

**ATTRACT LOVE THROUGH
MATCHMAKING,
RELATIONSHIP COACHING
AND HYPNOSIS**

Tale of a 4th Generation Matchmaker—
Terry Brussel-Gibbons
(See end of article for *your* Valentine's Day gift)

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Terry Brussel-Gibbons Certified Clinical Hypnotherapist carries on the family matchmaking business. She has a BA in Psychology, a PhD in Clinical Hypnotherapy and is the author of the unique combination of a workbook *Matchmaker's Corner: Choosing, Finding and Attracting a Life Mate* and a guided meditation Recording *Attract Your Special Someone* as well many other growth oriented tapes and books.

The matchmaking tradition has been carried on in Terry's family since her great grandmother began it in Russia in the late 1800s. She was a Shatkin very much like Yenta in Fiddler on the Roof. She continued making matches when the family moved to Chicago in 1890 as did her daughter Hannah Schneider when she came to California in the early 1900s. In America, Terry's father Barry Leon Brussel assisted with the Francis Dumont Social Club (founded 1910) in the late 1940s. He met Terry's mother through that service. Francis left the club to Mr. Brussel when she passed on in 1967. Terry has been plying her trade as a matchmaker since apprenticing under her father at age 16, just as her daughter Regina apprenticed under her at the same age in 1989. Terry has appeared on CBS News and Eye Witness News on Valentine's Day—with Matchmaker, Matchmaker from Fiddler on the Roof playing in the background.

PARTNERING PATTERNS

Do you pick women who remind you of your mother who nagged you? Your first boy friend who was an alcoholic? A matchmaker can offset negative partnering patterns. Your personal matchmaker will introduce you to a selection of people who will be appropriate for you rather than a selection of people who will continue to mess up your life? Relationship coaching (and her book on this subject), can help you to consciously decide how to choose the right life (or just romantic) partner for you. Hypnosis can assist you with this by changing who you are attracted to through hypnotic age regression – rewriting your life script so it is as though you had always had more positive partnering patterns based on good, objective decisions along with your emotions.

“DO-IT-YOURSELF KIT” TO DEVELOP POSITIVE PARTNERING PATTERNS

This is a tool which you can use to decide if a caller from a personal ad is worth meeting, whether an attractive someone you meet at a dance is worth dating, whether someone you've seen a few times is worth getting serious with, etc. You'll start with something very basic and keep honing it to suit you.

Begin by listing your three most important love relationships. List also your opposite sex parent if this person helped raise you. Write down all characteristics at least three out of four of these people had in common -- height, hair length, religion, reading preferences, anything. Don't worry about whether the characteristic is negative or positive yet. When finished, mark the things that were good for that relationship with a '+', the things that were bad for it with a '-' and the neutral with a '0'. Use these notes for ideas as you now list those attributes you consider essential in a relationship (E), those you'd like to have (L), and those you absolutely don't want (N). (E's) are '10', '20', '30', '40' or '50'. (L's) are '7-9' points, (N's) are negative '20-100'. Score those three most important love relationships from the past and a new someone you are considering on each of the Essentials and the Likes. Deduct anything on the Absolutely Not list. Those are meant to be deal breakers. You will wind up with a percentage like a test score. You determine how high of a percentage is required for a second date, a third one or a deeper commitment.

This tool will change as you use it. You may find you aren't asking enough from a partner. If you deserve better, work on your self esteem. Hypnotic age regression can help. If you are Joe Shmo asking for Miss America, you can either lower your requirements to something more reasonable or raise your qualifications through education, success training, etc. to become someone Miss America would accept. This also applies to Jane Shmo looking to meet Mr. Rich and Handsome. To get someone wonderful, become someone wonderful. Hypnosis can help here, too. So can communication workshops, sensitivity groups, etc.

