availability to turn up in a relationship.

It's necessary to have this conversation. I know it feels fantastic when you achieve something to go out and drink champagne and party until the wee hours of the morning. But I also know it feels terrible when you lose something and you go out and drink beer and commiserate until the wee hours of the morning feeling sorry for yourself and others. What most people don't understand is that they are connected.

If you go up with the others you will go down with the Downers. So the drinking and celebrating and the commiserating and depression are one in the same topic. Let me give you a great example: when I was studying Buddhism and practising Zen meditation I achieved an incredible moment of enlightenment. In that moment of enlightenment I was transported. I can't say I was transported outside my body but the boundaries of my body evaporated and I became just connected with everything around me. This experience was like dissolving and becoming everything. The experience itself had no emotion. It was simply an event but I was very used to the idea of celebrating victories. So the second it finished I jumped up from my crippled cross-legged position and ran outside trying to find someone to tell about it. This experience is called elation and it is the basis of celebration. In simple language it means taking credit.

Now, taking credit for enlightenment is like taking credit for the moon going around the Earth. Really I had nothing to do with but it felt fantastic and so I wanted to publicise my victory. This is the exact cause of depression. If you meet people who suffer from depression you will also notice the exact same people suffer from elation. When things go well for a person who suffers depression they will publicise their success and tell you how great things are. In fact, there are philosophies and therapies that encourage this sort of publicity as an antidote for depression but it's more likely to be the cause.

When you become elated you become separated. You begin a fight with nature and she's not going to lose that fight. What she will do is bring you back to centre. In the process of bringing you back to centre she will create a counterbalance to the elation and this is called a depression. So, as much as taking credit and having any relation might feel fantastic it is guaranteed to cause its opposite because that is how nature brings you back to centre.

While you are in an elation or in a depression you are not in a relationship. You are not in a relationship because you are not available for one. You are in some sort of paradox of self-created separation.

If you are lucky enough to have blind faith in a God through religion then you will understand that this elation and depression is resolved whenever you give credit to your creator. But if you are like me and don't have that blind faith in religion then you have to understand that there is a greater

hand in your life than you, you are not separate. When you start to take things as being 100% in your own control you separate yourself from the serendipity and guidance of nature. Remember, it's mother nature, not father nature, mother nature is here to nurture and guide you so everything that happens is not in your total control and some things are happening to guide you to a better place to be.

When things go wrong it is really important that you play out the movie of what might have happened if they'd gone right. Last week in Bondi, the temperature was 37° and the whole beach was filled with hot and exhausted people trying to get cool. The very next day the temperature plummeted and the beach was deserted. On this day a man had a heart attack while driving his car lost control and ploughed down between two parked cars, across the walkway where hundreds of people had been walking the day before, and directly at full speed onto the beach where thousands of people were some baking only 24 hours earlier. These sorts of events impact thousands if not millions of people but we don't get the opportunity to play out the video of what would have happened if something hadn't gone wrong. We might say over the weather is bad today and be disappointed that we can't go to the beach but do we ever say I wonder what the benefit or the guidance of nature was from that negative experience.

Taking credit and taking blame separate you from the voice of something bigger, they disconnect you from an explanation of your life that puts everything that happens to you in a completely different context. Taking credit and taking blame put you 100% in the drivers seat for every single circumstance that impacts your life and makes most of those circumstances completely unexplainable and ultimately frustrating.

Remembering that there are two sides to everything. The benefit of taking credit and blame is that you have massive ups and downs and this generates lust and lust generated passion. So in those relationships that are functioning on gut feel and emotional intelligence taking credit and taking blame is part of the game. That means there will be passion and they will probably be violence. So even in relatively religious domestic environments there is a lot of passion and there is a lot of violence because people take credit and take blame for what goes on in their life.

This is where spirituality overrides religion. Because religion has a huge amount to do with morality and ethics there is potential for blame and credit. If you do wrong you will be blamed and if you do right, give the church credit. there is a huge opportunity for being blamed for the downside and getting no credit for the upside. So that paradigms can be shifted in spirituality because spirituality has no attachment to right and wrong. Spirituality is not a moral or ethical conversation is about love and self-respect. Self-respect comes from connection to nature and understanding that there is order in the chaos in a matter how good or bad it appears.

Rituals, practised on a daily basis can keep us connected to the bigger picture and therefore help negate any tendency to take credit or blame and therefore become disconnected from each other. If you want to feel a genuine sense of interconnectedness between you and a partner it starts with feeling a genuine connectedness between you and nature and this needs to happen before you get involved in a relationship rather than afterwards. Although either will be beneficial.

I consider ritual to be one of the most important parts of a relationship. If I'm working with people who are looking forward to getting into a new relationship I will encourage them to develop a ritual long before they meet a partner. That ritual will include getting up before sunrise, waking inspired,

doing the Innerwealth power hour, having stillness as me time in nature, and doing gratitude exercises, the emotional shower, before bed. These are really simple rituals and they are great because they demonstrate that you are holding your space and maintaining your own responsibility for your life and if you give them up when you get into a relationship you know you've just handed away your power and increased the probability of the relationship failing. To learn those rituals I created the 30 day challenge which is an online program that last 30 days and teaches rituals from self-management and self-respect. Nature-based strategies for life.

Another great awareness that can support you in being prepared for a welcoming a great relationship is to increase your focus on the word give.

G = Gratitude

I = Inspiration

V = Vision

E = Enthusiasm

Gratitude

Relationships are beautiful, but sometimes they don't feel that way. We do not solve our problems by finding a relationship. It takes a different perspective in you to solve those problems, a perspective that rises up and finds gratitude. The pathway to that solution is mother nature and the universal laws.

