

Attract Your Ideal Partner

Get Into the Correct Frame of Mind

One of the first things to keep in mind is that how we feel and think about our 'Relationship State' is fluid. In other words some days you will feel good and be positive about being single and other days you won't. In fact this can change in an instant and frequent changes in how you feel can change from minute to minute depending on:

- Who you are with (a friend who won't stop talking about her new boyfriend)
- An arguing couple (this one makes you feel happy to be single)
- What you see (a romantic movie, couples holding hands)
- What you hear (a 'your' song)
- How long ago your past relationship was
- How intense your past relationship was

..... and so on.

It is important to note the following two things

1. That you can choose to either grow as a result of feeling these emotions or bury yourself in more fear and doubt.
2. Changes in your "Relationship State" and how you feel about it at any given time throughout your life is normal.

To have your next relationship be enriching and fulfilling you need to stop searching for your perfect partner and start attracting him/her. We will look at how to do this later but for now, know that the success of your future relationship(s) is completely down to you. By being yourself and giving yourself the respect you deserve will go a long way to having it all the way you want it to be.

Attraction is beyond our will or ideas sometimes.

Juliette Binoche

The reality is that your relationship should add to your happiness and not be the complete cause of it. Why? Well because whenever there is a partnership, be it business or personal there can be difficulties. You have no control over your partner just as he/she has no control over you. And because as individual human beings we all have free will, we can never be sure that our partner (business or personal) will not want to leave or will transgress in some way. The true attraction process helps reduce this possibility because when you are searching for a partner you tend to settle for the best that is out there at any given time. This person may not be the right one for you but he/she is the best that is available. By attracting instead of searching you will find that it is much more natural, more authentic and less desperate.

Being In The Correct Frame Of Mind Is Not Enough

Being in the right frame of mind is not the 'be all and end all' of attracting your ideal partner. There are some practical issues to consider. For example, you may be in the right frame of mind but never

step out of your front door. Well unless your ideal partner is the person who delivers your mail, milk or newspapers, there is little chance of ever meeting him/her.

For that reason we will also look at some of the more practical issues that you need to consider along with a good and clear frame of mind in order to make the whole process work.

Attraction Is Not All About Looks

Have you ever noticed someone and immediately been attracted to them even though they may not be your usual 'type' or may not dress in a way that would normally be attractive to you? There is just something about him/her that makes you feel that you want to get to know them a bit better. If you have felt like that about someone else then the chances are that someone else has been attracted to you in the same way. I say this so that you realise that while the physical elements of who we are can be important in attraction, they are often not the main consideration.

All of us have the capacity to attract to ourselves what seems to be missing in our lives.

Wayne Dyer

A person can be attracted to you because of a look you gave them that you may not even be aware you gave, or a witty comment you made or simply just your positive personality.

You too may be attracted to someone for similar reasons or others such as, their looks, charm, intelligence, their job or even their bank balance. I would suggest however that if any of the latter are the main reason for the attraction then you may be in for a few more frogs before kissing your prince.

I have a favourite saying which goes something like this "If nothing changes then nothing changes". On the surface that seems pretty obvious and even though most of us realise that this statement is true we often ignore it when it comes to relationships.

You may usually be attracted to people because of their looks, status or income. But unless we use our past life events, including past relationships, as tools to grow and progress we will continue to make the same mistakes when it comes to love. When I give talks to groups of people I often say that each of our pasts shape us into who we are today. We are who we are, emotionally and physically because of our past experiences and our feelings about them. So why then would you continue to kid yourself that the things that have not worked for you in a relationship before will work next time?

It is vital that you understand that you can choose your next partner and you do not need to go out with the same 'type' as you usually do.

Asking Yourself Some Meaningful Questions

When attracting an ideal partner is something that you really want then you must ask yourself some questions that you have shied away from asking before.

