



THE ULTIMATE
MINDSET TRAINING

WHERE YOUR MIND EVOLVES...
AND REALITY FOLLOWS

Becoming A Dynamic Relationship Magnet

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Do you ever wonder why some people just seem to be “lucky” in love?

So many people ask me why they can't seem to find that perfect partner. Or, why they tend to ruin a great relationship when it comes into their life. Or... how to get that one guy or girl to **really** pay attention to them.

This is actually much more common than you might think.

And if you want to use the power of manifestation to create an amazing relationship, you are not alone!

I get it...You want to become a **Dynamic Relationship Magnet!** And, who wouldn't?!

So, why hasn't that happened for you?

You probably see yourself as a kind, loving person who has a lot to offer a partner. But when it comes to relationships, it literally has nothing to do with your character, values, your looks, where you live, or probably any of the other reasons you believe to be true about creating a perfect relationship.

What I see most often with individuals who aren't successful in love is that there is a background “program” running in the subconscious mind that is sabotaging their efforts.

But this is never their fault!

Here's what happens:

We learn a whole lot of “rules” when we're young that can tend spill into other areas of our lives.

And rules aren't necessarily a “*bad*” thing; they keep social order.

But... if we learn a “*rule*” about love, even if that rule isn't necessarily designed to hurt us, that rule will stick with us anyway.

For example, maybe as a child you learned that if you colored on the wall you made your mom or dad angry. And when you made this person (that you look to for guidance) angry, you felt disapproval. And if you felt disapproval, you learned that this feeling felt the exact opposite of being loved.

So, you would create an **internal rule, or program**, that you must do things a specific way so you don't lose that approval, or love.

And with this *program* comes a belief that when it comes to love, you might be doing something “*wrong*.”

And then when you did follow the rules, those same people who you look to you for guidance gave you the love and/or approval you so desperately craved.

So... over time, it becomes very natural for us to connect our well-being and happiness to others and believe it to be something that exists outside of us. With that comes the feeling that life just can't move on until you find that love somewhere externally.

I know... it's not the cliché you want to hear: “*All the love I need is inside of me.*”

But something amazing happens when you create new programs and beliefs that this is true; programs that you can be successful at love, or anything else you choose to have in your life....

You become that “**Dynamic Relationship Magnet**” that you’ve always wanted to be!

There is something amazingly attractive about a person who is tuned into that well of love from within that is literally available to anyone who wants access to it.

Basically, all the attempts to capture these feelings from outer sources creates the sort of issues that make it difficult for some to find, and sustain, a great relationship. Not because love is unattainable, but simply because *it’s impossible to find what has never been lost!*

Here is something you can do right now:

Begin suggesting to yourself that you already have true love within you.

It will be easier to manifest real, lasting love in your life if you can find ways to start living as though you already have that love... and that you are lovable... and that you deserve to treat yourself with love and kindness.

Try to recall times when you truly felt love and stay with that feeling as long as you’re able to. And begin to find ways to **reinforce** the love you have for yourself!

In other words, be the **FIRST** example of how the world and the people in it treat you! Love yourself so much that you are willing to let go of limiting beliefs that hold you back and then stand back in amazement at what happens!

Let’s take this exercise a little further...

One of the most profound and impactful techniques for creating a mindset shift towards attracting love is the Mirror Technique. This

powerful practice not only aids in reinforcing self-love but also prepares your subconscious mind (where those old programs reside) to embrace and attract the love you desire. Here's how you can implement this technique today:

Daily Mirror Sessions:

Start and end your day with a session in front of a mirror. Look into your own eyes, and recognize the soul that resides within... that innocent being that needs your love and care. This is not just about surface-level appearance; it's about connecting with your inner being.

Affirmations of Love:

While maintaining eye contact with yourself in the mirror, recite affirmations that reinforce your worthiness of love and your capability to give and receive love freely. Use phrases like:

- *"I am worthy of profound love"*
- *"I attract love effortlessly"*
- *And "I am a magnet for loving, healthy relationships."*

Feel free to create personalized affirmations that resonate deeply with you. If you've never done this type of mirror work before, just know that it may seem uncomfortable or awkward at first. With time and practice, it will become easier. And this is when you'll know you're starting to create a new '*program*' within your subconscious mind.

