

New lover for the new year? Don't throw the old one out.

Sometimes when we look for something new, new computer, new television set or a new dishwasher, we throw the old one out because it has already died, but when you're looking for a new lover don't throw the old one out, even when you think that the love has died.

Throwing out any negative thoughts from your mind gives the thoughts extra energy. I enjoy a game of tennis and I think of throwing out unwanted thoughts like throwing an old tennis ball against a wall thinking that you can get rid of it; the stronger that you throw the ball the harder it comes right back at you. Throwing it gently will have a gentler affect. And just leaving the old tennis ball where it is and finding a new one to play with means that you can get on with enjoying your game of tennis.

John Bowlby wrote extensively about loss and mourning and made it clear that we never replace our lost objects or loves completely, and we never lose them completely either. We hold thoughts and feelings of people that we have been close to inside of ourselves. Life moves on and we carry these experiences with us while finding new experiences. Once you have felt and moved through the feeling of loss, embrace the positive aspects of your former loves, and this includes anybody and anything that you love.

Rather than trying hard to throw old thoughts of the lover(s) that you don't want out of your mind, focus on a new idea. Maybe the idea of a new lover will feel good, even ideas of past and present lovers, as long as those old ideas bring you excitement and thrills, a yeaaaaahhh! feeling! And then feel that feeling and soak it up, think of as many thoughts as you can that make you feel yeaaaaahhh! until you feel yourself smiling. And keep smiling until friends and strangers smile with you because you are giving off such good vibes. The vibrations of love and loving. You feel so loving that the world suddenly looks brighter and shinier and before you know it you will be attracting loving people into your life by the brightness of your light.

If getting into a loving place by thinking about lovers is just a bit out of your reach at the moment, (maybe the thoughts aren't as positive as you would like them to be), then get into that loving place in whatever way you can. Think of things you love to do, think of things that make you happy, and do them, or think about them. And most importantly revel in the happy feeling inside of yourself when you are thinking or doing the things that make you happy.

Enjoy the journey unfolding in front of you, not just trying to get to the destination of a new lover as quickly as possible! Being with my 2 year old reminds me of how it is so important to enjoy the journey. My little one will play with his toys because it is fun, not because he is trying to achieve something. His goal is to have fun. If we can remember to learn to have as much fun as possible on the way to wherever we are headed, it makes the destination much more achievable and enjoyable. And look to little children and animals to help you, they know how to live their life with the purpose of joy and happiness in mind.

“happiness is a journey, not a destination. for a long time it seemed to me that life was about to begin - real life. but there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. at last it dawned on me that these obstacles were my life. this perspective has helped me to see there is no way to happiness. happiness is the way. so treasure every moment you have and remember that time waits for no one.” Alfred D. Souza