FIND YOUR SOULMATE

HANDBOOK

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Russ Michael is a best seller author of more than 30 BLOCKBUSTER self-help books.
See: www.RussMichaelBooks.com
Dedicated to all SOULMATES, Twin Rays and Special Lovers worldwide.
To those who are now together and to those who will be together soon.
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INTRODUCTION BY THE AUTHOR
The Soulmate Story

Before 1971, the word “soulmate” was not conceived in public consciousness. My long-time bestseller book, Finding Your Soulmate, introduced the idea, concept or fact in 1971 that all of us in human form do have “special someone’s” or soulmates.

My lectures, seminars, workshops and more than 500 news stories, and television and radio “talk show” guest appearances gradually made the word “soulmate” a media and household word. I am sure my two appearances on the Regis Philbin television show (before Kathy Lee Gifford joined the show) certainly helped to implant the idea or possibility that finding and being loved by a soulmate as a feasible and desirable thought.

In due time, “soulmate” was on the lips, and in the minds and hearts of almost everyone. Eventually, my friend Jess Stearn called me to ask if I would mind if he picked my brain on the subject since he was writing a book about soulmates too. I met with Jess at the Hilton Hotel in San Diego for an entire afternoon while he consulted with me on the subject. His book was soon in print. It sold well and soon other authors began to pick up on the subject of soulmates and began to write books and give talks or workshops on “finding your soulmate” as well. Now, as you well know, there is a plethora of soulmate books, soulmate teachers and soulmate matchmakers brimming out over the Internet worldwide!
Since I originally nurtured the soulmate idea, in public consciousness, I have locked on to the title (and Email address) of Mr. Soulmate@Juno.com. Feel free to contact me at that address if you have further questions or comments after reading this book.

My main purpose in writing another book is twofold. First, to update my readers on new knowledge and how-to-do-it techniques I have learned over the years to help you considerably in attracting your soulmate to you.

Second, the waters have muddied considerably on this subject. Many contradictory or confusing ideas have been injected into the subject of what a soulmate is and how to find one. This is why a recent letter I received from a book reader stated, “I have read many books on soulmates and your books are the only ones that make sense”!

Unless the book you read about any subject is down-to-earth pragmatic or practical, there is no use taking the time to read it! This book is loaded with simple but very powerful tips and suggestions on how you can turn yourself into the perfect “vibrational match” for your soulmate. Before you finish with this volume, you will surely know beyond a doubt that you live in a vibrational world. Everything you know, touch or sense in any way arrives in your awareness field first as a vibration, so let’s start our soulmate “search engine” with that subject.

Russ Michael
Chapter 1

The Vibrational Universe

S
ee, taste, smell, hear, touch, intuit or think! All seven of these fine, ordinary and extraordinary sensory perceptions are what constitute our “world” reality! We all live in a huge vibrational universe.

If you choose, you may call this vast, unlimited pulsating field of All That Is by other signatures or names like God, Universal Mind, Brahma, The One Source, or a host of very sacred names or divinely inspired metaphors like those conceived of by Annalee Skarin* who wrote her eight classic and revelatory books with her “pen dipped in heaven”! The truth remains. We are immersed in; engulfed in; surrounded by; sacredly held by; and are mortally alive in a vast, nonstop vibrational field. Our very thoughts are the most powerful vibratory universal pulsations that exist! Our every movement of body, mind, soul and spirit is inspired or motivated by VIBRATION.

Try to think of anything that is not pulsating or vibrating at some level in our entire local or planetary, solar, cosmic or universal spectrum level! What is not alive with motion, even if our finite human senses or so delicate and so very sensitive modern scientific instruments cannot detect it? Can SOULMATES detect it?

We are now sophisticated enough to know Universal Laws dictate or govern every impact or vibrational fusion
or explosion. Absolutely nothing happens by “accident” for the vibrational universe keeps perfect track of every micro-moment of every minus or plus “intent” or “event” in time or in space!

In some fashion or means not yet known publicly, the immense vibrational universe (not one word, not one sentence, but ONE verse) that you and I are “part and parcel” of always moves back to a ZERO universal state! This indicates that all sound or any movement of any wave or particle within this great universe arises from out of an absolutely still or motionless void. The flat line becomes a complex line, wave and particle.