1. Am I pretending to be someone else in order to snare a partner?
2. Am I choosing my partners carefully and thoughtfully from the heart?
3. What am I learning from my past relationships that will act as warning signs for the future?
4. What part did I play in making previous relationships not work out?

And possibly the most important question of all

5. If I am really serious about wanting to be in a great relationship what is stopping me?

It is only by understanding yourself better because of your past that you will grow. This is true for all areas of life including your next relationship

Let's spend a moment or two looking at question 5 above.

The simple answer is that the right person has not come to you yet. This is an answer I hear all the time. But remember that this is not about waiting for the best of what is out there to be your next partner it is about attracting the right partner for you. So you can't simply wait for the right person to happen to appear.

The reason for asking questions about this is to get the right answers. So let's ask the question again. If you want a great relationship what is stopping you getting it?

It's not your work to make anything happen.
It's your work to dream it and let it happen.

Abraham Hicks

To make it slightly easier for you to answer try asking yourself the same question about a different 'want'.

I want a new pair of jeans so what is stopping me getting them? Answers may be ... I can't afford them at the moment or I need to slim down before I buy them, or I don't have time to go get them, or it is not high enough on my list of priorities. OK I am sure there might be many more answers but for the purposes of what we are doing these will suffice.

Let's look at the answers one at a time for the reasons I am not buying a pair of jeans.

- I can't afford them
 - I may be in the wrong job if I can't even afford a pair of jeans
 - I may be spending my money in the wrong places which leaves me short
 - I was not confident enough to ask my boss for a raise when it is deserved
- I need to slim down before I buy them
 - I have been a bit lazy on going to the gym
 - I do not eat healthily
 - I don't take the time to look after my body
- I don't have time to buy them
 - I may be spending time on things that are trivial
 - I get easily distracted
 - I have never been good with time management
- It is not high enough up on my list of priorities
 - Other things just seem to crop up that are important
 - I lack focus on the important things I want in my life
 - I am not good at saying no

So you might have begun to realise that some or all of these questions and answers could relate to what is stopping you from having a great partner. Of course finding the right partner is way more

important than buying a pair of jeans but some of the things that are stopping you from getting the jeans may be the same as what's stopping you from attracting your ideal partner.

By understanding what has stopped you up until now attracting your ideal partner you will begin to realise that your relationship with yourself has to be right before any relationship with other people has a chance of succeeding.

So let's look at why you have not been in the right frame of mind to attract the right person for you to have an intimate relationship with.

I would like you to consider the following 4 questions. Write down your answers so that you can refer back to them (write as many answers for each as possible)

- 1 What are the reasons for you to want to be in a relationship?
- 2 What are you afraid of by entering into a new relationship?
- 3 What excites you about entering into a new relationship?
- 4 What are the main obstacles that are stopping you from entering into a new relationship?

Have your answers specific and stay away from general answers like for Number 4 ... not found the right man yet.

Be specific, real and honest with yourself

How Much Do You Want to Be In a Relationship

I often hear people whose relationship has gone off the boil say something like; I didn't realise what I was going up. In other words being single has its advantages and benefits.

I would like you now to imagine that the last thing in the world that you want is a relationship. Imagine that you really enjoy being single. While in that imaginary frame of mind write a list of the reasons why being single is the best thing for you. (Tip: if you can't think of any reasons as a friend who is loving being single)

You contain a magnetic power within you that is more powerful than anything in this world, and this unfathomable magnetic power is emitted through your thoughts

Rhonda Byrne

Now that you have made that list compare it side by side with the answers you gave to Number 1 above "What are the reasons for you to want to be in a relationship?" Now go down each list and score off all but the three reasons you have listed that feel the most real to you on each list.

OK now you should have 6 answers written down. 3 for why you want to be in a relationship and three for why being single is great.