Inspiration

When the inner voice speaks louder than the outer voices, you are in your true nature. That's a great asset when the mix and spin of love and relationship comes to your life. You must welcome challenge as a part of a new relationship, anything less will fail. You must welcome stress, confusion and uncertainty and confrontation with as much enthusiasm as you welcome their opposites, those things you want. So, the secret is inspiration. Inspiration is home base, if you have inspiration you have home ground advantage wherever you are. Inspiration simply means interconnectedness. You are connected to everything so your boundaries disappear and you become connected. That's the source of real sustainable relationship and love.

Vision

Vision is a fast, no fuss method of resolving uncertainty, eliminating negative states of mind, resolving conflicts, both internal and external, that offers you a new and more profound way of looking at life. It provides you with a leading edge methodology, a life advancing process, and a high achievement formula that helps you create significant changes in your attitude to, and actions in, life. You will own more of the power, joy and inspiration that nature intended for you. Every human determines their destiny - their attraction or repulsion to others - instead of labelling yourself good or bad, nature suggests a more self respecting path which starts with a "vision."

Enthusiasm

I don't know how to describe enthusiasm except in the attitude of Steve Irwin, famous for his engagement with nature and animals and his love of nasty crocodiles. Enthusiasm isn't elation, it's a sense of being where you are meant to be, a place beyond doubt that this thing you are doing, this life you are living is yours perfectly. Enthusiasm is calm, it is not a hype or overkill or any form of woopie do, it's calm, deep and real. You find it when you find your true nature.

TURN UP - TURN EM ON

"People who find, live in and sustain a great relationship know that what they appreciate grows, what they don't depreciates."

Let's be really clear here about what we mean by turning up. Lets say you are at work and your work thrives on setting goals and finding what's wrong with the business and then improving it. You work all day and you do great. You feel good, satisfied and fulfilled and now it's time to come home. Of course would never stops, is not realistic to think that you can walk out the door and never think about work again. So you walk in the front door and your partner walks in the front door about the same time coming home from their job. There you are two of you standing face-to-face and there is a beautiful moment of love because you haven't seen each other all day. Now, the hard part starts. You've got a head full of work and still operating on the "setting goals and finding what's wrong model" and your partner has their head full of work and even tomorrow's work.

Conversations start. Topic? Usually work, often about things that have gone right and wrong. It's a debrief period. That can't be healthy. Here you are in a relationship talking about what took place at work, occupying time, using energy, doing your debrief when you got home. I wonder what it was like when you first started dating? Usually when we first started dating we turned up. The date was important enough and exciting enough for us to put aside our work and turn up in a romantic, seductive and healthy space. Because you turned up, your partner turned up, you both got turned on and work got turned off. But each by inch, centimetre by centimetre, second by second, things change and suddenly you find yourself in a relationship with diminishing returns. You might even say that the relationship is not as exciting as it was when you first met. The reason is simple maths you are not turning up as you were when you first met.

Before you begin a new relationship it's really wise to learn how to turn up any time you want. That's not dependent on a gorgeous partner being in front of you or one in to seduce somebody over dinner. It's a skill you learn because turning up is important for you too. when you turn up for yourself you feel fulfilled and that is a really important sense of personal empowerment. If you are waiting for a partner to trigger you so that you turn up, turn off and get turned on then that partner will have you on a string and play you like a puppet.

Now is the time to begin rehearsals. It's good for you and your health and it's good for your partner who is just around the corner. Learn how to be present with everything you do. This is called mindfulness. When you eat do nothing more than eat. When you stop do nothing more than stop. Try to eliminate the idea that multi-skilling in is a healthy habit.

Life in the city has been strangely cut off from nature, so you might have to learn, actually relearn the practice of stillness. Stillness is a natural art and a great asset for any great relationship because it leads to spontaneous acts of falling in love. The key, in stillness is to learn how to do only one thing totally. For example: to sit under a beautiful tree watching the movement of water or to listen to rain on an old tin roof. In those moments with the phone turned off and nothing but one thing to do, you become still, connected to everything.

Stillness is about falling in love with life. Being alone or with friends or at work. In my experience the best way to learn this practice of stillness is the corpse pose. That corpse pose has been used in

yoga for centuries. In fact it's considered one of the hardest yoga poses of all. What you do is to lie down on your back palms facing upward, head supported and do nothing. It's called the corpse pose because you can't move a muscle. The whole idea is to get used to the idea of not moving. After a period of developing the skill that this corpse pose you can move on to the corpse pose plus breathing techniques but these can only come when you've mastered the art of doing nothing.

Once you have regained your confidence at being still, mindfulness, you can apply it 24-hour today. There is no limit to the number of activities you can do with mindfulness, turning up 100% but the most important thing is to be able to walk in through the door of your private life and turn up with your partner.

In our lives we experience that connection with nature automatically. You might see a sunrise or sunset or a Himalayan mountain and then, all of a sudden, for a moment or two, there is no time, so you are not worrying about the time, there is no space so you are not worrying about who you are and where you are and where you are going and where you came from. So all your worries and particularly all your expectations are gone. Without expectations it can't be emotion and without emotion you are inspired. This skill is useful in relationship as well as sport, business and with friends. But I emphasise, it's natural.

Reconnecting with nature, and the stillness it creates, is also a physical experience. What do you see when you see someone who has found stillness or fallen in love? Their ageing drops away, their posture changes, their whole mechanism operates differently, it is a totally beautiful moment, this stillness. So this is the foundation on which I am suggesting we can base a relationship, the experience of being in nature, when everything disappears and stillness comes over you and you are just there.