If “something’ can come out of “nothing,” then surely soulmates even now swimming blindly through this grand ocean of infinite vibration ought to be able to mentally or physically reach out to find that “special someone” who is her or his vibrational match.

Before you have finished your journey through the vibrational paths, trails or halls of knowledge in this book, you ought to know enough about vibrations—how to summon them and how to free yourself of unwanted ones—to attract not only a SOULMATE but whatever else you may want to experience in your daily life stream. The more you know about how and why vibrations work; the quicker and the more effectively will you personally be in your “vibrational creativity”!

You, like your Creator, are also fully and freely able to be a consciously deliberate creator. You were innately gifted with the creative ability of a god or goddess. The
world you live in right at this very moment in your three-dimensional reality was created totally and entirely by you. Either by deliberate design or by default, you did it.

If that world is not the kind of world that you now want to inhabit, then as a creator you can change your mind. Simply go forward in this moment and change it! Offer the Universe a different vibration that matches what you now want. Change your vibration and your new vibration field will attract and move you into fresh and so very exciting new physical and spiritual realities.

Certainly, the foremost new vibrational desire can be the strong and very deliberate summoning of your SOULMATE.
Chapter 2

SOULMATES Are Vibrational Matches

As you move along with me into the core or heart of this volume you will know that soulmates are “vibrational matches” and why!

Otherwise, it would be very difficult for you to bring him or her out of the ethers to you. You can only receive what you have given! In addition, you can only allow recognition to a vibration that has some matching notes or tones within you!

Your SOULMATE will be more like you than anyone you have met before. He or she will be more familiar than your very best friend or longtime live-in lover or possibly your existing marriage partner.

Over the many years since I fathered the SOULMATE idea I have received hundreds upon hundreds of letters from people who have reported meeting their SOUL-MATES. The only huge problem was—it was not their existing husband or wife!

Naturally, all of these exasperated individuals wanted any advice I could offer about what to do.

A little of the advice I offered will be found in chapters ahead and much is scattered in my other SOULMATE books. The point I want to emphasize now is what you are what your SOULMATE is! If that idea frightens you, there
are avenues open to you to “shape up” and to become all that you want to discover and appreciate within your SOULMATE.

This entire universal spectrum is always in perfect synchronization. No thing and no one are out of place! All things and all people are in exactly perfect vibratory match with what it is, who they are and what they have offered to the universe in the past. Moreover, in that same vein, what any one of us offers into the universal life stream today will be what we receive tomorrow or at the opportune or appropriate time in our futures. Nature always moves toward balance.

Knowing this, you have the key to making yourself into what you want your SOULMATE to be like in exact detail. You also hold the key here to make your own future precisely what you choose it to be. What you think, say, feel and do today literally sows the seeds of your future. You have the power to make it filled with great lack or great abundance, with chaos or order, with violence or peace, with fear and doubt, with courage and self-confidence, with great anger and hatred, or with immense appreciation and immense love! Each new moment is a window of new opportunity; a door you can step through where you can place your next vibrational offering.

We live in a grand infinite world where all things conceived are possible—and your SOULMATE will match the unique tone or note you offer to it.
Chapter 3

The Universal Life Stream

You and I are a part of an infinite source of life. That life stream has no known edge or brink that falls away. The stream of life flows through each one of us in an unending, nourishing and vitalizing current. The universal life stream is there to be touched or to be basked in forever. We connect to it and it connects to us through eternity.

Here also we may call the Universal life stream by the title or name of God, The Source, All That Is, or whatever grand and sacred name we can think of as fitting. That is just our human way of trying to understand and fit the great unknown into a finite image or space that our human mind can relate to or ponder on. It does not change the fact that this timeless, all-encompassing stream of life energy courses through the smallest particle to the vastest galaxy and everything in between! This boundless force activates each one of us. This electrical charge we call life is what also holds us together in what seems to be one individual unit or solitary and coherent human or animal form.

