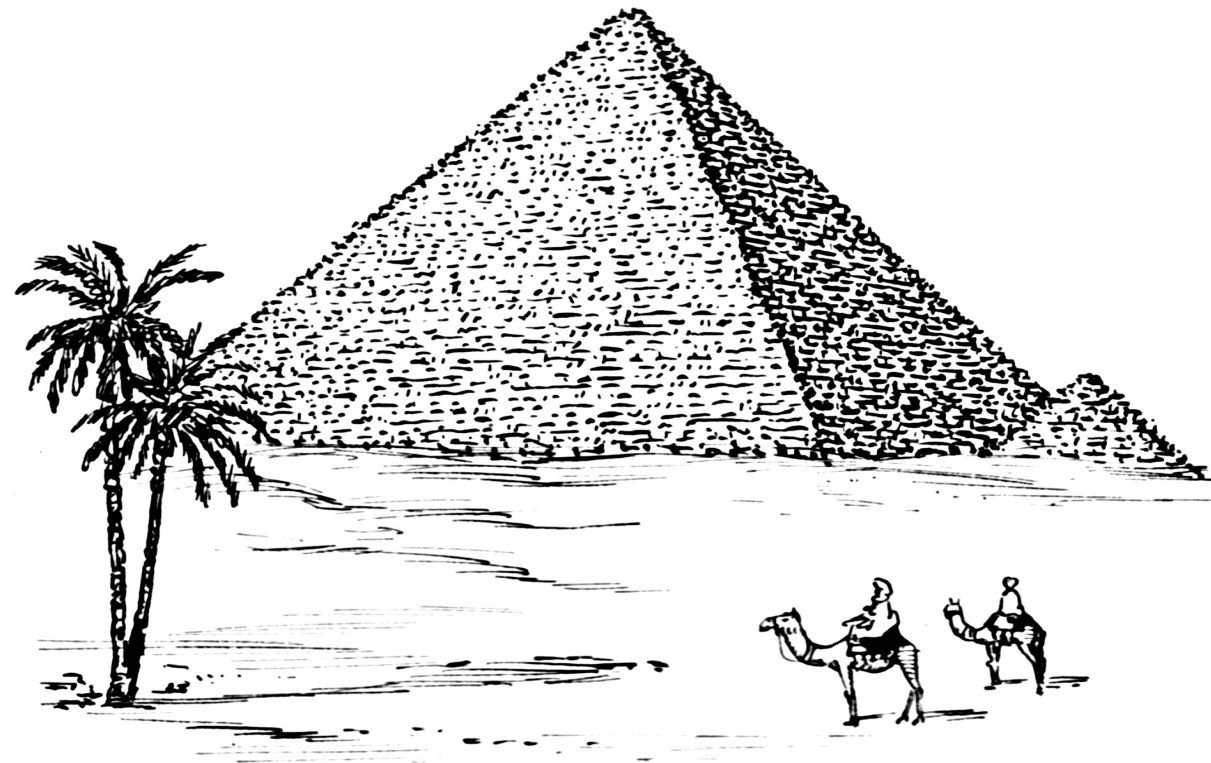


Fall In Love And Stay There!

Secrets of the Love Pyramid



Annie Lin ♡ *NewYorkLifeCoaching.com*

Introduction

Love has so many meanings to us that sometimes it becomes lost in translation.

We all yearn to love and be loved: to experience the joy and fulfillment of sharing each day with our heart's perfect match. This desire is often so strong that it can seem like an unattainable ideal consigned to the world of fiction and fairy tales. Though we know that in the real world, soul mates do *not* just magically emerge from the clouds, that doesn't mean we all can't have our own *happily ever after...*

If you are still searching for that elusive companion with which you can experience the world and its many adventures, *Fall In Love and Stay There!* will serve as a guide to transform your disappointing love life into a journey of true wonder and happiness, leading you to your ideal mate while giving you surprising insights into the art *and* science of love.

Contrary to popular belief, it isn't *your* fault that you have yet to find the love of your life. There is nothing wrong with wanting more or feeling lost in the search for a more fulfilling life.

I look forward to sharing with you all the secrets of the *Love Pyramid*. True love can be yours today!

