7 SECRETS TO MANIFESTING LOVE

HOW TO OVERCOME UNWORTHINESS & ALLOW LOVE INTO YOUR LIFE

BY MARY JANE KAPTEYN
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Dear Friends,

I’m delighted to share the secret to manifesting love I have discovered that caused a miracle of love in my own life.

I was compelled to create an online e-course to guide women, step-by-step through a practical, spiritual approach to finding love called

**Manifesting Real Love: A Step-by-Step Guide to Being, Attracting and Having the Love You Want.**

In this Special Report, I’ll share of essence of what I learned from my own experience and in coaching women to successfully find love. I will share the principles that supported me, many others and will support you to finally feel worthy of love.

I sincerely hope you enjoy reading my Special Report “The 7 Secrets to Manifesting Love” and I encourage you to begin to integrate the principles that I know will help you realize a miracle of love in your life.

With Love,

Mary Jane Kapteyn
Chapter 1:
The Lies That Keep You From Love

*It doesn't matter how long we may have been stuck in a sense of our limitations. If we go into a darkened room and turn on the light, it doesn't matter if the room has been dark for a day, a week, or ten thousand years -- we turn on the light and it is illuminated. Once we control our capacity for love and happiness, the light has been turned on. - Sharon Salzberg*

For as long as I could remember, I was looking for the ONE. I wanted so much to get married and have a family. Like, you, I wanted that special someone to share my life with. A partner with whom I would feel cherished, understood and listened to, respected, supported by; a soulmate to share a passionate and heart-filled love connection with. Yet, one disappointment after another left me discouraged and resigned to living alone.

While, I had a series of long-term partnerships, in addition to some disastrous and enlightening dating experiences, none of these relationships ever manifested into the long-term commitment I truly desired. More baffling than anything, most of these men viewed me as “special” and often claimed I was "one".

I didn’t understand.

I’m an attractive, magnetic woman. I have a big heart and give generously.
I care deeply about people. I’m smart and a powerful intuitive. I’m educated. And I have a fulfilled life. I just couldn’t figure out why, after investing in my personal growth and having accomplished so much, I was still alone. Why had these men suddenly, inexplicably withdrawn their attraction, attention and devotion? Why hadn’t I found the one?

At first, I blamed my single status on everything outside myself.

- There simply are no available, good men
- Men find successful women intimidating.
- I’ve just never met the right guy.
- I am just not attractive or accomplished enough.

But I knew these were only surface beliefs that arose from each failure in love. These common beliefs were constructions my ego-mind attached to in order to explain and deal with the heartache and pain.

Secretly, I began to wonder if maybe the reason I had not found the right person is because I had not been the right person to attract him. I realized that despite all my amazing qualities and all I had accomplished, a part of me didn’t feel worthy. I felt separate from love. The painful experiences of the past had, over time, chipped away at my self-esteem, confidence and positive belief in the possibility of love. I did not trust that I was lovable because the men in my life did not know how to love me. I believed men would ultimately disappoint me. And so they did.

It is the lie of unworthiness that blocks the manifestation of LOVE.

Something inside told me that if I could just begin to understand myself
as the source of my own experience, I could tap into my power to transform limiting love patterns and cause a miracle of love in my life. I knew that once I saw myself as worthy, past love experiences or present circumstances would not matter and love would naturally and easily come into my life.
Chapter 2:

Our Core Beliefs Determine Our Ability to Attract Love

“You are what you are and where you are because of what has gone into your mind. You can change what you are, you can change where you are, by changing what goes into your mind.”

Zig Ziglar

The Law of Attraction suggests that we don’t necessarily attract what we want as much as we attract who we are. This means that:

The core beliefs we hold about ourselves are reflected in our experiences and circumstances, and these core beliefs determine the possibility we hold for our lives.

Core beliefs operate below our conscious awareness and become imprinted or patterned due to intense emotional experiences. Over time, the patterns become engrained and override conscious intentions. Therefore, it is not our conscious desires that manifest but our unconscious beliefs that create our results.

