



LOOKING FOR LOVE? VISIT OUR DATING WEBSITE

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PSYCHIC LOVE COACHING

Finding love is a game of chants

JENNIFER CARR
for thelondonpaper

FINDING out about your love life through a psychic used to involve a clairvoyant and a crystal ball. But not any more.

Alison Chan Lung, who runs the London-based Psychic Love Coaching Programme, claims she can guide your relationship future over the phone.

She says that through mind power, she can unlock the doors to happiness by changing your perceptions of others and yourself in a bid to find love. This is the love, she says, that "our higher power knows we're worthy of, but our ego keeps us from finding".

So far, so cynical. But once I learn that the process has a bit more basis than tea leaves and tarot cards, I am a bit more of a believer.

The first activity is called "checking in" where Alison encourages you to unload your dating attitudes in a bid to sort out your love life.

This requires, on the first of your two prescribed sessions, an honest brain dump of your thoughts and fears about relationships and yourself. There's no point in holding back here, so be honest.

Alison talks you through your relationship goals while coaxing out the negative bits.

So if you want to believe that flirting with "him at work" could lead to something, you will have the focus to do so.

On our second meeting I'm asked to recall my negative beliefs about men (they're either too aloof or too clingy) and me (my fear of being trapped in a relationship).

Alison tailors these negative beliefs into positive mantras. I am then asked to chant these mantras in my head while I am on the Tube, at the gym and at work so that eventually my brain will take them as gospel.

Now, it doesn't guarantee instant results and you'll need to stick with it, but after two weeks of whispered chants such as, "I accept myself and others as they are", there's something resembling sassiness in my stride.

At least the amount of cheeky glances I receive skipping onto the Northern line would suggest that self-esteem definitely ups the stakes in the dating game.

And, with five clients married, Alison's theory of harnessing positive thought may just be the secret to finding the relationship we actually all deserve.

30-minute Psychic Love Coaching costs £45 (two sessions minimum)
psychiclovecoach.com

PAUL BRADBURY



POSITIVE THINKING | Crystal balls are not required