

How to Get Your Ex-Boyfriend Back (and Keep Him) in 7 Steps



It doesn't matter who broke up and why, you want him back no matter what. How do you get him back? What works, what doesn't and why? Make sure you don't mess up, or he might never want to hear about you again, let alone get back together. Here are 7 tips to help you make him love you more than ever.

There's a reason he's your ex-boyfriend, and your job is to erase that reason out of his memory – forever. He's out there, dating other women with more or less success. Is he still thinking about you, does he still love you; does he also want to get back together?

Who knows! Maybe he does, maybe not. Either way, you want to hook up again because you've realized you still love him. Every other guy you meet can't match his qualities and this just makes you go insane. Every date you go on with some new guy seems boring and shallow, you find yourself comparing him to your ex and this makes you feel even worse.

It's time to get THAT guy back into your life.

But how?

Smack him over the head with a brick, throw him in the trunk of your car and take him home. Okay, maybe not. Let's try something subtler.

Here's how to get your ex-boyfriend

back:

You need to make him feel terrible for breaking up with you. He should feel like a dumbass for letting you go. That's what you need to make him feel like if you want to get him back. You won't get him back by spying and stalking him (stop checking his Facebook every 2 minutes), but by making him remember all the great times you had together, and making him imagine how nicer life could be if you were still together.

This requires you to make some radical changes in your life.

Stop and give at least 30 seconds of thought to each of the questions below. Answer honestly; Say it out loud to yourself.

- What is it that went wrong in your relationship?
- Why?
- What is it that he did not like about your relationship?
- What would you do differently if you got back together?
- What did he love most about your relationship?
- What did you love most?
- What was restricting the love in your relationship the most? What was stopping it from growing further?
- Did you give your absolute best to make the relationship work?

Think about these questions. Don't be too critical of either him or yourself. All this emotional bullshit, arguing and blaming each other for crap is one of the reasons you might have broken up in the first place.

We rarely know what we have – until we lose it.

Now you know what you've lost, and you are about to get it back. Nobody can guarantee you that you'll end up being together again – but, in at least 90% of the cases, it's totally possible. You must believe in the possibility.

- Why did you guys fall for each other in the first place?

- What connected you?

There must have been something that he fell in love with in the first place.

- Why did this disappear?
- Did you take each other for granted?
- Did you both get lazy about your relationship and just left it on autopilot?

The reason you must answer these questions to yourself is so that you can determine a couple of things. First, do you really want to get him back, will you be happy or are you just lonely right now, but deep inside you know that it probably won't work out if you get back together? You must believe that things will work out between the two of you and that you can be happy together again. Otherwise, if you don't have total belief in this relationship, then it's not worth trying to get him back.

I'll assume you've decided that things can work out between you and him, so now, the question is – what can you do so that he believes in your relationship too?

#1 Get Better

As mentioned above, you need to be better than what he remembers you to be. Hotter. Way hotter. This can be a huge motivator to any guy to get back together. It's important that you don't see each other for some time, and then once you do – he is just blown away by how much prettier you've become.

This will make him feel horrible that he can't have you anymore whenever he wants. Desire kicks in, and now he feels like an idiot for not staying with you. After he runs into you, he'll think "Gosh, she looks amazing!" – just wait to see

his jaw drop when he sees how you look 5 times better. I know this sounds shallow, but it works simply because most guys think with what they've got in their pants, not with their heart or brain. Even if he's a pretty smart guy, physical attraction can be the first step to getting your ex-boyfriend back. It's just the first step, but it's a crucial one – 'cause now you've got your foot in the door. You throw a hook and wait for him to bite.

#2 Forgive Him

The second step to getting your ex back is forgiveness. You'll never be able to be together again if you can't forgive each other. Initiate this yourself. Why did you break up? Did you cheat, did he cheat, did the love evaporate, or you got bored, what is it? It doesn't really matter the point is that you give each other a clean slate. Don't talk about what happened in the past with him.