MEDITATION FOR ATTRACTING LOVE

Breathe deeply. Calm yourself. Relax every muscle in your body. Enter a meditative state, a state in which you are suggestible to yourself. See yourself in a joyous and fulfilling relationship. Imagine the lover you want with you in that relationship--the touch of that lover, the feel of that lover, the personality, the look, the kind of career, whatever is important to you. Imagine the you are who has attracted such a lover. Imagine yourself strong, confident, relaxed, and loving. Feeling good about yourself. Imagine yourself attractive inside and out, in excellent physical condition, able to communicate effectively and lovingly, enjoying your sexuality fully while sharing deeply with this special lover. Able to do all those things that are important to you and do them well. Feel yourself changing now. Becoming the person you wish to be in the relationship you wish to have. Changing now, moving in the right direction.

Give yourself the suggestion that each and every moment, each and every day, you are more and more the person you wish to be. Each and every moment of each and every day, you draw nearer and nearer to accomplishing your goals.

Feel the image of yourself as you wish to be sinking deep within you. Becoming part of you. Changing as you change. Moving forward as you do and always you are moving forward. Always you are becoming the person you wish to be. Knowing this and confident in the fact, you feel yourself swimming strongly, easily towards the shore, knowing, as you reach it that you can and you will reach your goals, you can and you are reaching your goals. Feel yourself resting now on the soft warm sand. Feel the light of the sun entering you, warming you, soothing and healing, strengthening, energizing, and stimulating you. Feel the Light within and without. The Light ignites within you a feeling of being in touch with your own love for yourself, a deep and abiding caring for all the makes you who you are. You deeply love the you you are and the you you are becoming. From this deep inner love for yourself comes a feeling of-- space-- in your life for another special person to deeply love, a person you can be in joyous and fulfilling relationship with. You feel yourself ready for such a relationship, drawing it to you in the Light. Drawing this very special person to you in the Light.

Imagine a hollow tube reaching from the top of your head all the way through your being. Fill that tube with an intense belief in yourself, in your own abilities to learn what you need to know to accomplish your goals. Fill it with a deep and abiding love for the You you are and the You you are becoming, the you you are creating with the knowledge you are gathering and the personal growth exercises you are doing. Fill it with the power to attract a lasting, joyous and mutually fulfilling relationship, a magnet of Light attracting your special love into your life.

Power your belief in yourself and in your ability to attract your special love with warm, strong White Light; strengthening you, energizing you, empowering you to accomplish your goals in life and in love.

Each time you focus on your inner core of strength, light, and love - you feel stronger more powerful more capable of attracting the relationship you want and maintaining that relationship in a way which is lasting, joyous, fulfilling and growth stimulating for both of you. Feel Light, strength and energy flowing through you, strengthening you, energizing you and empowering you to accomplish your goals in life and in love.

Personal ads, singles dances, and the bar scene may work for some singles, but for someone with marriage in mind, your own matchmaker may provide a better alternative.

Who goes to a matchmaker? Selective, successful (and busy) singles who are seeking a quality life mate are most frequently the ones to hire a matchmaker.

When you meet a person at a singles event, all you know about them initially is their name and appearance. You won't know, probably for quite a while, if they are compatible with you or not. And you won't know unless you ask the awkward question, if they are truly interested in marriage.

There is much personal data that the matchmaker comes to know about a client that in normal hit or miss conversations you have no way of finding out until you're well along in the relationship. Perhaps, by then, some of your original requirements may not seem as important because you've fallen in love. Later, when some of the magic wears off and you're trying to live together, some of the conditions you let pass may turn out to be essential for a lasting relationship.

Matchmaking, your "Do It Yourself Kit", relationship coaching and hypnotherapy are time savers and ways to avoid some painfully bad choices. If your time is valuable, you don't want to be spending your Saturday nights in bars (or even random singles events) waiting for your right one to fall in your lap. You certainly don't want to waste weeks or months on a relationship which isn't going anywhere due to basic incompatibilities you didn't discover early enough. A bad marriage can be considerably worse. Instead, you want to spend your valuable time in the company of a person with whom you can share more lasting love delights...

Happy Valentine's Day!

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Terry Brussel-Gibbons, PhD, is a certified Clinical Hypnotherapist with experience in her field since 1969. She is also a Fourth Generation Matchmaker. She is the Director of Success Center in Encino, California. She is also a success coach, keynote speaker, hypnotherapist trainer and author.

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