It is not what you want that you attract but what you energetically feel and believe. Most of us don’t even know we have these patterns of belief, let alone what they are and how they are limiting us.
For years, my work as a Life Coach and Spiritual Counselor focused primarily on helping people get free from limiting patterns of belief. When I began to apply to these same principles and techniques to the intention of finding love - positive, amazing changes happened.

And what I understood from years of belief work - was that left unchallenged, unconscious beliefs continuously draw to themselves the same or similar circumstances resulting in a repetition of the same experiences over and over again. Each cycle only validating the illusion or misperception it was first created from.

This means, no matter what how much try to change our circumstances externally by doing all the right things, the power of belief recreates the same frustrating results. What a compelling awareness!

**For years, I made the mistake of assuming that the obstacles to love were outside myself.** I believed that if I just worked on being a better me through generosity, accomplishment and attractiveness, a man would finally recognize my worth. While, this may have attracted men to me, it did not lead to real love and commitment.

Unaware that my core beliefs were creating my experience – I found myself attracting the same experiences and the same kind of relationships. While, I was making healthier choices and saying NO to what I did not want. I felt frustrated that these core beliefs were determining what is possible and what is not.

No matter what I DID on the outside, my unconscious beliefs were sabotaging my love life. It is likely these beliefs and patterns are sabotaging your love potential as well.

Beliefs such as:
• You can’t trust men
• It’s too late for me (I’m too old, I made too many mistakes, etc)
• Men will inevitably disappoint me
• Love isn’t easy to find, I am not sure it will happen for me
• The fact that I am single makes me unlovable
• Being loved means I will finally be worthy
• Great love happens to others, but not me.
• Loving means losing myself.

I found that under every false, limited layer of belief, at the very core of it, for each and every person, is the belief of “not being good enough”. The lie of unworthiness is the real reason of why you are not finding and living love. This is the belief that must be challenged and rewritten for real love to be manifested.

Understanding that it is your beliefs and not your circumstances as source of your pain and limitation means you can stop distracting yourself trying to find solutions outside yourself and start trusting the wisdom you have within.

Best of all, as you transform your beliefs about yourself – your circumstances will change. Everything that seemed impossible before begins to BE possible. You see a path to avoid heartache and disappointment, and clear steps to support attracting the love you want.
Chapter 3:
Making the Commitment to Transform your Relationship with Love

I mistakenly thought that my yearning for love was enough to draw it to me. I thought that if I wanted it badly enough and focused my attention on looking to find it, it would appear.

But what I learned is that yearning creates more yearning. A yearning only reminded me of what was missing and left me feeling empty and defeated. It perpetuated the belief that I was separate from the love I wanted, making it impossible to find.

The law of manifesting is clear on this: whatever we focus on with emotional intensity will be drawn to us. All the yearning and longing, only attracted more lack and emptiness.

The problem was that all my energy went to looking for love. Trying to find love and give love to get love was exhausting. And it didn’t work!

I had spent so much time yearning for love, not realizing that desiring love is not the same as living love. I had done all kinds of things in order to find a true and lasting love, only to be left wanting.

I needed to admit that no amount of surface self-improvement or searching was going to make me feel whole and worthy of love.
‘Unworthiness’ was keeping me from love – not my circumstances! Feeling worthy was the key!

Only by focusing on the source of the problem – unworthiness- was I going to find real love! I knew that to attract love, I had to live love now.

So, I made a commitment to transform my relationship with Love within myself! I could no longer just hope that things would change and the perfect relationship would just appear to make me feel good. I understood that in order to truly be free I needed to be the love I wanted.

This way I would attract the highest level of love in another. And I would always feel fulfilled in myself no matter what.

The key is that unless you have a strong desire to change and act on that desire to change, everything will stay the same.

No one becomes wiser, more loving and happier by accident. We are all responsible for the steps we take to improve the quality of our lives. If you are waiting for another to change or some miraculous perfect man or circumstances to magically fall onto your lap – you will be waiting along time.

