

Preparing for Your Perfect Match

Some of my friends have had success finding new friends and partners on sites like Match. I would like to do this but have trepidations. How can I sensitively share I am seeking a partner who is spiritually connected and who can also dance? The list of my ideal partner's qualities seems long. Please help me.

The good news is you have proof that meeting a partner online is possible. The even better news is the fears and corresponding beliefs thwarting your heart's desire are ready to be seen and healed.

Fear is defined as "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat." What is threatening to you about articulating your true desires in a partner on a dating site? Is it the potential for discomfort, vulnerability or disappointment or that it will prove your ideal partner does not exist? Or are there deeper roots to your resistance?

Write down answers to the following questions: What are the risks of creating a profile stating the attributes I am looking for? Do I believe there is danger in opening to or being in a relationship? What do I believe I deserve and can experience with a partner?

Honestly answering these questions may bring up uncomfortable feelings. Stay with them until the wise core of your heart reveals the truth. It is miraculous that when we look long enough and with compassion at our fears, we are often liberated from their grip on us.

Now is the perfect time to honor your ideal mate list. Print it out and place it on your altar. And while you're at it, create a list of attributes, qualities and gifts *you* bring to a relationship. Place that list there, too.

Someone is moving through their life right now preparing to meet you and hoping *you* exist. Prepare your heart to be found, first by your true and glorious higher self and then by another perfect creation of Spirit. I am already happy for you. ☘



STEF SWINK, RScP, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.