With commitment and practice you can do this stillness together with your partner. It doesn't mean making love although we do find perfect stillness at some stages during the time of making love, but this is actually the act of just sitting down or lying down under a tree, with everything electrical off, no frills and fancies to distract you both, no Champaign to dull the mind, just the emptiness of simply being together.

Getting Past the Physical

When you fall in love with someone new your friends might laugh at you because they see you and you are hopelessly gone. Your decisions might even become illogical, not even rational. This is because you have achieved an experience of enlightened stillness. Just for a few seconds, hours or days, you are enlightened.

It doesn't take a partner to cause this to happen all the time, sometimes, as I've mentioned, even a sunset or a movie can trigger this enlightenment. What this means is that your whole mechanism stops. You have touched your being and your centre and you feel you are connected. Suddenly you are not the same person you used to be, and it hits you very deeply. That is why being in nature transforms so much of life because you are able to feel connected. Then you can not hide it and this is what people fear when they think about a new relationship. They fear being exposed for their comfort, their complacency and their real values.

You know that a lot of people say they want to be in a relationship but they fear losing what they've got. They've got freedom to choose anything they want, that got an open book, they've got dreams and hopes that nobody can shatter. So it understandable that some people say they want to be in a relationship but really deep down their fears are holding back. They fear being exposed but that's going to be a cost for you. You will be exposed and all the secrets you've been guarding, all the shame, uncertainty and guilt will surface. What a great opportunity to lighten your burden. I am sure, you are interested in the whole bundle, true love, heart, mind, body and soul. So, that's why you'd be willing to pay the price experience has told you can be very, very high.

Mother nature is your friend in this. She nurtures and guides you. If you can just open up to her guidance you'll find everything that's needed for you to have the relationship that's perfect. It may not be what you thought you wanted but it will be exactly what you needed. It may not look like you thought it was going to look, but it will look perfect soon enough. Once your life was automatically connected to nature, your ego remained a valuable asset and you used it when it was needed. It was held in check by your connection to the earth, to reality, and the spirit of nature lived in you and you in it, but most people's life in the city has been cut off from nature.

The ego and our stillness has become all mixed up, and for the greater part the ambitious ego is in control of us. We have these buildings that have taken the place of mountains and the roar of traffic has been substituted for that of a beautiful stream. Something definitely happens to city people because they become brutal and polished, they have churches and museums and drinks and theatre and beautiful clothes and endless shops, there are people everywhere, in the buildings, in the streets, in the rooms but while all this happens a beautiful cloud sails across the sky and few people look up. And because we don't look up we individualise, we take credit and blame, we try to control everything and lose our connection. And to replace this connection we become physical.

When our connection to what is above us and around us is forgotten we drop into the physical in order to create some sense of self. We become hungry, thirsty, greedy, sexy, and spiritually insecure. In other words we feel lost when we lose our connection and we use the body and its senses to give us some sense of place in the world. But for all the connections we create using the body was still feel disconnected unless we look up and understand that we are in a universe in which nature's laws

govern our existence. In other words we are not alone we are connected to the whole and the relationship is simply one of those connections.

One great danger about physical relationship is the quest for a soulmate. The individual who has lost connection and trust in something bigger than themselves, God, laws of nature, universe or creation seeks to create that connection through another human being. Then, no matter how much intimacy and love exists between two people it will be inadequate because it is being built on a vacuum. It's very important to find that connection, fill that vacuum and then create a soulmate level of relationship. But if you create a soulmate relationship built on a vacuum you will automatically build fear of loss into your behaviour and that is a shortcut to sabotage.

All relationships are sacred. Even those that last a very short period of time serve us. Our expectation that relationship will last a long time is again a contradiction if we are not prepared to evolve and adapt in our vision, inspiration and purpose in life. That adaptation is a constant. It is one of the more vulnerable things to lose when we fall in love. We can start making our lives and our growth and our choices dependent on somebody else. We must remain true to our connection and sustain that connection irrespective of whether we are single or double.

Now the great thing about getting up everyday and connecting with nature, is that this finding of stillness in the morning sets you up for the whole day. It's like practicing real life meditation in circumstances like walking around the house, lighting a candle, looking at a picture you love, picking a flower, touching the earth, even sipping a glass of water or eating a piece of fruit. The great thing about this everyday stillness it means it is not circumstantial. We so often become dependent on practices that require a room or a teacher or an environment but really what we have to try to do is be here now, in our practice, be in stillness anywhere, anytime, everyday. We need to be able to return to that place of stillness even in a train or car, while we're driving or in a meeting.

We don't want to make our stillness a practice that can only be achieved in a temple or in a garden. We needed to be a part of urban life, part of the urban landscape. We need to be able to find stillness whether we are in a traffic jam or whether we are in a church, on the bus or the tram or in the back of the taxi: we need to click get back into the stillness and that is why the practice of connecting with nature everyday, especially in the morning, is so important for you and your future relationship.

For me the morning practice is as much about letting the light from the sun into my body as it is anything else. I try to take my shoes off and be barefoot on the sand or the grass, I keep away from concrete and man-made asphalt. I try to expose my skin to the sun even if it's snowing. Just a few seconds allows the energy of the light to enter my body and this is more important than food. I also allow my breath to be mindful. I breathe in the energy of life and I breathe out the exhaust fumes of yesteryear. This is a very simple practice it doesn't have to be complicated. Sometimes I even wave my arms around as if I'm doing some form of martial arts or tai chi but really all I'm doing is leading the energy move through my body. We can't give what we haven't got and so the absorption of energy from the atmosphere and from the Earth can really build our potential for love and relationship.

