

Where is my Soul-Mate?

A Guide to Manifesting Your True Love



By Louise Morris

For John

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Introduction

When John and I married in 2008 on the shores of Kauai, it was my dream come true. I gave a speech at our wedding reception, which is not typical for brides, about how I had dreamt for five years about marrying my soul-mate in Hawaii. Our guests had just witnessed that dream as a manifested reality.

Upon hearing that it had taken me five years to get my wish, one of our guests shouted out, “But you’ve only known John for two years.”

“Exactly!” I replied, and I told them a small part of my story of how, as a divorced single mother from a tiny island in the far north of Scotland, I had managed to meet and marry my soul-mate.

Afterwards, one of our single guests came up to me and said, “You know Louise, you should really teach a class about this stuff. I should have been taking notes!”

I didn’t think much of that idea at the time, reasoning that teaching a class consisting of one wedding guest wouldn’t be much fun. However, over the years I’ve watched single friends and clients struggle with the same things I struggled with - painful relationships, cycles of hope and heartbreak, and a persistent lack of true love - which has finally spurred me on to share what I know about soul-mate finding.

This book is the class our wedding guest requested all those years ago.

It is my intention that with this wee book, you can avoid some of the pitfalls and failures I've experienced and so shorten the journey to your own happy ending.

I want to make sure you know up front that there will be effort involved. There may be temporary failure or setbacks. Yet that doesn't mean it has to be difficult; it just means that you keep going until you get your wish.

If you are ready to make a decision to realize your dream of a soul-mate relationship, then this book is for you.

It has been said that everything we want is on the other side of a decision. That is because the root meaning of the word "decide" means to cut off from all other possibilities. Deciding commits us to the path we choose, and all other paths fade from our awareness.

You'll also need to apply what you learn for this to work for you.

Trust me, I've learned a great deal of good stuff in my life that I haven't applied and nothing good ever came of it. I've wasted an incredible amount of time looking for shortcuts instead of being persistent and consistent with my thoughts, words and actions.

Yet, if you are willing to be persistent and apply what is taught here, I know you will be successful.

What is a soul-mate?

The best definition of a soul-mate I have ever come across is “a person who expands our capacity to love.”

Obviously then, we can each have more than one soul-mate. Indeed, I believe that we have many soul-mates, who come into our lives for varying amounts of time to help us experience love.

For the purpose of this book, however, we will be focusing on how to manifest the soul-mate who is also your life-partner.

You are the Master of your Fate

“I am the Master of my Fate, I am the Captain of my Soul.”
W E Henley

In my early 20’s I came across the idea that we are each the master of our own fate. At the time, I was searching for an alternative to Western medicine in order to heal a chronic gynaecological condition that numerous doctors and specialist consultants weren’t able to diagnose or cure. After over two years and a slew of unsuccessful treatments, medication, and surgery, I was turned away by these doctors as a hopeless case.

Although I was devastated at the time, this rejection turned out to be a blessing in disguise, because I was forced to seek alternative routes that I hadn’t previously known about or been open to.

In the search for my own healing, I came across story after story of how ordinary people managed to heal themselves using a variety of alternative methods, including affirmations, prayer, hands-on-healing, energy therapy, journaling, visualization, imagination, and the power of the mind. After I had tried some of these for myself, I was healed of my chronic condition.

That alone was cause for celebration, but something more powerful had happened that involved more than just my physical healing. I understood for the first time that we humans have an extra-ordinary ability to choose our own paths in life.

The old belief I had inherited from my parents, my community and TV, was that life 'just happened' to you and if you were lucky you'd get a good life, but that most people were unlucky and got a crummy one. Notably, this ingrained cultural belief counted everyone - except rich and famous people - in the unlucky masses.

Fortunately, because of my studies and my own experiences with healing, I was presented with a new belief system that didn't match what everyone around me believed: that we are each the creators of our own lives, that we have the tools to create whatever type of life we decide and believe is possible for us.

The more I studied, the more I found this message reiterated by people who had turned their lives around: spiritual teachers, successful business owners and entrepreneurs, ordinary housewives, ministers, therapists, etc. It didn't matter what their background was or the circumstances of their personal story, these people were all saying the same thing: **we are the masters of our own fate.**

In particular, I was drawn to New Thought, New Age spirituality and success principles as approaches to learning about the tools we all possess, and how other people used these tools to create the results they wanted.

Whenever I found a story of someone who had the results that I wanted, I studied everything about them - their success story, their writings and talks and their biography.

I started applying some of the same principles in my own life to see what would happen, with some amazing results.

