

Ten Easy, Yet Powerful way to get in the spirit to date again after a break-up or time-out

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By Jennifer Wright

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Divorce and relationship break-up are devastating to most people. Most have learned that jumping from the frying pan into the fire is not a good thing. However, we can get ourselves into a deep rut and have difficulty looking out again for a relationship. Here are some ways to get the energy moving to see over the top of the valley!

1. Smile at the world. Have fun. Look for positive in everyone you meet. Increase your awareness. Like attracts like. You never know who you meet when you smile.
2. Look at your surroundings . Are there negative "leftovers" from former relationship/s? Remove what no longer is positive for you. Surround yourself with things that bring you joy. You may want to consider the feng shui of your environment.
3. Make changes to what you hear . What music puts you in a romantic mood? Spend some time each day listening to your special music. Avoid listening to news that is negative or anything that puts you in a negative mindset.
4. Consider your sniffer! : Is it time to consider new cologne, aromatherapy? Again, explore what smells great to you. Burn some scented candles, place some scented oil at your desk, by your bed.
5. Look in the mirror! Wear clothing that makes you feel good about yourself. Time for a new hair style or other changes?
6. Those taste buds! Eat food that is light and gives you uplifting energy and that you enjoy.

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7. Read singles ads in newspaper or internet: Start to consider the qualities that you would love to have in another person in your life.

8. Do the inner work. Clear the closets of your mind/emotions/ and spirit of negative ideas about dating and relationships. This is a big one and may take time and energy if you have not attended to this earlier on.

9. Consider how you spend your time: . Know that if finding a relationship is valuable to you, consider what time will you create for this new adventure.

10. When you are ready, Affirm to the Universe your worthiness and intention to date again. We have all heard the cliché, you get what you ask for. We know that clarity about what we want increases exponentially the chances of receiving it.

Jennifer Wright is an Occupational Therapist and Personal Singles Coach. Internationally, she has co-created with singles over 40 to find the love of their lives. Find out more at www.wrightdirection.com.

How a Blind Date Can Increase Your Psychic Abilities

By Stephanie Yeh

So how can a blind date increase your psychic abilities? It's probably not what you're thinking. We're not talking about having a few drinks with someone you've never met before. We're talking about developing your psychic abilities by deliberately shutting down one or more of your five senses.

Because we are such physical creatures, we have a tendency to use our five senses in everything we do. That's not a bad idea for driving, walking, or working on the computer, but if you want to increase your psychic or spirit abilities, using your five senses less will help.

That's where the blind date comes in. A blind date is where you blindfold yourself and have a buddy walk you around on a "date." Your buddy's job is to make sure that you're safe and you don't walk into anything or fall in a ditch. Your buddy is your guide and will lead you around, keeping you safe and upright.

Your part of this date is to extend your psychic abilities outward as your buddy walks you around. Sense what is around you. Do you sense a large object ahead or just open space? Sense what is behind and above you as well, since your psychic abilities will allow you to see in 360 degrees.

You might want to have your buddy walk you around for a while, in many directions until you no longer have a sense of where you are. Then spin slowly around and extend your spirit perceptions. Tell your buddy what you sense in each direction and have him or her tell you if you're right.

If you don't have a buddy to do this with, you can do it by yourself outside. Start in a relatively open space and just move slowly so you don't get hurt. Give a whole new meaning to the term "blind date,"

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right?

Stephanie Yeh, co-founder of the Esoteric School of Shamanism and Magic (

), helps clients learn magical and shamanic techniques. Her current

project, a free teleconference series on a variety of magickal and shamanic topics with guest speakers, is designed to share information and promote interaction between people of varying spiritual practices.

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