RECOGNIZING YOUR SOULMATE
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SOUL MATES

Definition Of A Soul Mate

What Dictionaries Say

Dictionaries all over the globe define the terms soul mate differently, but no matter how different the words are, they all mean the same thing. "Soul mate" is a term used to refer to someone with whom one would feel love, friendship, intimacy and compatibility.

Where Did Its Concept Come From?

Greek mythology states in Plato’s Symposium that humans were originally created with four arms, four legs, just one head but with two adjacent faces. According to this myth presented by Aristophanes, Zeus feared the power of this being, and thus used his own power to separate this being in half, condemning them to searching for the other half, that they may be complete once again.

Another theory is that of Theosophy, a doctrine of religious philosophy, which has been modernized by Edgar Cayce, saying that God initially created androgy nous souls, which were equally male and female. The souls, according to this philosophy, separated into two different genders since they are believed to have incurred karma when they treated the world like it was their own playground. There will be numerous reincarnations, and these two will keep searching for each other. When they have been punished enough, or been separated from each other long enough, they will be fused back with one another, and will then be whole again.

Soul Mate In The Modern World

Nowadays, it is difficult to find someone who seems to be your other half, someone who mirrors you completely, your “One.” Aside from the fact that the Earth is presently overpopulated, and thus it will be very difficult for you to look for your soul mate, it is also hard to really be able to identify and finally recognize someone as your ultimate half.
Kinds Of Soul Mates – Modern Definitions

There are different kinds of soul mates. First is the karmic kind wherein the two of you are compatible with each other in the sense that you are both able to work out issues together. You would probably see this kind of soul mate in a couple who is in a deep relationship with a lot of lessons learned.

The second kind is dharmic soul mates. This kind is often seen as a helpmate. Perhaps someone who loves to help you at work or someone who makes it a point that he or she will be able to help or guide you in your path to a better life. You will most likely not have much of a problem in trying to spot your dharmic soul mate because he or she will be naturally drawn to you, or you drawn to him or her. It is like you have known each other forever. You just instantaneously click with him or her, when in fact, you know little, if not nothing at all, about that person.

Another kind is the twin flame soul mates. The story that has been derived from Greek mythology is an exact example of this kind. This reflects ideal love between a couple.

Open Your Eyes Wider.

The soul mate whom you have long been searching for could be right in front of you. He or she could be someone you see every day at work, or in school, or could be that hotdog seller on the street across from your office. Instead of looking at far places, you could narrow your scope among those who are near and personally close to you. Since soul mates have their own way, unconsciously, of drawing themselves to you, it is imperative to conclude that he or she is someone you have already met.

In fact, maybe you have already married your soul mate. Take a step back and see whether you really feel that your spouse utterly completes you.

Similarly, if you are in a current relationship which both you and your lover are happy in, do not destroy it just for the sake of searching for your soul
mate. You could already be with your soul mate and just don’t know it. Also, your soul mate is most likely someone who is already close to you or someone you have already met. So for all you know, your girlfriend or boyfriend could already be your soul mate.

**LOVE IS NOT SEX**

Most people believe that sex and love belong in one package. Having sexual intercourse with someone, according to those who believe this is so, is equivalent to falling in love. They say that one cannot exist without the other. Actually, this is definitely not the case.

**What Studies Say**

According to a research conducted by Diamond, a University of Utah psychology professor, sexual desire and love are both functionally independent. Sex is not a mediating factor to declare that a specific couple is in love. You can fall in love with someone you are not sexually attracted to.

As described in Diamond’s article in Psychological Review 2003, sexual desire encompasses sexual union for reproductive purposes, while romantic love, on the other hand, is governed by a bond between two loving individuals. Thus, the difference between wanting to have sex due to lust-related pleasure and wanting to have sex due to romantic love is being emphasized.

**Sex Is Not Essential In A Loving Relationship**

That is very true. You do not ultimately need to have sex with your partner just to say that you do love him or her. There are other better methods to show your affection towards your partner, and having sex with him or her is definitely not a necessity.
Many people enjoy the love in their relationship even when they have not had sex, ever. On the other hand, there are other people who have sex all the time since God knows when and love would not even have anything to do with it.

Do not think that just because you do not have sex with your partner it means that you do not love him or her enough. What is important in a relationship is love itself. All that cuddling and kissing are also important, but you do not have to submit yourself to giving absolutely everything if you, or both of you, do not feel ready just yet. There is absolutely no need to rush things.

