

Fit for love: An author advocates change from within

by Yvonne Zacharias

You may be happy to know that getting fit for love does not involve raising barbells, jogging the seawall or exercising certain parts of the anatomy that are used in lovemaking.

Yet a Vancouver kinesiologist claims she has come up with an equally concrete method of flexing the body and mind in a way that brings amorous results in as little as a week or two.

Olga Sheean, the author of a book called *Fit For Love*, begins with a simple test. Think of it as being a bit like a lie detector. Sheean says it's every bit as foolproof.

She lies her client down fully clothed on a massage table, instructs them to hold their right arm from the elbow up and she applies a fairly light downward pressure on the arm. Then she begins to ask questions that the body can respond to with only a Yes or No answer. Like a detective, she is rooting around in their subconscious.

The questions are aimed at finding what she calls the missing pieces, qualities such as acceptance, support, recognition, encouragement and respect, all those expressions of love that children need to get from their parents but often don't.

The arm muscle will hold strong when she gets a Yes response. "The muscle actually momentarily locks. You can't even push the arm down if you try," she explained in an interview. When the answer is No, the muscles in the arm momentarily weaken. "It just momentarily gives way and the arm goes down with a small amount of pressure."

Once she determines what's missing, she gives her client homework. If, for example, acceptance is missing, Sheean might instruct the person to start putting themselves first and stop overextending themselves by taking care of friends or needy people in a desperate search for acceptance.

Relationships turn around almost overnight, the 46-year-old Sheean claims, because people tend to seek out partners who fill in the missing pieces and who often have those pieces missing themselves. Thus they fall into a pattern of abusive or loveless or highly co-dependent relationships.

When they begin to fill in the missing pieces with the homework, they begin to attract an entirely different type of person. "When people do their homework, it works every time," she said flatly.

Sheean, one of an eclectic cast of speakers at Vancouver's upcoming Wellness Show, speaks from personal experience. "I grew up in Ireland and I had a very rigid upbringing,

a lack of affection and no demonstrative warmth in my upbringing with my parents. That affected me deeply."

As a teen, she developed digestive and other health problems that conventional medicine couldn't solve. After going through many dysfunctional relationships, she understood that she didn't believe she was loveable.

"I attracted partners who confirmed that for me, who validated my belief."

After filling in her missing pieces about five years ago, "I attracted the man of my dreams." He is artist Lewis Evans, who also designs and illustrates her books.

Talk about perfect.

"Every day is a huge miracle for me."