The Law of Attraction is not wishful thinking – it is the proper focus on attention and intention to align with the results you want. Without directing your mind you risk it running on default programming and missing opportunities for love.

You must be willing to do what is necessary to take full responsibility for your happiness and this includes being responsible for feeling love and being loved.
Even though, the patterns of feeling unworthy for love likely began in early childhood through no fault of your own, you now have the power to change it!

You are empowered to be happy or to be unhappy – it has nothing to do with what another does or doesn’t do! Giving another this power is what has made you unhappy in the first place. The mistake would be to increase your dependency on outside sources of love rather than cultivating your own inner love-awareness.

I decided that with or without a relationship, I was going to feel worthy. I was going to be happy, fulfilled, esteemed, successful and purposeful. I would embody love so that love would draw itself to me. This way no matter what joy and fulfillment would be mine.

Until I found the One, I decided I would be my One. You must do the same.
Chapter 4:

Being Love to Have Love

“The secret of attraction is to love yourself.” Deepak Chopra

I wanted to feel worthy and I wanted to feel loved – I thought the only way I could feel this was IF I had another to love me. But I remember all the time in a relationship I felt alone, neglected and less than perfect. I also remembered the fear I felt when I found love because I could recall all the times I lost it.

The truth is no one taught me how to love. And rarely was the love I experienced given unconditional or abundantly. It has likely been the same for you.

Most of us have no idea how to give love or receive love, or how to find love or keep love. Likely you are open to learning and you have read all kinds of books from latest experts and tried traditional dating methods. But without worthiness- these techniques don’t work!

So, what is missing? WHY haven’t you got the results you want?

No doubt this real life experience and knowledge helped you get closer to the love you want. But to attract at the level of Soulmate love you must claim your worth; you must learn to BE love before you DO love.
Worthiness is not earned it is claimed! You could spend a lifetime, figuring out WHY you feel unworthy and relive the events of the past in an effort to understand. But understanding and knowledge do not create change! Together awareness and knowledge can be a catalyst and motivation for change, but action creates results.

You must know how to transform limiting negative patterns into positive and expansive ways of being.

You must know your worth and take action towards the transformation you desire. You must apply the right knowledge at the right time in order to be successful. Succeeding, then, means claiming your worth and taking action to FEEL joy, happiness and love everyday.

Worthiness is not just self-care, but self-love at the deepest level of your understanding. It is knowing yourself as LOVE: fundamentally, spiritually and intrinsically, and believing this truth of this love as more powerful than any past experiences that will help you transcend unworthiness.

Being love makes having love possible.

As I began to understand and accept the notion of ‘being love’ in order to attract love, I could more easily confront and ‘unstick’ myself from unconscious patterns. Over time, my unconscious patterns and conscious intentions began to align. I attracted less of what I didn’t want and more of what I did want.

As I applied the truth of already being love, love was available to me in every moment. Living love inside of me made me feel inspired, relaxed and full.
There are simple ways to begin to FEEL more love inside yourself and create more love in your life right now!

By dedicating time to self-love acts and learning how to embodying the energy and feeling of love you can be truly happy and fulfilled. It has everything to do with the loving action you take.
Chapter 5:

Claim Your Worth

“You have to focus on the most wonderful relationship you can have: the relationship with yourself. It is not about being selfish; it is about self-love.” Don Miguel Ruiz

As, I confronted and healed the "unworthiness" at the core of my relationship patterns I began attracting more love, fulfillment and happiness in every relationship of my life. So many have transformed their love lives, as I transformed mine, and so can you!

The Miracle of Love occurs when we are LOVE. The journey begins with claiming your worth!

The capacity to which you can feel love and feel worthy is directly related to the measure of Love you attract. The bigger your personal self-worth- the bigger you capacity to be love and be loved.

While it was true that I always attracted men who wanted me – I wasn’t sure I wanted them. Sometimes, when I allowed myself to want them, they stopped wanting me back.