**How To Identify Love From Sex**

Sex is when you simply succumb to your worldly desires. You feel sexually attracted to someone you would hardly know and would actually do something about it by flirting with that someone, which in turn, will take you both to the same bed. In this case, love has absolutely nothing to do with it. It is like you just scratched an itch, and then the both of you will get on with your separate lives. A perfect example of this is one night stands, which are absolutely meaningless, except that they feed your lust.

Making love is when both parties really put their heart and soul in their lovemaking, being completely honest with each other in the process. It is not selfish, since you would want your partner to feel pleasure as well as yourself, as compared to simply having sex, because with sex, you would prioritize your own sexual pleasure.

Simply put, love involves affinity, while sex only involves lust, which in turn is based solely on desire.

**Lustful Relationships**

Couples in a lustful relationship place their own personal needs and wants before those of their partner. Thus, it is a selfish kind of relationship. This, alone, is proof enough that your partner disrespects you and your being. This selfishness would affect the foundation of your relationship and would
soon influence how your relationship would end.

For example, a certain person in a lustful relationship would keep insisting on doing something his or her partner obviously does not enjoy. The satisfaction, pleasure and happiness of the partner are not being taken into account, rather, only the gratification of the wants and desires of the other. It is merely driven by short-lived passion and desire, and once a goal is achieved, specifically, sex, the relationship slowly deteriorates, and sooner or later, the couple will just go their separate ways.

LOVING YOURSELF

First of all, what does loving yourself really mean? Staying up all night with your partner, watching his or her favorite television show, laughing about it, when in fact, you do not find it funny at all, is one of the things you probably do to show your partner that you love him or her. All that hugging, cuddling and kissing is a more physical way of showing how much you love him or her. But to yourself? How do you show love to yourself?

Give Yourself Some Appreciation

Loving yourself encompasses a show of appreciation. You accept the fact that you are not a perfect person, yet you surround yourself with a positive aura. You tend to ignore people who give you destructive negative feedback. Just be happy with who you are and you will be happy with your life. Do not include hate in your daily living, but rather, fill it with love, not just for others but also for yourself.

Give Yourself That Image Boost

Pamper yourself. Treat yourself to the salon and try each of whatever the salon agents have to offer. Having a positive outlook in life already proves that you are beautiful within. What do you have to lose to actually look beautiful outside, right? Now, if you are a man and probably laughing your head off imagining what you would look like with pink-colored nails, you
do not have to actually take this tip literally and take yourself to the salon. You could go to your favorite barber shop and have those wonderful locks of yours trimmed. You could also have a relaxing massage after trying aromatherapy.

**Spare Time From Your Hectic Schedule**

Loving yourself does not necessarily mean that you put your needs and wants above all others. It only means that you spare some time for yourself. Actually relaxing and just feeling the breeze are something that you have not done for a very long time. And you realize that it is about time you actually spared some to enjoy the wonders of nature.

**Mirroring**

How you see yourself is how other people will see you as well. If you treat yourself like a piece of junk, other people will definitely treat you the same. If you want others to accept and love you for who you really are, then you have to accept and love yourself first.

**Forgive Yourself.**

You have to cut yourself some slack. Nobody is perfect and everybody commits mistakes. You have your own share of embarrassing and hair-raising mistakes that will probably make some people frown when they see you. Even if this is the case, you have to learn to forgive yourself. You cannot truly love yourself if you have some skeletons in the closet you are trying to deny. You have to be open to yourself and just forget your shortcomings.

You have to actually believe that you are worthy of love. Believing that you are totally unworthy of this healthy and pleasant value proves that you do not love yourself. There is a popular saying that you cannot give away what you do not have. If you do not, or at least, find it in you to actually love yourself, then what you claim to be your love for others is highly questionable. Reciprocally, they will also not be comfortable in showing their own personal version of love for you.
Another thing that you could do to help yourself in loving yourself is to stop whatever is harmful for you. If you have vices it is about time that you do something about them. Because if you truly love yourself, you would know just how valuable you are and cease those activities that can pose harm towards you and your health.

Always remember that the more loving you are to yourself, the more others can also be more loving towards you. Just think of the song by Michael Masser and Linda Creed entitled The Greatest Love Of All, listen to the lyrics, and you will learn that loving yourself is indeed the greatest love of all.

