
HOW TO ATTRACT THE PERFECT MATE

"You come to love not by finding the perfect person, but by seeing an imperfect person perfectly."

Sam Keen

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Chapter 1 – The Research

“ Faith is being sure of what we hope for and certain of what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.” Hebrews 11:1-3

In order to find YOUR perfect mate, It would best suit you to ask yourself a series of questions, the answers you give will lead you to a more concrete idea of what is best for you. Sometimes what we want and what we need don't match up.

What you believe will ultimately be your reality and life experience, once we can identify our beliefs and how they shape our lives, we can understand ourselves better.

Q1 Do you believe you deserve the best?

Putting yourself down and having low self-esteem means you will only attract a certain type of person, who will keep you down and needs to feed of your insecurity to make themselves feel superior.

Q2 Do you love yourself, take care of your body think positively about yourself?

People will treat you how allow them to. The more highly you think of yourself the higher your expectations will be.



Q3 In finding a partner do you believe in fate, good luck, divine intervention or a bigger plan?

*List the 3 main relationships you have had in your life,
Think about how you met and where you met,
Think about the probabilities involved in you having met that person at that time in your life who later became a boyfriend or girlfriend.
It happened before it can happen again.*

Q4 How do your beliefs affect your approach to finding a partner?

Do you trust in God, the universe, fate your angels or just yourself? Are you relaxed about the situation or desperate? Trusting in something else other than yourself will make the process more positive.

Q5 Are you enjoying the moment?

True happiness is a state of mind not determined by external circumstances. The happier you are the more people will be attracted to you and want to spend time with you.

Q6 Do you have an itch?

There is a term called "The seven year itch" every seven years on average we go through major changes, which alter who our ideal partner would be. Think about your past relationships, where would you be today if you had stayed together. Would they be your ideal partner today. You may be going through a transition regarding the type of person you normally go for. If that is the case, being single at this moment will benefit you, as you will be able to identify more clearly what you want.

Q7 What benefits are there of being single?

You always win the argument and as Woody Allen says "I get to have sex with someone I love, myself"
Being single gives you the chance to find and redefine yourself, quantify your values and determine what you do and don't want from a relationship.

In order to receive something big we need to create space for it. Your next partner should compliment the person that you are, and fill the void that is there, without the void there is nothing for them to move into and fill, so live in positive expectation.

No one is perfect and everyone is perfect, having a lasting fulfilling relationship requires give and take, and a lot of love and a bit of lust. The more you love someone for who they are not what they are and what they have the more perfect they will be in your eyes.

Finding an ideal mate starts with us knowing what we want and being the best that we can be ourselves. When we have in our minds those two areas and are positive we will be in a place where we can attract our future partner and more importantly realize the opportunities when they come along.

Before you think about finding your soul mate find yourself. Finding yourself means, getting to a place where you are happy and positive about life doing the things you want to do, without thinking negatively about your lack of romantic action. This will make you more attractive in every way

Have an idea about the sort of person you would like to be with, don't sell yourself short or be unrealistic

Ask yourself "What do I have to offer what are my qualities"?

It starts with you, don't have a mindset of finding a partner to complete your life, a partner should enhance it, Don't put that added pressure onto a prospective partner. You are already complete

Don't get desperate, be yourself be natural. The energy of desperation is unappealing to most people; it also portrays a lack of confidence, balance, immaturity and low values.

Have you ever been in a shop and the shop assistant continually harassed you about buying a product, did that forthright mentality endear you to stay longer in the shop and purchase a product, or did it have the opposite effect?

Be open with the right people (same and opposite sex) about your situation, don't be aloof and put up a barrier that says "I don't want you to know " let people know that you are looking for a relationship with the right person. Most people are not mind-readers.

Practice smiling more especially at the opposite sex, make it a natural part of your day, enjoy the process of finding that ideal person.

And when you find that person;

Don't try to change them, if you want to change someone change yourself, if they are meant to be with you will both naturally change to compliment each other better. Trust nature in this

Allow them time and space to be themselves and make changes in their lives. Being joined at the hip or keeping a diary of their hourly movements will severely strain the relationship and drive them away long term.

