

# mxFlirt



It might have been love at first sight for Kirsten Dunst and Orlando Bloom in *Elizabethtown*, but for the rest of us it's what we say that matters.

## TALKING HEARTS

You're out with friends, when the partner of your dreams walks by. What on earth do you say? **ROXANNE MILLAR** finds out how to make a positive impression.

No matter how much alcohol has been consumed, the idea of talking to the opposite sex can dry a mouth faster than it takes Britney Spears to fall pregnant.

How to initiate a conversation and deciding what to talk about can strike fear into the heart of the most courageous dater.

But Melbourne dating coach Alex Nova said there were a few no-fail conversation starters that work on both sides of the gender divide.

He said sticking to upbeat, uncontroversial topics would work no matter what the social situation.

"Perhaps talk about travel, food and animals," he said.

"Ask if the person has been travelling, where they have been".

Through his business [www.attractwomen.com.au](http://www.attractwomen.com.au), Nova has come up with dating tips for hapless and hopeless men wanting a date.

He said the best untapped places to find a mate were cafes, bookshops, on the street and at the beach.

And the best tactic? Just

getting out there.

Nova said practice makes perfect and helps men overcome many inhibitions – including their belief that being rich and good looking is necessary to attract women.

"Firstly, to really have success you must get out there and meet as many people as you can," Nova said.

"You must remember not to take rejection personally.

"And be prepared to move on.

"Don't get stuck on one person because there are thousands of single girls out there."

A sure-fire way to start something is with a situational opener.

It takes the pressure off both parties and should be light-hearted and fun.

"For instance, if you're both walking dogs ask, 'Is my dog safe next to your dog?'," he said.

Men should never formally introduce themselves or ask for a woman's phone number during this conversation.

"Assume instant rapport and act like you are already their friend," Nova said.

"After a successful interaction say you enjoyed the conversation and ask if you might be able to continue it sometime."

In a group situation, Nova said men should not be afraid to approach a table of women for a chat.

"Women are very impressed

by the men who do it," he said.

"Guys can also ask a group of girls, 'What are you celebrating tonight?' because then you can tell straight away if they're having a good night or not.

"You get the feel of the dynamic of the group and can ask how everyone knows each other, which lets you identify who has boyfriends."

### WHAT A WOMAN'S DRINK SAYS ABOUT HER

From [www.attractwomen.com.au](http://www.attractwomen.com.au)

**Dirty martini:** In the mood for everything and anything, but keeps her intentions subtle.

**Red Bull and vodka:** Nostalgic sorority sister looking for the real "animal house" or a bar sturdy enough to dance on.

**Beer:** The ultimate free-spirit, fun-loving tomboy who enjoys drinking games, house parties, lives in jeans and laughs louder than the other girls.

**Cosmopolitan:** *Sex and the City* fanatic, tabloid-loving, make-up obsessed women who can't get enough gossip.

**Tequila shots:** Unfaithful, unable to walk a straight line or form a coherent sentence. She's the ultimate drinker.

**Wine drinkers:** Sensual and romantic, they know their own bodies and want to know a bloke's as well. Like to stay in and watch movies.

**Pina colada:** Most likely underage.

### HOW WAS IT FOR YOU?

DR BELLA



**"When you spy a hottie ... the briefest of signals can gauge the other's sexual interest."**

What do you get when two people look at each other at the same time? Eye contact. But what eye contact actually means when it comes to love, sex and desire, will surprise you.

#### New eyes

The gaze is a courting strategy used by both humans and primates. Anthropologist Helen Fisher says eye contact "triggers a primitive part of our brain that stimulates one of two basic emotions: approach or retreat."

The eyes are our most powerful flirting tool. It only takes seconds to determine how alluring someone is to us. The pupil dilates when we're aroused, as strong emotions stimulate the sympathetic nervous system. Whether you spy a hottie on the street, train or bar, the briefest of signals can establish and gauge the other's sexual interest.

#### Lover's eyes

Despite the cliché of lovers sitting around staring into each other's eyes, the truth is, most avoid doing so, finding it unpleasant and intrusive. Within tantric tradition, however, couples train themselves to look closely at one another, eventually adding this technique to high sex practice.

**Stage 1:** Find a quiet place and sit facing each other, or lying side-by-side. Close your eyes and begin breathing slowly. Then gaze into each other's eyes. Experience the moment, without ego. Feel your energy fields harmonise and the deep, peaceful connection between you. After about five minutes, stop. Repeat again for five days in succession.

**Stage 2:** Is there anything more honest, vulnerable and terrifying than maintaining eye contact while making love? It's electrifying. Full-on eye contact elevates sex

to something far beyond genital-based satisfaction. Try it.

#### The gendered eye

Eye contact is also highly gendered. Historically men are thought to impose an unwanted gaze upon women – think the tradies' wolf whistle. The "male gaze" isn't merely about looking. Professor Jonathan Schroeder argues "it signifies a psychological relationship of power, in which the gazer is superior to the object of the gaze".

Women on the other hand, have a very hard time owning the gaze. You'd be taken back to learn how difficult it is for most women to overtly look at a male stranger with desire.

#### The adulterous eye

In Islam, Muslims must lower their gaze and try not to focus on the opposite sex's eyes after initial eye contact, with anyone other than potential wives, legitimate partners or family members. Eye contact should only last for a second and be "no-desire" and clean. Looking at someone with lust is considered "adultery of the eyes".

Speaking of which, let's talk about the kind of eye contact I hate most: my honey checking out Miss-Think-She's-So-Hot. Boyfriends should come with a baby leash or horse blinders, don't you think?

#### The evil eye

Lastly, watch out for the evil eye, whereby one curses another with a malevolent gaze, causing misfortune to fall upon the victim. The evil eye is also found in contemporary relationships, demonstrated when men ask, "Are you upset about something?" and the female replies, "No, I'm fine," accompanied with murderous gaze.

– **Best of luck in love**

BTW

Questions, thoughts, sexual tips?  
Email me at [dearbella@mxnet.com.au](mailto:dearbella@mxnet.com.au)  
or visit [www.drbella.com.au](http://www.drbella.com.au)