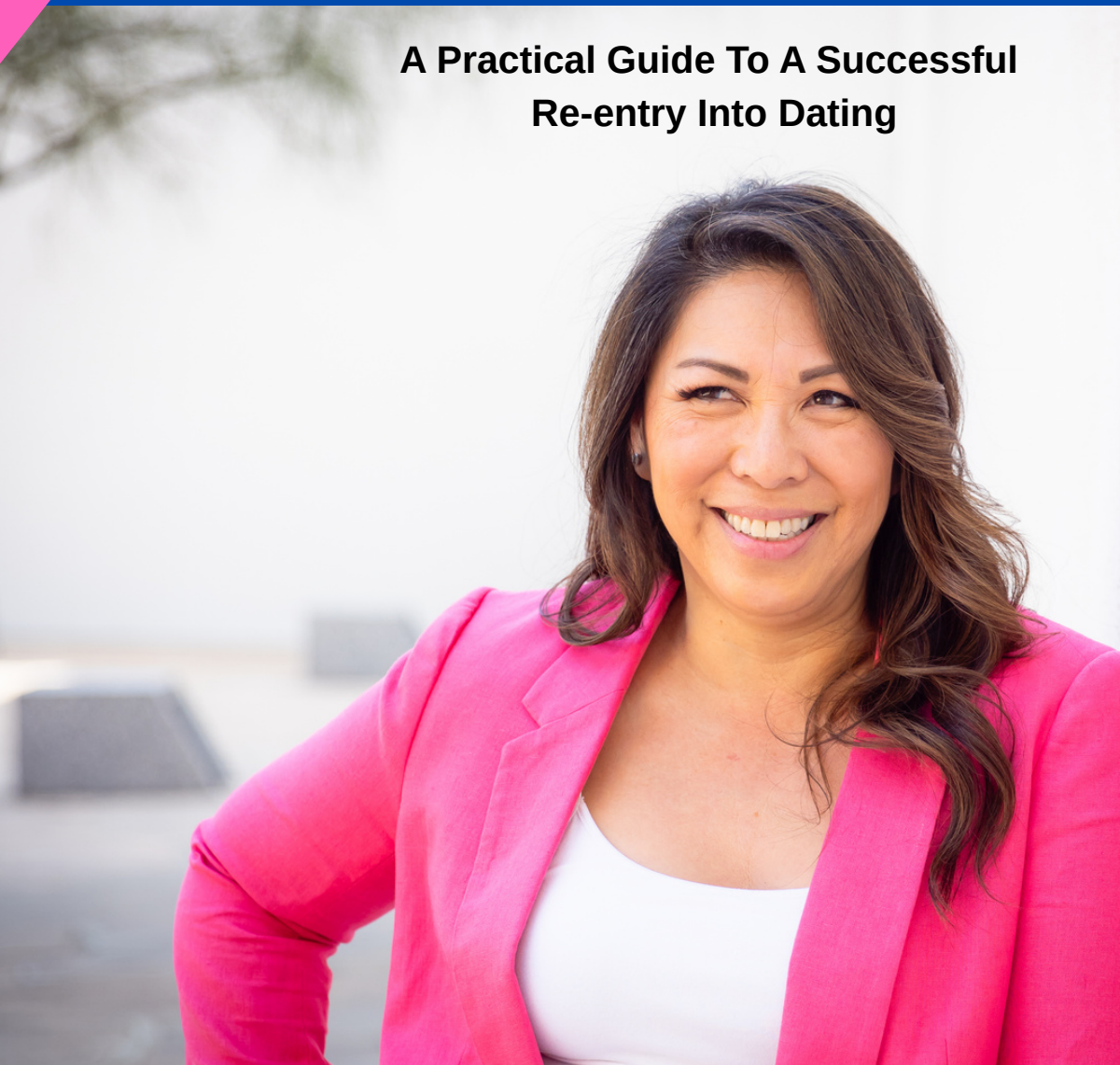


**MY BEST SELLER ON
AMAZON!**

Date on Purpose. Attract With Ease!

**A Practical Guide To A Successful
Re-entry Into Dating**



Sharon N Vidano

Date on Purpose. Attract with Ease

Sharon N. Vidano

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Chapter: Welcome to Your Journey

Dating isn't just about finding a partner - it's about illuminating your own soul. In this transformative introduction, we equip you with your "dating cloak" - a resilient, radiant mindset that protects your heart, boosts your confidence, and invites meaningful connections. We'll explore presence, rejection, vulnerability, and self-love, setting the foundation for attracting your soulmate with authenticity and grace.

Putting on Your Dating Cloak - Preparing Your Mindset for Love

Welcome to a pivotal chapter in "Light Up Your Soul", where we embark on a transformative journey - not just to find love, but to illuminate your own spirit along the way. Dating is more than a quest for a partner; it's an opportunity to meet yourself with grace, bravery, and authenticity.

Here, we'll equip you with what I call your "dating cloak"—a resilient, radiant mindset that safeguards your heart, amplifies your confidence, and invites meaningful connections.

Together, we'll master the art of presence, reframe rejection as a blessing, learn to reject with kindness, embrace vulnerability as strength, and root it all in self-love. These tools aren't just for dating - they're for lighting up your soul in every corner of life. Let's dive in.

Be Present: The Gift of Now

Picture this: You're sitting across from someone who ticks all the right boxes - kind, witty, easy on the eyes. The wine is perfect, the conversation flows, and then – bam - your mind hijacks the moment.

Is this going somewhere? Will he text me tomorrow? What if he's not over his ex?

Before you know it, you've left the date behind and landed in a whirlwind of hypotheticals, missing the laughter and connection right in front of you.

Here's the magic of dating: it blossoms when you're fully present. Presence isn't just a trendy term, it's the heartbeat of connection. A study in the *Journal of Personality and Social Psychology* found that people who stay mindful during social interactions feel more satisfied and form stronger bonds, even in fleeting moments. Why? Because showing up fully locking eyes, listening intently, responding thoughtfully, tells the other person, "You're worth my time." And it tells 'you', "I'm worth this experience."

So, how do you anchor yourself in the now?

First, ditch the phone. Not just face-down - put it in your bag, out of sight. A *Pew Research Center survey* revealed that 67% of daters sneak peeks at their screens mid-date, and it's a surefire way to dim the spark. Instead, lean in: if he shares a story about his dog, ask, "What's the silliest thing she's ever done?" If he's nervous and

quiet, try, “What’s something you’ve been loving lately?” These small, curious questions keep you tethered to the moment and draws him out of his shell.

