



10 Tips For Finding Your Soul Mate

Are you searching for your soul mate? If you are, chances are that your soul mate is searching for you too.

So, what are you looking for? How and where will you find your soul mate? How will you know when you've found them and what do you do in the meantime?

These are all questions I'm sure most of us have asked ourselves at some time. If you've found your soul mate, congratulations! I believe it's one of the absolute best experiences and feelings in the world.

If you're still looking, here are some tips from *Finding your soul mate* by Dr Russ Michael that I hope you'll find both helpful and enlightening:

1. It all starts with *desire*:

We need to begin with deeply *desiring* to be with our soul mate and to be that special someone for someone else.

2. A meeting of the souls:

When we lift up our consciousness into our souls, we can make contact with our soul mates. It's important to shift our focus beyond the physical, mental and emotional to our souls if we are to make contact with our true soul mate. Our souls know how to put our bodies in the right place at the right time.

3. Know who are you looking for:

As we search for someone special, we are motivated by a picture of perfection already imprinted within our beings. Sit down and really think through what aspects you want to find in your soul mate. From there, you'll be able to manifest what you truly desire through intense feeling and focus on what you desire.

4. Where to look:

Our soul mate must be found at the soul level. The most obvious place to find your soul mate is in the intimate field of your daily life. Once your inner contact forged through your strong desire to find your soul mate is made, all the exterior things you do will act magnetically to draw your soul mate to you. Physical effort made with a driving motive to look for your soul mate is a waste of time.

5. Never underestimate the great value of *knowing*:

Knowing that you will find your soul mate without any doubt or fear, will speed up your desire. The technique is to give concentrated thought, thus focused desire or energetic feeling toward your soul mate. Then, the law of magnetic attraction will begin immediately to work with you to draw your soul mate into your life.

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6. Visualise attracting your soul mate*:

Visualisation plays a vital part in making any desire a reality. Visualisation means that we use thoughtful imagination to create something new in our lives. Through the art of visualisation, we stretch our consciousness beyond the limits of present time and hold a clear mental picture of the end results we desire. The power of our minds is incredible and what we can imagine we can create, or as Napoleon Hill put it, 'What we can conceive and believe we can achieve!'

7. Be the person you want to attract:

Like attracts like. Opposites don't in fact make good soul mates. Opposites just oppose. Deep down your soul mate and you are alike and share many similar values, qualities and dreams.

8. Eliminate the false beliefs you hold about yourself:

Once we eliminate the false beliefs we hold about ourselves, any limitations we have put around ourselves disappear, which makes us more receptive and attractive to our soul mate.

9. Use the power of self-suggestion:

From birth and before, our programming begins and continues. While in the womb, the thoughts, feelings and experiences that our environment provides are transmitted to our souls or subconscious minds. These programs are literally the software that determines the limits of what we are able to process. As the years pass, these programs are consciously forgotten, however their ability to shape our lives is undiminished. Knowing this, we can use powerful self-suggestion messages such as affirmations to direct our lives toward our desires. The most effective self-suggestions are made when your conscious mind is set aside. Then, as your new program is entered with great desire and high emotion, you will have taken control of your destiny.

10. True prayer works:

Centre yourself within the God of your own being and then call forth your exact equal. God will grant you anything and everything, but not do it for you. It all begins with a desire or prayer. It all can end right there too if you don't listen to the voice within you and it's guidance and take inspired action.

So, which of these tips worked for me? I think it was a combination of desire, knowing and prayer.

* If you would like a copy of a daily visualisation that Dr. Michael suggests for attracting your soul mate, let me know. I'd be happy to share it with you.

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