Start over. Click the reset button. Whatever he did wrong – get over it. Forgive yourself if you've made mistakes and forgive him, you are both guilty in one way or another, and reminding each other about it won't help. You can't get back together if you are enemies, so stay close to each other by forgiving. Let the past go. Every day is a new opportunity for you to have a better life with a great guy, maybe it's him – and now that you're starting over, you've learned from your mistakes, but you can continue on only when you manage to forgive.

#3 Don't Find a New Guy

Listen, sure, finding some new dude may be okay for you as a

bandade, but it won't help you get your ex-boyfriend back. You should make him jealous in a smarter way. Like, he should see that there are guys mingling around you, but don't let him see that you've actually found someone. Don't post stupid, drunken-party pictures on Facebook of you making out with some random dude.

That definitely won't help, he'll just hate you and he'll feel hurt, almost as if you were cheating on him. Instead... he has to see that you are still emotionally available for him, you just need some space and time to heal after your break up. Hint him that you might like to get back together, but don't attack him about it. Give him space and see how he reacts.

#4 Change Yourself

Look, if you're serious about this guy and you really want him back in your life, then you must change. Changing may not be easy, but it's necessary if you want your relationship to be better than the last time. It's quite simple. If you keep doing what you've been doing – you'll keep getting the same results. So don't expect a happily ever after, supercool happy ending if you aren't willing to do things differently than you did before, otherwise you'll just end up breaking up again.

So, find out what messed up your relationship and work on it. Were you too cranky, moody, jealous, demanding, insane, nagging-all-day, not giving him his space and freedom, disrespectful, got fat, made out with another guy, or you just sucked in bed? Whichever it was – fix it. He needs to see that, after a month or so of breaking up, you are progressing; suddenly you became a different person. But do it for you, not for him. Once he sees how much different you became he'll wish you never broke up in the first place, he'll want to give the whole thing another chance too.

#5 Initiate Contact

Now, it's time to actually get back in touch with your ex. It depends; maybe you didn't see each other, or talk, for months, or even a year. Maybe you just broke up two weeks ago and everything is still very emotional and fresh. Either way, you can't get back together with him over the phone, so you need to see each other.

My suggestion, from a male perspective, having sex immediately once you meet up again may be a wrong choice. Even if you've been together for a long time before, it's good to make everything seem new, and different. If he messed up, and that's the reason you broke up, you shouldn't make it that easy for him to get back together. Throw in some temptation.

He needs to desire you, a lot. Be sexy and provocative, but don't sleep together the first time you meet to "catch up" and see whether he also wants to get back together or not. Let him think about you. Drop a hook, and make him feel horrible when he sees how much you've improved, how well you are doing, how sexy you look and how your life is taking another direction. Don't try to fake it. He knows you and he'll know whether you're full of crap or not.

For real, change yourself for the better; let him see that and he'll want to be part of it. But you won't let him back into your world overnight – even if you really, really want to get him back, don't. You both need some time to appreciate each other for other things than sex. And when the sex does come, it better be mind-blowing. Then again, don't be clingy and don't call him every day after that – love all over again – instead, take your time. Let him think about you and worry a bit.

You had sex, but do you want to get back together or not? Let him wonder and guess, let him compare you to other women he might have been with since you were apart. He'll soon realize

what a mistake he's made, and he'll never want to make that mistake (breaking up with you) again.

The point isn't just that you get your ex back, but that you KEEP him. Often folks just have sex again, once or twice, but things don't work out and they end up breaking up again. So don't take anything for granted. Make sure he has the best night of his life when you make up, but after that don't drop into your "old" relationship with your ex, instead – create something new.

Keep it different. All the bad experiences you had in the past with him, everything that reminds you of those not-so-happy experiences – try to avoid them. Change your apartment if you can, move, have some tangible things that are different, clothes, your perfume, anything that makes him feel as if he was with a new you, a better you, that he'll never want to let go no matter what.

