

How to Attract Your Soul Mate in 14 Easy Steps

- 1. Write down exactly what it is you want in a mate...every positive detail. Keep adding to the list as you think of new items.*
- 2. Avoid the negatives and focus on the positives. List out what you want and don't define what you don't want.*
- 3. Look in a mirror and tell yourself that you truly deserve her or him. Genuinely affirm this. Deep down in your subconscious you must absolutely believe it to receive it.*
- 4. Feel this person is already a part of your life. He/she is with you at meal time, exercising, sleeping. In the shower, affirm it. Driving to work, feel it.*
- 5. Make vacation and party plans, movies too. Carry on as if this person was right there beside you. Plan your next apartment, the kind of car you will be driving together, along with the color and every other detail.*
- 6. Wear a new bracelet or a rubber band as a reminder, switching wrists, so it doesn't get stale. Every time you feel or look at the bracelet, reaffirm your feelings and thoughts. There is no limit to the number of times this can be done throughout your day. The more often, the better.*
- 7. Place the list of your heart's desire on the night stand. Morning and evening, place your hand over the list and feel the vibrations and that loving feeling.*
- 8. Act as if you are in a restaurant. Place your order with the server. Once you have ordered, go on with your life comfortably certain that your meal will be delivered in due time. It's the same in attracting your soul mate. Get your order in and then enjoy this creative experience. It's all about the law of attraction. You will get what you think about regularly. It's a law of nature.*

9. *Collect perfect moments. Revel in that special feeling that all too often happens once or twice in a lifetime to the average Homo Sapiens. Remember a time when your entire body tingled and you were transformed. Now use your mind and body to visualize and recall both the perfect moment and your heart's desire. Feel this person as a part of you. Absorb him/her into your life in that perfect moment.*
10. *Smile! During each and every one of the above exercises and experiences, smile! Smiling has a magical power all its own. After all, you now are a very happy person who can feel the love of your life with them.*
11. *Carry a small "Mate Finder" stone. Rub it, and feel the positive vibrations. Visualize the look, smell, feel, touch and taste of your mate. Caress it and imagine the face of your soul mate. Look deeply into their eyes.*
12. *Remember this individual is also seeking you, so you need to get out there. See yourself as a powerful magnet drawing together two loving people...you and your soul mate.*
13. *It is VITAL that you act as if you have already found this person. This isn't a hope or dream, it's reality. What you need to do is actively participate in attracting this person. This will only work if you feel it as deeply as you would something that has already happened. Give thanks regularly for this.*
14. *One cannot sit home and wait. This is an activity so get out there!*

We would love to hear your success stories. Please e-mail ebenson@ariselife-skills.org with how you used the 14 steps to attract your soul mate.