For example, when I read Louise Hay's book *You Can Heal Your Life*, I decided to experiment with one of the affirmations she listed in her chapter about prosperity. The affirmation was "I deserve the best, and I accept the best, now."

At that time, I worked as a secretary for the National Health Service in Shetland. My daily commute consisted of two ferry rides and a lot of walking. I reasoned that since I wasn't doing anything constructive during my commute I could use that time to experiment with the affirmation for prosperity.

Each day I practiced saying the affirmation in my head as I walked to and from work. It took a few weeks of practice because I tended to daydream and let my mind wander a lot. I would start off with the affirmation, then get distracted, and the next thing I knew I was at work. However, I persevered and eventually I could focus my mind to only think of the affirmation as I was walking.

After just over a month of doing this, a manager from a different department visited me in my cupboard-sized office and asked if I'd be willing to take on some project work, for which I would be paid three salary-scales higher than my normal rate of pay!

When I told my work-friend what had happened she said, "Uh, what was the name of that book you were reading again?" Then there were two of us learning and experimenting.

That is just one example of how I changed my results after I changed my thinking. But why is this important?

It's because all success is preceded by a mind-shift, i.e. a change in thinking.

The great yogi Paramahansa Yogananda taught, "change your thoughts if you wish to change your conditions."¹

So the first change in thinking I recommend in order to find your soul-mate is to release any lingering beliefs that you are not the master of your own fate. Once you realize the truth of W E Henley's poetic statement, the world will truly become your oyster and nothing will stop you from creating the life that you desire.

Desire and Belief

"Dreams are realities in waiting."

Anonymous

Napoleon Hill said that desire is the starting point of all achievement. Indeed, no matter which success methodology I have studied throughout the years, desire is always listed as a necessary step in consciously choosing our own path in life.

The spiritual explanation of why this is important is that desire is considered a communication from the soul, or the Divine, whispering to us which direction to proceed.

Of all the paths we could choose, for there are indeed many, how do we know which path will bring us joy and lead us to fulfillment? The answer is within us, according to spiritual teachings, in the form of our highest desires.

The philosopher and mystic Meister Eckhart described this soul process in his famous quote:

"When the soul wishes to experience something she throws an image of the experience out before her and enters into her own image."

This is what the old maxim 'follow your bliss' refers to, although it is often misunderstood as avoiding any form of effort or responsibility. Unfortunately, that means following our

highest desires is often mocked by society as the unrealistic fantasy of lazy, delusional hippies.

In reality, following your bliss is just a simple, poetic way of expressing the idea that our highest desires are our tools of direction, an expression of the soul pointing the way to our happiness.

So if our highest desires are directions from our soul, then that must mean we are able to reach the destination to which our soul is pointing. In other words, by the time a soul desire reaches our conscious awareness it already exists as a destination; it is already created. All that is left is to go from 'here' to 'there.'

“Before they call I will answer” is the biblical way of expressing the same truth.²

This is an important mind-shift to make on your journey to true love, or towards any of your desires for that matter, because it shifts your thinking from wishing and worrying to knowing. It moves you from “it will never happen for me,” to a place of positive belief and expectancy, otherwise known as FAITH.

“As you believe so shall it be done unto you” is high spiritual truth.³

Napoleon Hill discovered the truth of this statement when he interviewed 500 of the most successful people of his era and found that faith in the positive was the common denominator of success. On the flip side, he found that faith in the negative was a sure way of creating our own misfortunes.⁴

Hill discovered in his search for success that all thoughts in which we have faith are transmuted into their physical equivalent.

Therefore, if you believe that your desire for a soul-mate is romantic fantasy, reserved for others but not you, you are sure to meet your belief in physical form.

You'll understand, then, why I cringe whenever I hear anyone offer any of the following reasons as to why they can't have a soul-mate relationship:

- My soul-mate hasn't incarnated in this lifetime;
- A psychic told me that I don't have a soul-mate;
- It's alright for you Louise, but how am I meant to find my soul-mate where I live?
- All the guys/gals out there are either married or gay;
- I'm just a jerk magnet;
- I just have terrible bad luck when it comes to relationships;
- I'm not good-looking enough to attract my soul-mate;
- My soul-mate is already taken/engaged/married;
- I am not lovable.

And so on. Any of these sound familiar to you? Maybe you could add your own reason to this list as to why you think you can't have a soul-mate.

Understanding this mindset is absolutely critical, because if you have a limiting belief about why you can't have a soul-mate, then you are already seeing your belief reflected back to you in your life, and you will continue to do so until that belief is changed.