Visualization of Love:

In your mirror sessions, incorporate a visualization practice. Imagine the love you wish to attract. Visualize the qualities of the relationship you desire, the feelings of being loved and cherished, and the joy of

sharing your life with someone special. Allow these visualizations to fill you with warmth and happiness, reinforcing the belief that this love is something you already have in your life. This will build upon your new subconscious mind program.

Gratitude for Self-Love:

Conclude your mirror sessions by expressing gratitude for the love that already exists within you. Acknowledge your capacity for self-love as the foundation upon which all other love builds.

Say something like this:

"I am grateful for the love I give myself, for it is the source of all love in my life. My self-love creates a powerful ripple, attracting even more love towards me. Each day, my heart expands, allowing me to give and receive love freely and abundantly and the universe responds by bringing loving, harmonious relationships into my life."

Or....

"I radiate love and acceptance, becoming a magnet for individuals who respect, cherish, and honor my worth. Together, we create a bond of mutual admiration and deep connection. I trust the journey of my heart. As I nurture the love within me, I open the doors to divine connections that are aligned with my highest good and deepest desires."

Or....

"Love flows to and from me effortlessly. I am surrounded by relationships that uplift and support me, reflecting the love I have for myself. I am worthy of extraordinary love and I invite it into my life now. The universe conspires to bring love to my daily experience. With every breath, I affirm my readiness

for love. I welcome love with open arms, prepared to share my life with others who match my spirit and energy.”

Or....

I celebrate the abundance of love in my life. Each relationship is a testament to the love I cultivate within me, growing richer and more profound each day. I am a beacon of love and light. My presence invites genuine connections, drawing toward me those who resonate with my soul's vibration. I embrace the transformative power of love. It shapes my experiences, enriches my relationships, and guides me toward fulfilling romantic partnerships.

Challenge Negative Thoughts:

Use the mirror to confront and challenge any negative thoughts or beliefs about love that arise. When you notice a limiting belief creeping in, stand in front of the mirror and counter it with a positive affirmation. This act of confronting and transforming negative thoughts in the mirror helps to solidify your new, empowering beliefs about love. Again, it may feel uncomfortable at awkward at first. Push past that to make the change!

The Power of the Mirror Technique:

Using the Mirror Technique daily sets a powerful intention. It signals to the universe and your subconscious mind that you are ready and open to receiving love. By affirming your worthiness and visualizing the love you desire, you align your energy with the frequency of love, making you an irresistible magnet for romantic connections.

These practices cultivate a deep and enduring love for the self. From this place of self-love and acceptance, you naturally attract relationships that reflect the same level of warmth, respect, and affection.

Incorporate the Mirror Technique into your daily routine, and witness the transformation in your mindset and your life. It's a simple yet incredibly powerful practice that can shift your energy and open your heart to the love that awaits you.

Remember to **never play the victim** by thinking that *outside* circumstances are controlling your reality.

Here's a good way to look at this:

Approximately 70% of the programs you run automatically are likely disempowering, self-sabotaging, and negative because they consist of these “rules” you’ve picked up throughout your lifetime (most often in your early childhood). They were never yours to begin with, but it’s your job to dismantle them if you want to truly change your life.

As previously stated, these rules most likely weren’t intended to cause you any harm. Nonetheless, they create the programs that drive you in automatic ways, including your love life.

Consider this: It may simply be that you need to find new ways to create new programs that drive you towards success in every area of your life! And manifestation has EVERYTHING to do with just THIS – Creating New Programs that Automatically DRIVE You Towards Success!

The journey to becoming a **Dynamic Relationship Magnet** is as much about *unlearning* as it is about learning. It's about peeling away the

layers of outdated beliefs and societal conditioning to reveal the essence of who you are - **a being deserving of unconditional love.**

Move through this journey with patience and kindness towards yourself. Celebrate each step forward, no matter how small, and know that each insight brings you closer to experiencing more love in your life.

And finally, understand that manifesting love is an **inside job**. When you shift your focus from seeking love externally to cultivating it within, you *change the game*. You not only attract more love into your life, but you also experience it more deeply in all its forms!

If you're interested in delving deeper and expanding upon the insights and techniques you've just explored, I warmly invite you to join my [Free Masterclass: 'How to Train Your Brain for Effortless Manifestation.'](#) This is your opportunity to jumpstart your journey, unlock even greater potential, and fully open yourself to this next chapter in your path to love mastery!

As always, I'm here to support you.

Warm regards,

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