

Soulmate School Writing Exercise #4: Making Space for Love

When you are holding on to any past loves or relationships it can block your true partner from coming into your life. It's like you have an occupied sign on your heart. Use this exercise to get really clear about your past loves and how you feel about them now.

1) List all of your past lovers, crushes or fantasies.

2) Now as you look at the list are there any that bring up a feeling of nostalgia or longing in you? If yes, put an asterisk next his or her name.

3) Write down all contact you've had with the * people listed above in the past year, facebook, emails, texts, drive-bys ;) anything at all that is keeping a connection whether physical or energetic between the 2 of you.

4) Check in with yourself emotionally, how would it feel to break all contact with the * people? Is there a sadness? A fear? Any anger? Any emotion at all?

5) Would you be willing to let the * people go if it meant making room for your soulmate?