

## Why struggle? *Attract* the Big Love you want (Part 1)

*Collette struggles to keep the love that she has – while keeping at bay her nagging doubts about her relationship. Discover how she followed her intuition, took action, and ultimately reaped the benefit by following principles related to ‘The Law of Attraction’.*

*A few days ago I was working with a client I will call Collette. She actually asked me to share her story with you because she felt it could really help other people who may be struggling to get the love they want. In essence, this story is a gift from Collette to you. I have changed the names and some of the details to protect her privacy.*

About six months ago Collette started dating a man named Sebastian. Almost as soon as she started dating him, she said that she began to fall in love with him. She was almost certain that he felt the same way about her. There was only one problem: every time she felt they were getting closer he would suddenly make excuses not to see her, stop calling and pull away. She noticed this recurring pattern and felt sick about it. She couldn't sleep or concentrate for several days and decided to set up a dream coaching session with me to find some measure of relief.

“Every time I ask the universe for love something happens to screw it up,” she said angrily.

“Is that true?” I asked. “Your universe responds to you every time you ask, so what did you ask for this time?”

“I asked for Big Love. I decided that I was ready for it and that's what I wanted with Sebastian. I wanted someone who I **knew** would be loyal and true to me; someone who would be there for me in good times and in bad.”

“What happened?”

“Well, we were supposed to go away for the weekend and he kept changing his mind about it. When I questioned him about it he eventually told me that he was still seeing his ex-girlfriend. I was heartbroken. What's worse is that when he told me about his ex, he blamed **me** for it! He said: ‘I don't understand. When we first started going out I **told** you about my situation. You **knew** about it. Why are you making such a big deal about this?’” She began to cry.

“Hmmm. What a lovely story. You must be happy about this!” I told her.

“**Happy?** No! I just told you, I found out he was seeing his ex. I was tempted to break up with him on the spot. Ever since we started dating I had a feeling about him,” she said bitterly. “There were things I knew I should ask him, but for some reason I kept holding back. I didn't want to put any kind of pressure on him, especially so early in the relationship.”

“Then why did you continue to see him?” I asked. “What did you tell yourself that made it okay for you to keep dating him?”

She took a deep breath. “Well,” she said thoughtfully “I knew that he was probably not ready to get serious, so I decided to give him some space. But I always had that nagging feeling in the pit of my stomach.”

“What did you do about that nagging feeling?”

“I really didn’t want to lose Sebastian just because he might not be ready. I decided that he was probably just feeling scared and he would get over that in time, so I ignored the feeling and kept seeing him anyway. I don’t know why I did though; he’s nothing but a jerk!”

“Actually, if you want to play that game, I don’t think **he’s** a jerk. I think **you** are. In fact, I’d call you somewhat of a ‘jerkette’.”

“Are you trying to help me or not?” she snapped.

“I **am** here to guide you back to your own truth – if you are willing to look at it,” I reassured her. For that reason, I’m just sharing with you what I sense.”

She sighed.

“When you first started to date Sebastian not only was he upfront with you about his situation, but your own intuition, your gut was trying to tell you something. You chose to ignore it. Instead of looking at it to see what it was trying to tell you, you pushed it away. When it came up again, you made up a story about it so that you could get what you wanted, no matter the truth. Then, when the truth was revealed **you** blamed **him** for leading you on.

“I suppose that’s true,” she said slowly.

“If you pay attention to and work with your source, your intuition, it always reveals itself to you.

“I know,” she said quietly. “I knew it then too but I didn’t want to hear the answers to my questions. I wanted him to be ‘the one’ this time.” She sighed. “I suppose it’s ‘back to the drawing board’. I just can’t stand the thought of having to wait a year to find someone else though.”

“Tell me more.”

“Well, by the time I meet someone new, get to know them and start dating them, a year will have passed.”

“How long does it take to date someone?” I asked innocently.

“At least a year,” Collette replied.

“Is that true? Couldn’t it take longer?” I asked.

“I suppose so”, she said, somewhat dejected.

“Wait a minute. Didn’t you start dating Sebastian within a few weeks of wishing to find someone? If so, couldn’t it take **less** time than that?” I asked.

“Yes, it could!” she said brightly.

“Well then, I suppose time doesn’t *really* have anything to do with it, does it?”

She started to laugh. “Hey, you tricked me!”

“Tricked you? No. Showed you two possibilities? Definitely. It’s not really about time; it’s about whether or not you are in alignment with your dream of Big Love. Alignment with your dream doesn’t depend on time, it depends upon *you* – whether or not you are giving off the vibration, the ‘vibe’ of ‘Big Love’ out to the universe so that you can attract back into your life a person who matches that vibe.”