Exercise: I am definitely telling you that if you have the desire for a soul-mate relationship, you can absolutely experience that in your reality. What say you? The first thing that comes to mind is

Do you immediately come up with an excuse (or several) as to why that can't be true for you? Well, that is your particular flavour of faith in the negative, which you will continue to see more of until you change your mind, i.e. your thinking.

Luckily, Napoleon Hill taught people how to do just that. He said that the only known way to voluntarily change one's thinking and induce faith in the positive, thereby canceling faith in the negative, is through making repeated instructions to the subconscious mind, including the use of affirmations - just like I did on my way to work all those years ago.

To apply this truth in your own life, you would affirm your faith in the opposite of the excuses you identified in the exercise above. Some examples might be:

- I am loveable;
- I have a soul-mate and I am ready to find him/her;
- I am divinely irresistible to my soul-mate now;
- My soul-mate is single and available and looking for me now;
- My soul-mate loves me exactly as I am.

You are also free to devise your own affirmation to address your particular flavour of faith in the negative. For best results, you would speak your chosen affirmation out loud for 5 – 10 minutes a day until you believe it.

You'll remember, though, that when I was experimenting with affirmations I said them inwardly, which also works – as does writing them down. But over the years, I have found I get the quickest results by speaking affirmations out loud.

I can personally attest to the power of affirmations. In the beginning your affirmation will feel awkward and untrue, but after a while you'll notice a shift in your thinking until one day it has become your new truth.

On that day, you'll watch with wonder the type of results you will see as a result of your new thinking.

A note about desire before we move on

Now before we go on, let me be clear about what I mean by soul desires, or highest desires. There are two types of desires that come to our awareness, and the type of desire I am referring to leads us to our highest good, happiness and fulfillment.

The second type of desire is ego-based. We can find plenty of evidence in the world, and throughout history, of the destructive outcomes of people who followed their ego desires. How can we tell the difference between the two?

Marcia Wieder of Dream University calls our highest desires “goals with a ‘heart’ quality to them.” Soul desires have a signature to them that makes them easy to recognize. Soul desires:

- make you happy when you think about achieving them, and you may even feel an energetic warmth in your heart area;
- have an ‘if only’ or ‘too good to be true’ quality to them;

- bring joy and expansion to yourself and others when they are achieved.

A classic example of a soul desire would be the inner urge to pursue a career that helps a lot of people. People who follow this type of urge often comment that their work brings them the most fulfillment when they are being of service to others.

Ego desires are also easy to recognize. Ego desires:

- bring short-term gain to the self;
- bring about pain or harm to others;
- leave you feeling unfulfilled or ‘empty’ after their achievement;
- tend to be more about social recognition and what others will think about you.

A personal example of an ego desire was my goal to win a Nobel Peace Prize. When I thought about this desire, it didn’t bring joy to my heart, only daydreams of fame and people paying attention to me and lavishing me with praise.

Growing into your Goal: The Expansion Process

So, if our soul desires point to a destination that already exists, why is it that not everyone reaches their desired goal?

It is because the person who first has the desire is not the same person who will achieve it. To put it simply, each person must grow and expand from where they are into the person who can bring that dream into a manifested reality.

The late Jim Rohn used to tell each of his students to set a goal to become a millionaire, not primarily for the money, but for what it would make of them to be able to achieve such a goal.

It really is a beautiful process if you think about it. We cannot get to our goal until we improve and expand in some way. It is how we evolve and grow as spiritual beings in a physical experience.

This is where effort comes into the equation.

The person who has the desire to become an athlete must expand into the type of person who takes the actions required to be an athlete.

The person who has the desire to be a successful business owner must expand into the type of person who brings services to others, and can lead a team to take positive actions.

And so the person who has the desire for a soul-mate relationship must expand into the type of person who can love unconditionally and receive unconditional love in return.

For each person, the actions required to become this type of person will be different, but will almost certainly include the following:

- forgiving and releasing past relationship hurts, heartbreaks and resentments;
- loving the self through acts of self-care and healthy self-respect.

Taking forgiveness as the first action, you might make a list of all the people who you feel have hurt you, or you have ill-feeling towards, and actively forgive each one until no ill-feeling remains.

Methods that I have used to do this involve using affirmations such as “I fully and freely forgive you. You are free and I am free” or “I bless you and I release you.”

Whether you mean it or not when you first begin, if you are persistent with these affirmations you will eventually come to believe them. When you can think of each person without feeling a negative reaction, you know you have been successful.

Actions that support loving the self could be as simple as Louise Hay’s method of looking into the mirror each day and saying “I love and approve of myself.”