But when I claimed my worth I began to attract men I wanted and who wanted me and consistently made me feel good. I attracted men of high quality who were READY and capable of having a committed real love
This transformation occurred because I began breaking all the hidden habits that came from the unworthiness pattern. In the old paradigm, I tried to get, earn and achieve love: I gave more than I got, I pursued, I excelled, I settled, I accommodated and I yearned.

I learned that the more you TRY at love, the more love alludes.

So I stopped trying at love and started being love. I started loving myself each and every day. I stopped looking for love and started attracting love. I stopped giving love to get love. Suddenly, I began to receive more love.

I did this by claiming my worth as an intrinsic truth of myself. Easily and miraculously, the unworthiness holding me back from manifesting Love began to dissolve. I also began to manifest more easily in other aspects of my life.

Over time, all those new, positive experiences of being love, feeling love and extending love, built faith and trust in yourself and allow you to confidently recreate your love experiences. This faith and a clear path to follow allow you to believe that real love is not only possible but also possible for you!
Chapter 6:

Create a Miracle in Your Love Life

Re-writing your love story begins by embodying the love you wanted to have. Acting AS IF you already are loved, content, happy and joyful, so you can act upon those thoughts easily and naturally!

Creating the Miracle of Love means shedding the old identity that you are unlovable, unworthy of love or simply alone in life and replace it a new identity where you can be truly loved and valued by another.

The only way we can form loving, happy unions is by developing a whole sense of self. In the old paradigm you tried to get love but in the new identity you are love attracting itself. Instead of needing the certainty of another’s love, you have a confidence that you can and will be loved.

To attract love you must have an identity that is self-assured in love.

This is a powerful truth! When you are assured that love is forthcoming – every behavior that held you back from love drops away.

You stop closing your heart, or opening it to wide; you stop bartering for love by being the good friend or trading favors for love; you stop being afraid and start feeling confident; you don’t lose yourself by compromising your values or sacrifice your dreams; you stop being manipulated, used or abandoned.
And best of all you attract a match!

Having a ‘self-assured love identity’ helps you bridge the gap between the past and your potential. By redefining ‘who you are in love’, you support perceptions of love, possibility, happiness, freedom and joy: you move from where you are and where you want to be by believing in the POSSIBILITY of love.

You can start this process by reframing the limiting or negative thoughts into new beliefs that inspire possibility. The old belief that “love will never happen to me” can transform into “if others have found love and I am no more or less special then they are, then love is also possible for me.” “It’s too late for me” can reframe into “I may not know who, when, where but I trust my time will come”.

Shifting your focus from past negative beliefs and ideas to what is POSSIBLE will bring you energy, empowerment and positive expectation.

Ask yourself, what else is possible to believe, perceive or experience?

Regardless of your current circumstances, everything can be completely transformed instantly, easily and for your higher good! Find opportunities to affirm that anything is possible!
Chapter 7:

To Have Love You Must Be Loving

Manifesting Real Love requires preparation. In order to have love, you must also love well. You must adopt new love behaviors to match your new identity. And you must release the pain of the past so it does not taint your present.

The reason your love relationships have failed is because you were insufficiently loved and insufficiently loving.

You were loved conditionally and you loved conditionally as well.

Conditional love is an attachment ridden with expectation, neediness, fear, indifference, control, blame, defense, selfishness, avoidance, dishonesty, self-sacrifice and manipulation. Unconditional love instead, is based on boundaries, self-worth, fullness, truth, compassion, generosity, trust, respect and freedom.

Fearing the loss of love means either never taking a risk to love or trying to be loved by over-giving. Imagine instead you know your worth and feel confident you will be loved than you will no longer be able to tolerate or settle for anything less than real love!

Instead of fearing loss you feel confident you will be loved and easily let
go when you are not. Fear is replaced with trust, emptiness with abundance and trying with ease.

To do this you must release the pain of the past.