When you guys meet up for dinner/coffee, whatever, don't talk about the past, why you broke up and stuff like that. Ask him what's new in his life, how he's doing, maybe remind him of something nice that only you know about him that you can both laugh about it. Keep the conversation light. Super-emotional, could-a, would-a, should-a stuff will just bring you back to where you were.

Then and there, don't analyze, argue or talk about negative stuff. Turn the page. Keep walking in a new direction. It's your ex-boyfriend that will become your new girlfriend, it's you – his ex-girlfriend, that will become a new girlfriend. Give each other a clean slate. When you leave the place, don't kiss. Give him a deep gaze, let your eyes, not your mouth say: I love you.

Let him see it, but don't say it. Tell him you had a great time, and that you could meet up some time to hang out... he will feel like his leg was chopped off for not kissing, but he

will know that you want more, that there might be a new, bright future for the two of you. All night he'll be flipping around in bed, thinking about how beautiful you are and how much he wants to get back with you. I'm not saying you should be ice-cold when you meet up, on the contrary, be cold, but a bit mysterious, make him wonder.

Don't just throw it in his face that you still love him and that you want him back. Be stronger than your emotions. Give the whole "getting back together" process some time; make a good foundation for that future you'll build together.

#6 The Night of His Life

Okay, as mentioned before, eventually, you'll end up at his or your place, taking your clothes off. This night is what will decide whether you'll get him back or not. I know this sounds shallow, but it's the truth.

Men are comparing creatures and whether you want him to or not, he'll subconsciously compare you to other women in his life. Maybe he's with some new girl right now, and that's the one you need to take him back from. How do you make sure that this won't just be a one-night-stand with your ex-boyfriend?

You must be mind-blowing. Everything about you needs to blow his mind. From your [lingerie](#), to your smell, your look, your soft skin, your whole energy and aura needs to excite him to a level he did not know is possible. The moment when he reaches climax is the moment he'll figure how brilliant you are and how stupid he was to ever leave you.

This may put pressure on you and make you feel self-conscious, and it should. The fact is, you conquer a man's heart by conquering what's in his pants, like no other woman ever

could. Everything after that is easier. Yet again, this night needs to be different than in the past. It should not remind you too much of the time you were together before, it needs to be better.

This is why it's ideal if you do it at your place, 'cause then you can prepare a bit, you can make the atmosphere amazing. Anything you've not been doing in the past, but know he loves, now's the time to get with the program. You never gave him oral when you were together before? Are you too shy to talk dirty? Do you hide under the cover?

Think about what you could do better to show him the best night of his life with you and you'll triple your chances of getting him back.

Hate me all you want for telling you this, but it's what works and what has worked for thousands of women around the world that got back and kept their ex-boyfriends.

#7 Don't Take Anything for Granted

Seems like you'll get him back. You've seen each other a couple of times and things are going good. It seems like all will work out great! But wait, and re-think it. Don't fall into the trap of thinking all is good now and that you'll just be fine... you may not. People that get back together tend to go back to their old, real ways, because they did not make any real, fundamental changes to their lives.

It was just a mask. Beware, as if you both go back to your old ways of arguing and dealing with problems, you'll get back to where you were – apart. Don't let that happen. Don't get lazy and don't take things for granted. The first few weeks of being together again is also the first few weeks where he's most likely to "run for his life" and leave you or just decide that you shouldn't have gotten back together in the first place.

How can you prevent this? Really, change. Make him change too. When you become better, you have the right to expect him to get better too. Build a relationship where you grow and improve together as individuals and partners, not enemy's that slow each other's progress down. He is not yours and never will be, not even when you both have a ring on your finger, so don't view him as a thing you've got a right over, like owning a car or your shoes.

He can walk away and probably will if you treat him as property. Instead, view him as a customer. You want to make a loyal customer out of your boyfriend that isn't forced to buy at your shop, but loves to "shop" at your store because he gets treated better than anywhere else. He then grows to need you, love you, and want you – every single day.

