

3 Steps to Attract Your Ideal Partner

by Judith Waller, "The Soul Connector"

It's amazing how specific people can be about a new car or even a washing machine, yet still be hopelessly vague about what they're looking for in a new partner! Uh... tall, dark and handsome? Rich and successful? Well, good looks or wealth might be nice, but what is *really* important to you? And how do you go about attracting a partner with those qualities? The following steps will help you to get clear about what you want in a new relationship and take action to attract it into your life.

STEP 1: IDENTIFY THE QUALITIES THAT MATTER...

What are the qualities you're looking for in your ideal partner? Perhaps some of the following:

loving, demonstrative, intelligent, witty, sensitive, independent, reliable, committed, financially responsible, fun, spontaneous, romantic, compassionate, whimsical, spiritually aware, honest, open, faithful, sensual, tender, adventurous, athletic, passionate, creative, tactile, nurturing, generous, optimistic, considerate...

Take a moment now to brainstorm a list of the qualities that really matter to *you* in a partner. Some qualities may be what you have and appreciate within yourself, others may be completely different.

Then go through your list and choose the FIVE qualities that you consider most important. Select words that have meaning to you and evoke some sort of image or feeling along with them. Take your time with this and contemplate exactly what is it that your spirit yearns for in a mate.

STEP 2: DESCRIBE YOUR IDEAL RELATIONSHIP...

Informed by your past experiences, answer the following questions as honestly as you can:

- How would you like your partner to behave towards you?
- How would you like to be with your partner?
- What would your ideal relationship look and feel like?
- What are your goals in desiring a new relationship?

Read back over what you've just written, and distil it down into a few sentences that sum up what you are looking for in your ideal relationship. Include the key qualities you identified in the previous step. Play with the words until you have something that feels powerful and really captures what's in your heart. Pin the words up somewhere where you'll see them often, to remind you of this feeling, or read through them to yourself morning and evening.

STEP 3: TEST DRIVE IT...

Once you've found the words to describe your ideal relationship, the final step is to do a visualisation exercise to "test drive" it, as vividly as you can, to really see and feel how it would be to bring this into your life. To do this exercise, find a place and time when you will be able to relax completely and not be disturbed.

In doing a visualisation, you are simply asking your imagination to conjure up for you a sense of what it would be like to experience that which you desire. You may see pictures as you imagine this, hear sounds or discern scents, experience feelings in your body or perhaps just have a sense of knowingness. All of this is fine.

Once you are relaxed, imagine that you are now in your ideal relationship... In your mind, go through each of those five key qualities you identified as being the most important to you... How does a partner with those qualities behave towards you? What is your partner doing and saying? How does this make you feel? Take some time to imagine this in as much detail as you can.

Repeat this exercise as often as you wish, to affirm your desire to bring this experience into being now. The clearer you can be about articulating what really matters to you, and the stronger and more consistent your intent, the better the universe will be able to provide for you!

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