All the hurt, sadness, grief, loss, anger, disappointment, confusion, anxiety, guilt, regret and pain of the past must be acknowledged with kindness and compassion. Otherwise, the emotional memory projects onto our present and blocks our belief in new possibility.

Focusing on the past means you are not living your present!

You will be pulled back into fear: old habits of behavior and negative mind chatter will rekindle all your old beliefs. The past will become your present and you future will be stolen away.

Just as it is possible to form a new love identity, beliefs and behaviors, you can heal the pain of the past. The freedom gained is extraordinary.

I know you can have the love you want! The time is now!

I finally feel worthy to be loved, I know what real love is and I feel completely assured in the abundance of love living within myself and overflowing in every relationship.

I know peace of mind, happiness and trust that has erased the pain of my past and illuminated an abundant and hopeful future. And you can experience the same!

It will take consistent effort and heartfelt desire but it is worth it to avoid the frustration of repeating past mistakes and all the heartache!
I’d like to extend an invitation for you to consider taking the first step towards creating the love life you truly want: so that you too, can manifest the miracle of love in your life.

My one-on-one coaching for love creates a whole new level of insight and a world of possibility in the area of committed, romantic love. The power to transform how you love and attract love can begin right now.

CLICK HERE to register for a complimentary 30-minute coaching session!

May you know real love!

Maryjane

maryjane
Success Stories and Testimonials:

“Mary Jane, you can't possibly remember this, but two and a half years ago you told me that I'd meet someone you called my Soulmate during the last part of my program. And last September, while writing my thesis, a new PhD student came to UBC to work with my supervisor. He looked exactly like you said he would and acted exactly like you said he would. But you also didn't ruin the surprise: we grew up together as teenagers, and he's been in love with me since he was fifteen. This weekend we had our anniversary, and I feel so grateful to be with him. And so grateful to you: knowing that the right man for me would be there in time kept me from spending a lot of time in-between with the wrong men. So I just wanted to say thank you for that!” Love Shannon G., Vancouver, BC

“You may not know it, but you're the reason for the positive changes in my life. You have helped me take things to a whole new direction. After years of being alone and distrusting men, I am finally open to allowing love back into my life. You are truly inspiring! You're so open, caring, loving and generous. And your love is infectious. Thank you! ” Jackie E., Calgary, AB

“Mary Jane your Love Coaching has helped me tremendously! I have been standing my ground with an open heart. I am letting go of my agendas and truly just enjoying my time in my new relationship. I'm not restricting myself anymore or controlling the way I feel. I have told many of my girlfriends about our discussions regarding men and love. Interestingly, many of them are intrigued by my "newfound wisdom" and are putting the suggestions to practice. I am feeling very loved and loving. I am doing my best to be positive and open to what gifts the universe has in store for me”. Love, Raena W., Edmonton, AB
“My life has evolved in ways that I am truly grateful for - thanks to you! Being able to develop the trust and belief in myself, as well as assisting in transforming all my challenges, old beliefs and patterns into more positive energy, could not have been accomplished without your guidance. All the tools you have provided that have enabled me to move forward with my life are invaluable. It feels so good to be where I am inside myself - right now. Thank you, Thank you!” Blessings, Char, Calgary, AB

“Your Manifesting Spiritual Love course was so great in so many ways! My husband and I tried therapists and they all were effective in dealing with communication issues but this is the only process that opens up the heart. I am in love all over again with my husband and myself! I feel like a new and lovable person with possibilities shining all around! Love you Mary Jane.” Jill S. Calgary, AB

“After coaching with Mary Jane, I am someone I never thought I would be. I am open, self-aware and I truly believe that love is possible for me. Before we met, I did not believe love could happen for me. Now, I am open to love and I finally love myself completely.” Rosanna S., Calgary. AB

“Thank you for the course on love. I wasn’t sure what to expect at first but it exceeding my expectations. I learned so much about myself and can now take this awareness and the exercises to open up more to love. You are such a caring and loving person and it shows. You are such an example to all of us.” Stephen S. Calgary, AB

CLICK HERE TO BEGIN