There's more to getting your ex back than this post of course. Every situation is different and requires a slightly different approach. Hopefully at least one tip from above rings a bell and gets you closer on your path to getting Mr. Right back to where he should be, with you, the perfect girlfriend for him. Once you get him back, don't take him for granted – a relationship... love... is something you must work on and maintain so that the fire keeps burning, if you just leave it unattended it'll either go out or get out of proportion and burn down a whole forest.

Laziness is why most relationships fail, and that's what happens when people take each other for granted. Don't be one of those couples. Take initiative if he doesn't, you can totally do it! I believe in you.

p.s.: Here's the 8th step – DO NOTHING. It's a bit unexpected, but can work to. Simply, don't call him, don't try to get back in touch (if he left you), and just wait, forget about him, move on... show power by not making the first move, he'll wonder

how come you didn't try to get him back. It might be an alternative idea. If nothing else works.

Once you get him back – drop a comment below, let us know what has worked for you, what you did, how and why? Others could benefit from your experience.

Jason

Felicity Huffman Prison Life's a Mixed Bag ... Work On Your Tan, But Also Make Your Bed

Felicity Huffman won't be doing hard time when she spends 2 weeks behind bars, but it ain't Hollywood glamour either ... she can do some sunbathing, but only after she makes her bed.



The actress is turning herself in to FCI Dublin Oct. 25, where she will serve her 14 days for her role in the [college bribery scandal](#) ... and we've got an inside look at what Felicity's life will be like.

Upon entry, Felicity will be stripped searched and then she'll get a jumpsuit, with 3 pairs of underwear. She'll get a hygiene kit with a comb, deodorant, toothbrush and some crappy toothpaste, plus a roll of toilet paper. She better conserve her squares – Felicity gets one roll of TP every other week, which in her case means the roll needs to last her entire stay.

Felicity will be required to make her bed by 6:30 AM every weekday morning. On the weekends, she'll have to straighten up

her

prison cot by 10 AM. No maids, of course.

Most of her time will be spent inside, but Felicity can still catch some rays. Sunbathing is allowed at FCI Dublin, but only on the sun decks from 4 PM Friday until 8:30 PM Sunday. BTW ... inmates get at least 1 hour of recreation time each day.

As we reported ... **Felicity was sentenced** Friday, in what is clearly a spectacular loss for prosecutors.

Prison food **generally sucks** – just ask [Bill Cosby](#) – and Felicity will sit down for lunch from 11:30 AM to 12:30 PM every day, but she can't leave the mess hall with anything more than a piece of fruit.

Felicity will mix with the rest of the prison pop ... the inmates have a common area complete with TVs, cards and board games.

Fair to guess ... she'll be Mrs. Popular.

Hear that??? It's **Lori Loughlin** breathing a huge sigh of relief.

www.tmz.com

Menopause – The Truth And The Surprise Ending



“Your boat is on a very choppy sea,” said Maryann knowingly. She is one of the select older and wiser women in my life, who got me through a turbulent period, back there.

I was recounting my story to her with my head in my hands. Life had suddenly become very confusing. Continuing the travel analogy, one minute I was cruising a marvelously lit highway in a 4×4. The next, without noticing, I had taken a wrong turn, I was bouncing down a dark dirt track in a banger.

“How did I get here,” I kept asking, “and,” (more to the point) “how can I get out? ” I was used to problem solving and multi-tasking with executive efficiency. As a journalist and broadcaster working in the fashion industry for over 30 years, while raising a family, running a business and campaigning for a variety of women’s issues in my daily practice, I had not signed up for this chaos. I quickly became anxious about what each new day would hold.

Every woman’s experience of the menopause is different. It’s a process of oestrogen and progesterone withdrawal and it will impact you in a unique way, because you are unique. Everyone I have spoken to laments the taboo nature of talking about what to expect, but perhaps we could all feel less ambivalent about

the forthcoming rite of passage if we knew menopause delivers a mind-blowing mid-life recalibration – one with a valuable message of growth and expansion.