Don't drop your friends, they will probably still be around when your relationship ends. I am not being pessimistic I am being realistic, if it wasn't so most people would only have ever had one partner in their life.

Love them without condition not with conditions. Conditional love will only last a short time.

Chapter 2 - The search

For those who are looking for a mate, there are certain questions you should ask yourself and be able to answer and certain places you should think about going in order to increase your chances of finding your ideal partner. This is not an ideal science otherwise, it would not be a problem to so many people.

Below is a list of questions and also a list of suggestions although not exhaustive which will hopefully stimulate you into some positive action.

Questions

What type of person are you looking for?

What type of person are you?

What kind of relationship do you want?

Do you want to be the hunter or the hunted?

What do you have to offer a prospective partner?



Places where you can meet new people In no particular order,

Bars, Clubs

Parties

Sporting events

Weddings, funerals, christenings

Places of worship

Holidays



At work

Courses, classes, seminars

Dating agency, speed dating

Internet - Online forums, chat rooms discussion boards

Friend of a friend, blind date

Commuter buddies

Chance encounter

Look at the items in this list that you enjoy, or suggestions that appeal to you and try and put them into practice in your life. If you feel more comfortable take along a friend or family member to help you achieve some of the above suggestions.

Enjoy your life as much as possible and you will be in the right place at the right time, to meet your ideal partner. You will also become a more valuable catch in the eyes of the opposite sex.

Chapter 3 – A New Model in Town

I have devised 2 models to help you work out what the opposite sex wants, and more importantly what you want. **“The Same difference Model”** and **“The LIFE model”**

These models will help you find the person you desire and help them to find you “a perfect match”.

If you are constantly attracting the quote on quote “wrong type” or no type i.e. no one, this is to do with your personal remit, some of which is conscious most of which is sub-conscious.

Coaching with the right person will enable you to, align your remit so that your sub-conscious gets in line with what you want to experience consciously in your life. Our main source of power is not in our conscious mind, which explains why we sometimes find it hard to get what we want. Knowing what the source is and how to utilise it to our advantage is the key. When you are clear on your goal your reward finds you.

Now how to set up the goals and my new models;

Model 1 – The same difference model

Purpose – To begin to line up your whole self so that there is no conflict between your thoughts (conscious and sub-conscious), words and actions

Men and women normally want the same end result, but generally want to achieve it in a different way. By using my same difference model, you can set the process in motion of attracting your ideal partner.

How to use the same difference model

Take a blank sheet of A4 paper and divide into 4 columns

Column 1 title – Remit

Column 2 title – Same

Column 3 title – Difference

Column 4 title – Why

Before you start put a date at the top of the paper and when you have found the person you have been looking for date it again and work out how long it took. I would also be interested to hear about your successes and how long it took you to manifest.

In Column 1 Remit – List a series of your values, lifestyle choices, and characteristics (positive and negative) etc which are important to you and reflect part of who you are. Your remit

In Column 2 Same – working from left to right taking each remit in turn place a tick or cross in this section depending upon whether you would like to see the same trait in your ideal partner SAME a tick or if you would prefer not to DIFFERENCE a cross

Column 3 Difference – Tick or cross as applicable

Column 4 Why – Describe why you have made the decision i.e. placed a tick/cross in the same /difference section.

Example – Ruth completes her table

Column 1 Remit – Health – “I don’t like the way I look and would like to loose some weight”

Column 2 Same –Cross

Column 3 Difference – Tick

Column 4 Why – “I want someone who is in perfect health and looks good.”

Q – In regards to this topic what type of person do you think Ruth is more likely to attract and why?

The power of the model is down to you and the questions you ask yourself, thinking about the values and characteristics important to you such as family, children, sex, sexuality, money, beliefs etc this will enhance this results.

A model template has been inserted at the back of this book along with a list of remit topics.

The beauty of the model can only be fully seen once it is completed, you will have a series of remits alongside ticks and crosses (same/ difference) and reasons why you made the choice, This is your blueprint, you can also add to and take away items from the table as time goes by.

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