

Dear Reader:

I will be creating articles on a regular basis for you to read and print if so desired. These articles are meant to inform and inspire you to have meaningful and deep relationships in your life that “Start with Heart.” If there is a topic that you would like more information on, please submit your request to me in the CONTACT JENICA section. I will be happy to provide articles on those topics that will benefit yourself and others.

In love and light,

Jenica

## **CONSCIOUS RELATIONSHIPS**

### **Attracting the Perfect Partner**

Having a loving and supportive partner is one of life’s greatest blessings. Many of us however, have been in relationships where we do not feel seen heard or felt.

Often times when singles are on a quest to find a life partner, they find themselves going through the same dating scenario over and over again. I call this “the same movie —different player syndrome.” Each time we meet a new person there is the chance we will get our feelings hurt “again” and feel disappointed. OR, there is a chance that the experience will be wonderful and our hearts will be filled with love’s bliss.

The trick is not build shells around our hearts to protect ourselves from further disappointments. Otherwise, even if we meet a suitable partner they will not be able to see our magnificence and beauty. We must be willing to open ourselves up and “start with heart,” to have the opportunity for a meaningful connection.

Moving from the state of being single to finding a suitable life partner requires some effort. It takes personal responsibility and conscious effort to create a life that we want, and this is the same in our relationships as well.

Many people spend more time in considering a vehicle that they want to buy than in choosing a life partner! Yet, this is one decision that can affect the rest of your life—so it is really time well spent.

When you are ready to find a partner that would fulfill your heart’s desires, you must be willing to accept how attracting a partner really works. It is not the clothes you wear, the style of your hair or the car you drive that ultimately attracts a person to you—although those things may say things about your preferences.

The Law of Attraction works like this:

**You will attract a partner that mirrors who you are and reflects where you are in your life.**

With that in mind, it is important that you focus on creating a life that truly resonates with who you are and what you want in your life. Then, the people and opportunities that you attract will be aligned with your deepest truths.

Here are three important questions to ask to get clear on what it is you want.

**1) *What are your values?***

Many of our values were handed down to us from our families and consist of the principles, qualities and beliefs that are important to you. If you have integrity and live consistently with you values, you will experience positive self-esteem and purpose in life.

**2) *What is your Life Purpose?***

Your Life Purpose is reflected in the difference you want to make while you are alive. It is reflected in the work you choose, the friends you choose and the activities you choose to engage in. Choose wisely, as this will be the legacy you will leave behind for others.

**3) *What Vision do you have for your life?***

Your vision consists of the future life that you would like to create for yourself. When you are clear about your vision, it is easy to make choices and to set goals. You can ask yourself “Does this choice move me towards my vision or away from my vision?” If your choices are in alignment with the vision you hold for your life—you will be moving yourself forward to having a life that you love.

I cannot emphasize the importance of taking the time to reflect on these questions. Write them down and post them in a place where you can often see them. You may want to say them out loud whenever you think about them. This will help to keep them alive.

It is clear that attracting the “right partner” has a lot to do with knowing yourself and being true to what is important to you. Then, you will attract a partner that is in alignment with your values, vision and life purpose. When you meet someone who honors and respects those things that are near and dear to your heart---you will know that you have met “the perfect partner.”

**IN KNOWING YOUR TRUTH -- OTHERS CAN KNOW THE TRUTH OF YOU.**

