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*On trial*

## THE SOUNDTRACK TO FALLING in love

Can listening to a CD help you find Mr Perfect? Tania Gomez presses play to find out.



**W**orking at CLEO means sometimes having to take one for the team (ie. womankind) in the interests of investigative journalism. In this instance, I'm attempting to find Mr Right via my CD player.

Prior to starting, I speak to the creator of audio book *Attracting Love*, Tricia Brennan. She asks me if I'm open to being in a relationship (I think so) and

pre-warns me that a lot of "stuff" will come out as a result of listening to the CD (gulp). I'm slightly worried about what this "stuff" will be, but she says it'll just be all the personal issues I have that are stopping me from finding my ideal partner. Once I deal with these, then I'll free myself up to meeting my perfect guy. So, it's kinda like doing a facial for my love life.

The CD involves having to learn the 10 principles of attracting love (eg. I was born with the power to create my own destiny), and also doing a few exercises to tackle the things hindering his arrival. Some of which include having to write down all the traits of my ideal relationship and those of my ideal guy. My favourite part involves a kind of exorcism for past relationships. I have to write down words to describe my past experiences with boys, rip up the piece of paper and set it on fire to signify that I'm putting it behind me. Next up, I make a collage of what my perfect

relationship looks like so I can look at it everyday and positively visualise it. After which I'll end up with something resembling a Valentine's Day arts and crafts project done by, um, a five-year-old. Hey, there's a reason why I write for a living, you know?

The last part of the process focuses on doing a 15-minute meditation everyday for 28 days where I positively visualise myself in love. This is supposed to change the way I think and feel about myself, and will in turn convey an invisible invitation to my ideal partner to come into my life. My sister (who I live with) particularly enjoys this bit as she continually mocks me every time I disappear to do it. I do have some trouble with this, as every time I try to meditate, I end up thinking about things like picking up my dry-cleaning!

I speak to Tricia about this issue, and she tells me she



Accidentally putting in the wrong training CD, Jessica inadvertently ended up mastering the art of flamenco instead.

senses I naturally always have a lot of things going on in my head anyway (very true!). She advises me to just tell those inner voices to go away, and the more I do it the better I'll get at tuning out. She also says that after the 28 days, I'll notice things start to "open up" for me in the love department. The funny thing is, while doing a radio interview later on, the presenter proceeds to say live on air that I'm single. Nothing like a public service announcement to really open things up, huh?!

Post-trial, I'm still single, but I still consider it a success in that listening to the CD helped me solidify exactly what I'm looking for when it comes to men and relationships. Being mindful of these things has made me look at love in a different way. If anything, at least this should make recognising the perfect mate a tad bit easier. *Who cool*

**WHAT IS IT?**

A step-by-step audio book called *Attracting Love* by Tricia Brennan.

**WHAT DOES IT CLAIM?**

That listeners will be able to attract their ideal partner just by completing the exercises on the CD.

**HOW MUCH DOES IT COST?**

\$19.95 at bolinda.com

**WHO DID THE TRIAL?**

CLEO's copy editor (and single girl) Tania Gomez, who's maybe too picky!