

# Connections

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The Free Email Newsletter of Singlestosoulmates.com.

This first issue is a duplication of our mission statement. It is our hope that it will provide the rationale and context for future issues.

### *Connections*

"Let's get real," asserts an attractive, bright, personable single woman, "for many of us, being single is hard!" A successful, charming, though somewhat sad middle aged widower agrees, "yes, and this city's social life seems to be built around couples." Yet, a married woman with a tone of resignation counters, "I feel more lonely in my marriage than I did when I was alone." A sad thirteen year old boy, trying to appear tough, sarcastically complains, "Mom and Dad are so busy being successful or exhausted from being successful and 'helping' me to become successful that they don't seem to have any time to know who I really am." These pained words suggest some of the impetus behind singlestosoulmates.

Of course, single people long to find their Romantic Soulmates. Yet, too often, shortly after the honeymoon, the Romantic Soulmates begin to drift apart. They start to develop parallel lives that lead them to feel like partners or adversaries, rather than lovers. In addition to the single or married adult, the children of "domestic arrangements" often are quite lonely, even if socially active. They long to be deeply known as a unique mystery rather than a "chip off the old block" or an offspring to be "managed." To some degree or other many children are silently screaming the words of the "kid" in the rock opera "Tommy." "SEE ME, HEAR ME, FEEL ME!" Beneath the numbness which protects us from our impersonal and harried world, we long for "high touch" rather than "high tech," for personal soul to soul connection.

So, our mission at Singlestosoulmates is large. Our intention is to:

- ✚ Help single people become the individuals who will attract the Romantic Soulmates of their dreams.
- ✚ Help couples develop the skills necessary to transform their domestic partnership into a passionate soulmate friendship.
- ✚ Help all our clients and program participants develop the psychological skills and spiritual awareness to hear the silent "SEE ME, HEAR ME, FEEL ME" screams of their children, parents, friends and work associates--even those of strangers and "enemies."
- ✚ Help people develop some of the contemplative attitude of the Hindu greeting *Namaste* -- "The God in me welcomes the God in you."

There is much to be learned through Singlesto- soulmates about the skills and nuances of attracting and deepening a Romantic Soulmate relationship and about giving the love that heals to children, friends and others. Yet, foundational to all this learning, we believe, is the development of the capacity to experience one's own goodness so that we can welcome the goodness in the other.

### **TRY IT OUT!**

Ask someone what it has been like for him or her to have a soulmate or to long for one.

- ♥ Try to listen deeply, as a soulmate would.
- ♥ Tell him or her what you heard.

♥ Explain how it affected you.

"Namaste"

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