

Successful Singles Coaching News

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A Free Email Newsletter Dedicated to the Proposition That a Rich Single Life and the Most Alive Soulmate Relationship Begin with Grace, Know How and Deep Preparation of the Mind and Heart

"Choose your life's mate carefully. From this one decision will come ninety percent of all your happiness or misery."

-H. Jackson Brown, Jr., *Life's Little Instruction Book*

QUOTE OF THE MONTH

Time wrinkles skin, but people only grow old by deserting their dreams.

Unknown Poet

FEATURED ARTICLE:

Soulmate - Field of Dreams

This month we'll be applying four of the eight principles found in Marcia Wieder's work, *Making Your Dreams Come True*, to the dream of your romantic soulmate relationship. We found her principles to be both compatible with and enhancing of some of the principles found in our Relationship Coaching curriculum.

She first encourages each of us to find our dream. She notes that our dreams can be discovered both by honoring our longings and becoming curious about our discontents. In our coaching programs we encourage participants to give themselves permission to both honor the longing for the romantic soulmate of their dreams in the face of all the cynicism and "practicality" that our culture can throw. Our Relationship Coaching participants are also supported in articulating their bottom line requirements for their ideal relationship. We encourage them to use their discontents with prior relationships as important information. Failures in prior relationships often point to requirements that weren't met.

This notion of using discontents as "messages from the soul" in the process of articulating relationship requirements is also congruent with another of Wieder's principles - using failure as a stepping stone. All great achievers have had failures. Most, if not all, great loves have had prior relationships that were failures. Yet the lovers who have gone on to find their romantic soulmate relationship share an important characteristic. On some level of awareness they made a commitment: their previous relationship failure would make them better, rather than bitter. Just as larvae need to struggle to develop the muscles necessary to become free butterflies out of the cocoon, we all can gain strength and skill to become wiser, better lovers through "failed loves" - "with the right attitude." A great psycho-therapist, Sheldon Kopp, once wrote a book called *Even a Stone? Can be a Teacher*. Yes, and so can that very disappointing love affair.

Wieder's third principle can be illustrated by the words of a lovely woman who was asked by the arguably rude friends of her handsome, kind, successful fiancé, "How did you deserve somebody like him?" She returned the question with a rhetorical, honest question with an edge, "How did he deserve someone like me?" We need to decide and deeply feel that we are worthy of our dream for our romantic soulmate. If you don't feel worthy of it, it is very unlikely that you will attract that relationship. If you realize that you really don't feel you deserve it in some way or other, get help.

The notion of getting help is integrally related to Wieder's fourth principle. It is the importance of being supported by people who believe in your dream (at times even when you don't). Napoleon Hill was the wise scholar who interviewed Andrew Carnegie and other fantastically successful dreamers achievers and discovered that they all had "partners in believing." He coined the term "Mastermind Group" for this kind of mutual support system. At SinglestoSoulmates our version of the Mastermind Group is the Relationship Coaching Team. In very brief terms this is a group of people committed to each other's romantic soulmate success, who learn and deepen relationship skills together, who act as scouts for each other's romantic soulmates and who remind each other of their goodness, giftedness and worthiness.

Next month we'll be relating the four remaining principles outlined by Marcia Wieder in "Making Your Dreams Come True" to the dream of attracting your romantic soulmate relationship.

Until then, remember that you are as young as your dreams, that

Time wrinkles the skin, but people only grow old by deserting their dreams.

--Unknown Poet

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