

# Becoming a Love Magnet

by Dede Lyons

The deepest desire of all human beings is to be loved and appreciated. This wonderful feeling of knowing you are accepted and loved unconditionally is within your reach. It's actually right in your own heart.

I have discovered that there is a big difference between thinking you deserve love and knowing and feeling you are worthy of love. That is why the first step in "becoming a love magnet" begins and ends with self-love.

Loving yourself means that you are listening to your heart, paying attention to your needs, letting go of self judgements, knowing when to say no with confidence and putting yourself first.

My self-love journey began at age thirty when I realized I did not love myself. There was an empty feeling inside of me and I was continually attracting "fear of commitment" mates that reflected my low self-worth. With the help of a wonderful therapist, my unwavering belief that I could learn to love myself and daily self-love practices I began to feel lovable and deserving of love. I remember my pivotal shift to loving me while shedding buckets of tears during my daily ritual of writing and speaking the affirmation, "I am so lovable and I totally forgive myself for ever thinking I was unlovable." My



tears cleansed my wounds and washed away my fears!

Soon after I stopped inviting the "one foot out the door" guys into my life, who only had crumbs to give and I attracted my soulmate, Joe, my husband of 32 years! Joe was the icing and candles on my cake. I was no longer looking for someone else to fill the empty layers which were now full with all the things I learned to love about myself. I was complete! I had become love, I was immersed in love, vibrating and beaming love. Little did I know that I had become a "love magnet".

Once your foundation of high self-regard and self-acceptance is rock solid and you own your "love magnet" status, you will begin attracting not only romantic love, but all kinds of love: family love, best friend love and community love and support. Staying

in the stream of love involves mindfulness and practice, just like learning a new language or craft.

Here are five Feel Good Express Self-Love ❤️ Tools to raise your self-esteem and keep you vibrating in the love path!

- Love & Own Your Gifts: Write, feel and speak about everything you love about yourself.
- Mirror Love: Look in the mirror everyday and express while smiling, "I love you Dede, you are so lovable."
- Love & Support: Surround yourself with loving, happy and supportive family and friends.
- Give & Receive Love: Reach out and say loving words from your heart to your support group. Practice my "3 Hugs A Day Diet"! Heart to heart hugs that keep your heart open.
- Journal Love/Affirmation: Write in your journal, "I am a love magnet" and ask your angels to help you attract more love.

As you incorporate these tools into your day-to-day life and keep the focus on love and your lovability, you will become a love magnet. And before you know it you will be "magnetizing" the love of your life

*For more information on the Feel Good Express, please email Dede at [dede@feelgoodexpress.com](mailto:dede@feelgoodexpress.com) or visit her website at [www.feelgoodexpress.com](http://www.feelgoodexpress.com).*