Overcome some of the obstacles to attracting your ideal partner (remember we are still looking at your frame of mind here) by incorporating the list into one list of 6 items. Once you have done this you should more clearly understand that being in a relationship is not about giving up who you are. It is not about suddenly becoming a couple and losing your own identity. And although there may be some restrictions when you are in a relationship like not dating other people etc, you must get it into your frame of mind

that you do not change as a person when you enter a relationship and to attract the ideal person he or she will only be attracted to you within the relationship as the individual they fell in love with when you were single.

This is a fundamental block to why many people do not have successful fulfilling relationships. **THEY GIVE UP BEING THEMSELVES FORGETTING THAT THE VERY THING THAT ATTRACTED THEIR PARTNER IN THE FIRST PLACE WAS THAT THEY WERE SIMPLY BEING THEMSELVES.**

There is Only One Thing in Life That You Can Control

The only thing you can control in life is you. That may sound a bit limiting but in actual fact when you understand it then it becomes very powerful. Having control means taking responsibility for who you are. It means realising that you have choices in life and the choices you make throughout your life means that you are in control.

There is no point in wasting time and energy trying to control someone else. Even if you are able to it will only be for a short time. Concentrate instead on focusing on being in control of who you are and what you want in life then being committed to getting what you want and having the life you want.

Find People Who Are Successful in Their Relationship and Copy Them

Now you might say that you do not know anyone who has a really fantastic relationship. And if that is true for you then you have your answer on a plate. You are surrounding yourself with people who are getting it wrong in the area you want to get right.

Find a couple who have a fantastic relationship then ask yourself (or them if you are close enough to them) why their relationship is as it is.

Learn from them and avoid saying things like, "it's ok for you but it's hard for me to"

If any couple can make a relationship work then it is possible for you to make it work too.

If you are in the habit of being in the blame game stop that at once. Right now. Blame (even if it is to yourself) is wrong. Simply learn from what has happen which will allow you to continue on your positive road of simply being yourself and attracting your ideal partner

The Other Areas Of Attraction

Although the first area for anyone to work on when it comes to Attracting Your Ideal Partner is their own frame of mind, there is obviously more to it than that. Some of the other areas that need to be considered are:

- Personality
- Looks (body, face, hair, cleanliness etc)
- Looks (how you dress)
- Status (finances, job)
- Enthusiasm

- Fun

Personality

A good personality is the one thing that almost all of us are attracted to. Someone who gets on with people and with life with whom we can hold a decent conversation with is always attractive.

What is your approach to life? How attractive would you say your personality is? The thing to remember is that you do not need to have a wonderful personality but if you don't then you will possibly attract a partner who also lacks in that area. If this is attractive to you then don't change. But if you are attracted to someone with an outgoing

Looks

We all like to kid ourselves into believing that looks are not important but don't kid yourself they are. And you should not feel bad about wanting to be with someone who is physically attractive to you.

When we talk about looks and attraction and how important they are, we tend to get mixed up a little. Because when most people say that looks are not important they are really saying that they do not need to be with the most beautiful woman in the world or the most handsome man. Yes of course you are right. It is not important to be with a really good looking person. But is it important to be with someone who YOU are physically attracted to. He or she may not be the best looking person as far as society judges. But to you he is handsome or she is beautiful.

Do not mix up these two things.

Understand what attracts you physically to someone. Ask yourself what attracts you about the way people dress or how their body looks. Then ask yourself what kind of person would be attracted to you the way you dress and the way your body is. If the two match then bingo, something in common straight away

But remember by not dressing as the person you really are will attract people who are attracted to people who are not really you. In other words if the REAL you normally dresses plain and simple but decide to change the style of how you dress just to be more attractive to other people then eventually when your real dress sense shines through the attraction from the other person will be less.

Dress and have a body that reflects who you really are not who you think other people will be attracted to.

Your life right now is a reflection of your past thoughts. That includes all the great things, and all the things you consider not so great. Since you attract to you what you think about most, it is easy to see what your dominant thoughts have been on every subject of your life, because that is what you have experienced.

Rhonda Byrne

The slightly rotund jovial man who suddenly slims down and is more serious in nature will find a totally different group of people being attracted to him. SHOW THE REAL YOU AND ATTRACT THE RIGHT PEOPLE.

