

THE SOULMATE PROCESS

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FAST START: FIRST, LISTEN TO THE “SOULMATE” MP3. Then read this PDF, and begin to work through the questions. Perform the exercises. Get ready for magic*! (*“Any sufficiently advanced technology is indistinguishable from magic”—Arthur C. Clarke)

WHAT IS A SOULMATE?

It is best to start with a definition. A soulmate is NOT someone with whom you will never have conflict, who can read your mind, whose moods will automatically synchronize with yours. That kind of crappy thinking has doomed more relationships than bad breath. How could any of that be true? You get angry with YOURSELF. Break promises to yourself. Do things for motivations you don't understand, getting results that are in conflict with your own values.

Human beings are a mess. But...we're also wonderful. Amazing, in fact. Let's back up and define some terms:

Attraction is one person looking at another person.

Love is two people looking at each other.

A RELATIONSHIP is two people looking in the same direction.

Get that? In this framework, a soulmate is someone who, when you meet them, opens the door to your future. You can feel the path ahead. See your destiny, and it is a better, stronger, purer version of YOU. They bring out the best of you. Share values, goals, and passions enough that you can walk the path of life together.

And it is our belief that this blessing (and it is exactly that) is available to anyone who can be honest about who they are, what they want...and actually has respect and affection for their own basic selves. Know thyself. LOVE thyself. Loves humanity, in all its splendor and error.

When you have that sense, you begin to share it with those around you. Share from your bounty. We will go into this more later, but this is a basic piece. Care for yourself. Love yourself. Otherwise, you go into a relationship looking for them to heal you, or provide you with the love you missed from Mommy and Daddy. This is a door to either co-dependency or attracting predators and control freaks.

WHY FIND A SOULMATE?

Because a good, healthy relationship is not only fun, passionate, and wonderful...it will encourage you to be a better person.

WHERE ARE ALL THE GOOD MEN/WOMEN?

Ah, you know the “pity parties” claiming that statistics show that there aren't enough good men or women out there. Forget all of this. As my brother in law Pat Young once said: “if there are two jobs left out there, I'm getting one of them.” Apply this level of clarity and

confidence to the realm of relationships, and you can't be beat. What difference does it make if odds say that only 95% of people will find partnerships? Or 80%? Or 50%? Who in the world told you that you had to be in the bottom 50%? In what arena of your life do you NOT aspire to be in the top 20%? And the top 20% of any field are never out of work, always in relationship, and basically happy and healthy. And all you have to do to be in the top 20% is wake the @##\$ up, take responsibility for your life...be an awake, aware adult human being.

That's what this is about. Every bird in the forest, every bug in the sludge finds a mate. An informal survey suggests that about one out of ten members of the opposite sex in your age group would be "acceptable" as a partner in a crunch. That means that about one out of a hundred would actually be pretty cool. And that suggests that one out of ten thousand would not only be excellent, but would consider YOU excellent as well.

Ask your grandparents, or anyone who has been married long enough to raise children. THAT's a damned fine measure of a healthy relationship (whether you choose to have children or not). And you'll find out that none of them dated more than about twenty people. Of course, these people were probably already filtered for attractiveness and social class...so add a zero. Two hundred dates? You'll find someone. It isn't that hard. But finding a partner you can be blissful with, and who is in bliss to be with you, is another matter.

FINDING YOUR SOULMATE ISN'T ABOUT "SETTLING." IT IS ABOUT GETTING EVERYTHING YOU NEED.

We want it all. THAT'S what this course is about. Having it all. The truth is that it doesn't matter how many good men or women there are out there. You only need one.

A woman I knew (who was actually a therapist, for goodness sakes) once said: "Most men are garbage, and I have the experience to know this is true...because I've been married seven times."

I laughed. "There's only one thing in common between all of your relationships: you were there."

Here's a principle:

WE ATTRACT PEOPLE AT OUR LEVEL OF ENERGY AND INTEGRATION...OR BELOW.

WE ARE ATTRACTED TO PEOPLE AT OUR LEVEL OF ENERGY AND INTEGRATION...OR ABOVE.

In other words, if you don't like what you are attracting, the problem isn't "out there." The problem is in the mirror.

