

# Manifesting Your Perfect Partner with Personal Truthz™

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*Last week, I introduced the workshop title, Finding Your Perfect Mate, to my weekly MESHE Group classes and, oh what a stir arose! I laugh at myself now, but I truly was surprised to see how popular demystifying the process of finding a life partner could be.*

I've been married for awhile and I admit I'd forgotten the challenging years of wanting to have a meaningful relationship and getting short-lived disappointments instead. After seeing the group member's excited faces I remembered that point in my life when I realized that my failed relationships were equal to that which I did not yet know about myself.

What was good about the short-lived relationships was that they helped to show me who I really was. What was less than desirable, however, was that they also brought with them some rather complicated situations and often painful lessons for myself and my partners. So I set out on a new path to pursue my perfect mate by finding my Personal Truthz™.

Personal Truthz™ is the knowledge we all have about ourselves, revealed and unjudged. If you think about Personal Truthz™ as an invisible room filled with invisible furniture and you then imagine yourself navigating through this room, you'll get a good idea of what it is to explore and discover your Personal Truthz™. It's a lot of bumping around! Bump into a table once and remember it. Don't remember it and you'll bump into it again.

So, let's say we choose to remember a table and a chair we bumped into in the back left corner of the invisible room, and that we do so by throwing a sheet on top of them both. Now, when we enter the room we clearly see that there is a chair in the far corner with a small table beside it. Think of the chair and table as something true about yourself, and the sheet as your decision to take responsibility for that information.

This is what it means to be in the process of finding our Personal Truthz™—detecting and then owning the otherwise invisible landscape of our own individual truth.

The process of finding out what is true for us, is a prayer in-and-of itself. A prayer filled with patience and confession. Manifestation is the result of that prayer, and begins when we allow the truth of what we really want and need to be revealed. Standing in the truth of what we know about ourselves creates the magnetism necessary for material things to collect and form.

We can use our will to create what we think we want in life, but often those creations turn into powerful disappointments. If we slow down and relax a little bit, we can take our time and use our heart and truth to create that which is lasting and satisfying for us. Applying our Personal Truthz™ to our Lifetime Dreams & Goals is the one-two punch for happiness!

So, let's say that finding a life partner is one of our Lifetime Dreams & Goals, and we want to apply Personal Truthz™ to finding our perfect mate.

If you combine a high degree of compatibility with love and a shared path, you will have the makings for a long, wondrous partnership. The following Compatibility List was taught to me by my meditation teacher who uses it as the measuring stick for the referred to “high degree of compatibility.” Many good teachers have written such lists, but this one is my personal favorite.

Making a Compatibility List can be a confusing task. For years, I and everyone else I knew tended to write down some bizarre, idealized version of ourselves where we were super committed, super disciplined and superhuman. For months, page after page of “the person we'd be if we could be a perfect person” came

pouring out of all of us!

The idea that any one of us could have lived with such a person is very funny now. But at the time we were not experiencing the truth about ourselves, and thus the traits we would find compatible. We were, instead, still believing that we had to perfect ourselves in order to be loved.

So let's get in touch with our Personal Truthz™ and check out this list!

#### COMPATIBILITY LIST

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Practical Information

Personal Interests

Health Practices

Philosophical & Moral Attitudes

Educational Background

Taste

Social Style

Spiritual & Religious Interests

Love Style

Professional & Financial Goals

Alright, I'm going to tackle the politically incorrect category of Practical Information. This area includes age, gender, height, body type, coloring, all those things that, for the most part, people cannot change.

Envision your ideal mate and think about these details in terms of what works for you—what really works for you, and what does not. This is not a judgment against others, it is a confession about yourself.

In a perfect world, what do you really want? What do you really need? What really matters to you, and what does not? This is the time and place to say to yourself, “coloring, height and body type of are of no consequence to me.” It is the time and place to

admit to yourself that, “I like deep black eyes, curly black hair, and men with broad shoulders.” The time to confess that you need to be with someone of or about your own age. That younger than you is not what you need. That younger than you is just what you need. Or that age is of no consequence.

The answers to these questions are your Personal Truthz™. The admission of your Truthz™ is the prayer sent out into the Universe and the means by which the process of manifestation begins. So, give thanks now for all that is coming your way.

I remember trying to put “a full head of thick hair” onto my list and realizing that, while I enjoyed playing with my boyfriend’s hair, it was not a priority. However, I discovered that having someone taller than me was. I am a big person and I like a lot of room around myself, but I’d tended to date men shorter, smaller, or the same size as me. I realized that if I had my druthers, I’d prefer tall, substantially-sized partners. And guess what? After I admitted that to myself, I began to meet and date taller, more physically commanding men.

Remember, the purpose here is not to indulge all your superficial ideas of a perfect mate, but to confess to yourself what you really want, need, and desire. Don’t judge your answers! Believe me, if Mr. or Ms. Right comes along with a 90% hit rate on your Compatibility List, and they have brown hair instead of red, you’ll be just fine—and, more to the point, the reason you will be fine is because you are conscious of this fact, and not because you are unconscious of it.

Be daring, be truthful and be aware. Notice what you find important and what you don’t, and write those Personal Truthz™ down.

Go through all of the categories in this way, allowing yourself to tell the secrets of your preferences in a safe, protected place. And don’t be afraid of what might materialize as a result! I remember when I was unable to put “full head of hair” on my list how frightened I became envisioning a square bald head across the breakfast table every morning for the rest of my life!

And yet, my truth had nothing to do with my fears. Rather, it had everything to do with what was and was not important to

me. Let this process be about manifesting with your Personal Truthz™ and seeing what kind of world that brings to your door.

When you write down your answers, set them aside for a day or two and when you come back to them, cross out anything that does not honestly portray the “you” that is living today. Tend to this list before, during, and after new relationships. When a relationship fails, use the knowledge to inform the clarity of your list. If finding a compatible mate is truly one of your goals, then let this list be a part of your total movement in life.

Manifesting your perfect mate is a process that begins with you discovering your Personal Truthz™. Manifesting any of your wants, needs and desires will begin the same way. Take the chances in life that you want, and embark on them with a Personal Truthz™ inventory of how you feel, what you want, and what you need. Be it a job, a relocation, or a deeper understanding of the world, your path to materializing your deepest desires lies in the admission of what you know to be true.

May you have a safe and wondrous holiday! And may all your prayers and wishes manifest in the upcoming new year!