

Finding the perfect partner.

By Heiné de Waal – 28 April 2016

In times of stress and sickness we desperately need someone close to our hearts; just the connection of a close companion helping to give comfort in a space of feeling emotionally fragile.

If you are single, it is challenging not to feel lonely and rejected. If you are attached and your partner is not there for you, then it is even more difficult. If that is the case, then perhaps it is time that you address the issue?

How do we find the perfect partner and how will we recognize them?

I was very lucky in that I knew, the very moment I met my partner, that I have found a very special partner - the connection between us was almost tangible. I wish I knew for sure that it will be like this for everybody, but that is unrealistic. What I *do* know for sure is that we can make the effort to find that person without making a huge issue of it. It is really more about you than about the other person. Let me explain...

There are some practical things you can do to help this process along, such as spending time in a target rich environment. However, I would like to take a more spiritual approach in what you need to do to ATTRACT the perfect partner.

That which is around us is only an extension of our emotional/mental state of mind. This a pure manifestation of the stories we tell ourselves.

For example: if you believe that ALL men are bastards or ALL women are bitches, then you will attract exactly that - the ultimate self-fulfilling prophesy. Yes, there are many narcissistic bastards and bitches out there, but that does not mean you need to attract them. All it requires it a little bit of self-awareness.

When we become aware of the irrational beliefs we harbour, we come to realise that they are not serving us. The upside is that we can then change them.

A more rational belief could be something such as: *"I am aware of all the bastards/bitches out there, however I choose to NOT attract them, but rather someone who is just perfect for me."*

The better we know ourselves, the better we will know what we want from a partner. It is important to explore all the different facets of your personality, your bad and good sides. The more you develop as a person, the more you will shine your self-confidence to the world and this will attract a more suitable partner for you.

How do we explore these hidden parts?

Sometimes it is easy just to listen to your intuition or to feedback from others. In most cases, you will know when an unclaimed emotional part is hidden by easily recognising it in others; it will make you feel uncomfortable/angry. *(If you can spot it, you've got it!)* Changes are that you most probably will judge the person for it. These mirrors are good starting points for self-examination or self-exploration. It isn't always easy and making use of a professional person such as a therapist, coach or counsellor can make a huge help. They have a more objective view and can create a safe space to unpack uncomfortable emotions.

Self-development does not always need to be hard or cumbersome work. You only need to develop your self-awareness in order for you to grow even more into who you truly are. This has a ripple effect that will attract people and situations that are more in harmony with who you truly are...including attracting a romantic partner. If you are unsure of who you truly are, then you will attract people that are a mere projecting of those shortcomings.

What constitutes a happy and stable relationship?

The more values we share, the closer the connection will be. However, for any relationship to work, we need 3 things:

1. Physical attraction

You need to find your partner at least sexy on some level to feel excited when he/she touches you.

2. Intimacy

It does not necessarily mean having sex. It is more about the emotional intimacy – feeling safe enough to share your deepest thoughts/feelings/fears with him/her.

3. Commitment

It is a conscience decision to be committed to a relationship especially when times are tough.

Before we enter into a relationship, it will help if we are sure about what we are looking for.

It is also important to be clear about your understanding of what a relationship means to you:

1. What is the reason for or intention with being in a relationship?
2. What do you think is the purpose of a relationship?
3. Do you really want a relationship?

If you need some help with self-investigation or unsure about a partner that you are involved with, please do the effort to make use of a professional person such as a therapist, coach or counsellor.