

# DINA DOES...

*"Where there is Love there is Life"*

Planning a wedding can be stressful for even the strongest of couples. Take it from me, I've not only been an event planner for most of my adult life but I've done this marriage thing a time or two...Ok THREE but you know what they say "Third time's a charm". I've learned so much about life and love through working with so many couples and of course through my own relationships. My experience with weddings and marriages has made me somewhat of a pro when it comes to recognizing the hype of the wedding day vs the commitment of marriage.

Lots of couples get wrapped up in the planning of the day and they often lose sight of the bigger picture. When the last flower of those gorgeous centerpieces has wilted and the thank you cards have been sent out, you are left with the person beside you.

I've had the destination wedding, a stunning waterfront sunset ceremony with 50 of my nearest and dearest. The second time around I had the over the top 750 guest 10hr reception serving breakfast to all who partied until the sun came up (literally).

My third and final time I pulled a dress out of my closet and said I do to my soulmate in our Malibu backyard, just the two of us.

I chose the day based on Astrology. It was a wednesday afternoon I believe, but the planets were positioned for love, fidelity and happiness. I wore an orange blossom in my hair long used as an adornment for brides symbolizing eternal love and good luck. I carried a single Calla Lily from my garden representing new beginnings and triumph. I wanted the day to feel like what I envisioned for our marriage. Spiritual, meaningful and stress free.

Well I got what I wished for, my husband Dave and I now lead other couples in what it takes to create a happy harmonious

union. Our retreats are private and invite only right now but we are working on a plan to bring them available to the general public. With Dave's savvy entrepreneurial skills and a mixture of my creativity and a little bit of magic we work alongside professionals in the field of psychology to create a high vibe, but practical experience for couples who are ready for the deep dive.

Our relationship started off at a time when we were both going through significant life changes. We were met with so much adversity and not much support. Not only did we overcome every obstacle thrown at us but we came out stronger in the end.

We have learned a good marriage is one which allows space and support for individual growth and healing which in turn creates a stronger healthier bond. We worked really hard to get where we are and our hope is to help couples bypass some of the pain and fast track right to the power couple.

Here are some of the tips and tricks

I've cultivated along the way.

*"Good communication is the bridge between confusion and clarity"*

We could all use a little help with communication, these conversation starter cards are a great way to help you get to know your partner on a deeper level or reconnect at any point in your relationship. Commit to pulling a card at least once a week to prompt meaningful conversations.





## *Do you believe in Magic?*

I'm kind of known for organized prayer (some good witches may call it a spell ;) I did a little ritual to call in the love of my life right down to his star sign! (yes I prayed for Scorpio!)

I have a version of this for couples who want to strengthen their relationships. (Follow me on Instagram to learn more @dina)

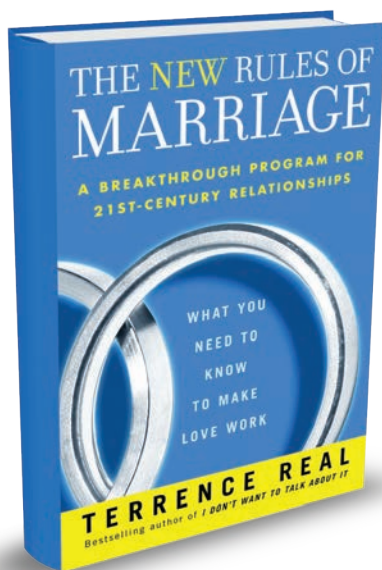
Here's a little cheat sheet if you want to recreate it yourself.

- Make a list of the traits of your ideal marriage/partnership. BE SPECIFIC!
- Take a rose quartz (heart opening love crystal) and wrap that list around the stone.
- Place the crystal and list in a pouch or box and keep it somewhere that you will see it everyday. Your nightstand (or altar) is a perfect spot to remind you to stay in the vibration and feelings of your desires.

## *"Forgiveness does not change the past, but it does enlarge the future."*

Beginning a new life together in marriage is a beautiful and fragile thing. While we have all experienced pain and disappointment in our past, bringing that emotional baggage with us into this new space is unfair to our partner, ourselves and the relationship.

Unresolved issues with your partner or even an ex will keep popping up until you work them out yourself. Why not start this marriage off free from that and with a clean energetic slate? FORGIVITY is an app that allows you to examine the events of the past that caused you pain and release yourself from the emotional attachment you have to them. So free yourself from the past and write your own future. 'Til death do you part. FORGIVITY. Free Yourself. Finally. Forgivity.com



*"We are drawn to people whose issues fit perfectly with our own in a way that guarantees a reenactment of the old familiar struggles we grew up with"*

Sound familiar? Yeah me too! Terry Real is one of my favorite authors when it comes to figuring out this whole relationship thing. His courses and books will be sure to make this journey a much smoother ride. He offers everything from in person couples "boot camp" to some fabulous downloads to listen to during those relaxing sunday drives. [www.terryreal.com](http://www.terryreal.com)

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