

WEDDING WHINES?

Higher Consciousness Can be Your Guide

TRUE LOVE ADVISOR, SONDRA SNEED
ATTUNES TO SPIRIT ON MATTERS OF MATRIMONY



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Mother's Mouth Sets Bride Off-Balance

Bride's Q:

Dear Sondra,

My mother always tells me her opinion about how I look in clothes. I don't want her opinion about my wedding dress because she wants me to wear something that I think looks cheap. How do I get her off my back without hurting her?

Answer:

Dear Bride,

Unfortunately, your mother's disapproval has given you feelings of insecurity about your looks for a long time. How do we know? The fact that you don't already know how to ignore her means this runs deep in the family. On you, it shows-up in your body language and posture.

Your insecurity about how you look invites her criticism, whether you realize it or not. When your shoulders droop forward and your chest caves, it appears to her as if you aren't sure about what you look like. So she makes recommendations based on what makes her feel pretty and proud of being feminine. However, when you wear feminine-frilly clothes, unfortunately, your lumbered walk cheapens the look that she's trying to give you. You'll need to learn how to glide with your head held high, to keep your fear of her at bay.

Here's the real clincher...It's your quiet rebellion that makes you not want to please your mom, while simultaneously you desperately wish to avoid her biting criticism. Unfortunately, this has made you anxious and profoundly insecure in clothes around her. So we have an assignment for you.

[Step One] Silence that voice in your head, which she has programmed. You'll recognize it when you look in the mirror. If she's the first thing that comes





Aligning with your mate is always the best arrangement

to mind, instead of whether you like the neckline or how the waist sits on you, you'll know which thoughts to "Shhhh."

[Step Two] Try on every dress that appeals to you with the help of a wedding gown advisor and try on as many as possible. Narrow it down to two or three of your favorites then call your mother and invite her opinion. Let her know up front you've narrowed it down to your favorites. Tell her you want to shorten the amount of time it will take to make a decision by working with an expert fitter.

[Step Three] Most importantly, learn and practice good posture. Take yoga classes. Practice power poses. Take video of yourself walking and fix the problem areas of your stride by becoming aware of how you carry your insecurity. This will make a big difference in all areas of your life and in feeling comfortable in anything you wear. The commanding presence of your gate will say, "I don't have a care in the world."

Florist Made to Honor

Bride's Q:

Dear Sondra,
My maid of honor has been my close friend since college. She owns a floral business with her mom and they are doing my wedding. The problem is that we argue over the colors. She says my choices are a mistake. I can't decide if she's right, or if she's just thinking of her business because her suggestions are \$2,000 more than what I was thinking. My fiancé thinks she's too expensive and my mom thinks she's too involved in every part of the plans. I don't want to lose a friend and a maid of honor over a few thousand dollars! Should I choose a different florist or a different maid of honor?

Answer:

Dear Undecided,
We don't think you need to change either of them. There are two issues annoying you. One, your mom feels left out. Two, your girlfriend's aggressive personality is alienating your fiancé and overpowering your

mom. Because you are the least decisive of them, they are competing with each other for your attention on the details, but the choice is easy.

Aligning with your future husband is the only choice. Your mother will understand that fact and your girlfriend will concede. Your man comes first over everyone else in your life... period.

Now, about the flowers...your girlfriend's suggestions are not based on business, they are based on her personal and professional tastes. Ask her to stay within a specific budget that you and your husband-to-be have decided upon. Aligning with your mate is always the best arrangement.





Don't boss him around and think he's going to respond favorably, either

Groom Gets Goofy Over Planning

Bride's Q:

Dear *Sondra*,

My fiancé has no interest in the details of the wedding plans and when I try to get him involved he acts like he's gone slow-witted! He either ignores me or says, "You're so much better than me at this stuff." How do I get him to help? Grrrrr...I'm so frustrated!



Answer:

Dear Frustrated,

Humans are more “monkey see, monkey do” than we like to admit. The truth is he’s not in the least bit “trained” by his father or society to be involved. It’s not that he’s lazy or wants you to do everything; it’s that he honestly feels stupid on the matter. Look around; are there groom’s magazines or “Say Yes to the Tux” TV shows? No. So, he has no idea where he’s supposed to step in and as long as there are no signs on the wall, he just doesn’t feel like he belongs in this “woman’s world.”

Here’s how to handle your man’s inability to see himself in the planning... give him specific tasks that aren’t associated with “bridal” stuff. Like this, “Will you

please check out the prices on [event, wedding venues] in [add specific areas] and find out if they are available [on our date]?” Use words that he can associate with non-wedding research, like costs, dates, and activities. He may even put them in a spreadsheet for you. As long as there’s not a wedding dress associated with the subject, he can stay manly about it. Don’t get mad at him; get mad at media and its sexist pigeon-holing of men and women.

Also, it’s really important to stay calm when you ask him to do something like this. If you get frustrated with him, he’ll feel like you’re going to be easy to disappoint and he might retreat right back to his ‘safety zone.’ It’s likely he would rather ignore you than disappoint you. Don’t boss him around and think he’s going

to respond favorably, either. He will avoid you or cower to you. Either reaction is not very sexy, so appeal to him as your equal partner.

It’s also important to own your emotions. Don’t blame him for how he’s making you feel. Even if he’s triggering your feelings they are still your emotions. Say things like, “I’m sorry I’m getting frustrated with you, I don’t mean to. It’s just more than I can handle without you. Will you help me out? Be my partner? I really need to feel like this is our wedding, not mine.” Then give him a typed list of items to look into for “our wedding.” Be honest and direct. Give him a directory to work down. Let him “research” specific details and don’t micro-manage him. He’s your man, not your employee.