IF YOU WOULDN'T BE ATTRACTED TO YOU, WHY SHOULD ANYONE ELSE BE?

Most "How To Pick Up Chicks" or "How To Make A Man Fall In Love With You" courses are about "faking" how to be a healthy animal. Healthy men and women automatically radiate confidence, sensuality, playfulness and energy.

Here's a radical concept: why not actually BE a healthy human animal? Why not actually BE healthy, happy, secure, loving, energetic, successful...or at the very least deeply and spiritually accepting of where you are, right now, on the path of your life? Because if you accept and love and understand yourself deeply, you will be able to accept, love, and

understand someone who is as far from “perfection” as you are. And you’ll understand why people at different levels of energy and integration need someone who “vibes” with them, and won’t resent the men and women who are not attracted to you. You can let them go to find happiness as they will, because you are too busy being happy right here, right now, with those who groove to your level.

Again, if you ARE NOT attracted to the people who are attracted to you...you have work to do.

WHAT IS MAGIC?

I’ve known many people of phenomenal accomplishment, in the arenas of martial arts, writing, and just healthy living. And in many cases it seems that the natural, normal course of living simply produces phenomenal results beyond the struggles others make of their lives. One way of looking at what they did is revealed in the concept of “mastery.” I once asked my first karate instructor Steve Muhammad the greatest karate man I’ve ever known and considered a “Sijo” (a rank beyond Grandmaster, meaning one who has created his own path), what “mastery” was. His answer (slightly paraphrased): “mastery is understanding the basic components of your art enough to be able to recombine them, under pressure, to create art.”

Another way to put this is to have the basic components of your art or discipline, whatever it is and they are, at the level of “unconscious competence”. Again, we have to stop for a definition of the different stages in personal competence, using bicycling as an example:

1) Imagine you don’t even know bicycles exist: that’s “unconscious incompetence.”

2) You know bicycles exist, and know you don’t know how to ride one: “conscious incompetence.”

3) You can ride a bicycle...as long as you concentrate totally on what you’re doing: “Conscious competence.”

4) And the beginning of mastery. The beginning of Flow. The “look Ma, no hands!” place: “Unconscious Competence.”

Unconscious competence is having the basics of your discipline on automatic. Only then can you flow and enjoy yourself. Express art. This is the beginning of mastery.

The “Beauty/Power Axis.”

Up until the end of the 20th century, I would have bet on the traditional model: Beauty is traded for Power. The more beauty a woman has, the more power her male partner is likely to have. And the more power a man has, the more beauty he can attract. As we enter the 21st Century, this is now more and more an “even-steven” trade: as women gain more power, they are demanding more beauty from men. Men are accepting and demanding more power from women, and realizing they are important for more than just “providing security.”

Women embracing their masculine aspects, men embracing their feminine. Brave new world. But what you don’t see much of is women with power specifically angling for men with beauty. Alpha females tend to be attracted to alpha males.

And what you almost NEVER see is a total mis-match: a beautiful, powerful person bonding to someone with neither.

So the trick is to either raise your energy to the level of the people you are attracted to...or learn to love yourself, where you are, enough to appreciate the values of people who are already on your level. Either will work. What DOESN'T work is resenting people for not being attracted to you. Go down to the seashore and complain at the ocean for making your shoes wet. You'll get about the same results.

THE SOULMATE MASTER PLAN

- 1.) Write down exactly what you want in a partner, in all major arenas: body, mind, spirit, emotions, finances...everything.
- 2) Determine what the "mirror" of this person is. Or: what is a person like this attracted to?
- 3) Determine the "gap" between what this kind of person wants, and where you are currently. What you have defined is what you really want to be: a person who can find, win, and hold a partner like THAT.
- 4) Begin to close the "gap." Heal your heart and learn to love and accept yourself deeply.
- 5) "When the student is ready, the teacher will appear" is a truism. And so is this:
WHEN THE LOVER IS READY, THE BELOVED WILL APPEAR.

The "Soulmate" process is not about changing yourself so that someone will be attracted to you. It is using the power of attraction to discover the truth of who and what you really want to be. Set yourself on the path to becoming that person. And accept yourself for who and what it is you are now. When you deeply love yourself, and express yourself in the world with power, you will meet a partner along the path who is as close to self-realization as you are. And if you truly accept yourself...you will be able to love and accept them. It is a beautiful, magical thing, one available to anyone with the courage and honesty to admit they want more from their lives.