When that life stream is flowing naturally through us and through our human affairs or life forms, we are all in grand health! If that life stream flow clogs or dams up somewhere within us or in our environment, it creates incoherent, chaotic or dis-eased health or personal circumstances. That is why all of you who desire a
SOULMATE need to know that the more centered or self-controlled you are the easier and quicker you can summon a perfect SOULMATE into your life stream!

Knowledge will always serve to help you achieve whatever dreams or desires you hold in your heart and soul. This volume is designed to give you knowledge-based inspiration rather than reaction-based motivation. You will know the extreme differences between inspiration and motivation before the end of this book. No doubt, you will then choose to move through deliberate action based on inspiration.

The major intent in this chapter is to help you to realize that you have universal life stream support. In fact, you are in the same universally centered place or space as the very richest or mightiest person on earth or in the universe. Through deliberate focus, you innately direct as much of the entire universal life stream as you can handle at any moment. As you will learn later, the longer and more resistance-less focus you hold the more immense that flow will become since it must follow an inverse square ratio from the whole (universe) to the part (you) by Universal or Cosmic Law.

The part you need to know now is your SOULMATE will be attracted into your own life stream at the rate you allow. So read on and in the course of events you will know all you need to personally know about summoning and allowing the life stream through you own unique human life steam self. Enjoy the flow!
For the moment, I suggest you bask in the delectable thought that the universal life stream just keeps flowing onto you and through you from the past, present, future from all the awesome cosmic or universal space or place it occupies without end! That life stream is powerful beyond your imagination. The only thing it needs to activate itself through you is your focus or prolonged attention.

If the knowledge you are gaining here about this boundless universal life stream had been taught to us as children, can you imagine what a different world we would be living in today? Some scientists and many sages or “life scientists” know this, but the “masses” have never been privy to this knowledge. What you do with it is now in your hands alone. If you ponder and place your focus in this life stream with conscious intent or DELIBERATION, be assured that your SOULMATE will soon be basking in your arms or you will be basking in his or her arms!

Appreciation for what you have also adds more focus upon it, so if you mentally declare your great appreciation for being a conscious part of this unbounded life stream, more life or energy will be on hand to build whatever dreams you want to come true for you and those you love.

Those filled with gratitude and who are ever thankful will never lack what they want. So give thanks that your SOULMATE is alive, waiting and flowing out there somewhere in this vast life stream, and whom you can deliberately summon to you by your deliberate thought.
Chapter 4

All Things Are Possible

Whatever can be conceived can be achieved! This means if you can think it, you can make it a 3-D reality for you—and that is good news! If you are set on finding your own perfect SOULMATE, you simply need to conceive it and follow the time-tested knowledge presented to you hereafter in a simple systematic progression.

Most of us have been born into a very rigid “hard work” ethic, meaning the socially accepted way to achieve great success is to work hard for it at a concrete physical or material level. That is certainly one way of doing it. That method is called rightfully “the hard way” to do it. There is a far faster and more lighthearted way to achieve whatever you can conceive through more thought and less action.

Another huge misconception is that you need to know HOW to do it! In reality, as the modern communication explosion has recently revealed, it is not “how do I do it” but WHO can do it?

I will hammer these points throughout this text, but is worth the persistent repetition. The only job you and I have to do is:

• To know what we want;
• To hold a prolonged focus on the end goal;
• To lessen any resistance on our own part;
And to allow ourselves to take that next important step in self-achievement.

All of this relates to vibratory sensitivity and to response or clearly knowing what we do want.

The preceding four points literally hold the essence of what you need to know.

However, to become adept at the self-mastery that allows you to materialize that long-awaited SOULMATE into your life stream, I suggest you read and reread it several times and mentally observe how much you are doing to be a deliberate creator on a day-to-day basis.

Think about it for a long and carefully. What kind of a SOULMATE are you looking for? What doe she or he look like? What does he or she feel like? What is it about him or her that really “turns you on” body, mind and soul?

What kind of things can you imagine doing with your SOULMATE? Are you very much in love? Are you holding hands a lot? Are you going for long walks with each other? Are you baring your soul to each other? Is there nothing you would fear to disclose to him or her about yourself? Does he or she feel like your best friend, as well as a dream lover?