For me it started with Titanic sinking feelings, which amplified the tension and discomfort of unresolved problems in my life. I was working hard in a career I loved but one minute I'd be up, the next I'd be wearing a cement straight-jacket hurtling to the bottom of a murky abyss accompanied by the voice of condemnation. "You really are finished," it would say.

Then there was the brain fug that convinced me I was going down with early dementia. Industry knowledge evaporated and I found myself unable to remember names, events and dates. My vocabulary shrank too. I would have to script myself to within an inch of my life to feign work-place competence. At home, both daughters would play ludicrous guessing games to get me to the end of my sentence and my youngest still reminds me of the day I forgot her name.

There were minimal physical affects however. I dutifully utilised insomnia to fit in extra work and I could tolerate the mild heat surges any day, but I know some women are driven to distraction by the intensity of night sweats and day-time hot flushes. I asked my mother and an older girl friend for insight. The words 'Plain Sailing' and 'out the other side in no time,' were bandied about. My GP said I sounded alright to her.

Meanwhile, I was medicating myself with generous amounts of Cabernet Sauvignon each evening. Anesthetising anxiety and panic attacks this way helped me limp on for a bit longer, clinging to the remnants of my previously ordered existence. Then I made an important decision. I stopped and stood still. "What do I need to understand?" I asked myself, having read enough to realise that female bodies are powerful intuitive barometers and mine was trying to tell me something. This is what I learned.

I routinely put others first which meant racing through my life over-achieving and under-prioritising me.

The voice was right: I was finished. But an ending of the way I *had* been living would be a very good thing. Since leaving Uni I had put in very long hours building a career. As a dedicated parent and partner, I routinely put others first which meant racing through my life over-achieving and under-prioritising me. Exhausted and running on empty, letting go of my expectations of me would be the first positive move.

In menopause our body roars. All these years it has put up and shut up and now will not tolerate abuse or disrespect any longer. This commotion is simply a demand by your newly awake self for quality not quantity, for re-evaluation and re-balancing. Perhaps (when your time comes) you plan to put your hands over your ears? Think again, there is nothing so primal and immediate as your body's hormonal call to action.

I listened. I cut myself a break. As a result I'm no longer buckling under the stress of numerous projects running concurrently. I've made other changes too. I attend less time-wasting meetings, engage in much less unwaged work and collaborate more selectively. I'm thinking about the bigger picture as I celebrate my strengths and focus on the positives, while gracefully accepting my limitations... finally.

Now, for the first time, free of hands-on child-wrangling (the final child, birthed at 41, is 16) I'm in an intense relationship with myself. It's a joy, as the voice inside me grows stronger and more enquiring of new perspectives. I have grown my hair and grown out my colour. Shedding old ways and reframing people's perceptions of me, I left the People Pleaser behind. This has been an act of common sense.

"She's let herself go." A deliberately pejorative judgment reveals disapproval of maturing feminine appearance. The assertion that we could try harder to cling on to our youth supports every unrealistic beauty claim for anti-ageing balms and unguents and every marketing prompt for hair dye. I'm not

buying it. Let's get one thing straight: our gender has been groomed to self-objectify while beauty corporations grow rich and prosperous. In the process of consuming femininity as a set of unrealistic appearance goals, perhaps we have become blind to our internal exquisiteness and it's time to open our eyes.

I love fashion and self-styling and I have great fun with my image, but I don't play the patriarchal game of defining myself as decorative dressing in a man-made world. Maybe this has helped me to embrace the thrill and privilege of age with its intellectual and experiential gifts. I do believe that if we can stop focusing solely on exteriors and start embracing personhood, post-menopause becomes a position of status and composure.

For the record... We do not let ourselves go, just the flotsam and jetsam of an earlier existence.