I learned this from my mentor, Mat Boggs, who swears by “High Engagement, Low Attachment.” Be 100% in - smile, share, savor - but when the date ends, release the outcome. Don’t spiral into “Will he call?” or “Is he ‘the one’?” Instead, ask yourself, “Did I enjoy that enough to do it again?” This mindset, rooted in abundance, keeps you free and open. Psychotherapist Esther Perel puts it beautifully: “Love grows in the space of curiosity, not certainty.” Stay curious—about him, about yourself, about the unfolding now.

Practical Tips

- **Pre-Date Ritual:** Before heading out, take three slow breaths, feel your feet on the ground, and set an intention: “I’m here to connect, not to control.” It’s a mini-reset for your nervous system.
- **Mid-Date Check-In:** If your mind wanders, gently bring it back by noticing one detail - his laugh, the candlelight, the taste of your coffee. It’s a quick way to reground.

Rejection: Your Unexpected Ally

Now, let's tackle rejection - that sting we've all felt.

Imagine this: You've been texting a guy for weeks, maybe even had a couple of promising dates. Then, silence. No goodbye, no "It's not you, it's me" - just a vanishing act. My first ghosting left me reeling.

I cycled through hurt (What's wrong with me?) anger (Who does that?), and self-doubt. But then came the game-changer: rejection isn't a verdict on your value, it's a sign of misalignment.

Men often dodge direct "no's" because, frankly, it's tough for them ***and some just want to keep their options open for "down the road"***. Evolutionary psychologist David Buss suggests that men, wired historically to "provide and protect," may see rejection as a failure to keep the peace. Ghosting, then, becomes their awkward exit strategy. A *Hinge survey* backs this up: 58% of users admit to ghosting, often because they "didn't feel the spark." It's not about you being "not enough", it's about him not being the right fit.

And that's a relief.

Here's where your dating cloak gets battle-tested: turn rejection into redirection.

Swap "I messed up" for "Everything's working out for me." Or my personal favorite: "The universe just filtered him out - next, please!" This isn't fluffy optimism - it's

science. A *Positive Psychology* study found that an abundant mindset speeds emotional recovery and draws better opportunities your way. Think of it like a crowded dance floor: one guy steps away, and another steps in, maybe with better rhythm.

Practical Tips

- Rejection Ritual: After a letdown, jot down three gifts from the experience; maybe you honed your flirting skills or found a killer new wine bar. Then...let it go.
- Affirmation Boost: Post-“rejection”, tell yourself, “I’m a catch, and the right one’s coming.” Say it until you feel it - your brain believes what you repeat.

Reject with Kind Energy: Honor Yourself and Him

What about when *you’re* the one bowing out? Say he’s sweet, reliable and a total gentleman - but the spark’s just not there. You could string him along, hoping it’ll click, but that’s a disservice to you both. True love thrives on a mutual “yes,” not a lukewarm “maybe.” Letting go isn’t selfish - it’s an act of respect. As Brené Brown writes, “Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”

How do you say no without crushing *him*? Keep it simple and kind: “Thank you for such a lovely time, I’ve really enjoyed getting to know you. But I’m not feeling the chemistry, and I wish you all the best in finding your person.” It’s direct, warm, and final. Steer clear of fixable excuses like “You’re too busy” or “I’m not ready” he might try to *solve* it. Chemistry’s a wild card; it can’t be debated or repaired.

The first time I delivered this line, my voice wobbled. I feared he’d hate me or I’d seem harsh. But afterward, I felt lighter; honesty does that. A [Match.com report](#) found that 72% of singles prefer clear rejection over vague brush-offs; it saves time and preserves dignity. Kind rejection isn’t just for him, it strengthens *your* cloak, proving you can trust your truth.

Practical Tips

- Practice Run: Rehearse your rejection line aloud - mirror, friend, even your cat. Familiarity breeds confidence.
- Post-Rejection Grace: After saying no, do something kind for yourself - a bath, a walk - to reinforce that boundaries are self-love in action.

Vulnerability: The Courage to Be Seen

Here's a layer of cloak cloth might surprise you: vulnerability. Opening up - sharing your quirks, dreams, even fears, feels risky, right? But it's the secret sauce of connection.

Picture this: You're on a second date, and he asks about your weekend. You could say, "Oh, it was fine," or you could share, "I spent Saturday painting my kitchen - badly - and laughing at my mess." Which invites him in? A study in 'Emotion' found that vulnerable disclosures deepen trust and attraction faster than polished small talk.

Vulnerability isn't oversharing - it's offering a peek at your real self. I once told a date, "I'm a sucker for rom-coms, even the cheesy ones." expecting a laugh. Instead, he lit up, admitting he'd seen *The Notebook* five times. That sparked a conversation we would have never had playing it safe. Brené Brown calls this "the courage to be imperfect." It's not about spilling your life story; it's about showing up human.

Practical Tips

- **Start Small:** Share a light truth - like a hobby you're terrible at or a song you can't stop playing. Gauge his response before going deeper.
- **Balance It:** Pair vulnerability with curiosity - after sharing, ask, "What's something you're secretly into?" It keeps the exchange mutual.

Self-Love: The Foundation of Your Dating Cloak

The brightest piece of your dating cloak? Self-love. It's not a fancy dress or a witty bio - it's the quiet confidence that says, "I'm enough." A *Psychology Today* article tied high self-esteem to healthier relationships, showing that when you value yourself, you draw partners who do too. Self-love isn't a feeling you chase; it's a practice you build. A *Journal of Social and Personal Relationships* study found that self-compassion, being gentle with yourself in tough moments, boosts dating resilience; helping you rebound from flops and staying hopeful.

How do you grow self-love? Start with intention. Before a date, affirm: "I'm worthy of love, just as I am." When things fizzle, skip the self-blame and ask, "What did I learn?" Maybe you realized you love witty banter or hate loud bars. Every date teaches you something.

Self-love also means boundaries: saying no to a late-night "hook up", texts or dates who don't respect your time. It's choosing you, every time.

Practical Tips

- Self-Love Checklist: Pre-date, wear something that feels like *you* - a bold lipstick, a cozy sweater. Post-date, write one thing you admired about yourself - your humor, your honesty.

- **Daily Dose:** Each morning, name one thing you're proud of. It could be tiny "I made a killer omelet" - but it builds your glow.

