



Holistic Health
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LOVE IN MIND

Give yourself a relationship workout

Valentine's Day is a reminder to work on making your relationship the best that it can be, or to utilise all your resources if you are still looking for love. Here are four tips to get you started ...

Archangel Chamuel

The archangel of love and romantic relationships, you can call on Archangel Chamuel to help you find love or to improve your relationship anywhere, anytime. Ask out loud or in your mind.

Love list

Write a list of all the things you are looking for in a partner, focusing on the personality traits of importance rather than the physical. Hang your list somewhere you will see it every day to keep yourself optimistic and inspired.

Love affirmation

Affirm to yourself, "I am in a harmonious love relationship with the perfect partner for me" throughout the day, upon waking and going to sleep to keep yourself in a positive mind-set regarding love.

Remember, "self love" is the key to attracting a healthy love relationship.

Love visualisation

Each day visualise, daydream and imagine yourself in a harmonious love relationship with your current partner or the perfect partner for you. See yourself getting along magnificently, communicating well and mutually exchanging a deep and meaningful love. You don't need to picture their actual face for this exercise to work. Twenty minutes a day will do wonders for your love-life.

For more information, check out www.michellebuchanan.co.nz