**HOW TO ATTRACT TRUE LOVE & POSITIVE RELATIONSHIPS**

**WITH AN OPEN HEART & SOUL**

**An approach to conscious dating**

A heart felt WELCOME, you are about to embark on a life transformation journey, Rise in Love and Shine the Best Version of you.

**Congratulations!**

**Im SO excited for you. I wish I had all this wisdom and knowledge back in my young days so it would have avoided me a lot of tears and dramas in relationships. There is no other program for Growth that I could recommend to anyone out there, as Conscious Relationships are the KEY for our wellbeing and collective growth.**

Below you will find the course structure and your first Lesson. I always look forward to hear your feedback and I cannot wait to hear how this one course transformed your dating & relationships building journey.

**Outline of the Course - In 12 modules**

**Introduction**

 **Why Conscious Dating will change the whole game for you in Love**

1. **WHAT IS CONSCIOUS DATING**
2. **THE MAIN DEFINITIONS OF LOVE**
3. **HEATHY VS UNHEALTHY RELATIONSHIPS - the complete Guide**
4. **KNOWING YOURSELF & YOUR MOTIVATION**

Know yourself

Know your motivations

1. **The Practice of SELF-LOVE; THE MAIN FOUNDATION FOR CONSICOUS LOVE**

The practice of self-love & how to love oneself

1. **KNOWING WHAT YOU (REALLY) WANT**

What do I Really want?

Finding someone to date – Conscious steps

1. **3 CHARACTERISTICS FOR CREATING DEEP INTIMACY (FROM THE START)**

The role of Vulnerability

Topics to focus on - compatibility tests & connection games, etc

Clarity & Preparation for diving deep

1. **The PROCESS of CONSCIOUS DATING**

First Impressions – how to navigate them

Reading the Red Flags

The importance of the meeting place & how to choose it

Conscious conversations– Examples et practice (with homework)

First date: topics to discuss & to avoid

1. **INTERNET DATING- a conscious (&safe) approach**

How to be *Intentional* – first step

After the first meeting – what to do

The Test of Compatibility – how to save many lost years with someone incompatible

1. **THE MYTH OF “THE RIGHT ONE”**

The Ideal Partner- Navigating between Reality and Expectations

1. **SPECIFIC SCENARIOS**

   What if s/he has kids

    What if its long-distance? Doable?

    Dating Life after Divorce /Separation

1. **WHEN TO LET GO**

When the spark is gone

Moving on & Moving Forward

 **THE COURSE**

**Introduction**

You may be coming to this course as a veteran, with years of dating experience behind you. You may be dipping a toe in the dating pool after many years in a serious relationship. Or even perhaps you have never dated before. Wherever you are in your journey, welcome!

You are about to embark on a life-giving and radically countercultural approach to dating: conscious dating.

Dating as an activity doesn't have a particularly positive reputation, for good reason.

Dull conversation, awkward silences, unreturned texts or phone calls, the absence of desirable matches—a kind of a routine, or even a chore, that often leaves us feeling puzzled and/or powerless.

In the movies and on television our hapless dating adventures are great fodder for entertainment, and certainly many of us have accumulated our fair share of funny dating stories, but if we back up and look at the big picture, we see that our unspoken cultural agreements about dating often leave us wounded and suffering. What is hilarious on screen, actually hurts in reality.

The culture would have us believe that we are not enough. We are to pretend to be people we are not; we are to hide our ages; we are to drum up our wealth and success in ways that embolden the ego but weaken the soul. By this logic, we are supposed to hide ourselves in order to find love.

It sounds strange, doesn't it? And yet we all do it!

 Somewhere along the way we've internalized the false idea that dating should be painful, that we should suffer for love.

The result is that we end up dating with a scarcity mindset, repeatedly seeing the wrong people, and behaving in ways that do not align with our souls. We wear masks out of fear of rejection, out of fear of being alone.

When we date consciously, we enter into a much different, and kinder, agreement. We start anew. We agree that it is okay to be alone.

We agree that we are enough. We agree that suffering is optional. When we move from this place of radical acceptance, we stop hiding. Dating is no longer the seeking of partnership for the sake of not being alone, but for the joyful adventure of deeply knowing and loving ourselves, and another. Conscious dating is not a game; it is a practice. It is a commitment to serving the good, to self-love, and to acting with mindfulness.

**This COURSE WILL:**

This course will move you through the meaning and practices of conscious dating, asking you to deeply engage your own experiences, and into the practical realities of dating on the ground, and how to date consciously in the midst of navigating these realities. It *is* possible for dating to be an affirming experience, in which even rejection becomes growth, and the pursuit of love is fulfilling in and of itself.

How: With tools using storytelling, journaling, and guided meditations, you will emerge very well equipped to date without fear, with courage, a clear mind and a full, open heart & soul.

**MODULE 1**

1. **What is Conscious Dating and Why is it Essential in Interpersonal Relations?**

When you take inventory of your dating experiences, what feelings come up? What is the feeling energy surrounding these memories? As we move forward, let's begin by looking at a list of emotions and inner narratives common to the typical dating experience. Here we go:

* Fear (What if I end up alone? What if it doesn't work out?)
* Impatience (Should I call? Why doesn't she call? Will I ever meet the right person?)
* Worry (Will this date be fun? Should I have said that? Was that a dumb question?)
* Insecurity (Do I look attractive? What will my date think of me? What should I talk about?)
* Anger (Why do I always end up on such bad dates? Why can't I meet someone more compatible?)
* Resignation (I'm sick of dating. I'm never doing it again.)
* Pride (I don't need to date him anyway! I'm clearly too good for all these women!)
* Neediness (How do I make her like me?)
* Anxiety (I really like him. Will I see ever him again?)
* Regret (Why did I even go out with her? Why didn't I listen to myself?)
* Despair (Dating never works out for me. I'll never meet the right person.)

If you have dated, or perhaps even just considered dating, you have more than likely wrestled with one or more of these emotions and questions. Dating can be a fraught experience. It has the power to bring our traumas and insecurities to the surface, leaving us feeling uncertain and wounded at the very moment when we need clarity and conscious vulnerability.

While this list is comprised of negative emotions, it does not only apply to negative dating experiences. Even when dating is going well, we often feel emotions like insecurity, anxiety, impatience, worry, and fear. We may even believe that we are *supposed* to feel negative emotions when we date. And what do we do with these emotions? Where do they lead us, except back into the cycle of dating where they tend to increase and fester?

When we date consciously, we will still experience challenging emotions. Whenever two people come together in the hope of discovering and nurturing a connection, the emotional charge will be high.

However, the essential difference (which we will keep returning to) is that we are *conscious* of these emotions-- both positive and negative. We are aware of our feelings, and we honor them, taking ownership of them without heaping blame and harsh criticism on ourselves or others. And accessing these emotions and being able to communicate them, is the KEY to being SEEN, to connect deeply and constructive communication.

Emotions become our teachers.



We learn about ourselves, about what we truly desire and need in a relationship-- and *why.*

Our consciousness creates a resilient inner environment, in which a spirit of self-love and curiosity guides us. Most importantly, when we date consciously, we are no longer controlled by our emotions. We are free to CHOOSE and ACT with courageous vulnerability, because we understood THAT will make the difference.

**JOURNALING HOMEWORK**

1. When you think back on your dating experiences what emotions come to your mind and body?

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1. If you haven't dated before, what are your feelings about the idea of dating?

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1. Make a list of your emotions surrounding dating and the inner narratives and questions which tend to accompany these emotions. This list will be a touchstone for you as you move through the course, so take time to gently access your feelings, including the full complexity of your experience-- the good and the bad.

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