What is the color of his or her eyes? What are the color, length and style of his or her hair? What are his or her beliefs? What are her or his racial or religious beliefs or background? How soon will he or she be in your life stream? These are the kind of inner contemplations or positive fantasies that you want to put your mind to work.
on. It is your job to know as clearly as possible exactly what you do want to find in your SOULMATE.

Long ago I learned that whatever anyone else has done means it is possible for me to do it, provided, of course, that I am interested enough and willing to put the time and whatever effort it takes into achieving it. Being with a SOULMATE is definitely worth putting your whole soul into the effort, especially when you make it fun instead of hard and boring work. Creating is different from working.

You and I are gods and goddesses—genuine living creators in the flesh. We can use our minds, our image-making faculty and our desire to change whatever IS to whatever we deliberately choose to BE! Nothing is impossible unless we choose our divine option to believe it is impossible. Then, of course, it appears to be impossible to us, but in reality it certainly is possible for if we can think it at a mental level, “it” only needs the cradle of time and space to be “born” as a 3-D “reality”! Your job and my job are to be active creators for we are all divine or godly extensions of the one Creator.

Through free choice, anything is easily possible, attainable, and workable. Enjoying a full and joyous life with your own divine soulmate is not only a very grand probability but also a very strong possibility.

The fact that you are reading this book means you are a vibrational match for information here that will lead your SOULMATE to you or you into your SOULMATE’S radiant living presence. He or she wants you equally as
much as you want him or her, so prepare yourself for tremendous amounts of light, love and joy!

Your SOULMATE stands by, waiting and yearning on the horizon for you. Now you must allow him or her to be your perfect vibrational match.
Prepare yourself for one of the most staggering thoughts you have ever thought or imagined. Every thought or feeling that has ever been thought or felt in the entire universal spectrum throughout the entire past, present and future is still "alive" and available to anyone of a vibrational match!

Not only, as our own scientists are well aware, is nothing ever lost, it is also true that nothing is ever wasted. That is why it is silly to think that you must eat less because of the "starving masses."

Your wealth, health or abundance is entirely of your own doing. There is more than enough universal supply to feed, clothe, shelter and keep every person on earth and in the universe contentedly fulfilled in every single way—and that includes having a SOULMATE.

First, you must realize and accept the fact that whatever has been or will be is within your mind’s reach, meaning it is then also within the reach of your physical hands! The basis of all creation is elementary. It is the movement of mind. In a very real sense, you can correctly state “mind is the builder,” as the renowned psychic Edgar Cayce stated so often in his many public discourses and private health and life readings for thousands of listeners and readers of his astute universal knowledge.
Today more and more leading edge scientists and forward-thinking pioneers are declaring that our human minds are far more powerful than we imagine. “Mind over matter,” a phrase coined several decades ago by Dr. J. B. Rhine while conducting scientific research at Duke University in Virginia, USA, has become a time-tested fact.

Mind is more powerful than a laser, as scientifically documented by scientists when Olga Worral, a dear gray-haired elderly woman, who when prompted by scientists gathered around her, literally bent laser beams on cue or demand, repeatedly. The scientists watched her do this in breathtaking wonder and head-shaking disbelief!

Obviously, the adage “a picture is worth a thousand words” became a 3-D reality for the fortunate group of scientists who attended the mind-boggling event several decades ago. Since then, much more has been unveiled, discovered and proved in a time-tested way by those and thousands of other scientists and researchers in the frontiers of the mind and probes into human soul or spirit. Thank God for open hearts and open minds.

You and I will never run out of thoughts or feelings. There has been and always will be enough “mind stuff” and “feeling stuff” for anyone to tap into at will. Here too, as the resistance is lessened (meaning, as old rigid beliefs are cracked or relinquished) subtle and powerful renewed thoughts spring into mind. That is why meditation and pondering on a seed thought opens abstract vistas and allows a “window” for more information about any chosen object or subject to arise within your focus.
The entire universe is here and literally is “at your command” simply through the willful focus of your mind. All you need to do is decide what you want to have and “materialize” into your life stream! Never be led into thinking or believing that the universe cannot provide you with what you need to fulfill your needs, the wildest of your desires. You alone have the mind and power of feeling to change your world. No one else can or will do that for you—and who would want to do that? Each one of us has a sovereign power over our own reality. We are what we have created and we will further BE what we recreate as we ALLOW our chosen future to unfold. Of course, you are reading this book because of the vibrational match to it and to your oncoming SOULMATE.

