



Professional Certified Coach

## **Beyond the Love Coma**

*Attracting Your Ideal Mate is an Inside Job*

*By Chris Lucerne, MCC*

*"The thing that keeps us from forming and keeping great relationships with others is an unloved part of ourselves." ~Drs. Gay and Kathlyn Hendricks*

If you are over the age of 25, most likely you have had plenty of experience with being in relationship, or wanting to be in relationship. Many people put more thought and effort toward purchasing an automobile or buying a new pair of shoes than they do in preparing for, and choosing their life partner.

You may have noticed that it is easy to fall in love and be quickly drawn into the first few months of relationship... the blood runs hot and you find yourself in a blissful state of intimacy and connection. I often refer to this beautiful and easy time as "the love coma."

When the love coma passes, we are often left with a partner that is quite different than we initially thought. They have character traits, habits, and ways of being that are simply not in alignment with what we need in order to feel fully loved. We also notice that we start behaving in ways that, while familiar, are not how we really want to show up in relationship.

Do you know deep in your heart that you won't be fulfilled until you are engaged in a conscious loving relationship? In your search for love, have you been looking for the right person so that your path of loving and being loved will be made easy? If this has been your approach, you are putting the cart before the horse. The journey of attracting genuine love begins with you. There are three factors that play heavily into attracting your ideal mate. Do you embody these factors? Ask yourself:

- Do I deeply love myself... the good, the bad, and the ugly?
- Do I allow myself to really want genuine love and to know that I deserve it?
- Am I crystal clear about who and what I am looking for in a mate?

It is possible to get what you want... and I encourage you to step on the path of loving and growing yourself. For the remainder of your life, YOU will always be in relationship with YOU. I hope that you will make it a grand love affair, and then be open to attracting a partner who wants to spend the rest of their life loving themselves and loving you.

Please visit the my website ([www.chrislucerne.com/res](http://www.chrislucerne.com/res)) for a free tool called "Loving Yourself, the Journey That Matters" and a free assessment "Are you Ready for Genuine Love?"

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. [www.ChrisLucerne.com](http://www.ChrisLucerne.com) – 210-408-7699.)