Staying Balanced And Dealing with Emotional Unintelligence - Connecting to Your Higher Intuition, your Inspiration.

The stillness that comes from nature, helps in dealing with emotional drama too. More than 20 years ago I went through a bad divorce. One day I was a successful, wealthy, healthy and happy businessman, the next I was not. My wife and my three children, I loved them so much, sailed off into the wide blue yonder. I was just broken down and I could not think of what to do. I sat on a beach one day it was 2 years since they had left and I was still going through hell on earth, and I sat on a beach and I looked up and there was the moon in the middle of the morning, and I was so surprised to see it was a full moon and I looked up and I thought, my kids are looking at that moon, in fact, I bet they are looking at it right now, somewhere in the world and I thought I am not disconnected from them at all. We are all connected it is just that I am physically not with them I am not able to control them and in some senses what I expect from them has no **bearing** and then my heart so opened, it is quite amazing, my heart so opened because all I could do was feel love for my children and the guilt went away and the blame went away and the anger and the disappointment went away, and all of the sudden I was seated in absolute stillness and I understood what it was like to get behind my ego. I understood what it was like to get passed my father-self my money-self my parent-self my partner-self I understood that what was behind that was pure love and this is the journey of this first chapter getting passed the ego, getting passed the business appreciating the fact that great relationships need moments of nothingness, absolute emptiness in order to celebrate the very foundation of **my heart and soul, in love.**

If you love one person you will love many.

So this all adds up to the question of selecting the right person. If you can fall in love with 100 people 100 times a day then how do you choose the "right" one? When I was younger the answer was to go to bed with them and if I felt like I fell in love that was enough. After 20 relationships that didn't go longer than a year I realise that the selection process that I'd chosen had its merits but wasn't reliable if I was looking for anything more than a short-term situation. (Which I wasn't)

Let's first look at the basis on which most people think that they've fallen in love:

There are seven areas of life. We prioritise them and those priorities are based on our values. Sometimes we feel fulfilled in one or two areas and sometimes we feel unfulfilled in others. We fall in love when we feel that the person we've met increases our fulfilment in the areas we are currently already fulfilled in, and, compensates for the un-fulfilment we feel in the other areas.

Here is an example: that say you've made some money and your business is going well, so your career is on track, have a bunch of friends and your playing sport so you feel healthy and fit. But in your house you feel lonely, isolated and distant. So, you go out from an Internet date with somebody who respects you for your money and your business, likes your career, enjoys your friends and has some interest in sport, so you feel supported in your priorities. This brings you to the next question: "how does this person feed the areas of my life that currently feel vacuous?" If we feel that this individual compensates for our loneliness, our sense of isolation and distance from our loved ones then they will become extraordinarily attractive. This is all simply based on our values and getting our needs met. But is also a great myth.

When we enter a relationship based on the fact that somebody will compensate us for what is missing in our life we have made a choice based on complete delusion and yes it may last for a while but eventually it will come unstuck. Those contracts of neediness are very much a thing of the past. It's very much the case that if you want a relationship that does not have massive emotional swings then you need to turn up holistically balanced, so your partner can do the same thing.

What does that mean?

There are seven areas of life and although we value each area of life differently and may put the majority of our effort into one or two of those areas it's no excuse to be in desperation in the areas of life we value least. If we don't value health that's okay but if we let our health go to desperation, obesity and addiction, then our partner who possibly values health quite highly will lose interest in propping us up and being the "healthy one" in the relationship.

You want to be balanced in all seven areas of life. Again this does not necessarily mean that you are on top of the world in your local priorities but what it does mean is that you have your act together in all areas of life, including spiritual. (Whatever that means to you and your partner)

Unbalanced in an area of life means that you are highly emotional, possibly desperate, in a "got to" state of mind.

An example might be that if a person in financial poverty gets into a relationship with a person who has financial wealth then by the end of the relationship the person in poverty will have more wealth

and the person who was in wealth will have about half what they had before (in dollar terms). You can go around the seven errors of life and define wealth and poverty as appropriate and the same thing will happen, whether this is health, friendships, spirituality, social life, wisdom, or family.

Two people in a relationship end up averaging what they bring to the relationship.

So falling in love is the easy part. You can fall in love 100 times a day and in fact I'd suggest that you need to fall in love 100 times a day to be available for a relationship. Love is not exclusive. You can fall in love with your work, with nature, with friends and people and this is critical as you'll see in the next chapter. So once you've met somebody that you feel a connection with the next question is, how do you interview them to work out the odds of success for a good healthy growing journey together?

And the best answer for that interview is to check out whether you are balanced in all seven areas of life and then check out whether they are balanced in all seven areas of life and to make sure that you are not seeking compensation for what you think is missing. Nothing is missing in your life and it's really important to know that.

Nothing is missing in your life but it may be in a different form than the form that you want it in. Say you want friendship on the basis that you seem to be lonely and lack an intimate friend. The assumption that you are lonely and lack an intimate friend presumes that something is missing in your life and it's on that crooked foundation that if you choose a relationship to substitute for what you think is loneliness and lack of intimacy that you will make a very poor choice in your interviewing process.

You must arrive complete into a relationship in order to choose a person who is complete in a relationship in order to have a journey that will be complete and joyful. People bring a lot of baggage into relationships in the hope that relationship will fix their problems. I've met many people who have been struggling as single parents who hope that by meeting a partner that struggle will be over. The struggle is not caused by being a single parent. The struggle is caused by being disorganised and disempowered in the dynamics with children. A partner does not solve such things. In fact, they will probably withdraw when they get wind of that.

