

Soul Mates

by: Jackie Cardona

SOUL MATES -Find Your Perfect Match Now

By Patrick Wanis

"The Woman Expert" - Syndicated TV show, "The Daily Buzz" / "A voice for women." - FOX News
"Coach to the stars!" - FOX News

There are over six billion people on this planet, is one soul mate really possible? Is there only one perfect match? So then, how will you find and attract him or her? Is it too late?

Out of six billion people is it possible for you to find your one true love, your soul mate and perfect match? Many of us spend most of our lives looking for that love that we believe will complete us. Some of us become despondent or desperate because we have not yet found that one person that we believe was destined to be with us. The one person who we expect will fill our every need, complete us and make us eternally happy -our soul mate and perfect match.

"There is a soul mate, a perfect match for every one of us", says Patrick Wanis, Celebrity Life Coach, Author and Human Behavior & Relationship Expert. In his book, Soul Mates -Find Your Perfect Match Now, Wanis reveals the secrets to recognizing and finding your soul mate, your perfect match and says, "The only thing stopping you from finding your soul mate has been you." Wanis reveals what you can do right now to find your perfect match and with it love and happiness.

I sat down to interview Patrick about soul mates and his new book:

JC: From where does the concept of a soul mate come from?

PW: Greek mythology states that the God Zeus was angry with the "man" and splitted him into two (male and female) and ever since that tragic day we have roamed the earth looking for our other original half to complete us.

JC: What is the common misconception of a soul mate?

PW: The soul mate is not the saintly person who can do no wrong, never argues or disagrees; has exactly the same interest and hobbies; and with whom the relationship will be perfect without any challenges.

JC: So what is a soul mate?

PW: There are actually three types that I explained in detail in my book. Ultimately your soul mate is someone with whom you have an inexplicable bond and connection and who inspires and challenges you to evolve and love unconditionally. Just don't expect that to happen so easily!

JC: In your book you mention that there are five easy steps to find your soul mate

PW: Knowledge is power. You have to know what you want. I explain in detail the steps and I offer you some exercises that if followed correctly will give you amazing results. Why have you been attracting certain people? How can you change that? So take note:

1. Establish a list of your Core Values (Your values and your soul mates values must match for the relationship to succeed. Chemistry, sexual and romantic. Pure physical attraction isn't enough to satisfy and ensure the longevity of the relationship).

2. Identify exactly what you want in your perfect match.

3. Identify exactly what you will never accept in a partner.

4. How do you want to feel in this relationship? What are you prepared to give for it?

5. Become the person you are looking for, e.g., if you want a kind, loving, forgiving, honest person – then you must also be the same otherwise your soul mate will never be attracted to you!

JC: What do you mean in your book when you say, "You get what you believe you deserve –and no more?"

PW: Your self-esteem and sense of self-worth determine what you will get. How much do you like yourself? What do you believe you deserve? When you get more than what you truly believe you deserve, you will act subconsciously to sabotage it. So many know of someone who enters into a truly good relationship where she is being treated so well, but she does something to deliberately sabotage it. Did you know that lottery winners lose their money in less than three years? Why? They don't believe they deserve it!

JC: Can you give us some tips on how to raise one's self-esteem and self-worth?

PW: Read my book and get my audio book: "Get the man you WANT!" Anyway, here are some tips: 1. Forgive everyone in your life. 2. Stop trying to please others & instead seek your own approval. 3. Begin now to believe you deserve the best by focusing on your good qualities, successes and talents. In my "Get the man you WANT!" audio book, I give you specific techniques and exercises that will change your beliefs in an empowering way so that you will believe and accept only the best!

JC: What else can one do to attract his or her soul mate?

PW: Focus on your ideal mate: Visualize yourself with that person. Feel it as real. With enough practice, you will automatically attract him or her into your life. Read my book! And, hey I am giving it away to all of your readers as an Ebook: www.patrickwanis.com/rumagazine and you will be able to download it for free!

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