

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: Part 2

This month we'll be applying the last three of the 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.

Wieder's next principle is her encouragement to follow our individual "guidance system" in making our dreams come true. She quotes Gandhi as having said that the word of God speaks to everyone everyday. She distinguishes wisdom from intellect as the ability to listen to that "word," rather than just trying to "figure things out." Because our intellect can be quite loud in demanding dominance in our planning, she advises us to sit as if we were shaken up cider, until the loud sediments of our intellect (read conditioned beliefs) settle into the quiet and our minds become clear and open to "Wisdom." In our SinglestoSoulmates literature we often quote the Sufi poet who, similar to Gandhi, asserts that "the winds of grace always blow, all we must do is set our sails." We would also concur that the visions of our Ideal Life and Ideal Soulmate Relationship are best discovered in silence, in reverie, in a quieting visualization or free flowing artistry.

Wieder wisely suggests that we not try to force a full view of our dreams, but that you "go to the edge of the light that you see." Similarly, in our RESTS classes we encourage participants to allow "snapshots" of their Ideal Life and Soulmate Relationship visions to emerge as they will over time.

After discovering our dream, Wieder emphasizes that we need to protect and nurture it. She points out that even "toying" with fear, cynicism or despair can sap energy from our dream, as surely as Sampson toying with Delilah cost him his strength. By contrast she affirms that when

we turn our attention to our dream, we put our intention into it. This principle is very compatible with the rationale of encouraging RESTS participants to read aloud their Life and Romantic Relationship dreams. By giving voice to the vision to their classmates and or coach, they are more deeply claiming their intention to live the visions. The classmates and coach witness the visions, affirming the energy and vitality in them, celebrating and confirming them. This claiming and witnessing of the visions occurs not once, but through the life of the class and, for many, through the on-going support of a Relationship Coaching Team.

Wieder's final principle is the encouragement to "harvest one's dreams." Support their happening. She states that "in the harvest of one dream are the seeds for the next dream." She asserts that people grow old by deserting their dreams. That certainly resonates with our experience. We coach people from 20 to 80 in chronological years. Yet some 20 year olds have the chairis (spirit-age) of an eighty year old as they decline the risk of "asking the girl to dance." Yet when some of our RESTS participants in their 70's or 80's meet a candidate for a Life Partner their enthusiasm can make them seem 18. And because our understanding is that every thought, belief and feeling has a special blood biochemistry, we believe their apparent "youthifying" experience isn't just a figure of speech.

As a final way of encouraging us to find and live our dreams (including our dream for a Romantic Soulmate), Wieder retells the story of the youth who decided to test the wisdom of his village elder. The boy held a live bird behind his back and asked the elder to intuit if the bird were alive or dead. The boy's intention was to squeeze the bird to death if the elder's intuition was that the bird was alive. When asked the provocative question by the boy, "is the bird alive or dead?" the elder simply stated -

"The life you hold is in your hands."

As is ours.

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