Annie Lin  NewYorkLifeCoaching.com

love

/lʌv/ [luhv]

noun, verb, loved, lov·ing

-noun

1. a profoundly tender, passionate affection for another person
2. sexual passion or desire
3. a person toward whom love is felt; beloved person; sweetheart
4. affectionate concern for the well being of others

-verb

5. to have love or affection for another person; be in love
6. to have a profoundly tender, passionate affection for another person

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For centuries, the pyramids of North Africa, Mesoamerica and Asia have infused travellers with feelings of awe and the sensation of direct contact with eternity, prosperity and might.

These monumental constructions also bear testimony to the genius of human inventiveness. Their architects combined relative simplicity with structural integrity and durability. The pyramids were built from the bottom up and finished from the top down.

The Love Pyramid

Some of the world's greatest minds have used the timeless design of the pyramids to reveal the secrets to success, happiness, and even *true love*. Keep reading for the key steps to making your love life just as awesome and durable as civilization's eternal masterpieces.



1. The Foundation: Building on Solid Ground

Present Tense Only

Ancient Egyptians knew to choose wisely when locating their monuments. Building on strong foundations meant their master works would stand the test of time, enduring earthquakes, wind storms, and heat expansion. Similarly, preparing your heart for love begins by laying a solid groundwork, which can only be achieved by *living in the present moment*. Basing a relationship on anything other than *here and now* leaves your heart vulnerable to the storms of past regrets or the wavering wishes of what might be.

Far too often, we haplessly seek to forge the future on the platform of the past: caught in a cycle of missed opportunities, lost loves, and cherished moments. Have you ever wished to return to another time or place? Do you long to undo your past mistakes? Are you wistful for a period of happiness that only lives in your memory? If the answer is *yes*, then you are in danger of laying your foundation on the shaky soils of If Only:

How come so many of us struggle to grasp the real meaning of life: namely to live in the moment and enjoy what we *do* have?

As long as you are living in the past or yearning for the future, it will remain impossible to break new ground. True love flourishes when you live in the moment because the only true thing that exists is *now*. Even your thoughts, whether stuck in the past or fixated on the future are occurring right *now!*

*The secret to a solid foundation is knowing that in order to be truly happy
you do not need anything more than what you have right now!*



Mind Your Mind

The first step to *living in the present moment* and achieving greater awareness is to become more conscious of your beliefs, thoughts, and actions. Cultivating this intimate self-knowledge is vital because each element causes a ripple effect: your beliefs form the basis of your thoughts and your thoughts lead to your actions or lack thereof. These actions, together with your words -also thought-generated- have the power to influence other people and their actions, as well.

Identifying and analyzing your beliefs allows you to judge whether or not they are grounded in truth. For example, if you have yet to experience true love, you may consider it to be impossible: a belief rooted in fear and insecurity, not truth. Harboring such misguided beliefs will inevitably result in negative thought patterns that keep you from moving forward and *living in the present moment*. Remember, action begets habit. If you are ready to create healthy habits formed out of truth, not insecurity, begin by replacing your negative thoughts with words of self-love.

Words of Self-Love

I am worthy of love.

I am worthy of happiness, wellness, and success.

There is nothing wrong with me as a person.

Once you commit to re-shaping your old beliefs and ways of thinking, fully embracing the live in the moment philosophy, you will begin to attract love, happiness, and success.

10 Steps to Carpe Diem

Carpe diem or *seize the day* is the Latin dictate for *living in the present moment*. Even the seemingly most hopeless of situations can be seen in *a new light* when you seize what is already your today, expressing a spirit of gratitude for all that you have in your present life. Remember, you must associate the good with now, not with the past. The best way to *seize the day* is with conscious self-reflection. Ask yourself:

What makes up my beliefs? Why are they corrupted with negativity and regret?

