

How do I Attract the Soulmate of my Dreams?

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Over the years, many of my clients have asked me “**How do I attract the soulmate of my dreams?**” and this will be the recurring theme in this letter and many to come. How indeed do you get your dream partner to come looking for you? Read on ...

You most probably have all heard about **Quantum Physics and the Law of Attraction**. This law states that **like attracts like**, and so, like a magnet, you will draw to you people who have similarities to you. You may say, but I am not like the people around me, and I say to you look again. As they say, **if you spot it, you've got it**. Your personality trait may just appear in a different or disguised form, but I guarantee you, you are reflecting what you see!

So how to attract what you really want? The answer is almost obvious. **You must BE the type of person you want to attract**. Your psyche is sending out a constant signal to the universe of what you are, and people are picking up that signal. Sooner or later, someone with a similar signal will pick up yours and be drawn to you like a magnet ... Therefore, if you want to find a suitable partner, it will be worth your while to work on yourself. Develop the personality traits you desire most in a partner, in yourself.

If you have unresolved issues, you will draw to you people who will force you to work on those issues. This explains why a woman who has an alcoholic father may marry one or two, if not more alcoholics in her lifetime. She vows and declares she will never become involved with an alcoholic again, but who is she attracted to? You guessed it. This is nature's way of ensuring that we as people are constantly evolving towards becoming the best we can be. Sometimes the lesson is not learned the first or second time, but you can be assured, **the same situations will keep happening until you learn to deal with your issues and put them behind you**. These situations are seen as

patterns in our lives, and we should be vigilant and go for counselling if there is something we cannot resolve on our own.

A good book to read, which relates to this theme is “Keeping The Love You Find” by Harville Hendrix.