At first, all sorts of negative self-talk will arise after you say this statement, but if you continue, the negative response will eventually subside and you will be able to look in the mirror, say the statement, and know it to be true.

Other actions that support loving the self could include making healthy dietary changes, regular exercise, saying ‘no’ more often, or taking up a new hobby that you’ve been meaning to try.

Don’t underestimate the power of these exercises! They will change your underlying belief patterns about not being worthy for love, and once you do that you will see your new beliefs reflected back at you in the form of healthy, loving relationships.

How do I know all this to be true? I have experienced it myself.

What follows is my personal story of how I grew into my goal for a soul-mate relationship.

Where is my soul-mate? A true love story

I can count the number of romantic relationships I've had on one hand. I've never been the type to date up a storm and I've always naturally wanted to be in a loving, committed, long-term relationship.

My first attempt was with my first husband, whom I married when I was 19. We had become parents two-and-a-half years before our wedding, and in my mind there was no other path for us than marriage.

I remember reading a magazine article when I was in hospital before giving birth to our daughter. It was by a divorced woman, writing that she should have known her marriage was doomed because she hadn't felt the slightest interest in her wedding preparations.

That article should have been my first clue of impending marital disaster, because I displayed the same sort of apathy towards my own wedding when it came.

Yet at the time, there seemed to be only one future available to me, and that was being a working mum and marrying the stay-at-home dad. It's not that my first husband wasn't a nice guy. But all the signs should have told me that he wasn't MY guy.

After six months of marriage, I knew for sure that I had made a huge mistake when husband #1 threatened to take my daughter away from me because I wanted to join the Mormon church after having received a life-changing answer to a heart-felt prayer.⁵

At the time, I didn't have the courage to find out if he was bluffing or not, so I acquiesced and hid my spiritual revelation and longing from everyone. That was a very dark time for me and for our family, because the love I had once felt for husband #1 turned into hatred. I knew that true love didn't make threats.

If I had been brave enough I would have left, taking my daughter with me. But I wasn't, so I stayed. I stayed for five more years, until I had the love of another man to give me the strength and fire in my belly to finally tell the truth - that our marriage had ended years ago and no love remained.

Day-dreaming of a soul-mate

During those unhappy years of my first marriage, I would comfort myself with romantic daydreams of meeting my soul-mate. However, since I was so depressed at that point, I couldn't bring myself to imagine a happy ending to my secret stories.

Over and over again, I would imagine a tragic love-story of falling in love with my soul-mate but us not being able to be together. With each mental run-through of the story, I would imagine saying to a friend, "he is my soul-mate but we can't be together."

At that time I hadn't studied anything about being a 'Master of my own Fate' or the power of the mind, but within a few years that tragic love-story started unfolding in my life.

I fell in love with a married man and, just as I had imagined, I eventually confided in a friend "he is my soul-mate but we can't be together."

At one point it seemed as though we might make it and I left my job and husband to start a new life, but my new love didn't follow me.

I was heartbroken.

Where is my Gilbert Blythe?

I was newly single and still heartbroken from the romantic tragedy I had created. However, I had my daughter with me and I was grateful to be free from my marriage.

As a means of comfort and escape, I started watching romantic movies to resuscitate my faith in love. My favourite romance to watch was Anne of Green Gables, a story I have loved since I was a wee girl.

I bought the VHS tapes and watched Anne and Gilbert's story over and over again. I longed to be loved like Gilbert loved Anne.

I eventually decided that I could no longer pine over soul-mate #1 any more and I decided to use the tools I had learned to manifest my own Gilbert Blythe.

The LIST - the worst way to manifest a soul-mate

“Be careful what you wish for because you might just get it.”

Anonymous

I had read so many stories about how other people had manifested their mate. Over and over the “list method” of manifesting kept cropping up so I decided to give it a try.

The list method is when you write down everything you want in a romantic partner and concentrate on the list until you get it.

The list works the same way that writing down any goal does. You may have heard highly successful people promote writing down goals as a step towards their achievement. This is because the act of writing them down acts as a form of decision, and everything you want is on the other side of a decision.

So I made a list of everything I thought I wanted in a guy. Here is the exact list that I wrote:

My guy

Tall, over 6ft

Blue eyes

Dark hair

Nice body, works out

Vegetarian

Good with kids

Never been married

Loves to travel

Does Reiki

Good cook

Buys me presents

Loves to read, reads the same books I do

Spiritual

Single and available (no more married men)

Sounds like a good list, right? Well, that is what I thought. I thought that if I got the guy listed I would be very happy indeed.

It took about two months for “list guy” to show up in my life.