Trends and Truths: Why This Works

Creating a standout dating profile is all about showcasing your authentic self while making it easy for others to connect with you. Here are some practical tips to help you craft a profile that shines and attracts the right kind of attention:

- **Be Authentic:** Honesty is key. Share your real interests, passions, and what you're looking for in a partner. People connect with genuineness, so don't try to be someone you're not - your true match will value the real you.
- **Choose a Great Profile Picture:** Your photo is your first impression, so make it a good one. Opt for a clear, recent image where you're smiling and looking approachable. A candid shot that reflects your personality can work wonders!
- **Craft a Concise, Engaging Bio:** Keep it short but packed with meaning. Highlight your hobbies, passions, and what makes you unique. Instead of generic lines like "I like to travel," try something specific like "I'm always chasing the next great coffee shop - any recommendations?" Ditch the clichés and let your personality pop.

- Stay Positive: Focus on what you love about life and what you're excited to share in a relationship. Skip the negativity or complaints - your profile should radiate the energy you want to attract.
- Include Conversation Starters: Make it simple for someone to message you. Toss in a fun question like "What's your go-to karaoke song?" or an intriguing tidbit like "I once tried surfing and wiped out spectacularly - got any tips?"
- Proofread: Small mistakes can leave a big impression. Double-check your spelling and grammar to keep your profile polished and professional.

Your dating profile is your chance to show off who you are and what you're looking for. Be yourself, keep it upbeat, and let your unique light shine!

The dating world proves these mindset shifts pay off. A *Bumble study* showed authentic profiles—ones with quirky stories, not just "I like food"—score 40% more matches. *OkCupid* data adds that candid pics (you hiking, laughing with friends) beat stiff selfies by 25%. And self-love shines: a recent report found bios mentioning 'self-care' or 'growth' spark 30% more real talks. Your cloak doesn't block pain - it amplifies your light, drawing the right person closer.

Sample Dating Profiles

Sharon's Profile:

Nickname: 'Shay Nay'

Do you like surprises? Once on my ex-husband's birthday, I asked him to go with me to drop off Mom at the airport. When we got there, surprise - I was whisking him away on a birthday trip! What do I love? For my birthday, skip the jewelry - I'd rather have the biggest external hard drive out there. Let's hang out! I love long walks with friends, sometimes to a breakfast spot and back - great talks and steps. I'm seeking a spiritual, kind, communicative man who's emotionally available and chivalrous. I want a deep, passionate connection - best friends who share everything, from Netflix nights to dancing (all styles) or day hikes. I'm happy and ready to share life with someone amazing.

Jessie's Profile

Nickname: Jessie B.

Ever had a day surprise you? Last fall, I tried paddleboarding - fell in, cracked up, and now I'm obsessed. How do you shake things up? I'm all about the moment - sketching at a café, hiking with my pup, or turning a chill night into karaoke (I'm awful but all in). Looking for someone real, kind, and curious - extra points if you can match my pace on a trail or a dance floor. I want a connection that's deep and fun - sharing stories, cheering each other on, and diving into life, from

cozy dinners to random adventures. Got a trail or tune to share? Let's talk!

The Dating “Video” Game – Winning at Online Connections

Online dating can feel like stepping into a virtual arcade - exciting, a little overwhelming, and full of possibilities. Whether you're new to the scene or a seasoned swiper, this chapter turns the chaos into a game you can master. Picture yourself as the player, navigating levels, dodging pitfalls like breadcrumbing, and unlocking meaningful connections. I've been there - heart racing, unsure, and learning the hard way; so I've crafted a system to make it fun, strategic, and empowering. Welcome to *The Dating “Video” Game*, where you hold the controller and choose your prize: a relationship that lights up your soul.

The Online Dating Arcade: Finding Your Game

With countless dating apps out there - Bumble, Hinge, Match, you name it - it's tempting to think some are just for “hookups” while others promise “true love.” Here's the reality: every platform has a mix of intentions. I use to assume certain sites were casual-only, but experience taught me there are good men everywhere - guys looking for real connection, just like you. The trick isn't picking the “perfect” app; it's learning how to play the game across any of them.

When I first downloaded an app, I was petrified. My palms sweated just thinking about messaging a

stranger. I'd browse profiles, too shy to "like" or "wink," worried I'd seem pushy. Then, I'd finally connect, chat for weeks, and either get ghosted or meet someone with zero spark. It was a rollercoaster - until I stopped wandering aimlessly and started playing with purpose.

From Serial Dater to Game Master

My early dating days were a mess. I was a "serial dater," fixating on one guy at a time. Take for example, my first big lesson: I messaged a firefighter for months. He was charming, texting sporadically with a "Hey, cutie" here and there. I'd wait days, debating whether to text him, then suggest a call. We spoke a few times, but it stayed mostly texting. I hoped he'd ask me out again after our first date - he didn't. The texting faded, and I was left wondering, "What happened?"

I'd restart the cycle: browse, chat, invest, repeat. Months would pass with one guy, yielding little more than a pen-pal vibe. After a year of this, I had an epiphany - I needed a strategy. That's when I turned dating into a 'video game' complete with levels to vet guys efficiently. It wasn't about being cold; it was about valuing my time and heart. Here's the system I developed:

Level 0: Calibrate Your Energy then Read His Energy

Level 1: Chat on the App

Level 2: Chat via Text

Level 3: Talk on the Phone

Level 4: Talk via FaceTime

Level 5: Meet and Greet

Level 6: First Date

Each level tests interest, effort, and chemistry. If he doesn't 'level up,' I'd say, "Thanks for connecting - I don't feel the chemistry, but I wish you the best." It became my go-to line, and it felt liberating.

Level 0: Calibrate Your Energy then Read His Energy
– *The Pre-Game Warm-Up*

Before you even swipe, tap into your intuition. I added this level later, realizing energy is everything. I'd meditate briefly - closing my eyes, breathing deeply, feeling love and abundance, imagining already being in that loving relationship I desired - then browse photos. Not the bio first, the photos. If a guy scowled or his vibe felt off, I'd pass. If one pic looked oddly different from the rest (like maybe it wasn't him), I'd skip. I learned this after chatting with a guy for weeks, only to suspect his "good" photos were fake when he dodged calls and meetings.

How to Play:

- Take a deep breath, center yourself, step into your vision of being in that relationship right now (use all of your senses) and scroll.
- Look for warmth - smiles, candid shots, good vibes.

- If the energy feels right, read the profile. If it still clicks, “like” or respond.

