

## STEP 3

### CONNECTING WITH YOUR HIGHER SELF

Connecting with your higher self gives you the tools to make your everyday life work and bring increasingly higher levels of order, harmony, clarity and love into every area of your life. Connecting with your higher self is the single most valuable thing you can focus on if you want a joyous, adventure filled life full of love and romance.

As you connect with your higher self, you will connect with people in higher ways. Your connection with this higher self will allow you to trust more, keep your heart open and reach new levels of sharing and intimacy. You will be able to not only attract a higher quality companion but have a deeper more meaningful connection as well.

What many of you are looking for in another -compassion, understanding, love- you will find first in your connection to your higher self. This connection will enable you to love and nurture yourself more and to connect with others in higher, more loving ways.

Start to change your relationships and who you attract by connecting with your higher self first.

You live in a limitless world. You can expand beyond anything you know.

Play with your world and connect with deep inner joy.

Find ways to interact with your world as your higher self now.

Participate in activities socially only for the higher good of you and future connections.

### START PRACTICING NON ATTACHMENT

You don't own anyone and no one owns you. Nothing is permanent and the ability to understand this when it comes to love and romance helps to release importance.

## STEP 4

### ATTRACTING A HIGHER PERSON

Attracting a higher person is you connecting at a higher frequency. A good example of this would be meeting someone at a place you volunteer who is a volunteer as well. Other examples would be you meeting someone while on an adventure, while learning something or being active in ways that you feel heart and mind coordination. Tapping into arenas that gather people resonating at the same frequency is ideal. Attracting a person at a bar is fun but does it serve your higher good? Does it serve theirs?

### ONLINE DATING

Let's face it online dating is easy, convenient and entertaining but it is also a huge pendulum with many smoke and mirrors. A lot of people active with online dating are doing so because they lack other ways to connect. I'm not speaking poorly of online dating but don't let it be the only pond you fish from.

### ONLINE DATING TIPS

- Create a profile that shows who you really are, not an image you want people to believe you to be. Remember the higher version of yourself.
- Think about what others would like to see and read, not what you want to project
- Talk about what you want only. Don't talk about what you don't want.
- Carefully scan profiles connecting with you...are they positive or negative? Are they speaking of things they want, looking to the future or talking about past exes and things they don't like. Remember you are trying to attract a higher person.
- Focus on what you want rather than what you don't want.
- Start seeing the positive qualities in others rather than seeing the things you do not like about them.

## ON DATES

View other people's actions as mirroring. Discover what other's behaviors are telling you about yourself.

## DISSOLVING OBSTACLES TO LOVE

Dissolving obstacles to love requires an awareness of the thoughts, words and actions you express towards one another. Think of the person you have attracted or would like to attract. How aware are you of the other person-- of this person's essence, being and soul? How aware are you of yourself and your intent to be loving when you are with this person, if you have chosen to be so?

To dissolve obstacles to love and create a meaningful relationship does not require that you bond or be together every moment. It does require that you bring a growing awareness to your interactions with people so you can more consistently express love no matter how you feel or how they are acting.

Allow yourself to be you and others to be themselves.

Dropping inner and outer importance is key to not only getting a relationship started in a healthy direction but keeping it healthy and thriving. High importance levels is a poison for any relationship.

When doubts and fears come up, they bring you into resonance with the thoughts and vibration of people who are living at that level of fear and can amplify your own fears. Do not make those types of fears wrong, but do not dwell on them either. Do not spend time going over in your mind why something may not work, but focus on how it can work, how much love you can offer instead.

## QUESTIONS

- How have importance levels negatively impacted your relationships in the past?
- How have limiting beliefs negatively impacted your relationships in the past?
- How did you build excess potential in your past relationships?
- What evidence have you had the tendency to gather that has not helped you in keeping relationships going?

- How did not going with the flow harm your relationships in the past?