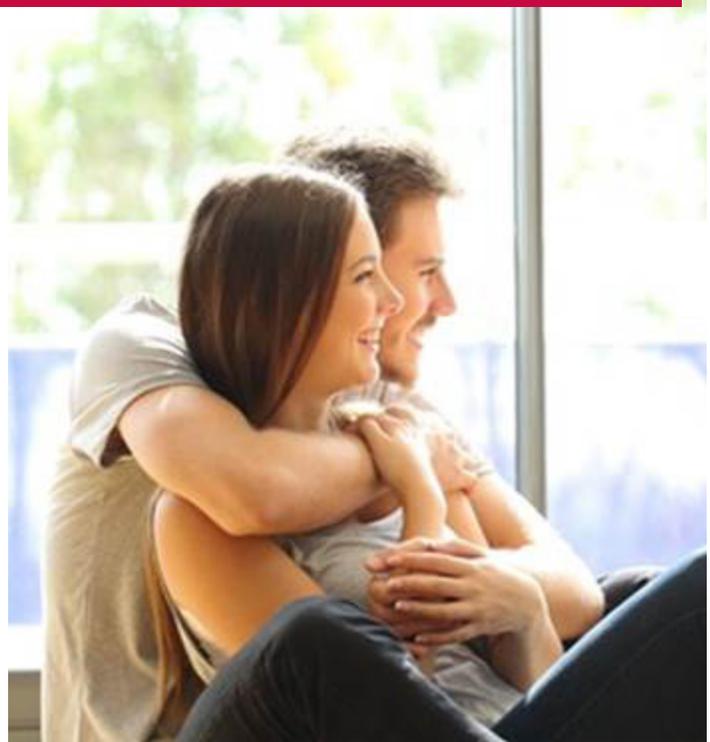


HOW TO FILTER

Through Being Single & Finding Your Life Partner



By: Gretchen Schwartz

I'm a spiritual person and in the world of dating I wasn't comfortable bringing my spirituality to light. I would hide feminine, intuitive, compassionate and perceptive part of me that is rooted in my spirituality.

Some people say that finding your life partner is a journey, and this has surely been true in my case. After a divorce, and countless dating experiences, I realized that it was time for me to embrace a period of self-discovery and love to better understand myself. Like many people, I had an idea of what I thought was important to me, but I also had an urge to get to know myself deeper, driven by the realization that I still had much to learn.

I had high expectations of what I thought was my ideal partner. I said to myself, "I'm beautiful, intelligent, accomplished,

talented and I have a great family to boot!" finding the right partner should be no problem. Little did I know all these attributes were not good enough in terms of my own acceptance. For this reason, I would end up choosing the wrong kind of men all the time.

I'm a spiritual person and in the world of dating I wasn't comfortable bringing my spirituality to light. I would hide feminine, intuitive, compassionate and perceptive part of me that is rooted in my spirituality. Once I began to share my spirituality, I began to attract like-minded people into my life and eventually, this led to me finding my

life partner.

Going through that experience has allowed me to help others who've faced similar challenges in finding their life partner. In this article, I will cover my 5 key elements to finding your life partner while hopefully setting you free to be yourself.

The first step in this process is finding out your insecurities. The things we try to hide about ourselves are the most important things that we must accept and learn to love. None of us would be the person we are today without our negative experiences and/or imperfections. Remember, you might see something as an imperfection, but to someone else, the same characteristic might be what makes you irresistible. When you learn to accept these attributes, they can become your assets. Your body language, tone of speech and way of thinking begin to show others that you love and accept yourself just the way you are, communicating confidence, which is a very attractive character trait in any person. By eliminating negative and limiting beliefs from your mind and body, you create a different energy level which will attract similar individuals that share this love and acceptance of themselves.

The next element is about understanding and respecting your core values in life. Once you've established your moral codes and the principles you hold near and dear to your heart, decisions in life become much easier. In addition to decision making, there are many positive side effects of understanding one's core values such as spending time with those that bring you joy, or channeling your energy toward personal interests. As you begin to incorporate your values into your life, you'll begin to experience feelings of fulfillment and joy. Values can be such things as honesty, loyalty, family, security, flexibility, and many more. Once you gain clarity on your values, an increased awareness of yourself will help you identify a potential life partner. You may be sitting in front of your potential husband or wife and you may not even know it unless you are truly listening and seeking out someone with a similar set of core values. In the end, we all attract what

we are and the closer we get to knowing and loving ourselves, the closer we can get to finding our life partner.

The third element in this journey is getting to know you're dreams and desires. Living a life that is true to yourself and applying its elements into your daily routine through your career, affiliations, friends and activities will bring feelings of fulfillment and happiness. It's important to spend free time on activities you are passionate about. One of the keys to finding your life partner is having interests and activities that make up part of those dreams and desires. Joining a tennis



Photo credit: photography by Mari

class, a running club, taking your friends invite for casual meet ups and or events will allow you to be in a setting to perhaps meet someone that captures your interest.

The fourth key elements for success in this area is communicating our wants and desires. Understanding your likes and dislikes give you heaps of confidence. Most people are scared to share what they really want in and from a relationship, so being able to express them with utmost honesty creates a feeling of respect. Respecting our desires is a very sexy trait, and while not everyone you date may agree with your desires, you will avoid getting into a relationship with a partner who may frustrate you or

neglect a part of you that brings you joy. Therefore, getting to know your dislikes and likes can have a profound impact on the life partner whom you choose and attract.

Lastly, the most talked about subject of all, sex. Sexual energy is the primal creative energy. We use this sexual energy to express physical, emotional and spiritual connectedness. When we meet someone who brings out in us sexual attraction, passion, mutual interest, and, excitement - it truly is magnificent. When we feel a connection with a potential partner, we must put our attention, experiencing it with joy by removing fear, shame and

anger. In order to experience this kind of intimate experience without causing disturbances, you must share your lover's "Sexual values". Values may differ, but respecting and understanding the other person's values without judgement can create a strong bond between two people.

Ultimately, finding your life partner, will require extensive work and the ultimate discovery of your true self. During this process of defining yourself, your confidence, balance and joy will increase all around you. As you radiate this energy, you will attract this energy back. The ideal life partner you are seeking will be seeking you too, and when you meet that person that ignites your fire, you will know.