

hen I made my soul mate shift, I attracted my husband in 24 hours.
For real.

If it happened for me, it can happen for you.

I can't promise yours will arrive literally overnight, but he, she or they *will* come much faster if you take the steps I'm about to share—and give it everything you've got.

Contrary to popular belief, you *don't* have to heal everything either. That's where your soul mate comes in—but we'll get to that later.

THIS BOOK IS FOR YOU IF...

- ◆ You're tired of attracting the same relationship over and over—or no relationship at all—and want to get off the hamster wheel.
- ◆ You're approaching or are well into mid-life and you're afraid your dating pool is the size of a shot glass. You believe or fear that all the good ones are taken.
- ◆ You're worried you can't attract someone worthy who can bring something to your party and accept your authentic self.
- ◆ You're wary of losing yourself in a relationship again.
- ◆ You fear being vulnerable because you've made mistakes in the past and don't trust yourself.
- ◆ You think you're too fat, old or [fill-in-the-blank]

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to attract the right partner (I was 44 and 300 pounds when I attracted my partner so let's put that to rest).

- ◆ You consider yourself spiritual and are open to concepts like law of attraction or a higher power aiding your transformation.
- ◆ You aren't sure you're good enough to attract the type of soul mate you really want.
- ◆ You feel defeated by the modern dating process and need a new approach that feels better.
- ◆ You've grown up enough emotionally to seek a mature relationship between two perfectly imperfect people rather than a fairytale romance.

HERE'S WHAT YOU'LL LEARN IN THIS BOOK

I've been where you are and know what to do. I spent tens of thousands of dollars learning from dating and relationship masters and will share my key learnings to save you precious time and money. I leveraged these insights with my experience as a certified law of attraction coach and relationship coach—and as a woman who has been with her soul mate for nearly 10 years—to help you recognize, attract and keep your soul mate relationship.

I include worksheets to collaborate with you on practical, tangible ways to do an efficient and compassionate overhaul on your mindset, so you can get your ideal life path and manifest a kindred soul mate relationship much faster. The process of living

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your best life does *not* need to take years and does *not* need to be complete before attracting your soul mate. You just need to be clear about what your best life looks like, release resistance to it, make some goals and take inspired action. This in turn will raise your vibration, which will attract people with a similar vibe.

How? Quantum physicists have proven that we are all fundamentally energetic beings, and research indicates that a being's energy projects out information to the world. I say the world because studies show that living cells can actually communicate over distance at the subatomic level. There's way more to be found if you follow this fascinating finding, but I bring it up because it explains to me why your energetic vibration projects a certain informational frequency out there, and other beings who recognize that frequency respond at the subatomic level—even if they are on the other side of the planet.

This was proven true for me years ago after I became a certified Reiki Master. During my training, we learned how to send reiki from a distance. I was traveling in California, and suddenly I felt an intense feeling that a friend in Miami was feeling despair. This is a friend I rarely saw and spoke to, and when I did it was always at the restaurant he owned. The feeling was so strong that I honored it and sent him reiki. Imagine my surprise when my phone rang during that moment and it was him. He had never called my cell before, so I didn't know it was him. When I heard his voice, I got chills. He said, "This is going to sound really weird, but I was really feeling down and didn't know what to do. I wished you were here to talk to and suddenly I felt your energy, like you were here in the room with me."

It's very common these days to say that we're all connected,

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and that has been my experience. That's why my goal with this book is to raise your energetic vibration—the information you are putting out in the world—so you can attract higher energetic soul mates than you have been. Our thoughts influence our emotions—all of which communicate a certain frequency that others will miss or see depending on their own frequency.

I hope you give the exercises in the book your best effort, as I believe they will shift your thinking and emotional patterns so you can put your best self out there.

With that being said, if your heart is cracked open just enough to allow a new perspective, and you're willing to move forward in baby steps or leaps, here's what you'll learn from this book:

- ◆ How to live your best life now so you can attract your ideal soul mate much faster.
- ◆ How to channel your inner superhero/diva/drag queen/leading lady or man to start living more courageously and authentically, which will compress the timeline between you and your ideal mate.
- ◆ Why you keep attracting the wrong kind of person and what to do about it.
- ◆ Bust the top relationship myths and transform limiting beliefs that keep you stuck.
- ◆ How to date more effectively so you don't feel depleted or get warts from kissing frogs.
- ◆ What a soul mate is and how to recognize them, so you don't keep missing them.
- ◆ Why you don't trust yourself and how to shift that.

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- ◆ Why you need to stop waiting until you've healed everything to start on your quest.
- ◆ How to better market yourself so your soul mate finds you and recognizes you.

Some of the tips and insights shared in this book might be things you've heard before, but you weren't ready to process them or act upon them. That's okay. There are many wonderful dating and relationship gurus out there, but when the student is ready, the teacher they need at that moment appears to present the information in just the right way to reach them. It's important to be kind to yourself rather than beat yourself up with statements like "I knew that already—why didn't I act on it sooner?"

I gently invite you to let that kind of internal dialogue go as it doesn't serve you. You haven't wasted any time. Let me say that again—you have not wasted any time. Everything you have experienced up until now has made you clearer about what you do and don't want and can illuminate what your blocks are if you use a new lens. This book aims to be a set of new prescription glasses to help you see your patterns more clearly, so you can move past them and attract an ideal mate.

Every soul has its own divine timeline, and your soul needed to learn some things about itself in order to make the shift you are now ready to make. To compress the timeline between you and your soul mates, it requires a certain amount of self-love and a smidgeon of bravery to get back on the horse again. That means not just mounting the horse but nudging that horse ahead—walking or galloping—into the unknown while waving

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your freak flag. And don't worry; if one soul mate isn't ready, others will be.

