

With her Encinitas courses, Zannah Hackett, relationship instructor, helps women plan to find the prince while side-stepping future frogs



The kiss and tell of matchmaking

Illustration and story by Kohau Cerizo
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NORTH COUNTY — Matchmaking has finally met its match: Zannah Hackett, relationship instructor, has cut cupid's role altogether.

She is working toward elevating women's knowledge about themselves and about men with her Encinitas matchmaking courses. Then females don't have to rely on fairytale ideals of blindly finding love, she said.

Women are directed, with a three-hour private or group course called YOU, Your Own Understanding, to be aware of the relationship attraction and repulsion signs.

"Everything in this world has polarities," Hackett said. "Even relationships."

The instructor introduced ancient techniques of matchmaking to modernity: Their mingling is found in her instruction of alchemy, features, personal style, centers of energy and attraction.

Hackett said the relationship language is a way to perceive life and work with different personality types.

"It's not outlandish — it's a way of identifying things," said Janice Freedman, president of Music for Everyone, a musical instruments supplier. "There's no hocus pocus to this; it's real basic. It's a way to classify people."

Hackett holds various private, female-only courses throughout the year available through appointment. Classes are scheduled monthly at the Encinitas Community Center.

With the classes, Hackett teaches the importance of visual clues: the shape of a person's chin, his or her body type, skin tone and energy level, among other observations.

She uses seven naming systems — Mercury, Saturn, Martial, Venusian, Lunar, Jovial and Solar — to group both men and women by physical appearance, occupations and personality traits, or "drivers." An indicator that a female may be a Saturn, for example, is her tall stature.

Another teaching, called alchemy, depicts an analogy of metal ores to signify the way humans interact with each other

SEVEN MATCHMAKING PERSONAL STYLES

Zannah Hackett's teachings direct women to understand themselves and others through naming systems listed below.

Saturn: Tall or seemingly taller than their real height. Stoic, regal and dominant, among other traits.

Martial: Aggressive, dynamic, direct, destructive and passionate, among other traits.

Jovial: Cheerful, fuller figure, colorful, generous and inviting.

Lunar: Cool, quiet, introspective, resistant, loyal and very feminine.

Venusian: Warm, sympathetic, hairy, curvaceous and nurturing.

Mercury: Intelligent, quick-witted, cunning, perceptive, powerful, clever.

Solar: Naive, fair, bright, delightful, accepting and frail.

For more information and future course schedules, contact Zannah Hackett at 760.809.7273 and visit www.pausefora.gic.com.

Matchmaking B2 >

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Matchmaking

>From B1

and their tolerance levels.

Personality styles, alchemy and other teachings help women find their mate, said Hackett. They can now understand the languages of relationships, both harmful and helpful.

In applying a vehicle metaphor, Hackett said women need to be aware of their make, model and accessories.

"If you were a car, specifically a vintage Jaguar, it's probably not a good idea to volunteer for a road trip up the side of the mountain as if you were a Toyota Land Cruiser," she said. "Yet, all too often, we go where we are not designed to go. In studying personal styles and their relationship to our own, you become aware of what works perfectly for you because of you."

These styles aren't just applicable to romantic relationships, said Judy Thompson, president

of Financial Executive Search, Inc., an executive search firm. She uses Hackett's principles to fit employers and employees.

"When I put people in jobs, it's like setting up blind dates," Thompson said. "I explain [Hackett's teaching] to clients."

With more than 25 years of experience as a Golden Door fitness trainer, Hackett has an extensive background in health, both physical and mental.

She has dedicated years to the study of personality classification systems like the Myers-Briggs Type Indicator and Deepak Chopra's ayurvedic principles. Hackett said her work holds parallels with the instruction of Wayne Dyer, Florence Littauer and Dr. Phil.

In 1997, though, Hackett found some solid answers to her search. She was exposed to "The Ancient Wisdom of Matchmaking" that dates back thousands of years to a time when kings and queens chose the perfect mate for their sons and daughters.



Zannah Hackett
North County Matchmaker

And the relationship instructor used her personal life to attest to the studies' success.

"I was married 24 years, with three beautiful sons," she said. "Through life challenges, I ended up single — I wanted to see if there was a way that I could prevent kissing the frogs."

Kissing frogs is all too common to many of Hackett's students. With almost 300 million divorces in the U.S. during 2003, according to the Centers for Disease Control and Prevention, the effort to increase relationship awareness is a necessity for Hackett.

Thompson, a 56-year-old San Diego resident who has met with Hackett for eight years, said the best part about Y.O.U. is how the program has helped her marriage.

"I'm so enthusiastic about it," she said. "I know it sounds hokey, but it's been life changing for me."

Freedman, who scheduled several Y.O.U. courses since 1999 and holds a master's degree in psychology, agreed.

"I'm 54 years old and I knew that I had to get this [relationships] right," she said. "I'm an attractive, bright woman and I wondered, 'Why do I keep getting this wrong?' I knew the answer was out there — Zannah gave me that answer."

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