Level 1: Chat on the App – *Start Light and Quick*

Once you match, keep it fun and short. I’d ask, “What’s your dog’s name?” or “Best movie you’ve seen lately?” - simple, engaging openers. But don’t linger. Endless app chats turn into dead-end pen pals. After a few days, suggest moving to text or a call. If he stalls, he’s not serious.

How to Play:

- Aim to level up within 3-5 days.
- Watch for effort - does he ask questions back?
- If he’s stuck here, move on.

Level 2: Chat via Text – *Test the Flow*

Texting reveals consistency. Is he quick to reply? Does he keep the convo alive? I once texted a guy for months, excusing his long silences. He’d drop a “Hey, gorgeous” after days, and I’d swoon - until I saw it for what it was: crumbs. If he’s not matching your effort, he’s not leveling up.

How to Play:

- Notice patterns - does he initiate, or do you?
- Suggest a call after a week. If he resists, say, “I’m looking for more connection - take care!”

Level 3: Talk on the Phone – *Hear the Real Him*

A call changes everything. You catch his tone, his laugh, his interest. I'd say, "Let's chat tonight - sound good?" If he dodged, it was a sign. One guy ghosted after I pushed for a call - bullet dodged. A short talk (15-20 minutes) tells you plenty.

How to Play:

- Keep it casual - ask about his day or a hobby.
- Listen for warmth and curiosity.
- If he won't call, he's out.

Level 4: Talk via FaceTime – *See the Spark*

Video chat adds the visual. You see his smile, his energy. I've had calls that felt flat and others that flowed like magic. Suggest it: "How about a quick FaceTime?" If he's hesitant, he might not be invested - or he's hiding something.

How to Play:

- Treat it like a mini-date - smile, engage.
- Look for ease and connection.
- No video, no progress.

Level 5: Meet and Greet – *The Safety Check*

This is a quick, public meet-up - coffee, a walk, 30-45 minutes tops. This is so important. Everything may feel aligned on the phone or even on FaceTime, but meeting in person tells you so much more. You can feel and read the other person's energy. You can catch micro-expressions. You will see how he interacts with the

world: how does he treat food servers? What does he say about the other guests in the coffee shop? Is he criticizing everyone around him or finding compassion for someone who looks like they are having a hard day?

Safety first: tell a friend where you're going and who you're meeting. My first date taught me this - a hot firefighter, sure, but I shared details with my girls. If the vibe's off, keep it short: "Nice meeting you, but I don't think we're a fit."

How to Play:

- Set a time limit.
- Meet in daylight, in public.
- Trust your gut - if it's not there, exit gracefully.

Level 6: First Date – Go Deeper

If the Meet and Greet clicks, plan a real date -dinner, a shared activity. This is where you relax and explore. Even if sparks don't fly, you've leveled up your skills. I've had first dates that didn't lead to more, but they built my confidence.

How to Play:

- Choose something fun you both enjoy.
- Stay present - don't overthink the future.
- Enjoy the win: you made it here!

No Breadcrumbs Allowed

Breadcrumbing - those tiny, inconsistent bits of attention - kept me hooked too long. A text every few days, a vague "Let's meet soon," a call that never happens. I'd excuse it: 'He's busy, he'll step up.' Nope. Looking back at three months of texts with that firefighter, it was 15 minutes of real talk stretched thin. You deserve more than crumbs - demand the whole loaf.

Spot It:

- He texts sporadically, never plans.
- He dodges calls or meetings.
- He keeps you waiting without effort.

Stop It:

- Say, "I want someone excited to connect. If that's not you, no hard feelings."
- Move on - your time's too precious.

Power Move - *Play the Field*

Toward the end, I stopped serial dating and chatted with multiple guys at once. I was upfront.

"I'm talking to other people, just so you know." It flipped the script - if he wanted me, he had to show it. He had to earn the privilege to get to know me. Suddenly, I wasn't chasing; I was choosing. You're the prize - let them level up to you.

Activity: Practice Profile Browsing

Try this to sharpen your energy-reading skills:

1. Mini Meditation: Close your eyes, breathe deeply. Imagine light filling you with love and abundance. Imagine being in that relationship that you desire. It already exists. Use all of your senses as you step into a moment in that relationship. Hold that feeling.

2. Browse Two Profiles (Imagine These):

- Man A: Smiling, walking a dog in sunlight - write down the energy (e.g., warm, friendly).

- Man B: Stern face, posed stiffly in a suit—note the vibe (e.g., cold, distant).

3. Reflect: Trust what you feel. It's your game radar.

This Dating “Video” Game” turns online dating into an adventure you control. With each level, you’re not just vetting him—you’re honoring yourself. Ready to play? You’ve got this!

Chapter: Let's Be Clear – Visualizing Your Soulmate and Dream Life

Clarity is your superpower. It's the spark that turns vague wishes into vivid dreams, and dreams into reality. In this chapter, we're going to get crystal clear on two things: the life you love and the soulmate who'll share it with you. This isn't about wishful thinking - it's about intentional creation. When you visualize your ideal life and partner with precision, you shift your energy from "someday" to "right now." And that shift? It's magnetic.

You might think, *But some days, it's hard to feel like I have it all.* That's okay. Clarity takes practice, and it starts with a simple act: imagining your life as if every obstacle - money, time, location, even doubt - has vanished. Let's step into that space together, where your soul lights up and your heart knows exactly what it wants.

The Science of Seeing: Why Visualization Works

Before we dive into the activities, let's talk about why visualization is so powerful. Research shows that picturing your desired outcomes doesn't just feel good - it rewires your brain. A study in the *Journal of Experimental Social Psychology* found that participants who visualized success in a task performed better than those who didn't. Why? Because your brain treats vivid mental images as real experiences, building confidence and motivation.

When you visualize your dream life and soulmate, you're not just daydreaming - you're training your mind

to recognize and attract them. It's like setting a GPS for your heart. So, let's program it with clarity and joy.

Activity #1: Visualize Your Amazing Life – No Limits, All Love

In this exercise, we're removing every barrier. No financial worries, no time crunches, no "I can't" thoughts. Imagine you're describing your life to a friend who's never seen it. Be specific - details make it real.

Here's how to start:

- **Dream Big:** Picture your ideal home. Instead of "a nice house," say, "I live in a sunlit cottage by the sea, with a red door and a garden bursting with wildflowers. Every evening, I sit on the porch swing, watching the sunset with a warm mug in hand."
- **Feel It:** As you write, let the emotions flow. Does this life make you feel free? Peaceful? Alive? Write that down too.
- **No Censorship:** Don't second-guess yourself. If your heart says, "I want to travel the world in a vintage camper," write it. There's no right or wrong - only *your* truth.

