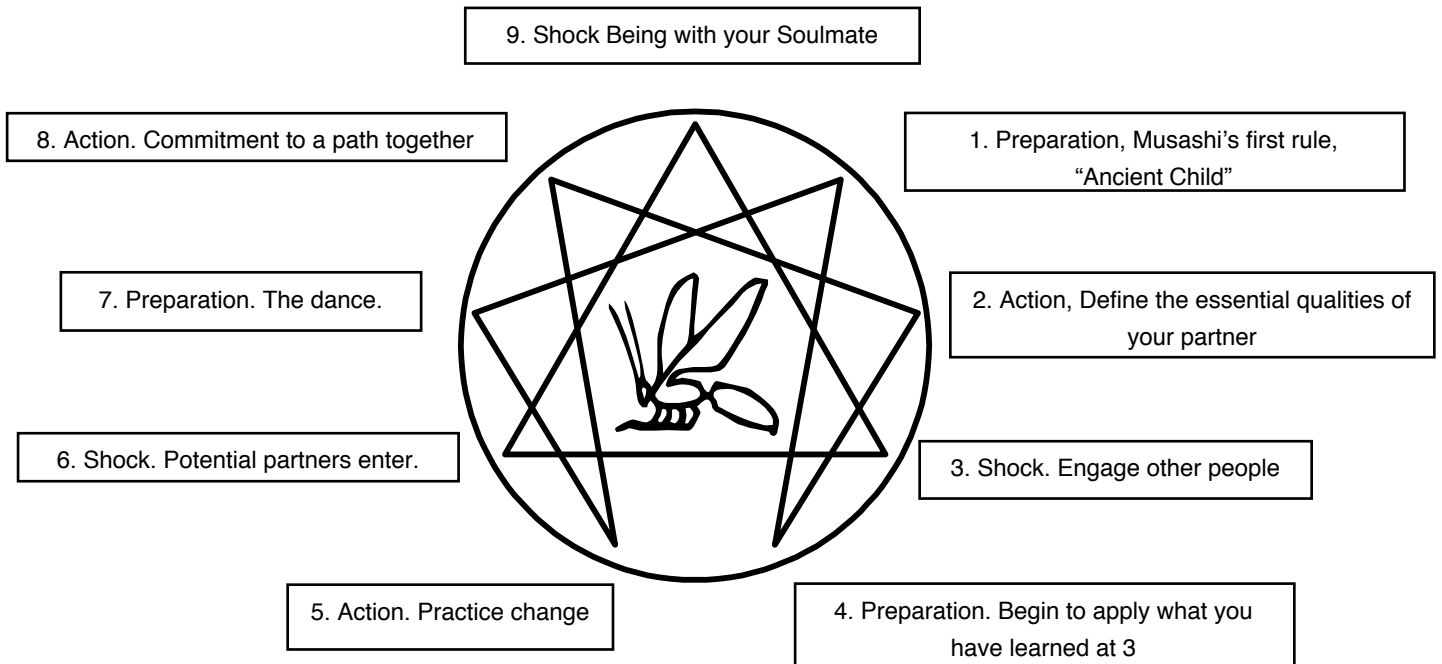


# The Soulmate Process

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## Point 1.

Point one is preparation, getting your house in order so that you will be able to do the Work.

Brutal self honesty is needed here.

Practice the "Ancient Child" meditation to connect with BOTH your childhood dreams and your ultimate "deathbed" values.

## Point 2.

Create a statement of EXACTLY what you want in a partner. Body, mind, spirit, career, everything.

## Point 3

Find the person in your circle who comes the closest to this ideal. Preferably three people. Interview them, asking what THEY are looking for in their partners. Be sure to get details about the desired physical, mental (career) and emotional aspects. What they say, and especially where they overlap, is what you really wish to be. Check to be certain this is an admirable person, a person in alignment with your values. Would you want to meet this person? Be friends with them? Good. If not, you either chose people incorrectly, or your image of your desired partner is out of alignment with your true values. Go deeper into the "Ancient Child."