“How do I do that?” she asked.

I took Collette through a series of four exercises to help her reconnect to her intuition and her true self. I knew that once she was grounded and balanced within herself she could begin to attract the Big Love she really wanted.

“Now tell me again, what is your truth about Sebastian? What is your intuition telling you?” I asked her.

“Well, I know how I feel about him. I actually *love* him – and I can’t believe I’m saying that out loud to another person. I’ve never done that before! I also feel that he loves me...*and* his ex-girlfriend at the same time. For some reason, I think he is holding onto her. While I respect that each person sometimes comes into a relationship with baggage, I know I don’t want to be a third wheel or in second place – like I’m some sort of consolation prize. In the long run, that won’t make me happy. I do want Big Love, but I don’t really feel like I want to give Sebastian up right now. I don’t know what to do about it.”

“When you are ready – and it is up to you to decide this for yourself – you need to become the Big Love you want to attract. At some point, you will need to “speak your truth” and tell him how you really feel; reveal to him who you truly are. If you think about it, you have some pretty deep feelings for Sebastian – but you have never shared them with him. You have been withholding how you truly feel from him and therefore, you have been withholding the real you from him. He doesn’t even know who you really are, because you have never shown yourself to him.

Therefore, if you are withholding the truth from him, and you know that The Law of Attraction works in the sense that ‘like attracts like’, is it any wonder that he withheld the fact that he was seeing his ex-girlfriend from you? He is just mirroring back to you what you are already giving to him.”

“I never thought of it *that* way...But what if he looks at me as if I am crazy? What if I look stupid and needy? What if he walks away and never calls me again? I don’t think I can take another rejection right now.”

“Well then,” I said thoughtfully “I think you have a choice to make. You could keep your mouth shut, not run the risk, and play it safe. In doing so, you will likely continue to attract more of the same behaviour from him and other people: relationships where you are both slightly disconnected and superficial. While you’re at it, you could keep up this charade for a week, a month, five months, a year, ten years, possibly a lifetime.

**Or**, you could take your courage into your two hands and reveal the real you. He could run screaming from the room and never call you again. That's a definitely possibility. There are no guarantees. However, if this happens, you will have received your answer from the universe: Sebastian may not be the Big Love for which you have asked; someone else may be.

However, when you express your truth and remain authentic, you actually show up in your own life as Big Love. When you do that, you begin to send out the vibe of Big Love to the universe and **that** is exactly what you will attract right back into your life: someone who matches the essence of Big Love that you already are. Guaranteed."

"What if he doesn't agree with my intuition about him and his ex-girlfriend and he tells me I'm wrong? Maybe I am wrong. How do I know I am right? What if I'm not?"

"Remember, speaking your truth isn't about sharing thoughts and ideas with another with the expectation that the other person will see your point of view, agree with you or eventually do what you want. They have their own truth. Speaking your truth is more about sharing your unique perspective with the intention of affirming it to yourself and the universe. When you do, decide that it is more important for you to focus on your own truth, your own dream – instead of focusing on the reactions of other people.

For example, when you follow your heart, pay attention to your own intuition, and speak your truth sometimes other people will tell you that you are wrong or crazy or you shouldn't think or act like that, etc. etc. etc. Your goal is not to get them to agree with you, nor is it to decide who is right or wrong. Your goal is simply to be real; as authentic as you can be. That's it. After that, let the chips fall where they may."

"I feel a lot better," Collette said eventually. "I know what you say is true. I just worry about what I will say and do the next time I see Sebastian."

"You can't control what Sebastian – or anyone else – is going to say or do. You can only decide for yourself what your truth is, and express it. You already have everything you need," I told her. "Trust yourself that you will do what is best for you – and everyone else – when the time is right."

And with that, Colleen and I ended our session. But this story doesn't end here...

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For over 15 years **Nicole Herod** has worked as a writer, project manager, corporate trainer, facilitator and coach in the area of marketing and communications. A vivid night dreamer who discovered her own intuitive abilities, Nicole began to enjoy success in all areas of her life when she simply let go of what she thought she "should" do and instead followed her own intuition, her source guidance. Not only did this approach systematically work for her; she noticed that it also worked for her clients and other people – whether they realized it or not. Today, Nicole enjoys coaching people to tap into their own intuition and activate 'The Law of Attraction' in every area of their lives. She shares true life stories of people of all ages who follow this approach on her blogsite: **[www.justdream.ca](http://www.justdream.ca)** .