Though the process of *living in the present moment* takes some practice, you will find it exhilarating. Here are 10 steps to help you on your way:

1. *Focus your thoughts* on what is going on right here and now.
2. *Be more perceptive of your current environment*. Experience life with your five senses. What do you see, hear, feel, smell, and taste?
3. *Experience your body with real awareness*. When your thoughts distract you from now, return to the body by focusing on your breathing.
4. *Be kind to yourself*. Awareness is a non-judgmental act of seeing of what is. Unclutter your mind by letting go of bias and criticism.
5. *Take charge* by accepting that only you are in control of your thoughts and perceptions.
6. *Eavesdrop on your own mind*. Sneak up on negative thought patterns by taking note when you catch yourself having a dark thought.
7. *Listen up*. Learn to listen without engaging your inner dialogue. This is a critical skill. If you need specific guidance, please *contact me*.
8. *See both sides of the story*. When a situation starts to overwhelm you, be your own devil's advocate and consider the opposite perspective.
9. *Know your limits*. Sometimes, the change we desire isn't immediately within reach.
10. *Practice happiness*. After all, when was the last time you gave yourself permission to be truly happy?

Instead of subscribing to the belief that your luck is somewhere in the future, learn to see that it is in fact right here, right now!

Laws of Attraction 101

Forget fate. Finding the love of your life isn't written in the stars but well within your grasp and it begins by following a simple formula. First and foremost, you must accept that there is no need to fix anything about yourself. Just as with *living in the present moment*, achieving your heart's desire is about fixing the way you think, not who you are. A thorough understanding of the inner workings of the *Laws of Attraction* will facilitate this process.

A common topic for talk show hosts, romantic comedies, and self-help books, the *Laws of Attraction* are popular in the common vernacular, but often misunderstood. Unless you know how the principles work, it will be hard for you to attract true love and romance into your life.

In short, the Laws of Attraction assume that your thoughts affect your present reality.

You may have read about or experienced firsthand how positive, optimistic societies reap success while negative, fatalistic groups of people find themselves persistently stuck in a rut. Their beliefs and, therefore, their thoughts, pollute their actions and negatively affect their emotional and economic behavior.

What is true for large communities of people is also true for your individual interactions with your environment. According to the *Laws of Attraction*, if you concentrate on positive thinking, you will, in turn, act positively thus attracting success and good fortune. On the other hand, if negativity clouds your tinner dialogue, your actions will reflect this fatalism, attracting disaster. Ever heard of Murphy's Law? It's nothing else than the *Laws of Attraction* working against you as a product of negative thinking.

No one is responsible for your life but you.



You alone have the power to attract good things into your life, regardless of your current circumstances. Every person has two options:

Chapter 1 Homework

1. Review Page 6 and make a daily habit of repeating words of self-love. Challenge yourself to add new phrases each week.
2. Each day, work on mastering a new step from the 10 Steps to Carpe Diem on Page 7. Once you are an expert at seizing the day, try to put all 10 steps together!
3. Keep a thought journal and record your struggles to break away from negative thinking. When you find yourself mind wandering down a gloomy path, journal a positive alternative to counter it.

Curse the fates

or

Take ownership of your life

The *Laws of Attraction* are so powerful that if you are willing to change the way you think, you will soon be living the life you seek. A word of caution: be patient with yourself. Breaking and forming habits is a lifestyle change, not a miracle diet that promises instant results. However, once positive thinking becomes the rule instead of the exception, you will have the power to create your own destiny. Use it wisely!

You can be whatever you desire. And you, too, can find your true soulmate and live *happily ever after...*

2. The Labyrinth: Are You Ready For Love?

Heart and Mind

The labyrinth inside the *Love Pyramid* is full of false doors and dead ends. In order to navigate these perils and make it to the top, you must be prepared to act with your heart and mind. How do you do this? In short:

1. *Be aware* of your own value system
2. *Get clear* about your desires and expectations
3. *Realize the limits* of your knowledge about relationships
4. *Develop consciousness* of the consequences of your actions.

Joining heart and mind is the next step in breaking the bad habits that have kept you from *living in the present moment*. When you consistently act with your heart and your mind, you gradually eliminate the beliefs and thoughts -born out of fear and insecurity- that result in self-destructive behavior. When this behavior becomes a pattern, it can threaten an otherwise promising relationship before it has a chance to blossom, dragging you back into cycles of loneliness and despair.

Once you learn how to balance your heart and mind, the labyrinth of the Love Pyramid will grow less complex, revealing whether you are ready to truly love someone.