The mirror becomes less important in the most fundamental way with the realisation that age does not equal atrophy and that we are not diminished by the passing of years. Instead we are intensified, our force amplified and our knowledge expanded.

I'm not pretending life miraculously becomes uncomplicated and undemanding – challenges await every age and stage. Women, however, are great facilitators of others so in menopause we can and must reclaim our time and assets for ourselves. This is not selfish, this is smart.

The simple truth is that just like the adolescent surge of hormonal activity providing an exciting gateway to adult sexuality, menopause, (the process in reverse and in withdrawal) enables an additional and equally compelling portal into yet another selfhood. Step towards this doorway with confidence that once out the other side you will be renewed. Unlike me, you might prepare yourself mentally and physically beforehand by choosing less stress, more sleep, a healthy diet and supportive friends. You are not powerless, when you choose to surrender to something bigger than you.

Treat yourself with kindness and tolerance as the bio-chemical make-up of your body re-arranges itself. It will be an education so expect enlightenment.

[Post-menopause](#) needs renaming and reclaiming for what it truly is, a magnificent time of curiosity, creativity and rank. It's not surprising that some societies have been threatened by this natural female evolution to leader and mentor. In Pagan times of Goddess Worship, female tribal elders were respected and celebrated but with the introduction of Christianity came the brutal persecution of middle-aged women as witches and heretics. As feminist history explains, older women were simply channeling their menopausal force to intervene in an oppressive culture that undermined female wisdom and equality.

Hundreds of years later the quest for gender parity and fairness remains and growing old without self-reproach is one deliciously subversive act all women can embrace. Use everything the fashion and beauty worlds offer but bring these products into your life on your terms. There is no need for any woman to feel ambivalent, even fearful of ageing, in fact with the right physical and mental health supports, we can thrive. Having roused the ancient mystic, healer and tribal elder in me, I am on the journey towards Cronehood, and I love it.

Here are a few practical tips to get you through...

Getting physical and emotional support

I was introduced to bio-identical hormones and unlike the one-size fits all HRT from the NHS, BIH is a bespoke system that can be tailor-made for each woman. There is a cost but it was the best £500 I have spent. Dr. Lynette Yong read my blood test and prescribed DHEA. This hormone can be converted to whatever is needed by the body. My memory improved instantly. The progesterone cream I would later take would act as a calmer to alleviate anxiety and stress. I now pay a fraction of that to repeat my prescription every couple of months.

Systematic Kinesiology

Francesca Topolski uses muscle testing to tell which minerals the body is deficient in and can restore the body's balance with dynamic effects. My magnesium levels were low and my adrenal glands were stuck in fight or flight mode which in turn created insomnia (this would have also caused memory problems.) She helped me to make small changes with big impacts.

Counselling

Make it a post-menopausal woman and a wise old sage. Since menopause amplifies emotions, you will find unresolved issues become more urgent to look at. Be prepared to take responsibility for your own contribution to the areas in your life that aren't working and be ready to take action. My Maryann was recommended by a good friend – you need someone in your area who comes through the same channel. Ask for recommendations or look through a directory but check testimonials.

Reading

The Wisdom of Menopause by Dr. Christiane Northrup. This was my bible. Dr. Christiane gives advice on every stage your body will go through and how to alleviate the many symptoms. She cites medical studies in support of your femininity, intuition and power that will thrill you while combining spiritual and personal stories of herself and other women to help you get to calmer waters.

Bio Identical Hormones By Dr. Uzzi Reiss, will help you understand your symptoms and get involved in your meds!

The Crone – Women of Age, Wisdom and Power By Barbara G Walker, invaluable for your re-calibration – unlearn what you have learned.

Women's History of the World By Rosalind Miles. Celebrate women and their amazing grit, determination and ingenuity.

Fitness

Now is the time to begin Yoga or some other regular and calming activity. 20 minutes most mornings will create a new and focus headspace as well as a supple and strong body.

