

## Why Kiss a Toad?

Have you heard the expression, "I've had to kiss many toads before I got my Prince." Why is that? Do some people really get lucky and kiss a Prince first time?

We cannot describe energy or chemistry, but we definitely know it exists. It's like the wind - you can't see it even though you can feel it. Have you met someone for the first time and you felt like you had known them forever? Something just clicked - you felt comfortable, relaxed, and the conversation flowed easily and effortlessly. Other times, no matter how hard you tried, there was nothing there. What was the difference?

When looking for your "Prince Charming" you must set your intention. It's just like going to a scrumptious smorgasbord - if you're full, nothing looks appetizing, no matter how great it is. When you're hungry, you go with an open mind and look forward to it. It's about the anticipation – what will be on the menu, what will appeal to you? It's also not a good idea to over indulge, it's about finding the right balance and engaging all of your senses.



**Look:** What appeals to you? Do you like his build - macho, lean, tall, short? What about his eyes, are they piercing, are they a certain color, blue, brown? Is it what he's wearing - a gorgeous tie, tight fitting jeans? Do you find yourself looking down to see if he has shiny shoes and of course the shoe size 😊

**Listen:** How about his voice – is it deep, sexy, high pitched, smooth, mellow, or hypnotic?



**Marishka's Message**  
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**Smell:** Is there a natural scent about him that appeals to you? Are you attracted to the whiff of his cologne?

**Touch:** Feel the texture of his skin and his clothes. How do you feel when you hold hands or give each other a hug? Do you feel comfortable, warm and fuzzy, or do you begin to tense up?

**Taste:** Savor the food: You've heard of the expression "Kisses sweeter than wine"? Well, this is it! How does it feel when you kiss?

**Sixth Sense:** Should I or shouldn't I? Of course we all have "gut feelings". Listen to that inner voice, it will never steer you wrong. If it feels good, you're on the right track. Trust your gut!

If you look back and connect the dots, every Toad you kissed taught you a lesson. You may have realized that you deserved better, it may have taught you to identify the red flags and also set new standards. None of us are perfect. The secret to a happy relationship is deciding which flaw you can live with.

Toads are a Blessing in your life. They are a benchmark to make you appreciate your "Prince Charming." Next time you kiss a Toad, know that there is a Prince Charming just around the corner. Will you be ready?

**Happy Spring!**

[Marishka](#)

Ps. Come visit me at the [Ultimate Women's Show](#) at the Careport Centre in Hamilton May 13, 14 and 15. I have a booth, and will also be presenting "Unleash your Sixth Sense" on Saturday Morning, May 14, at 11:00 am. Hope to see you there!