True Love is a Journey, So Pack Light

Fixating on the pain of the past is one of the most common and dangerous sins of the human memory. Unresolved issues, old wounds and emotional baggage can prevent you from *living in the present moment*, padlocking your heart and preventing you from giving and receiving the love you crave.

In order to truly savor the joy of the present, you must let go of the pain in your past.

Give yourself permission to forgive those who have hurt you so deeply. Let it go. For, unless you do, you are doomed to continue reliving the painful story of your past, to which the conclusion is already written. (And it's definitely not *happily ever after*...)

Living in the present moment is about checking your baggage and starting a new story: one that begins anew each day with fresh possibilities for love, happiness, and success. Once you have checked your baggage, you can begin to reflect on your true desires, unrestricted by yesterday's heartaches. Are you ready to turn the page? Ask yourself the following questions:

- Am I ready to commit to a new relationship?
- Is my mental, physical, and emotional health sound?
- What are my responsibilities – familial, business, personal? Can I handle the added responsibility of dating?
- How capable am I of maintaining a relationship that is based on equal rights, respect and mutual concern?
- Am I capable of living life to the max once I find the partner of my dreams?

Without a doubt, these are difficult questions. If you are stuck and need a bit of guidance, don't hesitate to turn to a *qualified relationship coach!*

Visualize Your Love

What does your perfect love life look like? What qualities are you seeking in an ideal mate? Knowing your relationship needs before you begin to cultivate a bond with someone new increases the odds that you will attract a compatible partner. The more you visualize the love life you desire, the closer you will move towards it. I have met people who visualized their dream home down to every minute detail and, within a few years, it materialized for them, even exceeding their expectations. You should never underestimate the power of visualization. I, too, visualized a great relationship, and then found it! Doing your homework on your relationship criteria will help narrow the dating pool to include only those potential mates who are most suitable for you.

*Unless you know what you want to experience in a relationship,
you will never find the perfect partner.*

No Rest, Just Work and Play

While searching for your soul mate, you musn't forget to keep on enjoying your life: a main tenet of *living in the present moment* and the basis of the *Laws of Attraction*. While joy is infectious and attractive, wearing your loneliness on your sleeve is the fastest way to repel the opposite sex. If you make the mistake of putting your life on hold while you look for love, you can be sure it will never arrive!

Living in the present moment implies embracing, celebrating, and taking full advantage of your single life. So, have fun! Immerse yourself in your community, nurture relationships with family and friends, and cultivate your interests. You may be surprised who you meet while you're at it!

Say yes to life and life will say yes to you!

A key part of the *carpe diem* lifestyle is the practice of saying yes even when you feel like saying no. This implies taking risks, stepping outside of your comfort zone, and being open to new experiences. (That being said, make sure you bring your common sense along for the ride!)

Remember: there is nothing wrong with being single. While true love is own its way, you can still have a ton of fun with like-minded people as you build friendships that you will undoubtedly sustain after your partners comes along. *Living in the present moment* means there is no time pressure, no deadlines, no ticking clocks. Ditch loneliness; this is a time for celebration! Enjoy the buzz of anticipation as you anticipate meeting your love match in the near future.

Finding your way through the *Love Pyramid's* labyrinth can certainly be confusing. At this stage, asking the right questions is far more important than finding the answers. [Contact me](#) for a *guided tour*!

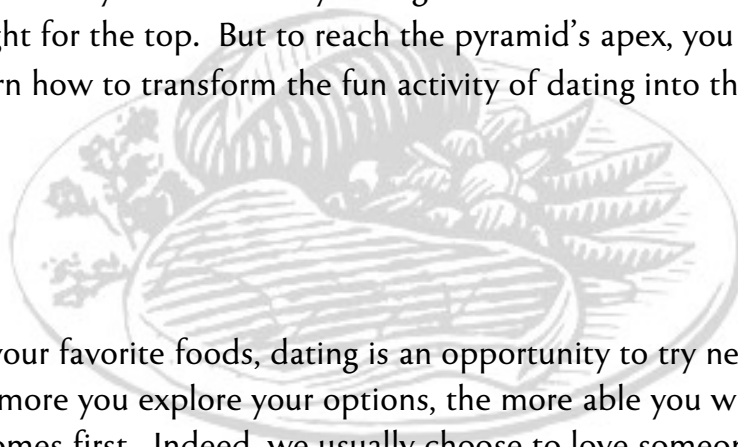
Chapter 2 Homework

1. Take a personal inventory of your heart and mind using Page 10 as a guide. List your values, desires, and expectations as well as your limitations.
2. Plan a date night...with your future mate! Light some candles, play soft music, and visualize your perfect match. Keep a pad of paper and a pen handy to sketch or write down the qualities and characteristics that come to mind.