I was taking a walk around a popular walking route near where I lived. On that walk I met list guy (although I didn't know it at the time), who I had met at a Reiki workshop the previous year. He was walking the same route in the same direction as me, so we walked together and talked about Reiki and about life until we went our separate ways.

A couple of days later my Reiki teacher phoned, asking if I was ready to take my Reiki Master training. I squealed with delight because becoming a Reiki Master was one of my three big goals at that time (the others being to manifest the guy on my list and £10,000.)⁶

My teacher told me that for Reiki Master training, she would be teaching only two people at a time. She had paired me up with list guy.

Our Reiki Master training went ahead. Afterwards, list guy and I worked together every week to complete the requirements for master certification. By the end of the required homework we were dating.

As it turned out, list guy was everything that I had asked for. He was tall with blue eyes and dark hair. He was fit and had a nice body. He was vegetarian and cooked great meals. He bought me and my daughter presents. He had never been married. He had a collection of spiritual books that he had read, including some of my favourites. He also loved to travel and had traveled all over the world.

I looked at the list I had made months prior and checked off everything I had asked for, feeling very smug and satisfied. I was so proud of myself for mastering the art of manifesting, or so I thought, but I was in for a big helping of humble pie.

As it turned out I had made a huge mistake. I ASSUMED that list guy was my soul-mate because I had definitely manifested him into my life and I got everything I had asked for.

Things were fine for a while, but there were some other qualities list guy had that I didn't like.

He did have a nice body, but he was vain about his looks and judgemental about other people's bodies, including mine.

He was generous and he did buy me gifts – including a gym membership, so I could change my body shape and lower my weight.

He was a great cook, but he was a really fussy eater and complained about my plain home cooking.

Yes, he was single when we met and he had never been married, but that was because he NEVER EVER wanted to get married, nor be in a monogamous long-term relationship. This was a huge problem because what I wanted most of all was a loving and faithful long-term, committed relationship, including marriage.

And lastly, list guy did love to travel, just like I had asked for on my list, but out of the two years we were together he spent 70% of that time traveling WITHOUT me.

After we finally broke up, I was at a loss to figure out what I had done wrong to manifest such a painful and messy relationship, even though I had used the manifesting tools I had learned to get what I asked for.

I looked at my original list again and saw that I had gotten everything I had asked for, literally. That is when I had an epiphany: “Oh my God, we ARE powerful creators, aren’t we?!”

That’s right. We are so amazing at being creators that we can create exactly what we ask for, even if what we ask for isn’t really what we actually want in our hearts.

So after reaching my epiphany, I wondered whether I should write a new, more specific list to remedy the obvious flaws of my first attempt. Thankfully, that is when Florence Scovel Shinn’s book *The Game of Life and How to Play It* came into my hands.

The best way to manifest your soul-mate

When I read *The Game of Life and How to Play It* I realized straight away what my mistake had been. There are no mistakes in truth, just experiences, and all experiences are ultimately

blessings. The blessing for me in manifesting list guy was to experience first hand how we create, and how to create better.

In her short little powerhouse of a book, Florence emphasized that everyone has a Divine Plan for their life, the perfect pattern that Plato spoke about. The Divine Plan is our true destiny, or destination, that is held within the soul.

She laid out numerous examples of people who brought unhappiness to themselves by striving for what wasn't theirs by Divine Right.

I thought to myself, "is striving for an over 6ft, blue-eyed, dark-haired man really that which is mine by Divine Right? Do I really have to have a vegetarian man who can cook, etc?" I decided these were actually ego desires, which I mentioned earlier, and therefore not necessarily what my soul had in mind.

That is when I decided I wanted not just any old list man but MY man, the one who was mine by Divine Right and my true life-partner. I wanted the Divine Plan, not my ego's plan. I wanted my Gilbert Blythe.

Then I wrote a new list, a different list, with only one thing on it:

The man who is mine by Divine Right

The soul-mate test

After having such painful relationship experiences, I became certain of some things about true love. For example, I knew that true love:

- doesn't make threats;
- doesn't require my true self to be hidden;

- doesn't criticize or belittle;
- doesn't require me to change my appearance;
- doesn't require me to be anything other than myself.

I knew that I would no longer accept anything less than true love and if any of the above showed up in a man I was dating, he obviously wasn't my soul-mate.

Also, without using the list method I wondered how I would identify my soul-mate when I found him, given that there would be no checklist to refer back to. I knew that feelings of love wouldn't be enough for me to know for sure, because I had loved men who were not at all right for me.

I decided to make up a test that only my soul-mate could pass.