The interview process is very simple: are you complete in all seven areas of life and balanced? Are they complete in all seven areas of life and therefore balanced? On that basis if the answer is yes, then love will flourish and emotions will, if the process of discard is learnt properly, take a backseat in the journey into the future.

So you can see here that this person who values their career very highly, then their health, and then the rest of their energy is spread evenly over the other five areas of life. Balance does not mean that they spend equal time in each area of life that would be a contradiction of the hierarchy of values. What it means is that they have got their act together in all 7 of the 7 areas of life.

With the new technologies in health, a person can spend around three minutes a day doing exercise and still have good fitness. So we can't measure time as a reflection of balance in an area of life. I spend up to 3 hours a day in health and that shows that I love this aspect of my existence. It's a high priority. I don't spend a massive amount of time hanging out with friends, that doesn't mean it's not important to me, because it is, but it's not a high-value and so I'm very discerning about how I use that time.

We are also open to the idea that somebody else that we decide to have a relationship with will have completely different values hierarchy than we do. They may love social life and we may love sport so it's a matter of understanding the dynamics of how to support somebody in their values and by doing so get your values met.

The key is understanding that any area of desperation in somebody's life will become an attachment to somebody else's. If you are desperate in financial you will attach to somebody with financial strength and that attachment, flies in the face of harmonious and love filled relationship.

“Hi babe, I'm working late tonight again for the fifth time this week, and guess what, I made enough time for a three day fishing trip to that spot you've been itching to go to” !! It's just that old quote we've all heard a thousand times but not really understood: “Do unto others etc” what it's saying is that if you support your partner's values by giving them what they want as a result of you doing what you want. You get your values met by supporting others. Actually that's romance in a relationship and it's sales in business. Same process, different outcome...

Embracing Challenge

You are nature and nature grows at the border of chaos and order. No matter what happens, everything evolves at that border. So you are going to have chaos in your relationship. You can get depressed about it, have panic attacks about it, drink alcohol to avoid it, become a workaholic to try to eliminate it or you can accept it. If you accept that your relationship will have chaos, disagreements or differences of opinion, discomfort, you will be more realistic in your expectations and increase the sustainability of your emotional connection, arousal and love for them.

You have no choice about having chaos and challenge. But it's up to you what you do about it.

If you distance yourself from nature, then you can do yoga, tai chi, take pills, do therapy, attend a conference or even go live in an ashram in search for peace. But chaos exists in balance with peace. If you repress chaos someone else must express it. So, if you become all harmonious and peaceful in your love, your children, siblings or community might be expressing your balance.

And, it can become obvious that many people who try to repress their chaos end up living that chaos in their health or other areas of their life. Chaos and order are always in balance. Support and challenge are twins, inseparable. In your life you will have both.

The caution here is that many people find their work life challenging. They might say to you "Oh, I'm flat out, I have a presentation to do next week, no time to chat." you feel their overwhelm, so this person will go home and want peace and support right? They will want a relationship that agrees, complies, accepts so that they feel supported at home to balance the chaos of work. In that way they choose a relationship that is unhealthy. They choose to try to create an all good home, a no debate, no trouble household because that to them, is balance.

A better experience of love and relationship would come from embracing both peace and chaos. You don't need to have screaming arguments or physical war, it could be as simple as an agreement to disagree. Or to see your partner in trouble and not feel the need to rescue them. If you allow your partner to be in a mess and not fix it, you are accepting that, in love, support and challenge are healthy. And if their work or health is causing their chaos, you don't have to cause it, and won't be blamed.

Collusion to express only positive emotions in front of children means a couple are repressing their chaos and that will end up being expressed by the children or at their workplace. So, the motivation to escape stress, challenge and chaos might just make you feel great, but it will, in the long term be the reason your relationships don't work.

I've rarely seen a domestic challenge that has not got its roots in professional and work life and many corporate and professional struggles come from unresolved domestic challenges. So, chaos might be repressed in one area of life and be expressed in another. I used to visit many ashrams when I was in emotional recovery from my first marriage breakup. I soon discovered that some of the most dedicated yogi's who were so peaceful in the ashram became nasty in business or critical family partners outside the class. The more they aspired to peace the more sensitive they became to turmoil. It's not as if the world is going to stop violence and war just because they don't like it and some of those people became mentally unwell because they couldn't exist outside the ashram.

Sometimes they even went crazy outside the ashram because the bliss they experienced in their fictional half life in the solitude of the ashram bliss was so cruelly counter balanced by the challenges they experienced in their real life outside, they just couldn't cope.

And that's the clue to healthy love and relationship. Your relationship is not an ashram. It might be at first but eventually, your relationship will exist in the real world. So if you can have realistic expectations of what a relationship really is, rather than a fictional peace bliss like an ashram, you will make great love together.

Try to negotiate with your partner an agreement that relationships might at first be peace bliss bombs but they eventually become the beautiful balance of chaos and order, support and challenge. If you can both welcome (accept) chaos as a part of order (balance) you will not be attacked because you might be the cause of chaos, you will be welcomed and loved for it.

This is not easy to address when you first meet each other because you can't even imagine that there could possibly be chaos, but eventually you will introduce things your partner doesn't appreciate, you will forget the yogurt or drop a plate or even accidentally pass wind in bed and then there will be shame, blame, chaos.