All thoughts and all feelings are within your universal-wide reach. It is like a vast marketplace where you can pick-and-choose whatever feels right to you. Enjoy your shopping spree.
Chapter 6

Use Contrast to Fire up Your Desires

A s pure spiritual beings, we incarnated these magnificent human bodies to use what we recognize or know as CONTRAST to inspire or motivate ourselves into creative action. Later, in Chapter 36, we will probe deeper into the huge difference between motivation and inspiration. For now, we can focus together on how we can use the ever-present aspect of contrast to speed up the appearance of a SOULMATE to our waiting and wanting arms.

Contrast does not signify that we must have evil or negativity on earth in order to grow or advance spiritually and physically, or mentally and emotionally. It simply means that we have CHOICE between WHAT IS and WHAT WILL BE! Thus, the major or leading characteristic of contrast, when it appears, is it provides more clarity to what we want versus what we do not want.

For example, if you become very ill (in contrast to radiant or even average health) you are inspired or motivated to think of and search for the ways and means to finding your way back to health again. If you are poor, you will want to become rich! If your neighbor or best friend has a computer and you do not (the contrast), you may want to get online with your own computer also! If you have been on a steady go, go, go all day (the contrast), a
restful pause or brief “power nap” may appear very attractive to you.

Certainly, violence and persistent negativity around you also provide contrast, thus a choice to stay clear of or to avoid that violent action, negative person or situation that is so repugnant to you! Duality does not imply degrading or retrograding circumstances or obstacles that need to be surmounted. All of these stem from human ignorance and human error. We humans created inhuman or beastly behavior. Our Creator did not!

However, since we are holographic pieces or exact images of the One Great Creator we, too, are all powerful creators and can recreate a totally different and more genuine environment governed by unconditional love–as CONTRASTED to a reality governed by conditional love, a “control issue,” rather than genuine love. Conditional love, as we all soon realize, is no love at all! However, a wise person, when seeing such a huge contrast, can use that reference point as a springboard of desire to give and receive unconditional love–so satisfying and fulfilling to all concerned.

Contrast is always a wonderful universal “offering.” It allows you to clarify your own posture or stance about what you experience or observe. It will gradually or even swiftly motivate or inspire you to new levels or heights. Contrast is what gives color and value to ephemeral human experiences. Contrast of the immediate or momentary gives you and me, as immortal spirits, a glimpse into forever. In the contrast of a seeming world of beginnings and endings, we know we are beyond such finite concepts
or barriers for like our Creator we are powerful living goddesses and gods. Our astounding human bodies provide a medium of contrast to our boundless spirit, now so seemingly tightly encased or contained within them.

The other vital component in relation to contrast is DESIRE. When we are so full of desire that we can almost literally “taste it,” we are well on the way toward bringing our SOULMATE to use. The Law of Attraction swings into action when desire reaches a certain critical mass point within you. That is why all wise tutors urge those they tutor to first find out what it is they really want before starting out in any life direction.

When you succeed in pinpointing exactly what ranks as the absolute number one spot in your personal list of desires your work is finished. Your job is to know what you want with all of the clarity and with all of the might you can muster! The universe will quickly rearrange itself to accommodate your new picture of “reality.” Whether you realize it or not, the universe is always hanging close by and watching your every thought and feeling. If you focus on poverty, it will give you more poverty. If you focus on pain, it will give you more pain. If you focus on worry, it will give you more about which to worry. If you focus on pleasure, it will give you more pleasure. If you focus on wealth, it will give you wealth. If you focus on love, it will give you more love.

The universe does not do your job for you. Your job is to focus on what you want more of; the job of the universe is to give you more of what you focus on unconditionally. It is that simple!
In the performance of your job, you must decide on how much “juice” or electrical power you want to direct to your focus on your desire. As you know, a rocket that needs to offset earth gravity will never even leave the ground if it does not have enough thrust or power to break the grip of gravity. Your desire may be strong enough to get off the ground but just like the rocket, if there is not enough fuel or propulsion power in the “intent packet” (desire), it will be grounded or neutralized swiftly!