I gave it a lot of thought and decided on a three-part test. If a man passed this test then I would know he was mine by Divine Right. According to my test, my soul-mate would:

- give money freely to a homeless person without being prompted by me to do so. I knew my soul-mate would be compassionate, generous and non-judgemental to people who asked for help. What better way to test that than with a random homeless person?
- offer me his jacket if I were cold, without being prompted by me to do so, even if it meant that he would then be cold. I knew my soul-mate would care enough about me and my physical comfort to perform this selfless act.
- be devoted to me and our lives together. When I read Florence's book there was a story about a woman who described her new husband as "the most devoted man" she

had ever met. I decided I wanted a man I could say that about.

The only person I told about this test was God.

Intuition: Follow your guidance; it knows where it is going

After I had made the decision to find the man who was mine by Divine Right, I knew, from reading Florence's book, that the next step was to follow my intuition to the place where he would be.

Intuition is our inner guidance system that tells us the truth about any given situation. It also leads us away from disharmony and pain, and towards our highest good and happiness, if we will but listen.

Often people get confused about intuition because they think it is something supernatural and mysterious, that only a chosen few have access to. However, intuition is a tool that everyone has and is simple to understand once you know how to recognize it.

Intuition may take the form of inner messages such as a hunch, a gut feeling or an inner urging, a feeling, a strong desire, a clear thought or a very clear dream.

It can also come in the form of outer messages such as overhearing a chance remark, something written in a book you happen to pick up and flick through, or a line in a song that happens to stand out in your awareness. These outer messages will stand out in some way from the background noise of every day life.

Just as Florence Scovel Shinn taught in her book, I asked my intuition for a definite lead as to where I would find my soul-mate.

Not long afterward, I had two definite, strong desires which were my intuition leading me towards my goal. I had a very strong desire to attend a certification event in Chicago led by a teacher I had admired for a long time.

The other strong desire was to go to Hawaii, which was a long-term desire resurfacing in my awareness. In particular, I really wanted to attend an event in Hawaii led by the same teacher of the Chicago event.

I also had recurring dreams about soul-mate #1, each time reliving the hurt and heartbreak of that relationship. I knew that was my intuition telling me it was time to let that hurt go.

I had been in the habit of ignoring my intuition, but Florence reminded her readers never to violate an intuitive lead unless they wanted to fail. Intuitive leads only bring success if you ACT on them.

So I finally mentally and emotionally released soul-mate #1 and went to the certification training in Chicago.

I wondered if I would meet my true love there. I did actually meet a guy there and we ended up dating for a short time, even though we lived on opposite sides of the Atlantic.

One day he phoned to tell me that he had booked himself into the event in Hawaii and asked if I wanted to come to Hawaii with him. Of course I was super flipped out excited, because I had a deep inner urge to get to Hawaii. I felt that Hawaii was my true home, even though I had never been there.

I was a little jealous that once there, my date would be attending the actual event without me, but I was excited to be tagging along nonetheless.

Just over a month before our trip, intuition kicked in again when the organizer of the event, a very intuitive healer and wonderful lady, had a vision of me standing outside the event staring longingly inside. Thankfully for me, she too knew that intuition should never be ignored and I was invited to attend as an extra guest, even though they had been fully sold-out for many months.

After this amazing turn of events, I was certain something magical would happen in Hawaii.

Showtime: John and I meet

So can you guess who was also at that event? Yes, it was John, of course.

Over the course of the week-long event, John and I had a few short conversations. I noticed that he was a fearless dancer, and that he had a very sweet and open quality about him. I felt myself wanting to get to know him better and spend more time with him.

One night at dinner I was sitting next to a woman who had been widowed. She was telling me how much her husband had loved her and how he used to steal a glance at her whenever he could. Then she said “Isn’t it wonderful to be loved like that?” implying that was the kind of relationship I had with my date.

At that moment I looked across at my date, the man who I had come to Hawaii with, and knew that I still hadn’t found the kind of love this widow was describing. I still hadn’t found my Gilbert Blythe.

As it turned out, my date and I were not getting along. I checked into a separate hotel room. At first, I was upset that I had another relationship failure under my belt. I wondered why on

earth I had come to Hawaii, and where was the magic I had expected?

The soul-mate talk

On the day I was to leave Hawaii I decided to actually have some breakfast in the hotel restaurant. I hadn't been eating breakfast whilst I was there, mainly because my body clock was messed up with the time difference. But that morning my intuition told me to go get something to eat.

Whilst I was standing in line for a table, I heard someone calling my name. It was John, and he was in the line for breakfast ahead of me.