Other Examples:

- *Career:* "I run a cozy bookstore that doubles as a community hub, hosting poetry nights and art classes. I wake up excited to curate stories that inspire others."
- *Relationships:* "My friends and I meet weekly for laughter-filled brunches. My family feels closer

than ever, and my soulmate and I share a bond that's playful, deep, and unbreakable."

- **Health:** "I feel strong and vibrant, starting each day with yoga and ending with a gratitude journal. I've never felt more at peace in my body and mind."

Take your time with this. Let your pen (or keyboard) be a magic wand, conjuring the life that lights you up.

Activity #2: 50 Ways to Love Your Life – From Simple Joys to Epic Adventures

Now, let's get even more specific. Clarity thrives on details, so we're going to list 50 activities that make your heart sing. These can be tiny moments or grand escapades - anything that makes you feel fully alive.

Why 50? Because abundance starts with believing there's *more* than enough joy to go around. This list is your treasure map to a life you adore.

How to Play:

- **Mix It Up:** Include small delights like "sipping coffee on a balcony overlooking Paris" and big dreams like "flying to Cancun on a private jet to explore ancient ruins."
- **Feel the Moment:** As you write each one, pause and imagine it. What's the weather like? Who's with you? How do you feel?
- **No Limits:** If it makes you grin or tear up with joy, it belongs on the list.

Examples to Inspire You:

- “Dance barefoot in the kitchen while cooking with my soulmate.”
- “Volunteer at an animal shelter and adopt a rescue pup.”
- “Take a solo road trip across the country, stopping at every quirky diner.”
- “Get weekly facials and feel like a queen.”
- “Watch the sunrise from a hot air balloon.”

This isn't just a list - it's a declaration that your life is worth celebrating, right now.

Activity #3: Must-Haves and Deal Breakers – Defining Your Soulmate

Clarity isn't just about your life; it's about who you'll share it with. Your soulmate isn't a fantasy; they're a real person with qualities that align with your heart. Let's define them.

Must-Haves: The Non-Negotiables

These are the qualities your soulmate **must** have. Think beyond “tall” or “loves dogs” - focus on values, behaviors, and emotional traits. Relationship expert Dr. John Gottman emphasizes that shared values and mutual respect are the bedrock of lasting love. So, dig deep.

Examples to Consider:

- “He makes me a priority, showing up when it matters.”
- “We communicate openly, even when it’s tough.”
- “He’s kind - not just to me, but to everyone.”
- “We share a spiritual connection that grounds us.”
- “He’s emotionally available and ready for commitment.”

Pro Tip: Include these two essentials:

1. *He makes you a priority.*
2. *He’s as into you as you are into him.*

Write as many as you can, then circle your top five.
Leave the sixth spot open - let the universe surprise you.

Deal Breakers: The Hard No’s

Just as important as what you want is what you *won’t* tolerate. A study in the *Personality and Social Psychology Bulletin* found that deal breakers can be as crucial as must-haves for relationship satisfaction. Be honest here.

Examples:

- Dishonesty or hiding things.
- Lack of ambition or drive.
- Disrespect toward me or others.
- Unwillingness to grow or learn.
- Addiction or unhealthy habits.

List them all, then pick your top five. These aren't judgments - they're boundaries that protect your light.

Putting It All Together - Your Clarity Compass

Now that you've visualized your dream life and defined your soulmate, you've created a *Clarity Compass* - a tool to guide your choices and keep your energy aligned. Here's how to use it:

- **Review Regularly:** Revisit your lists weekly. Add, tweak, or celebrate what's already true.
- **Act As If:** Start living your "love your life" activities now. Can't fly to Paris? Find a café with French music and savor a croissant. Small steps build big energy.
- **Trust Your Gut:** When dating, check in: Does he match your must-haves? Does he respect your deal breakers? If not, bless and release.

Clarity isn't a one-time thing - it's a practice. Each time you refine your vision, you're telling the universe, "I'm ready for more."

A Note on Imperfection and Growth

Let's get real: some days, clarity feels cloudy. You might doubt your list or wonder if you're asking for too much. That's normal. Clarity is a journey, not a destination. Give yourself grace to evolve. What you want today might shift tomorrow, and that's okay. You're not locked in; you're growing.

Remember, you're not just visualizing a soulmate - you're becoming the person who attracts them. As

relationship coach Matthew Hussey says, “The best way to find love is to create a life you love.” So, start now. Love your life fiercely, and watch how the right person steps into it.

Your Clarity Challenge - One Small Step

Before we close, take one tiny action toward your visualized life today. Maybe it’s booking a solo movie night (activity list) or writing a gratitude note to yourself (self-love). Whatever it is, let it remind you: you’re worthy of this life, and it’s already unfolding.

Sample Visualization Exercise

To help you get started, here’s a quick exercise you can read aloud or record for yourself:

Close your eyes and breathe deeply. Picture yourself waking up in your dream home - feel the sheets, hear the sounds. Walk through your day: What work lights you up? Who’s beside you, laughing? How does your body feel - strong, free? See your soulmate’s smile, feel their hand in yours.

Now –

Whisper to yourself, “This is my life, and it’s beautiful.”

Congratulations, soulmate seeker! You’ve just built a roadmap to the love and life you deserve. Hug yourself for showing up, for daring to dream with clarity. We’ll build on this foundation, aligning your energy even more closely with your desires. Until then, keep visualizing, keep believing, and keep loving your life -

you're lighting up your soul, and the world is taking notice.

Manifest – He Is Already Here

Welcome to an exciting step in your soulmate journey: manifestation! Now we're not just hoping or wishing for love - we're bringing it to life through the power of your imagination. You'll create two 'anchor images' - vivid, sensory-rich scenes that connect you emotionally to your soulmate as if he's already here. These moments will light up your heart and align your energy with the love you're ready to receive. Let's get started!

First Anchor Image - Your Dream Vacation Together

Your first anchor image is a breathtaking moment on the vacation of your dreams with your soulmate. This isn't a vague daydream - it's a detailed, immersive experience that you'll feel in your bones.

How to Create It:

- **Set the Scene:** Picture the setting vividly. Are you on a tropical beach with turquoise waves lapping at the shore? In a cozy cabin nestled in snow-capped mountains? Or strolling through a vibrant city? What's the temperature like - warm and balmy, crisp and cool? Is it morning with the sun rising, or evening with stars twinkling above?
- **Engage Your Senses:** What do you hear - ocean waves, rustling leaves, or distant laughter? Feel

the textures around you - the softness of sand, the smoothness of a cool drink in your hand, or the warmth of a blanket. Let these details anchor you in the moment.