Time Out when The Humour Goes Out

My friend is a Navy Seal... a really fit man and he now trains other Navy Seals to incredible endurance and depth. They can run and swim and run and swim sleeplessly for days. He told me that all they are looking for is when an individual loses their sense of humour, then they know to pull them out and fail their training. Lost sense of humour about something means the individual has sunk and lost control. You can use this Navy Seal technique in any relationship, work or home.

If you can't smile at a conflict with someone and see that you are just arguing because you both only see half a story, then call a time out. Hold your hand up in that basketball Tee position - fingers of one hand vertical and the palm of the other hand facing down forming a Tee. Take time out to step away and get your balance, your sense of humour back.

You are not laughing at them. You are laughing at you. You are laughing at being challenged, confronted, uncomfortable. That's the key here. You will lose your sense of humour but that's great, when it happens stop, time out, get it back, It's really not that serious.

The key here is to enjoy chaos. To recognise that uncertainty and lost control is a fundamental balance to control and certainty. To welcome both.

Winning an argument doesn't make love. Losing an argument doesn't make love. The soul doesn't care about sensory gratification. When you lose that perspective you lose your sense of humour and life and love get heavy. This means to let go of control in every area of life.

Trying to be all nice, peaceful and without quarrel is a nice idea, but if that idea means you have to shrink from your vision, stop doing what you love in order to avoid conflict with your partner, then you will both end up miserable. They will be miserable because they are in a relationship with a people pleaser and that's boring, and you will be miserable because your heart is invested in that dream and vision, it can't be compromised.

Relationships in the city are notoriously volatile because people are happy to have only one or two emotions that make them feel good and they are not happy with the rest. We can get disconnected from nature sitting in our cars, offices, boats, exercise gyms, yoga classes, conferences, hotels, buses and because of that, our love life can diminish and suffer. We're busy. We lose ourselves in ourselves. We lose the preciousness of eye contact because we're disconnected from nature. We complain and care about the world and pollution and green house gas, but our own lives are full of gas too. The pollution can be in your head, it can be your emotion and then you can become ungrounded, disconnected from the beauty of life. Remember, love feeds the soul and love is the synthesis of all emotions.

So, lets put this into a doable concept. Lets say you are afraid of conflict with your partner. You are worried that if you upset them, then you will lose them. So, you need to sort that out before it starts to become a real hinderance to your relationship or hopes of a relationship. The first option you might think about is acting on your fear, reducing the amount of conflict and therefore avoiding the fear. That's absolutely going to cause you nightmares, firstly because that tip toeing around is going to make their libido go down and down for you, and secondly it's going to make you sick, you'll be living in a synthetic relationship, half human, half robot. There's a smarter alternative and it involves growing, expanding.

Fear reaction is based on contracting your behavioural options. When you fear something happening you automatically close down options. So, the opposite is what nature would be guiding you to do. First, deal with fear by getting over it. If you fear something then it's running you, and dictating your actions and reactions. So, in this case you might fear that conflict will make you lose them. That's the negative now, there are two sides to everything so, what's the positive? The positive to your conflict with them might be that you challenge them, question them, inspire them, meet them, have mental as well as physical intimacy with them, get through their control mechanisms, teach them, energise them, and the benefit of them leaving is that you'd rather piss them off than piss yourself off, which is the result of swallowing your conflicts. The second part is much easier.

When I've been afraid of conflict with my partner or someone close to me I've felt stifled and like walking on egg shells, for me it lacks everything human when you can't be you. So, I always go back to the drawing board and find the balance of benefit and drawback of conflict, and the possible reaction of that person. With this, my head and heart are calm so then, by knowing that what I say or do is both good and bad, I relax and choose how you express it. It doesn't stop their reaction it just reduces my reaction to their reaction. And that's the winning edge in dealing with fear of conflict.

A person who is fearful of conflict always screws up the dynamic of conflict by either being too subtle and therefore frustrating or being too direct and therefore angering. By getting that feeling that you are going to both help and hinder, get liked and disliked, challenge and order a person with your expression, you relax more, and then, the conflict doesn't escalate. You just express it the best and most hearable way they appreciate being challenged. This is called expanding your options.

Closing down is reducing your options. That's like shrinking. Nothing in nature grows by shrinking. Expanding is the model in nature and your relationship challenges are the source of that expansion and while your relationship expands, it stays healthy.

The other perspective might be tempting for you to try to talk them out of their position ... you might think you are wise to educate your partner or help them see great global wisdom that you got from your yoga teacher or professor at Chinese Qigong class. You might think it would be easier to change them, than do all that process I mentioned on yourself.

But love needs appreciation; Sometimes we don't see their perfection and then we start being critical we start wanting to rescue people, we start trying to change people, but that is the mindset that causes relationships to fail. That is the mindset that sabotages relationships. Because wanting to change somebody, even if it's "for their own good" is telling them that you think something is wrong with them when really, the only thing that needs to change is how you see things.

Simple techniques can help; it is not an attainment but a discovery. A discovery that there are two sides to everything, nothing is missing there is always two sides and the wise person knows that there are two sides and appreciates the positive. This is the core of the most loving and potent state of mind that you can create. It begins with the acceptance that you are connected to, and a part of nature, and that all things, including yourself and your partner, are unchangeable.

Even if you could work for the whole of your life and try to eliminate all the negative things within you, nothing is ever missing it just changes form, so nothing would ever change, it would simply change the form it's expressed in.

“Many who struggle with unfulfilling relationships have a habit of not being completely real (who they are, what they feel, what they need from others) with the people they wish to be closest. They do this because they fear upsetting the apple cart. These folks fear that if they are their genuine selves they will lose the validation and approval that they feel from the other. They fear rejection to the point that they are not completely themselves in their relationships. Work hard to be open about who you are and what you want and need in your relationships. It may feel risky but the alternative is to continue to partner with people who cannot ultimately give you what you need and who do not know the real you.” Published on February 6, 2014 by Jill P. Weber, Ph.D. in *Having Sex, Wanting Intimacy*.