We had breakfast together and we ended up talking about soul-mates, and how we were both looking for ours. We talked about how we might recognize them, although I didn't reveal anything about my soul-mate test. I remember telling John that my soul-mate would love poetry and he would read to me. Later on, when we were dating, John told me that when I said that, he knew I was in fact the one he had been looking for.

At the end of our breakfast, I got up to leave for my first of six flights home, expecting that I would never see John again.

Intuition again

After I returned home, John and I started emailing back and forth. I really looked forward to receiving his emails. We started exchanging our favourite poetry and I would wait in anticipation to see what he would send me next.

One day, after I had been home from Hawaii for about two weeks, I was working at my computer when all of a sudden, out of the blue, I had a very clear thought that said "go study with Cuky."

Cuky is the very intuitive healer and organizer of the Hawaii event. She was going to be teaching a Lomi Lomi class at her home in Kansas a month after the Hawaii event⁷. I hadn't had any previous desire to study Lomi Lomi but I had learned not to ignore my intuition when it showed up.

I had no way of being able to pay for the travel and tuition, so I said to God, "If I am meant to attend this class, then you had better give me the money."

The next day my bank called offering me a loan for the exact amount I needed. In all my days I have never ever experienced anything like it! Have you ever had your bank call you out of the blue offering you a loan? Well, it had never happened to me before and it hasn't happened since.

So I booked myself into Cuky's training and made my travel arrangements. When it came to booking flights I was trying to get a connecting flight through Chicago, since I had already been there and felt comfortable with the area. But when I went online, all the flights to Chicago seemed to be triple the price I was expecting.

I decided to see what it would cost to fly through New York, where John lived at the time. To my surprise, flights to New York were extra cheap. All signs pointed to New York.

The next time I emailed John, I mentioned that I would be going to Cuky's training and that I would have a lay-over in New York. He told me I could stay at his place and save the hotel cost, which I did. The rest, as they say, is history, because we have been a couple ever since.

Even now, after more than six years together, I am still in awe of the process.

At our wedding reception, as I gave my speech to our guests, I finally revealed my soul-mate test. John knew nothing about it, but he had passed all three tests. He gave money to a homeless person whilst we were walking around New York City. He offered me his jacket on the day he proposed. And at our wedding reception I was proud to tell all our guests that John was the most devoted man I had ever met.

Now, if I had held on to that soul-mate list I started with, I would have looked right passed John and missed the true love I had been waiting for - the guy who was mine by Divine Right.

I had previously wanted a guy over 6 foot, but John is 5ft 10". I thought I wanted a guy with blue eyes, a requirement that seems so silly to me now, but John has brown eyes. I thought I needed to be with a vegetarian, but John is a meat-eater.

Also, I had wanted a guy who had never been married, so I could skip all the ex-wife baggage. That requirement backfired on me when I manifested a guy who NEVER EVER wanted to get married. However, John had been married once before meeting me and has a good relationship with his ex-wife.

And remember I wanted a guy who would be a good cook, but manifested a fussy, critical eater! Well John eats everything I cook for him, and his idea of cooking is boiling pasta or reheating pre-prepared food, and all that is just fine with me.

That is all just to say that we can manifest whatever we want, but it doesn't mean we're going to like it once it arrives - which is why asking for that which is mine by Divine Right has been one of my most important discoveries in this lifetime.

The same principle can be applied to anything you wish to manifest, whether it is a soul-mate, home, job or clients.

You can be sure that whenever you ask for that which is yours by Divine Right, it will surpass your definition of what you

think would be good for you. It will bring a level of happiness that you wouldn't get if you were just to guess at what you think you might like.

Tried and tested manifesting tools

Along with everything else I have shared, there are two more tools I used to manifest John into my life.

I knew that all manifesting begins with making repeated instructions to the subconscious mind, just as Napoleon Hill found out.

So along with everything else I was doing, I decided to use techniques that would impress my subconscious mind with thoughts of true love, which would then turn into their physical equivalent.

The true love story technique

Just as I had done years previously when I had watched Anne of Green Gables over and over again, I decided to fill my mind with happy love stories. I watched lots of romantic movies and went out of my way to find true love stories in books and on the Internet. This filled my subconscious mind with the belief that true love was not only possible, but normal and to be expected.

The engagement technique

I also decided to impress my subconscious mind with the thought that I was already engaged to my soul-mate.

I started buying bridal magazines, picking out the type of dress I wanted, and mentally planning my wedding in Hawaii. In fact, when John and I had that breakfast in Hawaii, I was carrying the latest edition of Martha Stewart's Wedding magazine!

