

*"Katherin Scott is an amazingly insightful woman who really knows how to explain the dating game."  
~David DeAngelo, Founder of 'Double Your Dating'*

DATING

# ABC's of DATING

*Simple Strategies  
for  
Dating Success!*

**KATHERIN SCOTT**

# **ABC's of Dating**

*Simple Strategies for  
Dating Success!*

**Katherin Scott, M.A.**

*The Dating Coach*

*An excerpt from the book –*

*Chapter*

***E*** *is for ENERGY*

Copyright © 2009 by Katherin Scott

All rights reserved. Reproduction and distribution are forbidden. No part of this publication may be reproduced, stored in a retrieval system, or transmitted by any other means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the author. Please contact [CoachKatherin@yahoo.com](mailto:CoachKatherin@yahoo.com).

The author and publisher have used their best efforts in preparing this book and shall in no event be held liable for any loss or damages including but not limited to special, incidental, or consequential.

*Cover design and inside text design/layout by Katherin Scott.*

Published by Macro Connections Publishing,  
a DBA of Macro Connections, LLC.

# **E** is for ENERGY

*"Passion is energy. Feel the power that comes from focusing on what excites you."*  
~Oprah Winfrey

What if I told you that you can attract love into your life just by changing the energy in your bedroom? Does that sound too "woo-woo" for you?

You can. And it's easier than you might think with feng shui.

Many people in our Western culture today have already been exposed to the traditions and practices of feng shui.

If you're well practiced in feng shui or even if feng shui is totally new to you, as you read this chapter, you will learn **simple, yet significant strategies to attract more love, romance, affection and sex into your life!**

Feng shui is the ancient Chinese art and science of placement. Feng shui, (pronounced FUNG SHWAY), is the Chinese term that literally means "Wind and Water."

By applying the principles of feng shui to the placement of objects in our environment, especially in our bedroom, we can balance the Chi (positive energy) and correct the flow of energy, attract a new love relationship and/or improve an existing one.

Although the name Feng Shui often seems strange and foreign to people in Western cultures, feng shui is actually a very practical collection of principles and action steps that make good sense, both from a design perspective and from a holistic point of view.

*"Feng Shui is one-third common sense, one-third good design; the last third consists of ancient knowledge and traditions, enhancements and cures that may seem odd to us – but they work!"*

*~Unknown*

**Here are eight simple strategies you can apply to dramatically improve your love life:**

**1. The Position of Your Bed *Does* Matter**

Ideally, a bed should be positioned on the wall diagonal from the door, but not directly in line with the door. This allows the occupant the widest possible view of the bedroom and anyone entering the space.

If for some reason the bed cannot be positioned here, hang a mirror so you can see the door clearly while lying in bed.

There should be equal distance on either side of the bed, to allow for a partner in the relationship. If the bed is pushed up against a wall, this may close off the flow of a partner into your life, or dis-empower an existing one.

This may also diminish the amount of sex in your relationship, because of the “closed-off” space. (However, this may be recommended for teenagers who live in your home.☺)

## **2. Remove Clutter Now!**

Most people don’t realize how profoundly clutter affects them. Removing clutter from your bedroom allows the Chi to flow in the space.

Remove anything that doesn’t belong in the bedroom.

Remove everything from under your bed. Stashing junk under your bed will affect the quality of your sleep.

The added benefit is that lots of things will now have an opportunity to flow into your life when you make room for it.

## **3. Banish Past Love Relationships**

Remove anything that reminds you of past – especially love gone bad – relationships. Gifts, pictures, sheets (it’s especially important to purchase new sheets – 100% cotton, no polyester in them), anything that reminds you of a past romance should be removed from the bedroom, discarded or given to charity.

One woman I met actually had shoeboxes in her bedroom closet with labels of each past boyfriend’s name on the front. Inside were mementos, pictures and letters given to her by the man and things that reminded her of him.

Once she realized the significance of hanging onto these past items, she removed them from her bedroom and created space for a wonderful new man to enter her life – which happened soon after!

#### **4. Allow Chi to Enter and Circulate**

Does your bedroom door open fully, or is it blocked? Check your front door too. Both should open wide to allow Chi to enter freely.