- **Bring Him to Life:** Now, invite your soulmate into the scene. Keep his face a gentle blur (trust the universe to handle the specifics), but imagine his presence clearly. What's he wearing - a breezy shirt, a soft jacket? How does he smell - fresh like the sea, or with a warm, comforting scent? Feel his arms wrap around you in a hug. Notice the strength, the tenderness, the way you feel safe and loved.

Example Moment:

You're on a beach in Bali, the sun setting in a blaze of orange and pink. The air is warm, and a gentle breeze carries the scent of saltwater. You're sitting on a woven blanket, your soulmate beside you, his arm around your waist. He's wearing a light cotton shirt, and as he pulls you closer, you feel the steady beat of his heart. You laugh together as the waves crash, and in that moment, you're completely at peace.

Take your time here. Let the scene play out like a movie, and most importantly, ***feel*** it as if it's happening right now.

Second Anchor Image - A Significant Life Moment

Your second anchor image is another meaningful moment in your life with your soulmate. This could be your wedding day, a quiet morning after a night of deep connection, or a tender scene from your later years together. Choose a moment that fills your heart with emotion.

How to Create It:

- **Choose the Moment:** What resonates with you? Maybe it's standing under a starry sky exchanging vows, or waking up to soft rain tapping the window, his hand resting in yours. Or perhaps it's decades later, sitting side by side on a porch, sharing a lifetime of memories.
- **Paint the Picture:** What do you see - flowers, candlelight, or the glow of dawn? What's the air like - cool, warm, charged with excitement? What are you wearing - a flowing dress, cozy pajamas? What sounds surround you - music, nature, or the quiet comfort of his breathing?
- **Feel the Connection:** Imagine his presence fully. What does his touch feel like? How does his voice sound as he speaks to you? Look into his eyes (even if they're undefined) and feel the love, the history, the promise of more to come. Let the emotions - joy, peace, gratitude - flood your heart.

Example Moment:

It's a rainy Sunday morning, years into your life together. You're curled up on a couch under a thick blanket, the sound of raindrops filling the room. He's next to you, his hand tracing lazy patterns on your arm. He's wearing an old sweater, and his familiar scent wraps around you like a hug. You share a quiet smile, and in that stillness, you feel the depth of your bond.

These anchor images are more than dreams - they're invitations to the universe, signaling that you're ready for this love.

To make this manifestation powerful, weave it into your daily life. Here's how:

- **Find Your Moment:** Choose a calm time - perhaps right before bed when you're relaxed. Lie down, close your eyes, and take a few deep breaths to settle in.
- **Visualize the Images:** Spend 5-10 minutes on each anchor image. Let them unfold naturally - see the colors, hear the sounds, feel the textures. Most importantly, soak in the emotions of love and abundance.
- **Seal the Energy:** When you're finished, take one final deep breath. Hold that warm, full feeling in your heart and whisper to yourself, "And so it is." This locks in the magic.

Tip: If your mind drifts or doubts sneak in, gently guide yourself back to the scenes. This is a practice - be kind to yourself as you grow into it.

Notes on Trust and Patience

Manifestation is a journey of faith. Some days, your images might feel crystal clear; other days, they might seem distant. That's okay. You're not just waiting for your soulmate - you're preparing your heart to welcome him. Trust that he's already on his way, drawn to the light you're shining through this practice.

You've just taken a bold, beautiful step toward manifesting your soulmate! By creating and revisiting these anchor images, you're not only envisioning love - you're stepping into it. Keep showing up, keep feeling, and trust that the universe is working its miracles. He's already here in spirit, and soon, he'll be here in reality.

Let's explore what attracts a high-quality man. The answer is - a high-quality woman who "loves her life".

But how does a woman become the high-quality woman who "loves her life?"

Teaching point: My mindset creates my reality.

Let's explore.

The Power of Your Mindset - Reflecting on the Dinner Scenario

I can totally relate to the dinner scenario with the girlfriends! When everyone's laughing and having a great time, it's such a warm, inviting vibe. Then, when that one friend arrives grumpy and frustrated - snapping at everyone because of traffic and work - it's like a dark cloud rolls in. Her energy shifts the whole table, and suddenly, people pull back. It's not that they don't care; her grumpy vibe just makes it hard to connect. I've seen how infectious negative energy can be - it builds a wall.

Now, flipping it to the second scenario: same friend, same tough day, but she takes a deep breath and shifts her perspective. She thinks, "Maybe I was delayed for a reason; maybe I was protected from something worse." That small change in her thoughts turns her frustration into gratitude. She joins the fun, engages with her friends, and the night becomes a blast. It's amazing how her shift in *thoughts* led to positive *emotions*, then to fun *actions*, and created a *reality* of joy and connection.

This really hits home for me:

Your thoughts = Your emotions = Your actions = Your reality.

It's so clear that the energy I put out shapes what I get back. If I want to attract my soulmate, I need to live and breathe happiness *now* - not waiting for him to show up to feel it.

To attract a happy relationship, I need to focus on what lights me up and let go of anything holding me back.

That means identifying my love blocks - those sneaky limiting beliefs - and releasing them to make space for love. I'm ready to do the work!

There are definitely some thoughts and patterns I need to release that don't align with the loving relationship I desire. Here's what I've identified:

List of Limiting Thoughts/Feelings:

- I can't be in a relationship because I'll lose my independence.
- There aren't any good men out there who'll get me.
- I'm too busy taking care of others to focus on love.
- I might get hurt again, and I don't want to deal with that.

Stories I Tell Myself Based on These Beliefs:

- I'm not worthy of someone who respects my freedom.
- All the good guys are taken or don't exist.
- I have to put everyone else first, so love isn't for me.
- Relationships always end badly - I'm not enough to make them work.

These stories feel heavy, and I can see how they've kept me stuck. They're not truths - they're just fears I've held onto.

Releasing the Blocks - Embracing Positive Beliefs

I'm ready to let these go. Now What?

I must replace them with beliefs that lift me up.

So commit to rewrite my story:

List of Positive Thoughts/Feelings:

- I am worthy of a relationship that honors my independence.”
- There are amazing men out there excited to meet someone like me.
- I deserve to prioritize my happiness and love.
- I am strong, fun, and ready for a healthy, joyful relationship.
- I am enough, exactly as I am.