In order to organize a vast amount of insight about love and relationships into an understandable and simple form, we're going to use an ancient and profound tool called the Enneagram



Most people familiar with this know it from about 1% of its total value, the “enneagram of personality.” But in addition to this, it is a “paper computer” diagramming process. Look at this one, where the steps of the Hero’s Journey are plotted around the edge. I’m going to use the original “Star Wars” film “A New Hope” to illustrate this:

- 0) Hero Confronted with the challenge. “Come with me, Luke! Learn the Ways of the Force!”
- 1) Hero Rejects the challenge (usually due to fear): (“I promised Uncle Owen I’d work on the moisture evaporators.”)
- 2) Accepts the challenge (“Teach me to be a Jedi like my father”)
- 3) Road of trials (Mos Eisley Cantina, Alderaan, the Death Star, etc.)
- 4) Gathering of allies and powers (Obi-Wan, R2-D2, C-3PO, Princess Leia, Han Solo, Chewbacca, etc. Learning to use the Force, etc.)
- 5) Confronts evil, and defeated (the death of Obi-Wan)
- 6) Dark Night of the Soul (The run on the death star. All allies fled or dead, and the rebel planet about to be destroyed.
- 7) The Leap of Faith (“Trust the Force, Luke!”)
- 8) Confront Evil, and victorious (Death Star destroyed)
- 9) Student Becomes the Teacher (Han and Luke given medals)

Now, then. That’s the LINEAR, EXTERNAL path, traveling around the outside of the enneagram. Note that the 0 and 9 points are in the same place—they represent something entering from another world, or exiting to the next world, the beginning of the new adventure. There is much more to be said about the Hero’s Journey, but we can benefit from looking at the INTERNAL lines: what is connected to what else?

The following is a “textbook” examination of this. Note that we wobble a bit. It is difficult to describe a process in static language, similar to the Heisenberg Uncertainty principle which states that we can describe EITHER the position OR the momentum of a subatomic particle. So to be able to understand the Enneagram, please consider it like a living thing: it will move when you poke it, and we have to be willing to be flexible to understand it.

In order to use this pattern to teach something innately complex, we’re going to make an adjustment to help you change perspective:

0—Entry point. Luke sees the message: .5 CONFRONTATION. “Help me, Obi-Wan Kinobi, you are my only hope.”

1—PREPARATION. Following the droid. Attacked by Sand People. Asking aunt and uncle about Ben.

2—ACTION. Rescued. Call to action. Refusal

3—SHOCK. Storm Troopers enter. Luke's life destroyed. 3.5—Acceptance

4—PREPARATION—Sees what a Jedi can do. Mos Eisley. ROAD—ALLIES
EQUATOR—Leave Tatooine

5—ACTION—Obi-Wan cut down. DEFEAT, 5.5 DARK NIGHT.

6—SHOCK—Other Rebels enter. 6.5—Leap of Faith

7—PREPARATION—Attack on Death Star

8—ACTION—Destroy Death Star VICTORY

9—SHOCK—A Jedi in the world of Jedis, preparing himself for the challenges of Holy Warrior-hood.

Take a deep breath. Here we go, looking at the internal lines:

0—Entry point. SHOCK. Luke sees the message. Follow the internal lines, and you can see that the entry into this new world foresees the destruction of the storm troopers and the need for allies.

1—PREPARATION. Following the droid. Follow the internal lines, and you see this is connected to 4, his first experience actually seeing a Jedi at work, and 7, what he must ultimately do: attack the Death Star.
He is leaving his ordinary world.

2—ACTION. Rescued by Obi-Wan. This is connected to 4, meeting his primary ally who will help him on the first leg of his journey, and 8, our first glimpse of the powers that will ultimately destroy the Death Star.

3—SHOCK. Storm Troopers enter. This was connected to 0, the droid bringing the message, and will necessitate 6, the acquisition of Rebel allies.

4—PREPARATION— Mos Eisley. This is connected to his initial decision to travel to find the droid, and also his faith in his new ally.

