

# What's Love 如何在情場中打轉？ Got To Do With It?

Pervin Clasper

*Valentine's Day* - what better time to reassess the state of love in our life? Pervin Clasper, founder of Shakti Healing Circle helps you ace this game of amor.

還有甚麼時候能比情人節更適合去衡量你們之間的愛情到了甚麼程度？  
Shakti Healing Circle的創辦人  
Pervin Clasper為你指點  
迷津，讓你在情場中  
贏得漂亮的一仗。

For many, love seems fickle, conditional and impermanent. We're unhappy when there's no one special in our life and, when there is, we worry that the relationship isn't that great or that we will lose them or that there is someone "better" out there.

The underlying reason for this insecurity is that we're constantly looking outside ourselves for that special love that will make us complete. We're looking in the wrong place. We first need to look first at ourselves. Only if we're content with ourselves or hold ourselves in high esteem can we ever expect to stay happy when the special people in our life are changeable and unpredictable or try to attach conditions to their love.

So, let's start by accepting and living our values while expressing gratitude for the many blessings we enjoy every day. We need to develop the confidence that we matter, that we are lovable just as we are. Gratitude leads us to be more accepting of ourselves and of others and to see life as a wonderful platform to express our own unique strengths.

Once we are secure and happy in ourselves, we can open fully to others, knowing that we don't need others to make us feel good about ourselves.

We're then ready to set our intention for the person we believe is right for us. Many have used affirmations or the law of attraction and had no success at all. It's not that these don't work. We're just not using them correctly. For years now, quantum scientists have been researching the nature of the energy field and how it impacts our decisions and choices.

There is ample evidence to show that we can have what we want if we set our intention properly. The key is to combine our mental and emotional energy so that we create a powerful feeling of already experiencing the outcome we seek. But the catch is that we have to be very precise when setting our intention. Avoid vague and general words, such as "I am looking for a kind, loving person." Be very specific with your intention and, most importantly, do it with feeling.

Alongside this, use visualisation to create and then sustain the relationship you want. Research shows how powerful visualisation can be. If it's a new partner you're seeking, set aside just five minutes first thing in the morning before getting out of bed to form an image in your mind of the type of person you would like in your life and how you will interact with one another. Make it as vivid as your imagination will allow and, again, do this with the feeling of already having this person and relationship in your life. The same visualisation will work with an existing relationship that you would like to take to a stronger level. ■

對很多人來說，愛情總是無常、有附帶條件和不長久的。當意中人遲遲未出現時，生活便會顯得平淡無味；而當這個人出現了，又擔心這段關係不夠堅定，於是開始變得患得患失，繼而思量還有更好的人選在前方。

通常，這些不安全感出現都是因為我們總在自身以外尋找那個特別的人來令自己的生命完整。但這樣想本身就已經不對，因為我們首先應該從自己身上找原因。只要感到滿足，或覺自尊心夠強，那麼即使所愛的人不斷改變或不能預計，又或是將他們的愛加上附帶條件的時候，我們仍能一如既往地活得幸福開心。

所以，要學會接受和保持自己的生活信念，同時也要對每天所得到的東西心存感恩。此外還要建立自信，相信自己是很重要的，是值得去愛和被愛的。感恩會令我們更容易接納自己和其他人，並且從一個樂觀的角度看待生活，從而顯示出屬於自己的獨有力量。

一旦有了安全感，對自己的生活感到滿足，我們就會向別人敞開胸懷，認識到不一定要靠其他人來取悅自己。

然後就是為這個適合自己的人定下個人目標。有些人會利用心理學的自我肯定或吸引力法則，但通常最後都是失敗。其實不是這些東西沒有用，只是我們未能掌握箇中的巧妙之處。多年來很多量子科學家已在研究能量場的性質，了解它如何影響我們作出的決定和選擇。

有充足的證據顯示，如果能正確地設定自己的意念的話，就能得到想要的東西，而重點就是要集中自己的思想和情感能量，從而產生一種強大的感覺，覺得自己已經親身體驗到要尋求的東西，但要點就是在設定意念的時候，一定要十分精確。同時也得避免使用那些含糊抽象的詞語，例如說「我正在尋找一個善良、可愛的人」。我們要有非常精準的意向，而且最重要的是要看自己的感覺去設想。

除了這個方法，還可以使用想像法去創造和維持你所期待的關係。研究顯示想像法的力量非常強大。若然你要尋找一位新伴侶，那麼在早上醒來（還沒有起床之前）第一件要做的事，就是給自己五分鐘的時間，集中精神去想像你要跟那個人一起生活，以及你會如何跟他或她相處的具體情形，盡量把那個人的形象想得越逼真越好。嘗試去感受這個人已經出現在你的現實生活中。同樣地，這種想像的方法也可用於現有的人物身上，來進一步鞏固你們的感情。■