**When Love Goes Bad**

The saying, “Until death do us part” is not really applicable to all situations. There are some situations wherein a couple has just had enough of each other’s bickering, backbiting and screaming. Just think of yourself in a specific relationship with someone you thought you could live with for the remaining years of your life, and later on realize what a big mistake it was. Staying in a marriage like this will not make the world a better place.

**HOW TO ATTRACT THE ONE**

**Steps To Take To Attract Mr. Or Ms. Right**

**What Are You Really Looking For?**

According to statistics, fifty-two percent of marriages fail. This is such a large number and being part of this unfortunate percentage of the world’s population is a hassle. To avoid a failing marriage, you have to be sure regarding what you really want in a partner, and also the traits or characteristics that you want to avoid.

**Real Beauty Is Within.**
Personalities vary among each individual. Thus, you have to know the other person well before making any decisions. You have to take into account his different practices or hobbies, what values she has instilled in her daily living, or how he grooms himself. Do not just focus on his or her physical appearance because beauty is just skin-deep.

For instance, that classmate you used to laugh about back in your high school days could be the sweetest partner you have ever had, if only you do not prioritize physical attributes and think about the kind of person he or she is, and how he or she treats you.

Also, you have to be yourself. Do not pretend to be someone else. If you are just a simple person who would rather take a stroll down the shore, kick the sand, enjoy the sunset, then so be it. You do not have to pretend that you are someone who is on top of the world playing other people like chess pieces. If he or she does not like you just the way you are, then he or she does not deserve you.

**Be Well-Groomed.**

Of course, you have to be well-groomed. You can’t just waltz into someone else’s life when you look like you have been run over by a dozen garbage trucks. However, this does not mean to say that you have wear glitzy accessories, or wear the most expensive suits. This just means that if you are really intent on catching the eye or Mr. or Ms. Right, then you must not play dress-up or else you will scare him or her off.

You must also not apply too much make-up. This has to be avoided because your potential Mr. Right might like your painted face and not your natural one. So just put on moderate make-up, enough to make you look alive and blooming.

**Be Open-Minded.**

That person who sits across from you in the train with the thickest eyeglasses you have ever seen and metal on his or her teeth could be the person you have long been waiting for. Thus, you must not act on what
has been stereotyped in your head. If you see someone who sits on a bench, all alone, reading a book as thick as the telephone directory, this does not mean that he or she has been deleted from your potential Mr. or Ms. Right list.

**Have A Great Time.**

Sitting at your office desk all day, chewing the ends of your pens, will definitely not take you anywhere. If you really want to meet your Mr. or Ms. Right, you have to go out and show yourself to the world. And when you do, do not forget to have a great time.

In a crowd, when you laugh others will laugh with you. In fact, this kind of situation will trigger an open conversation between you and your potential Mr. or Ms. Right. This will prove just how much of a happy person you are, which, in turn, is a good trait and very attractive in an individual.

**BECOME A MAGNET FOR LOVE**

**How To Become A Magnet For Love**

**First Things First**

First of all, you do not just suddenly approach a person of the opposite sex and blurt out that you are looking for love the way comedians do on the television or in the movies. That tactic does not work. No, that tactic does not work at all. It is just something to add up to the laughter ratings of a comedy movie, and really, it is something totally laughable once done in real life.

So what you must do first is to start small. Just say hi and greet the people you know or whom you have just met in a specific event. Sooner or later, you will find yourself busy in conversations with different people at a time. Thus, your scope for a prospect widens.

Once you have already met someone you think is the one, then you have
to show him or her kindness. As everybody might already know, people of all genders and ages, respond more to kindness as opposed to rudeness. So if you are nice to your prospect, then, of course, he or she will repay you with kindness as well.

**Be Active.**

You can join certain clubs or organizations where you think you will be seen a lot. This way, your scope widens even more since you get to meet new people. Thus, your chance of meeting a partner you think is right for you is made even more possible.

If you are not interested in joining an already existing club, you can create one of your own. You just have to think of something, like a theme of some sort that you think will be found interesting by many so that many people will join your self-made club. Actually, it does not even have to a club; it just has to be a group of people with common interests who are comfortable with sharing their life stories or whatever it is that they would like to share.

**Do Not Be An Open Book.**

Let us say that you have now progressed to the next level with your date. Yes, date, because you should take him or her out where the both of you could just talk and get to know more about each other. However, once you do get the conversation going, you must not be too open about your life. It is fine that you mention stuff that happened to you at work, your hobbies, your interests, but it is not fine when you start blabbering about the number of times you got divorced.