EQUATOR—Leave Tatooine

5—ACTION—Obi-Wan cut down. This is connected to 7—the death of Obi-Wan hardens Luke and removes his last barrier to adulthood. And 8—Obi-Wan's death makes him a pure spirit, capable of helping Luke in his moment of greatest need.

6—SHOCK—Other Rebels enter. Luke would never have met them, had he not been summoned (0), or the storm troopers not killed his family (3)

7—PREPARATION—Attack on Death Star. Connected to 1—his step into the unknown to fetch the droid, and 5—his anger at the death of his father figure. "Trust the force, Luke."

8—ACTION—Destroy Death Star. This victory is connected to the revenge for killing his uncle and aunt (the Storm troopers doomed themselves with this action) and 5—Luke’s reaction to the death of Obi-Wan. Revenge is as much a part of this action as righteousness. Also connection to higher spirit.

9—SHOCK—A Jedi in the world of Jedis. Luke was summoned to this world by Leia’s plea, the actions of the storm troopers, and the death of his role model. He is now a man, a warrior, and a spiritual being ready for the next level of engagement.

Let’s now look at the pattern as a pure thing, stripped of “Star Wars” references:

0—Entry point. SHOCK. CONFRONTATION WITH CHALLENGE. Follow the internal lines, and you can see that your challenge will have at least two points of real shock before you reach your goal.

1—PREPARATION. Follow the internal lines, and you see this is connected to 4, learning and beginning to apply what you have learned, with an eye on the greatest challenge you will face.

2—ACTION. Taking your initial steps, which will relate to allies present and future. We begin to grasp the abilities and resources necessary to reach our goal.

3—SHOCK. You WILL be thrown for a loop, as you battle fear and lack of clarity connected with your new goal. Overcoming emotional inertia.

4—PREPARATION— Deepening skills, gaining clarity. Connected with the initial actions (that “why did I start this @#\$\$!” feeling).

EQUATOR—The point of no return.

5—ACTION—Some obstacle between you and your goal will thrust itself forward, hitting you HARD. This will connect with your final preparations and actions—defeat this enemy, and you are on your way. But it will be the fight of your life.

6—SHOCK—Your ordinary sense of self will “empty out.” You will have to bring in something from outside yourself—a new ally, a belief in something larger than you, or deeper trust in your process than you have ever known.

7—PREPARATION—Take consistent, take-no-prisoners massive action. Go for broke. To do this you must remember your commitments, and allow yourself to attach massive pain to inaction, and massive pleasure to acting.

8—ACTION—If you have taken the previous steps, your ultimate victory will be created by your allowing the emotions of both fear and love to drive you toward an envisioned worthy result.

9—SHOCK—Victory will not end your issues. Rather they move you to the next level of engagement, a new life, with new pleasures and sorrow. Roll with it and enjoy the ride!

See how this works? The Enneagram structure says that the Hero’s Journey is efficient and effective both linearly and non-linearly. It can be used for any valid process, and we’re

going to use it to become the kind of human being who can accomplish our heart's desire. Become someone we would admire, model, wish to emulate...or fall in love with. We're about to do magic.

POINT ZERO: Acceptance of the Challenge: "I want a partner" visualization of the possibility/desire. This is the point at which we admit the hunger within us for partnership. Following the connecting lines, the following questions present themselves:

- a) What are my beliefs about relationships—what they cost, what they provide, how they are maintained and created?
- b) What are my role models for healthy, sustained relationships? What values drive them?
- c) What are my greatest disappointments in the arena of relationships?

Point 1. As we prepare to do the work, the first task is "getting your house in order" so that you will be able to do the Work. While it is certainly possible that you have no fear surrounding the issue of intimacy or commitment, it might be a good idea to assume that there ARE some hidden issues, just so they don't sabotage you when your back is turned. Brutal self honesty is needed here. Practice the "Ancient Child" meditation to connect with BOTH your childhood dreams and your ultimate "deathbed" values. Only by knowing yourself can you know what you really want. Only by tapping into your greatest wisdom can you build a map of reality that can convey you to your goal.

QUESTIONS (following the connecting lines):

A) When you consider the relationships you have observed in your life, what are the patterns that worry you? When you think of the Soulmate Process--READ ME FIRST - 12/2/13 8:49 AM / 9 failed relationships in your own life, what negative patterns emerge there?