Turning A Stress into An Inspiration

There is a generic and powerful notion that comes from nature that can help you turn every single stress you have into an inspiration, or love as it might be best in a relationship. It starts with understanding that every single stress is an opportunity not to react, not to change something, not to get rid of anything, not to criticise somebody, not to try and evolve your consciousness, not to change locations or shift the world to be a better place. Every single stress in your life is an opportunity to change one thing.

Stress becomes a friend if you know how to deal with the cause of it. A friendly welcome and a friend that can give you the life you choose. If you run away from stress and try and change the source of it you will spend a significant part your life wasting your time and upsetting the people you love most. There are people who are paid to be professional life changers. You go to them to be told what's wrong with you and what to fix. It's a good time right now to separate that process from what we're talking about here. Remembering, that there are contradictory interests in your being, mind, body, spirit and that many of the processes that help you reduce stress are dealing with only one of the three and therefore coming from a completely inadequate position. The inadequacy is not in its effectiveness but it is in the capacity to help you live inspired by nature. That is the essential ingredient of a great relationship.

Stress is teaching you to think different, to change your mind about something. If your mind changes in the right direction, and will discuss this in a minute, then you are evolving. Every tree, every fish, every whale, every Tiger, every mountain, river ocean and city is evolving. Stress triggers revolution. Stress triggers revolution unless the human emotional intelligence intervenes and this is the trap. You must be aware of this trap because it's a very simple one and yet it can make the difference between staying in a beautiful relationship and living the life you want and being single and living the life you don't want.

All I'm going to suggest that you do is that when you are stressed you remember a small quote and it goes like this: "there are two sides to everything in nature."

The more polarised you see a situation the more stressed you will be. If you see a person walking towards you with an axe and you have a fear for your life then you will most likely see a series of potential dangers and not too many potential possibilities. That's extreme thinking and very very stressful and it's meant to be that way because in this case stress would trigger adrenaline which would trigger survival and you would either run like hell or grab a gun. Either way you would be put into a reactive mode. There would be no flexibility in your brain. Your emotional intelligence would be zero. Now, I've used a horrible example of someone walking towards you with an axe and in this case we can all understand why somebody would react with such radical polarised thinking. But what if they burnt the toast? Or what if they got home late from work? Or what if they didn't put the garbage out? And in response to all that you triggered the stress response identical to that suggested above when you saw someone carrying an axe. What if your thinking is so stark in right and wrong good and bad and all that stuff that you can't flex. Fear does that to us.

Fear paralyses. our ability to evolve. So in the case of the approaching axe carrying person (who by the way had just dropped down a tree and was innocent in their intention) or in the case of a relationship in which we fear being rejected and therefore seek absolute control of somebody else, the result is the same. The stress eventually kills us instead of being a friend.

The difference between stress that kills us and stress that a best friend and guarantees a long healthy sustainable relationship is how we handle our emotional intelligence. If we gravitate to our gut feel we will polarise our thoughts as extreme as possible (refer the axe above) and if we gravitate toward the spiritual side we will merge our thoughts and turn any stress into love and inspiration. The process is complicated all we have to do is say “there are two sides to everything, can I see them both right now?”

So let's say your partner burns the toast and you feel really pissed off. That's because your emotional intelligence has hit the bottom of the barrel and all you can see is the downside to your delicious chunk of salt carrying, flower filled, glutenous, fattening, nutrition free, toast being burned. But you could take a moment to think again and say “there must be two sides to this.”

It doesn't matter what happens. In nature and therefore the universe there are two sides to everything. There are cultural habits that deny those two sides and these come from very low emotionally unintelligent philosophies that we have absorbed subconsciously without question. That's great because it means we have room to grow. But if we keep shouting the same rules, the same beliefs, the same emotionally unintelligent reactions to circumstances, then we will keep staying the same and avoiding evolving through stress to the relationships we deserve.

I know this sounds simplistic but in nature everything is. A relationship that is not living in harmony with nature one survive just like anything. Simply by adapting your thinking and evolving yourself through stress you improve your emotional intelligence until it rises out of that low level of thinking and becomes heartfelt, and eventually rises further to become inspiration. Your intuition can finally, when it reaches the heart or inspiration, become that trusted friend that you've been looking for all your life, but you can trust with your life, that backs you without rigidity, rules or laws to believe in something and to trust something greater than emotion.

Take a moment to try it now. I'm going to challenge you. Choose something that you are really passionate about; for example Japanese whale hunting, global warming, Third World poverty, terrorism, genetically modified food, fundamentalist religion, theft, violence, peace or whatever particular acts you love to grind and see if you can apply nature's law “there must be two sides to everything.” You can see balance in any of those situations you have involved yourself in a higher sense. This doesn't mean that you walk away from any of those topics and become careless. What it means is that you become conscious when you act and rather than react based on media and ill informed brand marketing your intelligence has risen above your emotional intelligence and you are using much higher forms of action. You can apply this to your partner in a new relationship but first I suggest you try it with a few of those hot buttons I've just mentioned.

