

# 5 Tips to Cultivate Magnetism

These five simple, fun-filled activities are ways to up-level your magnetism, using attraction energy to draw someone into soul connection.

1. **Gazing** - Start each day at the mirror, making eye contact through your left eye for one minute. There is no goal, simply presence with self. Close the time with a positive affirmation of yourself. This practice also paves the way for intimate connection with a partner through eye contact!
2. **Breathe** - From a seated position, deepen your breath into the pelvic floor, allowing expansion and feeling the warming sensation. With eyes closed, imagine the inhale coming from the bottom of the spine, up the back and cresting over the head. Allow the exhale to travel down the front of the body, landing again in the pelvic floor. Begin to add a gentle hip-rocking motion as well as a "kegel" contraction of the pelvic floor on the inhale, releasing on the exhale.
3. **Touch** - Use intentional noticing of touch on your own body! The possibilities are limitless! How many different ways can you find pleasure in touch? Notice at the eyebrow, the inside of your arm, the toothbrush, your food in your mouth, massage with warm oil, etc!
4. **Move** - Free your body and move! Stretching, yoga, dancing and exercise all help keep our systems clear and flowing.
5. **Play** - Have fun! When you are full of joy and playful energy, others find it enjoyable to be around you. Find creative outlets, hobbies, friends to lift yourself up.



---

kim holden coaching

KIM@KIMHOLDEN.COM