B) If men and women are basically the same creatures with mirroring aspects, what do the difficulties tell you about human nature? Is your basic view of human nature positive or negative? Why?

C) If there are negative beliefs or feelings surrounding relationships or YOUR chance of finding one, are you capable of extending faith as you move forward? Believing that there is someone in the world for you, if you present yourself at your very best? Are you willing to accept a human being as imperfect as yourself?

Point 2.

Create a statement of EXACTLY that you want in a partner. mind, spirit, career, Body, everything. Write it down, as if a genie was prepared to give you everything you wanted. Don't compromise at all!

Questions following the connecting lines:

A) What qualities of mind, body, and spirit are most attractive to you? Which feed your hungers?

B) Can you visualize yourself with such a person? See and feel the

connection? Why or why not?

C) Go back over the list. Did you compromise? Do you lack the belief that you can actually have what you desire? What mental voices doubt or mock you? Whose voices are they?

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 their comments overlap, is what you really wish to be.

REMEMBER: THIS IS A SLIPPERY POINT. The idea is not to try to have a relationship with the person you ask. The point is not to change yourself to be something others want. The point is to use your hungers to see where you have limited your own potential. Remember also that this will take courage. **MOST PEOPLE NEGLECT THIS STEP.** They don't want to hear the truth, are afraid that their desires are unattainable. Afraid of hearing that they are not "enough". And your ego doesn't want you to change. Wants you to play the "small" game.

The people you sit down with don't have to be perfect matches for what you're looking for: such a person might not exist in your circle. What you're looking for is the direction of change. The vector. Once you begin moving, you will see new options, meet new people, and can actually perform the exercise again to refine your map of reality.

Possible rude awakenings: your answerers might describe someone with more self confidence, fitness, financial security, selfawareness, discipline or health-oriented habits than you currently exhibit.

CAUTION: If they describe too many purely superficial aspects, things NOT the result of beliefs, values, actions, focus etc, you may have neglected to include "emotional maturity" on your list of desired characteristics. Go back, recalibrate, and try again.

Questions along the connecting lines:

A) The person who is described by your role models is a version of your own idealized self.

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."

BTW--this is a SHOCK indeed. Actually finding out what is necessary to attract the kind of person you desire can be a terrifying thing.

B) What is the “gap” between what they describe and the way you currently manifest? What characteristics would you have to develop? Habits would you have to change? Associations would you have to modify, abandon or create? Look most deeply into your career, your body, and your emotional balance.

C) What fear comes up for you when you look at this “gap”? Do you accept the responsibility of change despite the fear? There are many approaches to self-improvement, and you will find excellent resources on our site. But a general adaptation of the Hero’s Journey to the changing of any bad habit or the acquisition of any positive habit is:

- 1) Identify the pattern you want to change.
- 2) Identify what you want to change it to. (Find role models who are already accomplishing your desired results)
- 3) Raise your energy level. RAISE YOUR ENERGY LEVEL.
- 4) Practice the new program
- 5) Fail successfully
- 6) Start over.

Each step is critical. Let’s say you want to increase your income.

- 1) Acknowledge that you want to cease the financial bloodletting.
- 2) Create a clear goal. A 50% increase per year is totally realistic, if you are conscious and committed. That is a 1% increase in efficiency per week.
- 3) Raising your energy level. Most people neglect this step, and because of it, fall into a pattern of failure. “You can’t teach an old dog new tricks” because the dog is tired.
- 4) Practice the new program
- 5) Fail “successfully.” This means to observe the results you get, and learn from them.
- 6) Start over. Everyone falls down. Winners get back up. A thousand times, if need be. That’s just the way it is.

Point 4.

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

Crossing The “Equator”, the central line of the Enneagram.....acceptance of pain, grief, anger and commitment to move beyond them. Raising your standards, committing to

being an adult.

There are two basic approaches.

1) To become the person your answerers described. This person will naturally project the energy and integration necessary to attract the kind of partners you have described.

2) To learn to love yourself as you are, warts and all...while still moving toward actualization. THIS IS THE SUGGESTED APPROACH. Here, you develop the wisdom to see that we are all in process, that no one is perfect. We are verbs as well as nouns. The person who makes this leap will be able to attract and hold someone who is improving in the same rate and direction as they, and will find a partner to join them along the journey.