3. The Platform: Nearing the Top

You're Almost There – Enjoy the Trip

The previous chapter focused on navigating the labyrinth of love by dating with heart and mind. Once you hone these skills, you will soon find yourself on the next platform, heading straight for the top. But to reach the pyramid's apex, you will first need to master a few simple, yet essential rendezvous techniques. Follow along to learn how to transform the fun activity of dating into the platform for future relationship success.



Sample the Menu

Much like sampling different meals to find your favorite foods, dating is an opportunity to try new things. Open your heart to a variety of dating styles, venues, as well as personalities. The more you explore your options, the more able you will be to decide whether the next person you meet is life partner material. Often, the feeling comes first. Indeed, we usually choose to love someone based on how we *feel* about that person, but infatuation is really only a overwhelming sense of attraction we feel for the other person when we first meet them. By having strict values in place you will be armed with the right set of tools to come across confident, albeit approachable.

*Only after scouting, sorting, screening, and sampling
can you ultimately find the right love partner for life.*



The Art of Flirting

Flirting is an thrilling and wonderful experience. It makes you feel truly alive as the excitement of anticipation surges through your veins.

The key to flirting is having fun, of course! After all, flirting is playful, sexy, and can sometimes be the spark that leads to lasting love. Infusing your dating life with a little flirtation keeps things light-hearted while helping you to relax and enjoy yourself along the way. Remember to keep the object of your affection's personal space and comfort zone in mind, paying attention to signals that indicate when to gracefully exit the conversation. Only you will know when the time is right.

Beware the Red Flags - Learning How to Say "No!"

Not every interested party is a potential love match. Thus, it is important to know when and how to say "No!" Pay attention to your instincts. If your gut tells you to walk away, don't rationalize. Obey! Guard your heart and be on the lookout for a few, basic warning signs:

- **Rudeness/bad manners:** When a date is disrespectful right off the bat, it usually is a flashing warning sign of bad behavior yet to come.
- **Incongruent behavior:** If a date says one thing, but acts contradictorily, this signals dishonesty or even instability: two big red flags.
- **Sudden temper:** Should a date raise their voice or burst into sudden outbursts, beware: it may be the makings of an abusive relationship!
- **Self-absorbed behavior:** If your date is too engrossed in their own life and experiences to listen to you, you're better off dating a mirror!

Rejecting the good ones is bad. Accepting the wrong ones is worse.

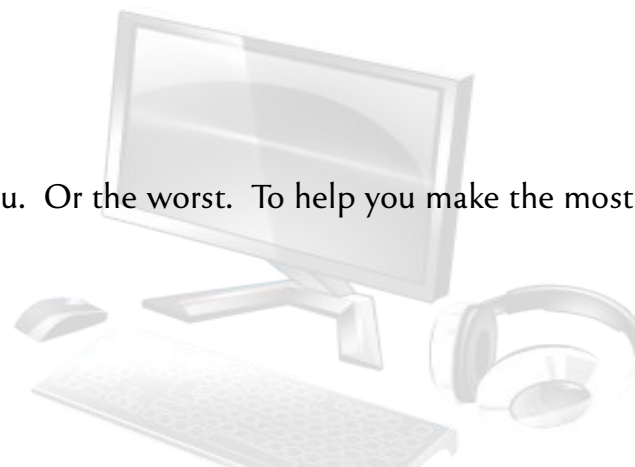
The Dos and Don'ts of Online Dating

Meeting someone on the Internet can be the best thing that's ever happened to you. Or the worst. To help you make the most of your online dating experience, I've compiled a cheat sheet of basic Dos and Don'ts:

- *Do* be honest about yourself in your profile.
- *Don't* pursue uninteresting matches simply because they reach out first.
- *Do* protect yourself and your personal information.
- *Don't* believe everything you read!
- *Do* respond individually. Online dating isn't SPAM friendly!
- *Don't* overshare. Save intimate details for face-to-face encounters.
- *Do* have fun!

