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**Tracking down your Soul Mate**

**By Alina Ruigrok – [www.love-sessions.com](http://www.love-sessions.com)**

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Sure, we all dream about meeting the right person. . . the one that we are meant to be with forever. Dreaming about it is all fun and easy, but the real question is, where do you find this soul mate of yours? Fate? Well yes, if you believe in fate, then yes, it will have something to do with it, but not without effort on your part. Fate needs you to give it direction so that as a team, you can find the person you have always wanted as a part of your life.

The first thing you have to do before finding your soul mate, is finding yourself. What qualities are important to you? What are your morals and beliefs? How do you show your affection and how do you expect it to be presented to you? These are questions necessary for you to ask yourself before going out there. Giving yourself an interview will make things clearer of what type of person you are really looking for, instead of just going on a blind search.

It is very common for a person to date people just for "dating". While dating is a fun and useful experience, it is not advisable to just go out with anyone just to have a date, or to enter a relationship because you do not want to be alone. When you go out on a date, it is important that you use that date as an opportunity to observe and see if the person is someone you would like to see again and if they carry the qualities you are looking for. If, for example, if you are searching for a person who is in touch with his or her romantic side, but go on a date with someone who likes acting rough at baseball games and loves hunting, then you could pretty much see where the relationship would go. You should be able to sense these qualities after a few dates.

Once you have realized that these dates will not lead to a relationship you have dreamed of, then obviously the person is not your dream mate either, and it would be best if you stop seeing each other to prevent any misleading expectations. Continuing to date someone just because you entered a comfort zone or do not want to hurt their feelings will only hold you back from meeting who you are really meant to be with, not to mention waste precious time for both you and your date's. Gently break it to him or her that you find them to be a very interesting and nice person, but you feel like going solo for a while and then move on.

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Tracking down your soul mate will require patience; so do not feel frustrated or hopeless if you do not find him or her in a certain amount of time. Good things take time to be brought together and you will come together when the time is right. The time becomes right when you look out for the right signs. Such signs would be:

1. Being strongly attracted to each other physically.
2. Being strongly attracted to each other's personalities.
3. Having common interests.
4. Sharing the same values.
5. Major respect for one another.
6. Someone who makes you feel truly special and worthy.
7. Someone who puts in a great effort to show you their passion for you and the things that is important in your life.
8. Meeting on the same emotional levels.

These are some major and important signs to look out for when trying to track down your soul mate. It will not be difficult to realize because you will know when things are right and the way you want it. When you have found such a person, it is good for you to remember to take things one-step at a time. Sometimes people jump in too fast and end up getting hurt or realizing they jumped to conclusions a little too soon. Take it slow and observe how things are going. See if the person who seems to be perfect in every way for you, remains to carry the same qualities as the relationship proceeds.

When time has proven that the two of you are truly compatible in ways you have always dreamed of, then the relationship may go to the next level and the two of you can make a serious commitment and start focusing on building a future together. Like before, it is important that you pay attention to how you handle a commitment together and if you both agree on what kind of future the two of have in mind. Staying on the same levels is a huge sign that you are with the right person.

Finding your soul mate will be the best accomplishment you will ever make, but it does not stop there. Finding the right person is just the beginning. Keeping the right person takes work too, on both your parts. The two of you will have to continue valuing each other for the rest of your lives, respecting each other's individuality and dreams. Refresh your memory of how the two of were brought together and why you both decided to make a commitment to one another. As long as you keep the magic between you alive, your relationship will continue to grow the love and care you both never imagined could ever happen to you!

Alina Ruigrok is an independent relationship expert for <http://www.love-sessions.com> helping those in need for dating, relationship, marital, sexual and other personal advice through e-sessions and telephone.

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## **The Soul Mate Debate**

**By Rinatta Paries**

### **The Soul Mate Debate by Rinatta Paries**

Are you looking or waiting for your soul mate? Many singles spend a lot of energy and time waiting and searching for their soul mate. But are soul mates found or created?

The notion of soul mates stems from the concepts of reincarnation and karma. Soul mates are defined as two souls reincarnating alongside each other over and over again, playing different roles to each other, such as lovers, adversaries, parent and child, victim and murderer, coworkers, etc. Some will argue soul mates were separated at the beginning of time, and so in each lifetime they seek to reunite in some way.

If you were to find your soul mate, the theory is you would be able to instantly recognize him or her. You would feel connected, at home, recognized, valued, loved again, instantly. The two of you will reconnect, fall in love all over again and live happily ever after.

Unfortunately, this is not quite how the soul mate thing works. Here are some sobering thoughts about the notion of soul mates:

\* Each of us could have an unlimited number of soul mates. We have many close relationships in a lifetime, so who is to say any one or all of them could be our soul mates?

\* Intimate relationships with soul mates are less likely to work out. That's because if someone is truly your soul mate, you have been around the block with each other too many times in too many different ways. Along with intense passion for each other, you will also feel intense anger and resentment.

\* If you instantly recognize or feel connected to someone, does that automatically mean he or she is your soul mate? It could be that this person simply has very similar childhood family patterns or adult dating patterns as you do, allowing you to feel instantly at home.

\* If you immediately recognize someone who was a lover in one past life and an adversary in another, how likely is an intimate relationship between the two of you to work out?

\* The idea that soul mates will find and instantly recognize each other presumes past life memories are at the surface and can be tapped into at any time. Do you remember your past lives, especially if you do not believe in past lives and reincarnation?

Because of the points above, I think those who say they are looking or waiting for their soul mate really mean they are looking or waiting for someone with whom love, relationship, and intimacy will happen instantly. Unfortunately, as I said, this very rarely has a happy ending. Relationships are not about instant gratification and instantly knowing whether you are "meant to be" with someone.

A healthier, more realistic, and more successful notion is one where you and your partner grow to

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become "soul mates." In other words, you grow to be in love with one another, to know each other intimately, to cherish and support each other, to share closeness unequal to other relationships. And this can only happen with time.

How do you grow into "soul mates?" Here are some ideas:

- \* When meeting potential partners, do not look for an instant feeling of recognition or a strong connection. Instead look for a subtle attraction and a subtle connection.
- \* While dating, take time to become good friends and get to know each other. Do not assume you know the person you are dating before you have been with him or her for at least 6 months.
- \* Emphasize excellent communication right from the beginning. Establish a standard of communication both of you are comfortable with, and hold each other to that standard.
- \* Accept each other for who you are. Neither of you will be exactly like the other, nor will you do things in exactly the same ways.
- \* Accept and appreciate each other's shortcomings even as you accept and appreciate each other's good qualities. No one is perfect – not even your soul mate.

Your Relationship Coach,  
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[www.WhatItTakes.com](http://www.WhatItTakes.com)

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Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at [www.WhatItTakes.com](http://www.WhatItTakes.com) or e-mail her at [coach@WhatItTakes.com](mailto:coach@WhatItTakes.com).



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