Status

Like it or not status can be a very important part of attraction for some people.

I once saw a TV documentary where people were told the status (wealth and job) of certain people that they were looking at. They were then asked to mark out of 10 how attracted they were to these people. The first group of people were told that the people they were looking at were wealthy and in the entertainment industry (Record company owners etc). The second group of people were told that people they were looking at (the same people as the first lot) were unemployed. Not surprisingly the first group scored then higher than the second.

Now you may think this is shallow and not what you would do. Well let me ask you this. If I was to send you on a blind date with someone who had a similar income as yourself and then a date with someone who I told you was homeless, which might you consider more attractive (if they both had identical looks and personality).

I am sure if you are honest it would be the person with similar income and status to yourself.

Don't be hard on yourself or feel guilty if you find status an attractive quality in someone. AND REMEMBER IF YOU FIND THAT ATTRACTIVE IN SOMEONE ELSE THEN THEY WILL FIND THE SAME ATTRACTIVE IN THEIR IDEAL PARTNER. So where are you with your status? Are you on a career path that you love with an income that allows you to play as much as you want?

Stop talking about getting a better job or not having enough money to do things do something about it and become more attractive

Enthusiasm

Which takes me on to the next element of attraction? Enthusiasm can be very attractive in a person. Being enthusiastic about life and ready to expand ones comfort zone lets the world know that you want the best in your own life. Let's face it; most of us would rather be with someone who is full of life instead of someone who just mopes around the house all day. REMEMBER IF YOU ARE ATTRACTED TO PEOPLE WHO HAVE A ZEST FOR LIFE THEN YOU NEED TO LOOK AT HOW MUCH ENERGY YOU HAVE FOR BETTERING YOURSELF, YOU COMMUNITY AND THE WORLD.

Fun

Amazingly enough most women when asked rate being fun as being attractive in a man. In fact it often comes out top in surveys. And this goes for men too. This is not about cracking jokes and being the life and soul of the party. It is more about the outlook of the person and the ability to make you laugh. As an aside laughter is a great natural aphrodisiac. So again, ask yourself how much fun you are to be around. Remember we are talking about how to attract your ideal partner, and if you are no fun to be around chances are that people will not find you attractive.

After I Have Attracted Someone Then What?

This is a great question because the truth is that in the course of a normal day when you are mingling with people you will probably have attracted someone without you even knowing it.

So the next thing is to RECOGNISE that you have attracted someone.

So many people just let opportunities pass them by through lack of awareness that the opportunities are there in the first place. So start to be aware that someone has noticed you. At this stage you need to decide if the attraction is mutual or if it is only on their side. If it is only on their side then carry on being attractive and get on with your day/life.

If on the other hand the attraction for whatever reason is mutual then you should recognise that and do something about it. What you do about it is dependent on the place, time, situation and circumstance. In other words if there is this mutual attraction at a high powered business meeting you would not suddenly stop everything and delve deeper. But if it was a bar and you were out with your friends then you want to approach the person and start to get to know them as soon as possible because if you are attracted to them there is nothing surer that others are also attracted to them.

Just be yourself and as you start to talk ask yourself if the attraction is becoming stronger or if there is something that makes you less attracted to him/her.

Knowing when to move a relationship forward (even one that is only a few minutes old) and when to move away is vital to you getting into 'just another relationship' and meeting your last first date.

Get to know the signs that your attraction towards this person (and vice versa) is more than just the superficial ones. Is this person being genuine in who they are or does it feel like an act just to get your attention?

Make sure your attitude remains positive during the first conversation and that you let your real self shine. REMEMBER YOU ARE NOT TRYING TO IMPRESS SO AS TO GET SOMEONE TO LIKE YOU; YOU ARE JUST BEING YOURSELF SO AS TO ATTRACT SOMEONE WHO IS RIGHT FOR YOU.

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