Why does this action of seeing two sides to everything transform vitality, humility, gratitude, caring and challenge? The answer is clear. Emotional intuition (emotional intelligence or unintelligence) draw energy away from life and so by seeing the balance you rise above that energy draining way of thinking which automatically raises your vitality (libido). Humility comes second because you are, by searching for the two sides to something, questioning your own righteous beliefs which is in a sense humbling. To be humble is to not think that you are right all the time but to see that there are two sides to everything all the time. So humility is an automatic consequence of this evolved nature-based stress management process. Gratitude is caused when you rise above emotional

intelligence and gut feel. To see both sides to an event opens your heart and in your heart is only gratitude. This is not an incomplete gratitude, is complete because it is grateful for both the positive and negative sides. Remembering that we are seeking to find the two sides to everything in nature.

Why then does caring come as a result of seeing two sides to everything? At the lower levels of polarised thought sit the base emotions that drive many people throughout their living day. Those lower-level emotional unintelligence are fear based. They cause, anger, jealousy, resentment, guilt, hate and fear. So the more balancing you do in searching for the two sides to everything the more likely it will be that those unintelligent emotions will not be running your relationship. They will be replaced with care.

EXPAND = Sustainable Relationship

For some people there is a dichotomy in a relationship that seems to be acceptable, the struggle between their own ambitions, work and inspiration and the desire to make their partner happy. This is especially true when there is a huge difference in professional career ambition.

When one individual might be satisfied with a part time job that is easy to do and they don't like being challenged in their work, and the other individual has big picture ambitions, there is an irreconcilable misunderstanding looming that can make day to day life a nightmare.

When you are thinking about entering a relationship with someone you will probably be working on your emotional gut level, feeling attracted, having loving and romantic aspirations and trusting that the two of you will find a way to meet each other's needs. In short, remain happy and in love.

So, when I start asking more inspiration based questions it might feel confronting. You might say to yourself. "why is Chris trying to ruin my new relationship before it even gets started?"

Ask yourself a better question. Ask, "where will this relationship take me?" If the answer is to more pleasure than pain, more happiness than sadness, more loving than emotion, please stop and think twice because none of that is possible. If the answer is somewhere you would be going if you were living and working alone, such as grow your business or change the world or build a bigger wealth, then you are on the right track.

If relationships are about making babies and building a family you can skip the whole question above. Just know that you will ask that question sometime in the future after the babies are born and the mortgage is set in place. You, and every other person on earth eventually asks that question of their relationship, "where is this relationship taking me?"

It's probably wise to consider knowing where you want to be in five or ten years. I don't mean emotionally, I mean materially. Your emotional journey is not conditional on your relationship, so don't give it that responsibility. No matter how bad things get in relationships or how good they get, your emotional journey is your responsibility. Materially however, two people can merge to create three. You can, with the right partner, progress your health, wealth, career and social network easily.

It's wise to ask your potential partner where they want to be in five or ten years too. Look for ways in which this relationship could support that and also check to see whether they have, before they met you, been committed to that result. It's very easy for people to commit to a dream when they meet someone new but the real test is how committed they were to that dream beforehand.

I met a partner whose career blossomed because we met. My work helped her. But she'd spent years before we met working on growing her career, I was a stepping stone, not a forklift.

This raises the issue of rescue. If you see your role as rescuing your partner from themselves or their situation it is probably a self-righteous position and isn't sustainable. Maybe it would be better to empower them by accepting that people are where they want to be, even when it's not good.

I'd go so far as to say "people fall in love with your vision."

The primary cause of relationship failure is fear.

When an individual feels so lucky that they have found their perfect buddy then they become fearful of losing that perfect buddy. That means that they begin to kowtow, swallow their intuition, not draw lines in the sand, get walked over, not get their needs met and smile while it all happens. This behaviour causes the partner the perfect buddy, to lose respect. When one person loses respect for another they just push the boundary further and further. When that boundary gets pushed and another person kowtows because they fear losing their buddy, the relationship deteriorates, resentment builds and disrespect grows until, kaboom, it's over and everybody is in pain.

The irony of this failure process is that it contradicts every law of nature that stands right before us in every tree in every forest and in every ocean we can watch. But we think, from time to time, that we can make up our own rules of relationships and everything will work perfectly. It's like saying that we can invent a universe with stars, planets, moons and earths and have it operate any which way we like at any time. Do you really think that a relationship between two loving individuals is separate from the laws of nature? How could it possibly be? Only a relationship that works in synchronicity with the laws of nature thrives. Oh yes, there are those relationships that last six months or a year that seemed to defy gravity but they don't because they don't last and they leave people bereft and bewildered as to what went wrong and why it didn't last.

I don't make any apology for the fact that the failure of relationship is 99% fear. The great thing about this awareness is that you can overcome fear in the flick of a finger. It's not a lifelong punishment, it's not a heaven sent curse, it's not a psychological problem and it's not a block to a great relationship. What it is is a way of thinking that you and other people might have got used to when you think you've found something fantastic and you become afraid that if you be yourself and do what you believe to be intuitively appropriate, you will lose them, or it.

If you study the lives of children you will see that very often parents use fear as a mechanism for control and tutorial. The parent will say if you don't do what I say you will lose, X, Y, Z. This is a real shaky way to deal with discipline. Firstly, it brings the child into a conflict between what they believe to be their intuitive behaviour and yours. Secondly, it breeds in the subconscious mind a fear of loss which is, as we've said before one of the single most predominant and indisputably complicated mechanisms of relationship breakdown. So that's where this sort of crap originates so now let's look at how we can de-originate it.

I work with the laws of nature. In the laws of nature there is no psychology. That's a whole other universe created by people far more intelligent than me to understand the human brain when things are sick. But fear and most relationship associated mental problems are not sickness and therefore I recommend you avoid psychology like it's the plague, or the clap. Just make it simple. So here is the antidote to the fear of losing your partner. Ready?