

## Magnetic Love Ritual Kit

# Your 7-Day Practice for Deepening Lasting Connection

You've already taken the first step: recognizing that lasting magnetism isn't about perfection—it's about presence. This kit is your companion for the next seven days as you practice showing up more fully, more authentically, and more magnetically in your relationship.

# How to Use This Kit

## Don't Try to Do Everything at Once

Pick one practice per day and give it your full attention. Transformation happens in the small, consistent choices—not the dramatic overhauls. Each day builds on the last, creating a foundation of deeper connection.

## Be Gentle with Yourself

Some days will feel easier than others. That's completely normal. The goal isn't perfection; it's progress toward deeper truth. Honor your own pace and celebrate small victories along the way.

## Invite Your Partner In

You don't have to do this alone. Share what you're learning. Ask them to join you in the practices when it feels right. Connection deepens when we let others see our growth.

# Day 1: Radical Authenticity Practice

## Morning Reflection

Journal for 5-10 minutes on these questions:

- What part of myself have I been hiding or editing in this relationship?
- What am I afraid would happen if I showed this part of me?
- What might become possible if I stopped pretending?

## Tonight's Micro-Action

Share one unedited truth with your partner. Not something huge or dramatic—just something real.

**Try this script:** "Hey, I want to share something true about me. [Insert your truth]. I'm practicing being more authentic, and this felt important to say."

### Conversation Starter

"What's one thing you wish I knew about you that you've never said out loud?"

# Days 2-3: Presence & Safe Spaces



## Day 2: Holding Space Without Fixing

When your partner shares something emotional, resist the urge to fix, advise, or minimize. Instead, try: "That sounds really hard," "I'm right here with you," or "Tell me more about that." Then just breathe and listen.

**Morning reflection:** What's my automatic reaction when my partner shares something difficult? What would it feel like to just stay present?



## Day 3: Creating Your Safe Landing Space

Create a 15-minute "decompression zone" when you're both home. No questions about the day yet, no task planning or logistics—just presence. Light a candle, put on soft music, sit close. Let the day's armor fall away.

**Ask:** "What helps you feel most relaxed when you're around me?"

# Days 4-5: Aliveness & Noticing

## Day 4: Cultivating Your Own Aliveness

What hobbies or interests have you let slide? What friendships need tending? What lights you up that has nothing to do with your relationship?

**Tonight's action:** Take one concrete step—text that friend, sign up for that class, block time for your hobby, or order that book you've been meaning to read.

## Day 5: Noticing the Small Things

Notice and name three small things today. Be specific: "I love that you always make sure the car has gas before I drive it" or "You refilled my water glass without me asking. That was sweet."

**Reflect:** What small things has my partner done that I didn't acknowledge? Where have I stopped noticing?

# Days 6-7: Conflict & Play

## Day 6: Grounded Presence in Conflict

The next time you feel triggered or anxious in conversation, pause. Take three deep breaths. Feel your feet on the floor. Then respond. Practice responding instead of reacting.

**Be honest:** Where do I typically react from anxiety or fear? What patterns show up when we disagree? What would grounded, confident presence look like from me?

**Conversation starter:** "Can we talk about how we handle disagreements? I want to make sure we're both feeling heard when things get tense."

## Day 7: Finding Magic in the Mundane

Pick one boring task and make it playful. Create a ridiculous playlist for cleaning together, turn grocery shopping into a game, have a "fancy dinner" with takeout on your nicest plates, or dance while folding laundry.

**Consider:** What ordinary moment could we turn into connection today? How can I bring playfulness to something routine?

**Ask:** "What's one ordinary thing we do together that actually feels special to you?"

# Weekly Relationship Check-In

Use this at the end of your seven days or anytime you need to reconnect. Rate these areas on a scale of 1-10, then reflect on the questions below.



## Emotional Intimacy

How deeply do we share what's really going on inside?



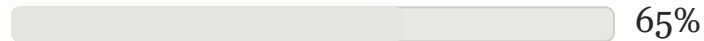
## Authenticity

How much of my real self am I bringing to this relationship?



## Safety

How safe do I feel being vulnerable?



## Playfulness

How much joy and lightness do we create together?



## Individual Aliveness

Am I maintaining my own life outside this relationship?

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## Reflection Questions

- What's working beautifully right now?
- Where am I feeling disconnection?
- What one practice from this week do I want to continue?
- What conversation do we need to have?

# Emergency Reconnection Rituals

For When You Feel Disconnected

## The 2-Minute Reset

Set a timer for 2 minutes. Sit facing each other, knees touching. Maintain eye contact. Breathe together. No talking—just presence. This simple practice resets your nervous systems and reminds you that you're on the same team.

## The Appreciation Flood

Take turns sharing three things you genuinely appreciate about each other right now. Be specific. Let yourself feel it. Gratitude is a powerful antidote to disconnection.

## The Question Game

Ask each other one of these, then really listen: "What's been weighing on you that you haven't said?" "How can I support you better this week?" "What do you need more of from me?"

## The Simple Touch

Sometimes words aren't the answer. A 20-second hug without talking resets your nervous systems and reminds you that you're on the same team. Let the embrace do the work.

# Conversation Starters for Deeper Intimacy

Use these questions whenever you want to go deeper. Pick one, find a quiet moment, and truly listen to each other's answers. These aren't casual conversations—they're invitations to see and be seen more fully.

01

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"What's a moment from your childhood that still shapes how you see relationships?"

03

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"What makes you feel most loved by me—and do I do it enough?"

05

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"How do you know when you feel truly safe with someone?"

07

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"What does your best version of us look like five years from now?"

02

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"If you could change one thing about how we communicate, what would it be?"

04

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"What's a fear you have about our relationship that you've never voiced?"

06

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"What's something you need from me that you're afraid to ask for?"

08

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"When do you feel most attracted to me—and I don't mean physically?"

# What Comes After Day 7?

The seven days are just the beginning. Real magnetism isn't a destination—it's a practice you return to again and again. Repeat your favorite daily practice, use the conversation starters weekly, do the check-in worksheet monthly, and return to the emergency rituals whenever you need reconnection.

You don't have to do this perfectly. You just have to keep choosing presence over pretending, truth over performance, and growth over stagnation.

The fact that you're here—doing this work, asking these questions, choosing to show up more fully—says everything about your commitment to real, lasting love. Not the Instagram version. Not the fairytale. The messy, beautiful, deeply human kind of love that requires vulnerability and courage and choosing each other over and over again.

**You're already magnetic.** This practice just clears away what's been hiding your light.

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*With you on the path,*

**The Arcane Guides Team**

## Need More Support?

We offer one-on-one relationship guidance, partner communication coaching, and customized practice plans.

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