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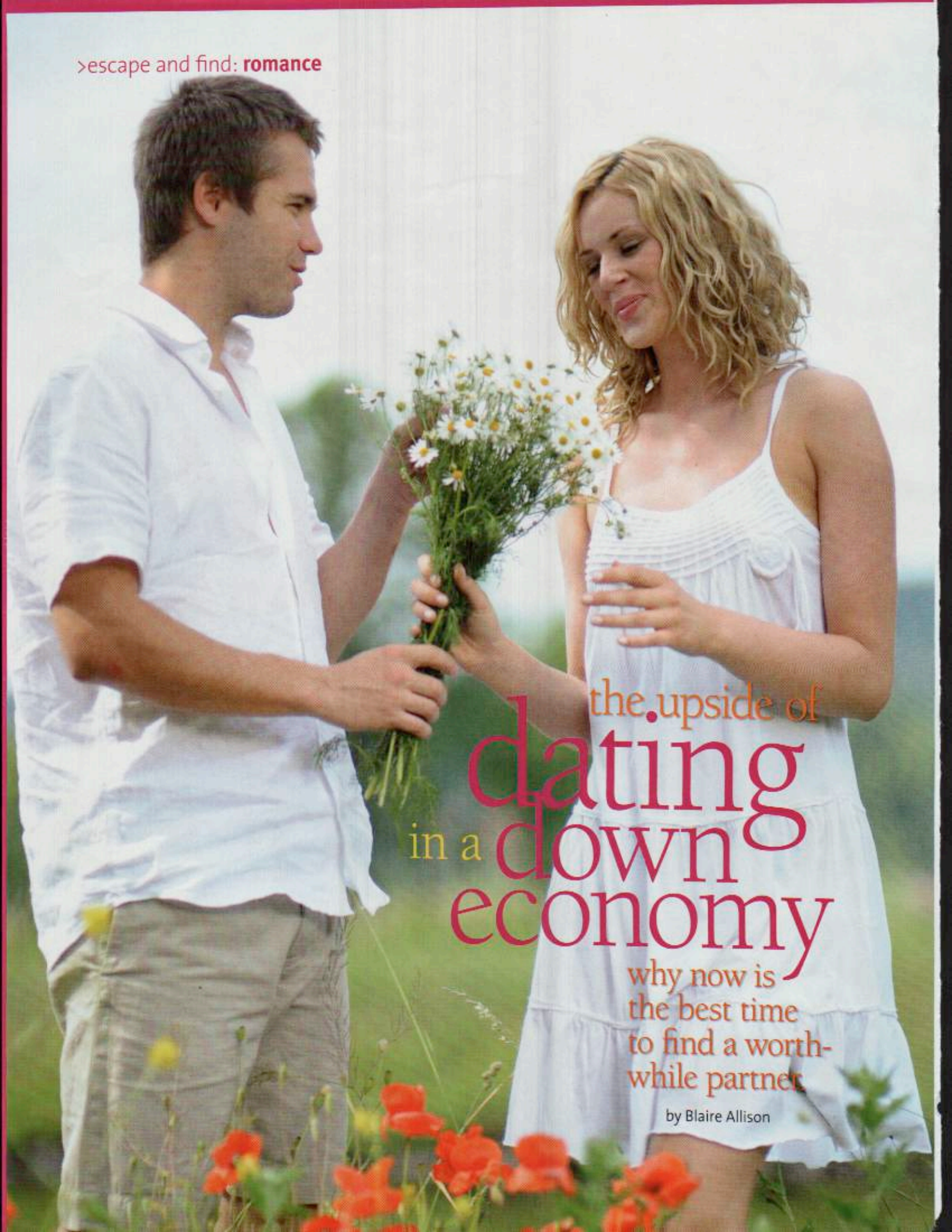
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the upside of
dating
in a down
economy

why now is
the best time
to find a worth-
while partner

by Blaire Allison

Listen to any newscast for too long and you're likely to get depressed about the economy. With gas prices in constant flux, you may ask yourself, "Is this really a necessary trip?" every time you put your key in the ignition. Perhaps you've cut down on your manicures and pedicures — or eliminated them completely from your routine. You may be unemployed — or afraid of losing your current job. You've begrudgingly cut back on letting others do the cooking and started preparing more meals at home. Well, here's some positive news: When the economy is unstable, it's actually the best time to attract "the One."

Attracting "the One" in a Down Economy

When the economy is poor, it's a great time to see if the man you're dating or in a relationship with is truly rich. I'm not talking about how many jewels he can buy you or how many fancy dinners he can woo you with, but rather when you're interested in attracting your "One" the way to go about doing so is to focus on character and mindset. And when the economy is poor, it's much easier to become aware of someone's mindset because it's not disguised by all the fancy things he can give you.

Society teaches us that if we want to know if a person is rich or poor, all we need to do is take a look at their bank account balance. But numbers don't tell the whole story. A truly rich person is one who can see beauty and richness in every situation, not just when things are rosy on the outside. So in this down economy, and in your journey choosing your life partner, choose a man with an abundant mindset and it'll bring you all the riches in the world.

Is Your Man Truly Rich?