Unfortunately, due to the vast penetration of the Internet there is also a darker side to dating. You should always use common sense when arranging to meet with a stranger. Aim to meet him or her in a busy public spot or ask a friend or family member to accompany you on the first date.

There are tested ways to reduce your physical, psychological and situational vulnerability by sensing, interpreting, intuiting and acting in a certain way. Your personal safety should always be your top priority. Should you require further guidance in this matter, don't hesitate in [contacting me](#).



Chapter 3 Homework

1. Spice up your dating life and try 3 different types of dating scenarios in the next six weeks. Double dating, online dating, speed dating...the sky's the limit! The only rule is to have fun!
2. Sign up for a free membership at an online dating site of your choice and take a look around! If you don't like what you see, cancel your subscription! If you do, take a chance!

4. The Apex of the Pyramid: Put Love First

The View From the Top

Congratulations! You've reached the apex of the *Love Pyramid* and are ready to build a relationship! So, now what?! One secret to success in any long-term relationship is to commit to putting *love* first within your new partnership. Every couple goes through cycles that can range from excitement and bliss to anger and frustration. How do you keep love first in the midst of your highs and lows? Here are some simple tips:

- *Touch*: Make connection through physical touch an every day part of your relationship life.
- *Connect*: Set aside time to talk about the little details -good and bad- as well as your heart's joys and sorrows.
- *Romance*: The longer you are together, the more important it is to stoke the fire with romance, which should be the rule, not the exception!
- *Develop*: Create a shared vision of your life together. What do you both want? How can you achieve these goals as a couple?
- *Team up*: When you encounter challenges, turn toward each other for solutions instead of turning away.
- *Understand*: Learn how masculine and feminine energy function and how it affects your partnership.

While you touch, connect, romance, develop, team up, and communicate, always remember to *tune in* to your partner's *love language*, or, how your mate prefers to receive love within the relationship. Drawing on his years of experience counseling thousands of married couples, Dr. David Chapman has written extensively about the five languages of love: patterns of how modern couples experience and express their affection for one another. What language does your lover speak?

The five love languages: quality time, gifts, affirmation, acts of service, and touch

Love Is In the Air – Claim It!

The pyramids were built from the bottom up, but were finished from the top down. Before you can descend into Pakal's tomb, deep in the entrails of the ancient ruins of Palenque, you must first climb to the peak. It is no different with love. While you may have reached the apex of the *Love Pyramid*, shifting your focus from *me to we*, your journey is far from over.

In order for your love to stand the test of time, you must continue practicing the techniques you learned on the way up: *living in the present moment*, minding the *Laws of Attraction*, and speaking your partner's *love language*. When you and your mate follow this formula, together you will continue to discover the mystery and grandeur of the *Love Pyramid*.

Love is not reserved for the lucky ones. It is your birthright to claim it! You are meant to discover the secrets of the *Love Pyramid*.

Are you looking for a guide? Allow me!

Chapter 4 Homework

1. Put love first in your partnership. No excuses! (See Page 17)
2. Figure out your love language. Then, determine your partner's love language and commit to "speaking" it once a day for a week without saying a word. Take note of how "multilingualism" affects your mate!
3. Pass this eBook onto a single friend! After all, everyone deserves to love and be loved...

The Time Is Now

If you are still struggling to let go of your self-imposed shackles and need help breaking free, there is hope for you! I can help you to adjust your beliefs and thoughts to create positive change in your life. Isn't it time you lived a life you love? Why wait any longer to attain emotional and spiritual satisfaction?

Love is not just a feeling, it is also a verb. Before you can love someone, you must make a decision to do so. Are you ready to say yes to happiness? Choose love and it will choose you. Fortify your love by concentrating on giving, rather than receiving.

A life of joy, fulfillment, and abundant love is just around the corner. Grab it with all your might. If you haven't already, [click here](#) to join my Love Potion list and receive free advice to amp up your love life and continue exploring the *Love Pyramid* with me. You can contact me by email, or through my website.

Wishing you lots of love!



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