Next, I went imaginary shopping for my ideal engagement ring, which consisted of a lot of window-shopping and Internet searching. After a while I found the exact ring that I wanted; a princess (square) cut diamond ring with a white gold band. I cut out a picture of that ring and looked at it often.

I also did something else that I recommend. I imagined myself actually wearing that ring. It might sound stupid to you, but I pretended that I was wearing an engagement ring. I'd stop in the middle of doing something and look at my ring finger and 'see' that invisible ring on my finger. And by 'seeing,' I mean with my imagination, because I wasn't engaged yet and there was no sign of my soul-mate at that time.

I'd also stop and 'feel' the back of my imaginary ring on my finger, using my thumb, imagining what it would feel like to be wearing that ring.

Last of all, I imagined what it would feel like to be happily engaged, married and loved by the man who would give me that ring.

Low and behold, I am now wearing that ring. It is fancier than my imaginary ring. It has lots of little diamonds on the prongs and along the band.

When John first presented it to me I cried so hard that I had snot running down my face. We were out for a hike and I hadn't brought any tissues with me. I was a sight. But once I saw the ring, I knew that all my imaginings had paid off, and I am now the proud owner of a beautiful, sparkly, princess-cut diamond engagement ring.

There is a saying in the Bible attributed to the ancient billionaire King Solomon, "He that hath a bountiful eye shall be blessed." It is true. Use your inner and outer eyes to picture your bounty and it will be yours.



Action Plan: Now it's your turn

I am super excited for you because I know that you can also manifest your own soul-mate, and it can be every bit as wonderful for you as it was for me.

So to make it easier for you, here is a simple action plan that you can use today.

1. Make a decision. Are you ready to manifest your soul-mate? If you are, then make a decision now that you will pursue this dream until it is manifested. Remember, everything you want is on the other side of a decision.
2. Identify your beliefs. Write down your answers to the exercise on page 11.
3. Affirmations. Turn your negative beliefs into faith in the positive by using affirmations. Use at least one affirmation, either one that I have suggested on page 11, or make up your own. Do your affirmations daily for at least 5-10 minutes until you believe your new truth.
4. Is there anyone you need to forgive or release in order to be the type of person who can give and receive true, unconditional love? If so, follow the instructions on page 14.
5. Do you love yourself? Are you taking loving care of your self? If not, follow the instructions on page 15.
6. Write your list. No, not the one that brings failure, but the one that brings success. Write down your goal to manifest the man/woman who is yours by Divine Right. Re-read page 22 again if you have forgotten.
7. Devise your own soul-mate test. Give this some thought and ask your intuition for help. Once you have devised

your test, don't tell anyone until you have manifested your goal.

8. Follow your intuition. Your intuition will lead you to your goal if you listen AND take action. For example, pay attention to your desires and dreams. Once you receive your inner guidance, be sure to act on it. Ignoring your intuition is the surest way to failure.
9. Fill your mind with happy love stories, real or imagined. By doing so you are affirming your faith in the positive and making repeated instructions to your subconscious mind.
10. Optional – plan your wedding and go hunting for your perfect ring. Get a picture of it and look at it often. Imagine yourself wearing it and how it will feel to be engaged and married to your soul-mate.
11. Got questions? Feel free to email them to me at louise@louisemorris.com and I will do my best to answer them for you.
12. When you are successful, let me know. I would love to receive your news, engagement notices, wedding announcements and pictures, baby photos etc.

I know that you can be successful and I am rooting for you.

Best wishes and blessings for your journey ahead.

Louise x

Notes

¹ Paramahansa Yogananda, The Law of Abundance, leaflet. Self-Realization Fellowship, 1977.

² Isaiah 65: 24

³ Matthew 8:13

⁴ Napoleon Hill, Think and Grow Rich.

⁵ For more information you can read <http://www.louisemorris.com/about-louise/>

⁶ Yes, I did reach my other goal of manifesting £10,000, although I didn't realize it until the end of the tax year, when I got an end of year statement. I realized that I had earned exactly £10,000 that year working part-time as an administrative assistant for the Shetland Islands Council. What I actually meant when I set my goal for £10,000 was to receive that amount as a lump-sum over and above my salary, not the total I'd receive that year. That was a huge lesson for me on how LITERAL the universe is when manifesting. Another example of the literal manifestation of a goal was when I wanted to run a non-profit organization to help people. One day, I realized I had unintentionally reached my goal as I closed my third business failure. I wasn't making any **profit** and therefore I got my wish for a non-profit organization!

⁷ Cuky Choquette Harvey <http://www.pacificrimlomi.com/>