Powerful Statements to Become My Beliefs:

- I AM worthy of deep, respectful love.
- I AM vibrant and magnetic.
- I AM open to a relationship that adds joy to my life.
- I AM enough, and I attract kind, amazing partners.
- I AM ready to receive love.

Action Steps: I'm going to write these on sticky notes and put them on my bathroom mirror. Seeing them every day will help them sink in and become my truth.

AND. . . .

Make the Commitment to Be Magnetic

I'm 100% in - I want to do the work to release these limiting thoughts and become magnetic to my soulmate. I know it won't always be perfect, and some days I might slip back into doubt. But I'm letting go of perfection and embracing the journey. Each time I choose a positive thought over a negative one, I'm getting closer to the love I desire.

So to recap:

Reflect on this! I can see how my mindset shapes my energy, and how letting go of love blocks opens the door to happiness. I'm excited to live a life I love *now* - celebrating the little joys, nurturing my passions, and surrounding myself with positivity. That's the vibe that'll attract my soulmate.

Chapter: Forgiveness – Clearing the Path to Your Soulmate

Forgiveness: The Key to Unlocking Love

Sometimes, without even realizing it, we carry hidden blocks that keep us from fully embracing an attitude of gratitude and abundance. These blocks might be resentments from the past or lingering negative energy tied to a specific incident or person. Let's explore how forgiveness can free you from these weights, shift your energy to a higher vibration, and make you a magnet for the man who will light up your soul.

A man is naturally drawn to a woman who radiates happiness and lives her best life. When your self-love shines brightly, he can envision a joyful, fulfilling future with you. But if resentment or low-frequency energy lingers in your heart, it creates an invisible barrier between you and the love you deserve. Forgiveness isn't about letting someone off the hook - it's about setting *yourself* free to attract the love you're meant to have.

The Power of Vibrational Energy

Emotions carry vibrations, or frequencies, that shape the energy you put out into the world. High-vibration emotions like *love*, *joy*, and *peace* are expansive, strong, and wide-reaching. They draw people toward you like a beacon. In contrast, low-vibration emotions like *anger* and *pride* are contracted, heavy, and isolating, pushing love away.

Imagine this:

- Love and Joy: A vast, open space filled with light and possibility.
- Anger and Pride: A tight, cramped corner that feels stuck and small.

By reflecting on past resentments and shifting them to gratitude, you move from that cramped, low-frequency space to the wide-open, high-frequency energy of abundance. This shift doesn't just change your mindset—it transforms the signal you send out, calling in a man who matches your light.

Be Present and in a State of Gratitude

Before we begin the forgiveness process, let's anchor ourselves in the present moment. Where you are right now - emotionally, spiritually, and physically - is exactly where you're supposed to be. Everything is unfolding in God's perfect timing. As Romans 8:28 reminds us, "And we know that in all things God works for the good of those who love him." Trust that every experience, even the painful ones, is guiding you toward the love you're ready to receive.

When you embrace gratitude for where you are, you set the foundation for forgiveness and open the door to abundance.

Activity: Forgiveness Meditation

This meditation is a simple yet powerful way to release resentment and welcome gratitude. Find a quiet, comfortable spot, and let's get started.

Steps:

1. Reflect on a Resentment

Bring to mind a person or incident that still carries a negative charge for you. It could be an ex, a friend, or even yourself. Don't judge the feeling - just let it surface.

2. Visualize a Door

Picture a sliding door in your mind. On one side is the resentment, dark and heavy. On the other side is a bright, peaceful space filled with light. You're standing at the threshold, ready to choose.

3. See Their Cry for Love

Consider that the person who hurt you may have been acting from their own pain or lack. Their actions, though unskilled, were often a cry for love. This doesn't excuse what happened, but it helps you see their humanity.

4. Find the Gift

Ask yourself: "What did this experience teach me? How did it help me grow?" Maybe it strengthened your resilience, clarified what you value, or taught you to trust your worth. There's always a gift hidden in the pain.

5. Shift to Gratitude

Silently or aloud, thank the person (or yourself) for the lesson. Say, "Thank you for teaching me [insert gift]. I release this resentment and choose peace." Feel the burden lift as you slide the door closed on the past.

6. Step Into Abundance

Now, imagine stepping into that bright, open space. Feel the lightness and freedom as love and gratitude fill your heart. Breathe deeply and let this new energy settle in.

Transforming Resentment Into Gratitude

By shifting your perception of the past, you're not erasing what happened - you're reclaiming your power over it. You've recognized the other person as an infinite being, acknowledged their actions as a flawed cry for love, and thanked them for the gifts they unknowingly gave you. In doing so, you've released the negative energy tied to that memory and freed yourself for abundance.

For example, if you've held onto anger toward an ex who let you down, you might realize their actions taught you to prioritize trust in relationships. By thanking them for that clarity and letting go of the resentment, you create space for a man who honors your worth.

Action Steps for the Week: Start Each Day in Gratitude

To keep your vibration high and your heart open, begin each morning with this simple practice. Before you even get out of bed, *list 10 things you're grateful for*. They can be big or small—whatever sparks joy in your soul.

Examples:

- I am grateful for a good night's sleep.
- I am grateful for my cozy home.
- I am grateful for the sunshine today.
- I am grateful for the love I'm attracting.

This habit tunes your energy to abundance from the moment you wake up, aligning you with the man who will light up your soul.

Your Path to Love

Forgiveness is a journey, not a one-time fix. Some days, old feelings might bubble up - and that's okay. Be kind to yourself as you move forward. Each time you choose gratitude over resentment, you're clearing the path for your soulmate. You're becoming the woman who radiates happiness, self-love, and high-vibration energy - the woman he can't help but be drawn to.

Keep shining, trust the process, and know that the man who lights up your soul is on his way to meet the light you're cultivating within.

Chapter: Feminine Superpowers – Attracting Love with Your True Essence

Unleashing Your Feminine Superpowers

Yes, you read that right—you have *Feminine Superpowers*. These aren't fictional abilities or tricks; they're the natural, magnetic qualities within you that can transform your dating life and draw in the love you're worthy of. But before we dive into what they are, let's first clarify what they're *not*.

What Feminine Superpowers Are NOT

- Passive or weak: This isn't about fading into the background.
- Being a doormat: You're not here to be walked over or overly compliant.
- Demanding, rude, or loud: There's no need to force your way through.
- Controlling or manipulative: True power doesn't rely on games.
- Overly aggressive or pouty: These are distortions, not strengths.

Feminine energy isn't about shrinking or overpowering - it's about shining authentically.

