

Speed Dating Yourself

How to be in love with the real you and become the manifestor you are

By **Melanie DewBerry-Jones**

Do you know the real you? You should, because s/he's adorable, smart, wise, and full of creativity. Does this sound like how you walk in the world? Confident, sharing your wisdom, open, curious, completely imperfect and loving? What you believe at your core causes the effects you experience. Your mind has many thoughts and ideas. It selects the ones it wants. Your subconscious mind receives input from your conscious mind without filtering it, and works to make it happen. If you're having a ball with life, then your conscious mind and your subconscious mind are in sync — you can stop reading! If, however, you could experience more success, love, or fun, then get ready for the most important date of your life.

First Date – A Movie

Close your eyes for a moment and breathe in the possibility of being liberated from your self doubts. Envision this: *You* on a large movie screen, interacting positively with life, your spouse, clients, money, food, wealth, and creativity. Notice that you have successful and happy endeavors. No fear.

Now make that picture more vibrant, more colorful; bring in sound, and a feeling that synchronistic events happen all the time to manifest the life and experiences you desire. Feel the vibration of that. Notice how matter-of-fact you are.

Now put yourself in the picture, no longer as an observer but experiencing it firsthand. Stay with this for at least two minutes. Go ahead, walk around — feel this experience. Time stands still for *this* you, the you who never worries. You are a magnet for great relationships.

Second Date – Fearless Shameless Love

Most people don't even dare to verbalize their desires, let alone step into them, but that's not you. You dare, don't you? You've had so many great ideas over the years. Some came about, and others slipped away or were stolen by your

fear of impossibility. It's time to move from ideas, to vision and manifestation.

The biggest risk you can take in your life is to dare to love your creative genius self. Do you know that you are here to experience yourself as the natural genius you are, and then to fall shamelessly in love with your creations? This is your life purpose.

Put the 'You Movie' back up on the screen; make it big. Close your eyes and see *you* in the movie going about your life having wild success, joy and happiness. Tell the *you* now reading this to climb into that movie and meet the *essential* you. Sit down and have a chat; garner some wisdom from your core self. What would you ask this godly creature? Fall in love with you. You have five minutes, go!

“ You are a magnet for great relationships. ”

Make-out Manifestation Session

You know what makes a good kisser? Someone who is conscious about the connection they're about to make and pulsating with passion. They want to give to another more than they want to take. Plan a make-out session for yourself. No, don't kiss the mirror, but do take some time daily to tap into your passion for life and yourself. Invest in the connection to *you* before connecting with anything or anyone else.

It doesn't matter if you feel afraid of an idea, a vision, or of yourself. You have evidence of your success in life. You do not need to re-create the wheel of affirmation for each new vision. You know more than you have 'learned' empirically. This is why not knowing *how* you will do what you want is just fine. Each of us has evidence for who we truly are and what we are capable of doing. It is our choice and we live into our results. Use what you already have to keep moving. Learn to recycle your positive experiences — and dump the rest!





Going All the Way

So far the dating has been going well. It's time for a home run. I want to offer you the idea of moving beyond fear management into a state of grace, of liberation. Are you willing to be liberated from your fear?

Your body is a better indicator of your truth than your intellect. Your intellect might say, "Of course I want to be free of fear, of course I want to love myself and be a creative genius," yet you still experience the same life effects. You can outsmart your brain by using your Soul's memory stored in your body. Bring up the 'You Movie' and feel the energy of success, love, and joy in your body. As you raise your vibration, you literally send a message to your cells, which take that information and make chemicals to help you fight disease, lower your stress, and rewire your patterns and beliefs. Your body uses what you give it. Now, from this connected state ask the question again. Are you in resonance with being liberated?

How Do You Accomplish This?

First, let's chunk it down into do-able bits. The goal is not to eliminate all fear, but rather to love *all* of yourself. Take measurable steps toward releasing, or at least easing, your most prominent fears. Second, allow a learning curve. As my friend Renee Rojas says, "Sometimes the learning is in the curves." We adults are not always kind with our learning curves. Third, be consistent with your practice (notice it's called *practice*). Fourth, be gracious with yourself. And fifth, tell people what you're doing, ask for help, and then allow yourself to *receive* the help!

You will undoubtedly discover much on your way, as dating becomes a relationship, then a deep and abiding love. Start with these five steps.

1. Daily – Connect to your vibrant powerful Self-vision.

- ♥ Include sounds, feelings and colors in your images.

- ♥ Make it movie-screen large; watch yourself (take good notes).

- ♥ Make a mental video (shrink it down to a portable size and visually place it in your heart and mind).

2. Daily – Play your video.

- ♥ Replay it in your mind throughout your day. This will build the memory muscle, which sends a message to your neurons and cells about who you believe you are.

3. Weekly – Recall a highly successful moment in your life.

- ♥ Visualize it, feel how you felt, make it vibrant until you vibrate to its frequency.

- ♥ Be willing to apply that energy of success to your present life – walk in it.

4. Monthly – Meet with your 'team'

- ♥ Have at least three people who support your well-being.

- ♥ Share your image with them. Enlist their support, however that looks for you. Ask for what you need, and receive it.

- ♥ Have the team remind you of your truth.

5. Yearly – Ask your coaching clients and a few friends (minimum of five people) to:

- ♥ Outline your greatest attributes and strengths.
- ♥ Then, write them down, and breathe.
- ♥ Keep the list within eye range somewhere in your home.

Bonus step:

6. Weekly – Out yourself! Say out loud:

- ♥ I am a holy, wholly, creative genius.
 - ♥ I am connected to all the information and processes that I need.
 - ♥ I am a representation of infinite probabilities.
- And so it is! ●

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