Point 4.

Begin to move in this direction, paying special attention to the emotional, career, and physical aspects.

Crossing The Equator.....

Point 5.

When you enter five, you make permanent change. You do the hard work of becoming the kind of person that can attract the partner you have modeled.

Practice Heartbeat meditation, learning to love yourself more deeply. The more you accept yourself for where you are NOW on your journey, the more you will recognize others who, while not "perfect", are moving in the same direction at about the same speed. "Love is two people looking at each other. But a relationship is two people moving in the same direction."

Point 6.

Potential partners enter.....

Look at the "Secret Formula": GOAL X FAITH X ACTION X GRATITUDE = RESULTS.

GOAL: to find your soul mate. But immediately, to become the kind of person whose gender-appropriate mirror is your ideal. (It is in the process of becoming this person, after accepting yourself deeply, that you will find your soulmate: "when the lover is ready, the beloved will appear")

FAITH: Mating is easy. An informal survey suggests that if you had to spend your life on a desert island, separate from social judgements, about 1 out of 10 people would be "acceptable" to share your space. That's minimum standard. Multiply that against itself and you probably

have the number of people you'd have to meet with to find one who is also attracted to you: 100. Let's say you want more than "minimum" (and who doesn't?) What does that number go up to? 1000? 10,000? Ask married people how many people they dated before getting married. 100? Somewhere in there is the magic number. Now, we're talking about a higher order of satisfaction. And what you will have to do is broadcast clearly and strongly who you are, like a bird singing in the forest. As you are actively "becoming" you encounter people at the job, hobbies, the gym, self-improvement activities, whatever...and out of the thousands of people who flow past you, if you are subtly broadcasting "this is me" and you have a "green light" radiating mating potential, you will swiftly pass that 10k. Every animal finds a mate, unconsciously. Have faith! ACTION: Finding a partner requires indirect action. "When the lover is ready, the beloved will appear." What you must do is "become" the person who is the natural mate of the person you desire. Someone who is a satisfying person to be, even if you never found the partner. Someone so confident and self-possessed that they don't NEED a partner, but WANT someone to share their life with. That person does certain things every day: study, meditate, conduct business, exercise, socialize, etc. What does that person do? Do this, with STEADILY INCREASING ENERGY. Broadcast who you are more and more clearly, and as you find yourself TOTALLY engaged in being this person, when you have stopped "watching the pot boil"...that is when you will meet the Soulmate. But you must be TOTALLY engaged in being happy RIGHT NOW.

GRATITUDE: Again, you have to be happy where you are. You must love yourself and your life enough to have "overflow" to offer to others. There's a great line in the movie "Broadcast News": "wouldn't it be great if 'needy' were a turn-on?" Well...it isn't, not for healthy human beings. "Lover, heal thyself" is the mantra. Connect with your own "child" self and connect that heart-space. Connect that with the source of your creation. Connect that with your ultimate physical destiny—the end of your life. Make your peace here, and commit to live your life with joy and contribution, even if you live life alone. YOU WILL NO LONGER 'SETTLE" IN YOUR RELATIONSHIPS. You are willing to be alone before being in another inappropriate relationship. You are grateful for who you are, and what you have, RIGHT NOW. As you become this person, you will become far more "attractive"—but your commitment to finding your true partner removes any hint of "neediness" and you get to look at the "dating" game as a corruption of natural mating patterns.

Such people are phenomenally attractive. Paradoxically, by being aware of your desired partner, but not "looking for Mr or Mrs. Right" but rather focusing on becoming the kind of person you really wish to be, the mists will clear, and that partner will appear as if "by magic." Sometimes, they were right in front of us, but our fear and lack of clarity obscured the truth. Other times, we will meet them as your circles of business, hobby, or social connection intersect.

Point 7.

“The Dance” is the phase where you explore and deepen your relationship.

Point 8.

The mutual realization that you are the ones for each other and commitment to walking the path together.

Point 9.

Being with your Soulmate. This is both the entering and exiting shock.