It is flattering for them to know that you feel comfortable with their presence since you feel open when it comes to sharing your life’s secrets. But you want to be a magnet for love, don’t you? Doing this will only make your potential lovers run away from you, thinking that you are a creep who has a knick at getting divorced.

**Love Yourself.**
You might think this is cheesy, but it is actually true. You want to attract people who could possibly love you, but this can only happen once you have learned to love yourself. Other people will find it very difficult to get to love you if you cannot find anything to love about yourself. There are traits or characteristics that you appreciate in yourself. Appreciating yourself is a way of showing that you love yourself. So love yourself and as a result, other people will love you back.

**Groom Yourself.**

By this, what is meant is simply putting on the right clothes and being comfortable in the clothes that you wear, and not just putting on your most expensive outfit. You have to dress comfortably, but of course, presentable in public as well. In a nutshell dress appropriately for the activity.

You have to have a style of your own. Uniqueness is important because it will be a differentiating factor that separates you from the other fish in the sea. Just be confident in how unique you are and how you show your uniqueness. If other people ridicule you for showing your personality in the way you groom yourself, however appropriate, leave them be. They are probably just envious that you actually have the guts to contradict the dictates of society and totally show who you are.

**Self-Actualize.**

Everybody knows that the mind is the erogenous zone. If you did not know this, now you do. Therefore, you have to know a little bit about everything. You do not have to memorize an encyclopedia from cover to cover. All you have to do is at least know something about almost every topic. This way, when your potential partner talks about one of the topics that you do not know much about, you can still say some things about it and your conversation does not die.
Finding Love In Your Life

Every day can turn out to be such a stressful day, and as the day goes by, things get even more stressful. If this is the case, it is extremely difficult to enjoy life and whatever it has to offer. Good for you because there are various ways for you to brighten your own day. You can actually view the brighter side of things, and you will soon realize that you have a brighter glow on your face.

Thank You

When you wake up, instead of bombarding your head with hectic schedules for that day, think of specific things that you are thankful for, such as being able to actually wake up that day. Also, you could thank God for giving you a sound sleep the night before, that nothing disrupted your peaceful rest.

Also, thank yourself for your accomplishments, whether they are big ones or small, they are your accomplishments all the same. Show yourself some love. Give yourself the gratitude that you deserve.

Love Others.

Spending time with those who love you is a good way of finding love in your life. You are able to show your family members and friends how much you love them, at the same time that you are able to feel love from them. Spending time with people whom you love and who love you back is an effective way of making yourself happy. And of course, for you to be really able to find love in your life, you have to be happy. If you are not, then it is about time that you make yourself happy.

Plan Activities That You Enjoy

You also have to be organized, not in the sense that you become obsessive or compulsive in doing so, but just enough that you plan activities that you will be doing. It is better to conduct things that you have already planned instead of just attacking without any plan at all.
If you enjoy swimming, then mark the best beach spot on your map and head there the next chance you get. Giving yourself a time to relax in one of your favorite spots in the world is a good way of finding love in your life. You could do your muscles and veins some good as you stretch out once you have chosen a good spot to sunbathe on the sand. But if you prefer wading in artificial waters, you could always use the watery comforts of a swimming pool.

**All The Positive Things In Your Life**

You have to love your life. Of course, since no one is perfect, that does not exempt you from anything. Thus, you could have lots of things that you probably hate in your life. However, do not submit yourself to self-hate and surround yourself with all that negative energy.

You could make a list of all the positive things in your life. Perhaps, your family and friends will occupy slot number one, but do not just focus on them. You also have to take note of the little things. The shelter that you live in, the food that you eat or the clothes that you wear, are examples of little things most people tend to neglect, but are actually life’s daily essentials.

Making a list of the positive things in your life is proof that you love yourself and that you do not give much attention to the negative aspects that surround you.

Loving yourself, loving your life, is a perfect way to be able to finding love in your life. The love that can be found in your life is simply not the kind of love that you are able to share with others. It is the love that you can find existing in your life when you are able to love yourself.

At first, you would probably think that finding love in your life is such a difficult task to do since you are not quite sure if there is, indeed, love present in your life. But actually, it is the contrary. It is so because everybody has love in their lives. All you have to do to realize this is to love yourself. Loving yourself is the best kind of love that you can find in your life.
The greatest love of all is easy to achieve. Learning to love yourself is the greatest love of all.