You just need to shift so that you can reel in rather than repel what's best for you.

THE CLIFF'S NOTES ON THE 5 STEPS TO ATTRACTING YOUR IDEAL MATE

You don't need to heal everything to get your soul mate here much faster. But you *do* have to shift, starting now, with these key 5 steps, which I'll expand on in this book. I've essentially created your informal Soul Mate Attraction Plan for you, so you can take action immediately, raise your vibration and manifest the love you want in much less time. My goal here isn't to provide immediate gratification, but to help you quickly remove your blocks to love, transform your attitude and raise your vibration so you can be the ideal soul mate you want to attract. Just by reading this book—and doing the exercises in these main 5 steps below—you will automatically become more magnetic to your mate, compressing the timeline between you and your soul mate(s) physically meeting.

1 FORGIVE yourself and others for what happened before and see everything as a lesson that got you prepared for a better path.

2 RELEASE RESISTANCE to love and clarify your ideal relationship, so you can get into alignment with manifesting the right love for you.

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3 BE THE HERO/HEROINE of your own story, rewriting the old narrative of who you are and taking simple steps to being the soul mate you want to attract.

4 TRUST YOURSELF and the process, letting go of the expectation that history will repeat itself and shifting to more productive thinking so you can expect success with gratitude.

5 MARKET YOURSELF to show you believe in the product (you!).

The process for this shift is not linear, and that's perfectly fine. For example, you might find yourself on Step 4 and suddenly something in your environment triggers a negative memory, temporarily sending you back to the forgiveness work in Step 1. *Do not* worry if that happens to you. You can work on forgiveness for that issue and return to where you left off before this discovery. *However*, if something major does arise—such as a suppressed trauma—consider talking with a trusted therapist and pick up these exercises later. If you need a little extra help, your intuition will know.

MY STORY

Before I share all my secrets on how to magnetize your soul mate—starting now—I'm briefly going to share my backstory so that you can truly see I understand where you're coming from. It took a long time for me to even see my blocks, so it took all the longer to break through them. However, once I decided I really wanted my life to change for the better, and committed to

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it, everything shifted very quickly.

Although I soared high in my career at a young age, when it came to love I was late to the party. I struggled with obesity throughout my childhood, and in college I was told repeatedly that no one would ever want me. As I got older, I learned that some men were attracted to bigger girls, but I believed they didn't see me as a person.

When I decided to lose the weight in young adulthood, and got thin, I was frightened by all the sexual attention I was suddenly getting. I was also angry. I remember dreaming that I was floating above myself standing underneath a streetlamp in the rain. Random people were approaching me and saying or doing unkind things, and I looked up at my floating self and gave a primal scream.

That was the first time I really understood how enraged I was by how society treats you if you don't exactly fit in. Most of us can relate in some way to that. Maybe you didn't fit into our ultra-judgmental society's idea of the norm in some way. Maybe you were "too fat" or "too skinny," your nose or ears were "too big," or you laughed "too loud," or you dressed "weird" or you were "too geeky" or "too plain." Or maybe you were targeted for being gay, transgender, or entertaining people in drag. Maybe you were called "selfish" because you didn't want children or were labeled an "old maid" or "serial dater" because you didn't marry before 35.

The list goes on and on.

We are often criticized for being different, and we leap to the obvious conclusion that we must hide our authentic selves so that potential mates will like us. The opposite is true, but we are

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taught to hide so we don't bore someone or scare them away. We'll talk more about this later, but for now just know that this is the main reason dating often sucks so much and is so draining of our heart energy. Keeping up this charade is exhausting and simply doesn't work in the long run. It is only by being your authentic self—seen with a loving filter—that makes you truly magnetic to your true tribe. There is nothing more beautiful than being surrounded by people who adore the real you—warts included!

BACK TO YOU

Okay now that you have the Cliff's Notes on how to become more magnetic to your soul mate(s), it's time to get back to you! If you haven't met one of your soul mates—and I believe there are many out there whom you could be happy with—and you've been looking a while, you might be discouraged. Especially these days of the #MeToo movement, which has stirred up a lot of anger and fear.

Perhaps you're like me and have done a lot of seminars, therapy and even psychic readings trying to figure out why it hasn't yet happened for you. Maybe after you tried everything and eliminated all potential causes for not finding them in *this* life, you've resorted to exploring what was blocking you from your *past* lives. I'm not ashamed to say I did that too!

The good news is, as a certified coach who has traveled this journey, I learned a *lot* along the way about why some people haven't yet manifested their soul partner. I've shared those key learnings with coaching clients and friends who were frustrated in their own soul mate search. They've encouraged me to write a

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book, so here we are. My intention is to help people like you uncover and break through your blocks, so you can become more magnetic and compress the timeline between you and your soul mate. The world needs more soul mate partners now more than ever, and I don't want you to spend 25 years looking for yours like I did.

I'm excited for you! By taking this step, your soul is telling me you are ready to make the shift to your highest expression, and you are willing to act. I believe you were led to this book because this approach is energetically right for you. You can and will attract an ideal mate! Of course, divine timing plays a role in when you meet, but I firmly believe that your inner transformation can greatly accelerate the process. I've coached many people through the process of manifesting their desires, once they're ready to grow and receive their greater good. When you attract this partner, you'll soon discover you haven't reached a destination. It's just the beginning of a new journey of continued transformation.

Although we will touch on serious themes, I invite you to take on an attitude of curiosity, playfulness and humor—and trust in the process—as we explore how to make your Soul Mate shift—and what to do *after* you make it so you enjoy the ride. Buckle your seat belt and let's get going on this spiritual road trip to your soul mate!