When you walk through your bedroom door, what is the first thing you see? Make it inviting and inspirational; a picture that inspires you, a round mirror which symbolizes completion and unity, fresh flowers, whatever makes you feel uplifted or reminds you of love and partnership.

Also, be sure to fix or replace anything that is broken in your bedroom. Change-out all burnt-out light bulbs, fix loose door knobs, remove dead plants and repaint over the marks on the walls.

#### **5. Your Bedroom Is For Sleeping & Love**

Your bedroom is not for working out or surfing the internet. Do not store exercise equipment or a computer in your bedroom. This can make a relationship seem like hard work or exertion.

#### **6. Let Love In**

Clean your closets and drawers to allow space for a love partner to come in.

If all of your space is filled to overflowing, nothing new can flow into your life – including that special someone.

Your goal is to free-up 20 - 25 percent of the space. And while you are at it, clean out your junk drawers too. Even if those bedroom drawers do close, if what's in them is unused and not needed, this can cause chaos in your love life.

## **7. Add Romance Generously**

Bring romance into your bedroom with pairs of things; two candles, two matching (in size and weight) nightstands, two lamps – one on either side of the bed.

Bring in heart-shaped items, things that represent love to you or anything pink or red to symbolize love.

Be sure to pay attention to the scents in your room too. Bring in aromatherapy candles or incense to spice up the air.

## **8. Get Clear**

Spend time visualizing your life partner and how wonderful your life will be with them in it. Add lots of detail to your daydreaming.

What will you be doing together? Where will you go? What will you see and experience? How will you spend your time together?

Collect pictures which remind you of love and happy times together. Write down your dreams or affirmations for a love partner and place those under your mattress.

~~~

By following these eight simple strategies and principles of feng shui, you will focus more clearly on the love, romance, affection and sex you want in your life. Notice how quickly things now flow into your life.

One last tip: during a full moon, go outside and blow bubbles to the sky to bring more love into your life. It may seem silly but the Universe will understand what you want and deliver more love to you. Just wait and see!

**MY ACTION PLAN for ENERGY:**

## About the Author



"**ABC's of Dating: Simple Strategies for Dating Success!**" is Katherin Scott's first book in the **ABC** book series.

Stay tuned for her upcoming books:

**ABC's of Average Dating Dummy Mistakes**

**ABC's of Relationships**

**ABC's of Attracting Love with Feng Shui**

**ABC's of Successful Public Speaking**

**ABC's of Customer Service**

*and more.*

Katherin provides individual dating coaching and couple's relationship coaching by phone, via email or in-person.

As a Certified Feng Shui Consultant, Katherin is available for feng shui consultations, both residential and commercial, which can also be completed over the phone and internet or in-person.

Katherin is also available for private and public speaking events. She is a National Speaker's Association member, a trainer and keynote speaker who has a way of capturing her audiences with her wit, inspiration and practical strategies for easy application.

To access free downloads, articles, and Coach Katherin's ezine, and for contact information, visit her website

**<http://www.KatherinScott.com>**

# ABC's of DATING

Finally, an easy-to-follow guide for singles that will astound you with its simple wit and wisdom! "ABC's of Dating" is an intelligent look at the dating scene with strategies, tips and useful exercises on how to initiate a great relationship and also enhance the one you're in.

From "A is for Availability" to "Z is for Zoos," this book helps you find lasting love fast!

- Discover where and how to find Mr. or Ms. Right
- Know how to comfortably converse with your date, even when uncomfortable topics arise
- Uncover the secrets to increased intimacy
- 26 easy ways to find your perfect mate and transform your love life!

*"Katherin I'm engaged! I cannot THANK YOU enough. I really thought I was a lost cause. You did it for me girl - the one thing that no one else could help me with. You worked miracles! No kidding!"*

*~Helen M., Seattle, WA*

*"Chas and I are great and we are about to celebrate our third wedding anniversary. Can you believe it! We both say we have never been happier!!! Thanks to your coaching. Mahalo!"*

*~Marci P., Honolulu, HI*

KATHERIN SCOTT is an internationally recognized authority on dating and attracting love. She has devoted her life to the pursuit of love and romance for the millions of single people who want love in their lives.

Katherin coaches worldwide and regularly conducts seminars and workshops to help people empower themselves to find love and happiness.