What Feminine Superpowers ARE:

- Confident: Rooted in self-assurance and inner strength.

- Knowing what you desire: Clarity about your wants and needs.
- Suggestive: Offering ideas with openness and grace.
- Kind and compassionate: Leading with warmth and empathy.
- Soft yet empowered: A gentle strength that's unshakable.
- Courageous: Boldly showing up as your true self.
- Generous, patient, and nurturing: Creating space for connection to flourish.

These qualities are your essence - your superpower - waiting to be embraced.

The Polarity of Masculine and Feminine Energy

Every person carries both masculine and feminine energy, regardless of gender. Men often lean into their masculine side, shaped by instincts to provide, protect, and solve problems. They're wired to be task-oriented, focused on action and outcomes - a trait that's been with them since the dawn of time.

Women, too, have masculine energy, and it's a powerful tool. In your career, you might channel it to lead teams, meet deadlines, or assert your vision. Maybe you're a go-getter who thrives on structure and results - that's incredible! But in dating, if your masculine energy stays in the driver's seat, it can clash with a masculine man.

Think of it like magnets:

- Two masculine energies push against each other, creating tension.
- Masculine and feminine energies pull together, balancing and complementing one another.

This polarity is key to attraction. It's not about losing yourself - it's about knowing when to flow into your feminine energy to spark connection.

Feminine Energy in Action - The Power of Suggestion

So, how do you bring this to life in dating? It's not about surrendering your voice or letting a man take over completely. Feminine energy is about *suggesting* - sharing your desires in a way that invites him to step up, while keeping your worth front and center.

Practical Examples:

- Instead of, "We're going to this restaurant tonight," try, "I've been craving sushi - does that sound fun to you?" You're clear about what you want, yet you leave room for his input.
- Tired of always planning? Say, "I'd love it if you picked something special for us this weekend." You're nudging him to lead without demanding.

This isn't about manipulation - it's about communication with softness and trust. You're setting the stage for him to shine in his masculine energy while

you radiate in yours. Master this balance, and *voila!* - you've unlocked your Feminine Superpower.

How to Harness Your Feminine Superpower

Ready to put this into practice? Here's a simple guide to embracing your feminine energy in dating:

Get Clear on Your Desires: What lights you up?

Romantic dinners, spontaneous adventures, or quiet nights in? Know what you want - it's your starting point.

- Express with Grace: Share your preferences confidently but kindly. "I'd love to see that new movie - want to go together?"
- Create Space for Him: Step back and let him take the lead sometimes. If you're always in charge, he might not know how to contribute. Trust him to plan, decide, or surprise you.
- Receive with Openness: When he offers something - whether it's a compliment, a gesture, or his effort - accept it warmly. A simple "Thank you" goes a long way.

This approach isn't about playing small; it's about creating a dynamic where both of you feel valued and empowered.

The Magic of Harmony

You don't need to ditch your masculine energy - it's part of what makes you amazing. The trick is knowing when to toggle between the two. At work, you might be the

decisive trailblazer; in love, you can be the inviting, nurturing partner. Balance is your strength.

Picture This:

- You suggest a weekend trip, and he books the cabin.
- You mention wanting more quality time, and he plans a sweet date night.
- You share your goals, and he cheers you on while adding his own.

This interplay builds a relationship where both of you shine, each bringing your best to the dance.

Your Superpower at Work

Imagine you're on a date, and the conversation stalls. Instead of jumping in to fix it (masculine energy), you pause, smile, and say, "What's something you're really excited about lately?" You're staying present while giving him the floor.

Or maybe you're in a relationship and feeling stretched thin. Rather than snapping, "You never help out," try, "I'd really appreciate it if we could tackle this together." You're voicing your need with warmth, opening the door for teamwork.

These subtle shifts turn friction into flow, attraction into something deeper.

Step Into Your Feminine Essence

Your Feminine Superpower isn't something to chase - it's already yours. It's the confidence to know your worth, the grace to express it softly, and the openness to receive love fully. When you embrace this energy, you become a magnet for the man who's ready to meet you there.

Take a moment, breathe, and trust yourself. Your light is already glowing - he's just waiting to find it.

Be Present: The Gift of Now

Presence is the heartbeat of connection. A study from the *Journal of Personality and Social Psychology* shows mindfulness enhances satisfaction in interactions.

Imagine a date hijacked by overthinking - stay present to keep the spark alive.

Rejection: Your Unexpected Ally

Rejection isn't personal; it's redirection. A *Hinge survey* found 58% ghost to avoid confrontation - it's about their fit, not your worth. Reframe it with abundance: "The universe filtered him out - next, please!"

Reject with Kind Energy

Saying no respectfully honors both of you. A *Match.com report* shows 72% prefer clear rejection. Try: "I've enjoyed this, but I'm not feeling the chemistry - wishing you the best."

Vulnerability: The Courage to Be Seen

Sharing your real self deepens trust, per an “Emotion” study. Small truths - like admitting you love cheesy rom-coms - invite connection.

Self-Love: The Foundation

Self-love is your glow. A *Psychology Today* article links high self-esteem to better relationships. Practice it daily to attract someone who values you.

Trends and Truths

Authentic profiles score 40% more match. Self-love shines—bios with growth spark 30% more.

Practical Tips:

Pre-date ritual: Three slow breaths, set an intention: “I’m here to connect.”

- Post-rejection: List three gifts from the experience, affirm: “I’m a catch.”
- Vulnerability starter: Share a quirky hobby, ask his.
- Self-love checklist: Wear what feels like “you”, note one admirable trait post-date.

Reflection: What’s one mindset shift from this chapter you’ll carry into your next date?

If there's one truth I want to leave you with, it's this:

You are not here to shrink, settle, or strive for crumbs of connection.

You are here to radiate—fully, unapologetically, and be the you who is connected to Spirit.

Dating isn't about chasing love—it's about becoming the kind of woman who *attracts* it with ease because she knows who she is, whose she is, and what she deserves.

You now carry the tools to navigate the dating world with clarity, joy, and flow. Whether you're meeting someone new, saying no with grace, or embracing time alone, you are walking in your worth. You are not waiting to be chosen—you *already are*. By God. By life. By your own beautiful becoming.

So as you step forward, I hold this intention for you. May you be filled with delight, discovery, and the kind of love that mirrors your soul.

Put on your dating cloak. Not to protect you from love, but to remind you of the love you already are.

And remember: You don't have to do this alone.

Let's walk it together—with clarity, courage, and grace.