Questions:

A) What role models will you need to make physical changes? What new abilities or changes in direction are required? Do you accept this responsibility?

B) What role models will you need to make changes in your career, finances or education? What new abilities or changes in directions are required? Do you accept this responsibility?

C) What role models will you need to make changes in your emotional skills or balance? What new abilities or changes in direction are required? Do you accep this responsibility?

Point 5. Potential partners enter your world...

When you enter five, you make permanent change. You are 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."

But this point also represents failure, AND YOU WILL FAIL ALONG THIS PATH. You cannot just "jump" up to a new level of efficiency and effectiveness. You will break promises to yourself, hit depression, be turned down for dates. And... YOU WILL FORGET THAT I PROMISED YOU THIS WOULD HAPPEN. That's how the ego works. It denies you the memories of experience that would allow you to change gracefully...because it doesn't want to change.

Questions:

A) Can you remember times in your past when failure was part of the path toward success? Write down three of them.

B) What emotional tools did you use to navigate through the disaster? Write down three of them.

C) What people helped support you through those problems?
Point 6.

Look at the “Secret Formula”: $GOAL \times FAITH \times ACTION \times GRATITUDE = RESULTS$.

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 energetic mirror of the person you desire. Someone who is a satisfying person to be, even if you never found the partner. Someone so confident and selfpossessed 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 with greater and greater clarity, 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 LIFE OR RELATIONSHIPS.** You are willing to be alone before being in another inappropriate relationship. You will die before you betray your childhood dreams or death-bed values. 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.

Questions:

A) Do you remember when you began this process, and accepted the reality that you would hit bottom at some point? How many times have you given this speech to others?

B) Along the “road of trials”, every day you have micro-traumas, succeed, and move on. Can you relate these “micro cycles” to the larger cycle you are now encountering?

Point 7. Sustaining and growing proficient with the “Dance” of relationship.

“The Dance” is the phase where you explore and deepen your relationship. You establish a common language, and begin to communicate the deepest values, beliefs, hopes and dreams. This has to be done at a pace acceptable to both—too fast or too slow, and you are “out of synche” with each other, and “bullshit!” detectors will trigger. It is not being phony. This is the phase when two people learn if they are of the same social fabric, have the same values, and similar levels of energy and integration. You deserve someone who understands you...and so does your partner.

Questions:

A) What can you do to honestly allay the fears of your potential partner? You must learn to communicate in THEIR language, not yours.

B) The potential partner is specifically afraid of loss and pain. You must do all you can to let them see, honestly, who you are so that they can make an informed decision. How can you do this without compromising yourself?

C) The answer is to be moving toward your own goal with power and purpose. You will meet people along the way, and can make offers of association. But most of your purpose should be focused on becoming who you are. You are climbing a mountain, and merely offering to share the climb. How can you apply this idea?

Point 8. The mutual realization that you are the ones for each other and commitment to walking the path together. You will have to negotiate and commit to communication constantly to re-connect. This is like needing to meditate or journal to stay in touch with your own internal motivations. Relationships break down when we stop remembering to “court” our beloved.

A) What means “you love me” to the partner? Speak their language!

B) How can you non-confrontationally communicate your needs, and your commitment to their ethical satisfaction?

C) What are the deal-breakers in this new relationship?

Point 9.

Being with your Soulmate. This is both the entering and exiting shock. In essence, you leave this enneagram circle and graduate to an entirely new spiral of growth (for this circle is actually more of a spiral detailing an evolutionary pathway).

The next circle is the care and feeding of a healthy relationship. Without detailing, simply committing to continual renewing, continual appreciation, continual exploration and continual wooing will accomplish this. Listen to people whose relationships die: it is the lack of the very behaviors that created the bond that causes a problem. “You don’t listen anymore. You don’t bring me flowers any more. You don’t take care of your body. You don’t make love to me like you used to.” Few relationships are lost because someone CONTINUED the attention, passion, connection and affection of the courting phase. You are different every day, and so is your partner. But simultaneously, you are the same...and so is he/she. Explore to relish those differences and similarities. Continually commit to re-connection. Explore and create the next circle!