

Formula for Finding True Love

If you have the desire to find your perfect match, that means you have the perfect match out there waiting for you. Every human desire is a roadmap to your highest potential manifestation. If the possibility did not exist, neither would the desire. Your desires are your higher self calling you to action and lighting the way.

Step 1: Find personal balance.

You do not have to be perfect. But it is best to be in a place where you generally are enjoying life and enjoying your own company. It's perfectly okay to be lonely or crave companionship. These are natural human urges that are informing you of a desire; they are not unhealthy. But if you are experiencing poor self-esteem or emotional instability, it's best to first do the inner work/therapy to develop a general sense of self-love and emotional stability. Otherwise the next steps may be very difficult to adhere to. I do not recommend dating at all until you can commit to following through on all of the steps in the formula. However, you can progress to Step 2 while you are still working on step 1.

Step 2: Make an Ideal Relationship List.

Imagine that you are in the relationship of your dreams. It should feel “too good to be true”. It is not. Your partner/relationship can be even better than you can imagine, so do your best to think and feel into your imagination as abundantly as possible. Make this list as long as cohesive as you can, and allow it to be a living, breathing document that you make edits and adjustments to as you become more self-aware and go on dates. You must write this list down, as that concreteness is a commitment and manifestation tool; do not just “have it in your mind”; this is a clever way for your ego to avoid responsibility. Use the 3 following categories to organize your “Ideal Relationship List”, noting any categories you find more difficult to expand on than others, and being curious about any difficulty or resistance in making all or part of this list:

1. Qualities of your ideal partner
 - Personality traits, physical appearance, behaviors, values, cultural factors, religious or spiritual affiliations, age, gender, parenting status, parenting preferences, and other attributes of the other person who will be in this relationship with you.
 - Always phrase these in the positive, i.e., instead of “not selfish” you would write, “generous”.
2. Qualities and logistics of your ideal relationship

- Activities you do together, how you treat each other, how much time you spend together, how do you raise your children together, do you live together/get married, location/proximity, etc.
 - Again, phrase these in the positive.
3. Feelings you feel in this ideal relationship
- How do you feel in this ideal relationship? You can think back on previous relationships to help you develop this list, but always phrase in the positive if you want the opposite of what you had. It's also okay to appreciate and write down things you had and enjoyed in previous partners, even if you didn't enjoy all of those feelings or qualities.

If you have someone in your life whom has a relationship that you admire and will be supportive of your quest for true love, it is ideal to share this list with them. That way they can give you additional thoughts and feedback, as well as serve as an accountability buddy. However, do not share your list with any friends who will tell you you are being too picky or unrealistic. They have a scarcity complex when it comes to love, and unconsciously want you to mirror their choices so that they can feel better about theirs. You would not ask a poor person how to get rich. Therefore do not get advice from people on how to manifest an amazing relationship when you don't want the type of relationship they have.

Step 3: Hold yourself to your list.

Some may find this easy; others may find it very difficult, but this is the step where the magic really starts to happen. As soon as you notice someone does not meet your entire list, break up with them. Period. You can be kind about it and tell them exactly where the incompatibility lies. You are doing them a favor. They will either work on themselves (if needed), or be freed up to find their compatible true love. Every time you break up with someone, you pass a test from the Universe, who is assessing how much self love and abundance mindset you have developed and chosen to accept or settle for. You will find it is magic. Every time you break up with someone, the next person is healthier and a better fit for you. Keep going until they have every single item on your list. And then consider the next step and make a choice. Now that you've manifested everything on your list, is it true love?

Step 4: If it's not True Love, keep breaking it off until it is.

Not sure what that means? You have the option of stopping here if you want a healthy relationship that will take work, compromise, and excellent communication skills to feel fulfilling. However, just because you have everything on the list and are happy, that does not mean it is true love. When you know, you know. If you don't know if it's true love, it's not true love. If you want true love, that means you have a true love out there that would love to be with you, but at least one of you has to decide to choose it in order to find each other in this lifetime. As crazy as it may seem, you might have to break up with someone who has everything on your list and is the coolest, nicest, healthiest person you have ever dated in order to find true love. What do you tell them? That they are amazing, but it's just not true love. The truth! If you can imagine something even better, then there is something better. But you have to choose it. The Universe gives us free will, and is testing our faith regarding our own lovability and deservingness. Our outer relationships will always mirror our own level of self-love and degree of understanding that the Universe has our back.

The list you made, as abundant as it may seem, is really only to narrow down the dating pool and let the Universe know you are serious about not settling for less than perfect. It's to give you an objective and concrete structure to base your decisions upon and filter people through. However, the Universe/God/Source has designed a person out there who is the perfect fit for you beyond your wildest imagination. I do not know for sure if it is true for everyone in every lifetime that we each have a true love/soul mate/twin flame/perfect match. However, I do know for certain that if you *want this to be true, then it is*. I know because I always knew it and felt it deep down and then I found mine, and because so many of the people I have shared this formula with have found the same. I think it's possible we all have "The One" and there is nothing much sadder than wanting that and not going for it, and missing out on the most transformational, spiritual experience of one's lifetime. So if you want it, go for it. But it is far less likely to work if you keep someone else in the wings as a fall-back. That would take an enormous amount of luck/graciousness from the Universe and also depends on your other half (the one you are seeking) performing these steps perfectly, and is also mean to the current partner that you have not fully committed to. They deserve full commitment without a wandering eye, and the freedom to find their own true love if you cannot wholeheartedly offer them that.

Have Fun on your Adventures in Love! This is the most fun, practical, effective, and efficient guide to find your True Love. Enjoy the process!