Clothes and fashion

I love dressing up more than ever. Quality and good design is key to promote modernity and sophistication. I love wearing clothes by emerging designers and I prioritise up-cycling and sustainability.

Beauty and skincare

Organic products like Liz Earl and Weleda keep my skin supple and perfume (my current favourite is Atkinsons 24 Old Bond Street) gives me a true lift.

Hair

Make sure you are working with a knowledgeable hairdresser to achieve your chosen natural tone. Matthew at Charles Worthington helped me over a period of years to grow out sections of coloured hair first and then create high and low lights around the crown to disguise change-over

Talk

Explain to your loved ones that you are evolving. My daughters understand the changes that have taken place and I'm happy they are now better prepared for their eventual menopause than I was. My husband was kind and considerate. Sharing my vulnerabilities and challenges strengthened my relationships and my honesty was appreciated.

To love or not to love

We all need or long to be Loved, don't we? Well for most of us anyways... However if our heart has been broken then we may say 'never again'! And we put this not looking 'Not looking for love shield up' to protect us...'To protect our Heart'

It can be quite a strong unpleasant emotion, while this shield is up. We can become numb, we can pretend we are tough, uninterested, easy going, not bothered and there's a possibility that to an outsider's view 'Unattractive. But you know what? Just when you think you're not looking for love, maybe, just maybe, someone else is and maybe they are looking at you.

And then when they make contact and express their interest in you, You remember how nice it felt to be looked at from across the room, smiled at, flirted with, kissed, before you know it, you ask... How did this happen? I didn't expect this?

You feel this can't be happening, because you stopped believing in love, because your heart was broken... your waiting for it to all go wrong, to end as soon as it started, your waiting to be forgotten about, you might even make excuses to to end it yourself, because you still have that protective shield, that hurt, that question of trust, respect and doubt your heart or the feeling that are creeping in totally unknown to you.

But what if the other person believes that, to finish with each other, would be a silly thing to do, that what you have together is good, because they don't see that protective shield nor have they a protective shield, because they are looking into your eyes, your soul, your emotion, your hearts are in sync with each other's, it will skip a beat just to catch up.

They like this emotion, this intensity and to be honest so are you.

But heres the scary bit, what do you do when you both reliase you both care very much for each other, you enjoy being with each other, you have become friends that support each other and long to hold each other.... 'You may even be falling in Love'. You didn't think that was possible but right under your nose, it's happened and it feels wonderful.

Well heres my advice, from my past broken heart, from behind my proctive shield! Relax, lower that shield, enjoy the moment, enjoy the time, the attention , the affection, enjoy that sweet happy emotion, enjoy love!

Because time is precious, time is short, time passes us by. Its better to take the risk of that emotion, those feelings of love, because love can be hard to find, consume it!

You will have learned some important things from your past, so use them, but only some of them, because its better to have gained than to have lost or to never know.

Claire



What you didn't know about Halloween...



Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints' Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows' Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating. In a number of countries around the world, as the days grow shorter and the nights get colder, people continue to usher in the winter season with gatherings, costumes and sweet treats.

Ancient Origins of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in

the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

Did You Know?

One quarter of all the candy sold annually in the U.S. is purchased for Halloween.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

By 43 A.D., the Roman Empire had conquered the majority of Celtic territory. In the course of the four hundred years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain. The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

On May 13, 609 A.D., Pope Boniface IV dedicated the Pantheon in Rome in honor of all Christian martyrs, and the Catholic feast of All Martyrs Day was established in the Western church. Pope Gregory III (731–741) later expanded the festival to include all saints as well as all martyrs, and moved the observance from May 13 to November 1. By the 9th century the influence of Christianity had spread into Celtic lands, where it gradually blended with and supplanted the older Celtic rites. In 1000 A.D., the church would make November 2 All Souls' Day, a day to honor the dead. It is widely believed today that the church was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. All Souls Day was celebrated similarly to Samhain, with big bonfires, parades, and dressing up in costumes as saints, angels and devils. The All Saints Day celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-hallows Eve and, eventually, Halloween.