Before I share with you ways to know if your man is truly rich or poor, let me define the difference between the two mindsets.

A Prosperous State of Mind

People with a prosperous state of mind have a positive outlook on life. They are full of faith, and overflowing with trust. This isn't a mindset of "let me fake positive thinking" or look at life "through rose-colored glasses" but rather one that is grounded in belief in the bigger picture of life. Someone with a rich state of mind knows who they are, knows why they are here on Earth and what they have to offer others. No matter what is happening in the outside world, there's calmness inside of him because he knows that everything will be okay.

A Scarcity Mindset

Sadly, most people in this world walk around with a scarcity mindset. Sure they may have loads of money in their bank account, but when you speak to them and get inside their mind and have an awareness of their thoughts, you realize that they are filled with fear and anxiety. Fear that they'll never have enough money. Worry that they'll lose it all. A person with a scarcity mindset — someone who is truly poor — carries around a giant burden of financial worry. They may be ruled by their career. This is common with workaholics. Why do they work so much? If you dig deep and analyze the reason for their constant work, it's because they fear they won't be successful and won't have enough.

Another telltale sign of a scarcity mindset is a person who sounds like a broken record, constantly complaining about money. Things may be too expensive for them, or not worth the price or a "rip-off." These anxious penny pinchers are overly watchful of their money for fear of being used. As a result they are ruled by their money rather than being able to truly enjoy it.

There's plenty of wining and dining when the money is flowing freely. Not so when we're watching every dollar.

Attracting a Wonderful Partner in a Depressed Economy

When the economy is on an upswing, dates tend to be extravagant outings designed to paint a picture of prosperity. There's plenty of wining and dining when the money is flowing freely. Not so when we're watching every dollar. When the economy is rich, it's easy to cover up your worries with a sense of security. The test of whether a man is truly rich is seen when money doesn't flow as easily or frequently. So when dating, pay attention to your man's character, notice what's at the core of his personality. Be aware of how his words and actions can reflect his true character and how "rich" it is.

4 Ways to Discover the True Character of Your Man

1. Is he a fearful worrywart?

Listen closely when potential partners talk about money or the economy. Does he talk incessantly about his financial worries? Does he always lament about how things in life are "too expensive" — or does he label something "a rip-off" that you might consider a worthwhile splurge? Are the phrases, "I can't afford it" or "I have no money" standards in his vocabulary?

You also want to pay attention to what's being said beneath

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the surface. It's not just what your man is saying, but more importantly, how he's saying it. Pay attention to the tone in his voice. Does he sound fearful, insecure and worried? Or is he upbeat, filled with confidence, trust and faith when it comes to his job and money affairs?

2. Is he depressing?

Nobody wants a partner who's down in the dumps. Sure the economy has seen better times, but when you're choosing a life partner, you want one who's going to be able to cheer himself up and handle his emotions. This doesn't mean that he can't come to you for support — but if he's always bringing you down and leaning on you too much, he's not a good match.

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3. Is his glass half-full or half-empty?

Whether someone has lots of money or none at all, it's important to have a positive mindset. Life is all about ups and downs. It's about lessons and challenges. As humans, we're here to learn through life's obstacles and in going through the journey of life we can choose to go through the lessons either with a positive mindset, learning through love or we can choose to go through life's lessons with a negative, fearful mindset, learning through struggle. The choice is yours, but it's always best to choose a partner who lifts you up, rather than drags you down. Plus, when you choose to learn life's lessons with the mindset of love, your life flows much easier and becomes more magical.

4. Is he a creative, "out of the box" thinker — or is he just plain boring?

It's easy to "wow" someone when there's plenty of money to go out to eat at fancy restaurants, buy flowers and other gifts, but what happens when there's not an excess of money to go around? In a down economy you get to find out! Is he a creative man? A trendsetting thinker who comes up with ideas and makes things happen — no matter what?!

No money is required to write you sweet love letters, cook you dinner, give you massages, hold your hand or take a romantic stroll. More free romance could mean planning an antiquing adventure, visiting a museum, playing board games or having an impromptu picnic in the park. When choosing a

partner, choose one who has the same "can-do" attitude that you have. You want a man who will make things happen and who is creative with the resources that he has access to, whatever they may be.

There will be money ebbs and flows in everyone's life, but when you are with your perfect partner — "the One" with a rich mindset — the ebbs last shorter and the love between the two of you ends up being stronger.

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3 tips to being your "richest" self:

1. Watch your thoughts and watch your words!

Are you worrying? Turn it around! Take time to connect with yourself, get grounded and choose faith over worry.

2. Are you depressing to be around?

Complaining to your friends about your money — or lack thereof? No one wants to be around a downer. Practice gratitude for the things you do have. Start a gratitude journal.

3. Can't afford fancy restaurant meals or get your weekly mani/pedis?

Put on your creativity hat and get some fun back! Gather friends and have a potluck where everyone brings an exotic dish from a far away land. While your friends are over, take turns painting each other's nails!

About Blaire: Intuitive heart healer, The Love Guru Blaire Allison teaches an easier, more natural, flowing way to attract love she calls *The Spiritual Way to Attract "the One."* Featured in many national outlets, this column debuts exclusively in *travelgirl*. www.loveguru.net