Halloween Comes to America

Celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there. Halloween was much more common in Maryland and the southern colonies. As the beliefs and customs of different European ethnic groups as well as the American Indians meshed, a distinctly American version of Halloween began to emerge. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making of all kinds. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country.

In the second half of the nineteenth century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing Ireland's potato famine of 1846, helped to popularize the celebration of Halloween nationally. Taking from Irish and English

traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes. Parents were encouraged by newspapers and community leaders to take anything "frightening" or "grotesque" out of Halloween celebrations. Because of these efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the twentieth century.

By the 1920s and 1930s, Halloween had become a secular, but community-centered holiday, with parades and town-wide parties as the featured entertainment. Despite the best efforts of many schools and communities, vandalism began to plague Halloween celebrations in many communities during this time. By the 1950s, town leaders had successfully limited vandalism and Halloween had evolved into a holiday directed mainly at the young. Due to the high numbers of young children during the fifties baby boom, parties moved from town civic centers into the classroom or home, where they could be more easily accommodated. Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats. A new American tradition was born, and it has continued to grow. Today, Americans spend an estimated \$6 billion annually on Halloween, making it the country's second largest commercial holiday.

Today's Halloween Traditions

The American Halloween tradition of “trick-or-treating” probably dates back to the early All Souls’ Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called “soul cakes” in return for their promise to pray for the family’s dead relatives. The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as “going a-souling” was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

Halloween Superstitions

Halloween has always been a holiday filled with mystery, magic and superstition. It began as a Celtic end-of-summer festival during which people felt especially close to deceased relatives and friends. For these friendly spirits, they set places at the dinner table, left treats on doorsteps and along the side of the road and lit candles to help loved ones find their way back to the spirit world. Today’s Halloween ghosts are often depicted as more fearsome and malevolent, and our customs and superstitions are scarier too. We avoid crossing paths with black cats, afraid that they might bring us bad luck. This

idea has its roots in the Middle Ages, when many people believed that witches avoided detection by turning themselves into cats. We try not to walk under ladders for the same reason. This superstition may have come from the ancient Egyptians, who believed that triangles were sacred; it also may have something to do with the fact that walking under a leaning ladder tends to be fairly unsafe. And around Halloween, especially, we try to avoid breaking mirrors, stepping on cracks in the road or spilling salt.

But what about the Halloween traditions and beliefs that today's trick-or-treaters have forgotten all about? Many of these obsolete rituals focused on the future instead of the past and the living instead of the dead. In particular, many had to do with helping young women identify their future husbands and reassuring them that they would someday—with luck, by next Halloween—be married. In 18th-century Ireland, a matchmaking cook might bury a ring in her mashed potatoes on Halloween night, hoping to bring true love to the diner who found it. In Scotland, fortune-tellers recommended that an eligible young woman name a hazelnut for each of her suitors and then toss the nuts into the fireplace. The nut that burned to ashes rather than popping or exploding, the story went, represented the girl's future husband. (In some versions of this legend, confusingly, the opposite was true: The nut that burned away symbolized a love that would not last.) Another tale had it that if a young woman ate a sugary concoction made out of walnuts, hazelnuts and nutmeg before bed on Halloween night she would dream about her future husband. Young women tossed apple-peels over their shoulders, hoping that the peels would fall on the floor in the shape of their future husbands' initials; tried to learn about their futures by peering at egg yolks floating in a bowl of water; and stood in front of mirrors in darkened rooms, holding candles and looking over their shoulders for their husbands' faces. Other rituals were more competitive. At some Halloween parties, the first guest to find a burr on a chestnut-hunt would be the first to marry; at others, the first successful apple-bobber would be the first down the aisle.

Of course, whether we're asking for romantic advice or trying to avoid seven years of bad luck, each one of these Halloween superstitions

relies on the good will of the very same “spirits” whose presence the early Celts felt so keenly.

History