Contrast actually can be used to build that “rocket of desire.” You could get an immediate fulfillment of your desire or take ten or twenty years to fulfill it. You are the boss of that. It is not the job of the universe to build your desire. That is your job. Once your job is done, the universe will do the job of fulfilling your desire.

In thinking this through, we will realize why fleeting or empty wishes or idle and meaningless fantasies never become 3-D realities. They simply do not have the “juice” of desire of the almighty power of a focused mind behind them!

I urge you to examine all of the rich contrasts that exist in our human kingdom upon this jewel in the heavens of our planetary home, Earth. Wherever you turn your perception, you will find enough contrast to send you to the stars, if that is your wish! Thus, your more practical and self-fulfilling desire to love and be loved by a dream-come-true SOULMATE is easy.

Use the contrast of not being with him or her right now to fire up your desire to “I can taste it” proportions. Do not
worry if there are enough SOULMATES out there for you to find as your own. As you will soon discover, you have already created a rich supply of them.

It is preposterous to think that there is no one special on earth for you when there are so many perfect SOUL-MATE matches literally burning, yearning, crying out for you! In fact, I have decided to take up a whole chapter to help you clearly understand why such a great universal supply of SOULMATES exists—in fact, more than you can handle—of the right age and the right specifications whom you might conjure up here on earth right now!
Chapter 7
Supply and Demand of SOULMATES

There is often the misconception that we are each parceled out one SOULMATE—and that’s it! WRONGO IN THE CONGO!

Every one of us has lived many lifetimes and has thus developed almost countless very close relationships. Some of these were the stuff that SOULMATES are built of and when you meet him or her again, sparks will fly!

What I am saying is that there is a great demand and a great supply of available SOULMATES on earth at this time. There are more now than ever before (see Chapter 43). The SOULMATE you yearn for is not “out of the body” or your present father or sister. He or she can only qualify as your SOULMATE if he or she is 3-D like yourself. Otherwise, who cares? So, tell the psychic who is blowing smoke in the wind at your expense to take a long walk, and you go forward to find and merge your life stream with that SOULMATE who is a wonderful vibrational match with you.

There are more soulmates here now on earth that could or would be perfect matches with you at a soul level than you could ever dream about or handle. The only thing you need to be concerned about is finding your own note or tone and sounding it clearly!
The SOULMATE supply is endless. Why would you, a goddess or a god, ever get yourself into a physical human incarnation where there was no hope of ever being with a SOULMATE? Think about it; if whatever you conceive and believe is possible, then why would you ever buy into the story or the untruth that for whatever universal reason you were somehow left out of the picture? That somehow, in some way, your SOULMATE has already died or failed to keep his or her promise to meet and to merge with you again in this “period piece’ we call life on earth now! In no way is there any validity or truth to that premise. You have a very large supply of SOULMATES existing somewhere here on earth right now.

Somewhere in this vast supply of SOULMATES, at least one is there ready to call or summon into your life stream. Why would everyone else be able to tap this very precious and enormous pool of perfect SOULMATES, while for some ungodly reason you are fated to be in lack or wrongly convinced that there is simply a major shortage of good men or good women on earth today?

Since Finding Your Soulmate was published in 1971, thousands of joyful individuals and couples have approached me at lectures, seminars and workshops; on the street and in restaurants; called me at home and on talk shows; and written to me in care of my publishers thanking me profusely for helping them to find their SOULMATES.

There are more SOULMATES than anyone needs to think about who are craving right now to be in your presence. They could be across the street from where you live, across the world in another country or working in same
building where you work. It simply no longer matters where they are right now for in this awesome age you can cross the vast ocean of space between each other in less than two days and in even halfway around the world in less than 24 hours. Time and space is no barrier to a “vibrational match.”

One of the reasons you might have bought into the idea of lack concerning your own gorgeous SOULMATE is that you have been looking in the wrong places. Another reason is that like almost everyone else you have been action oriented in that search, rather than “pre-paving” your contact with your SOULMATE mentally! We will cover that more fully in the next chapter. Just realize with as much personal conviction as you can summon that there is not ever any lack in the universe concerning anything— including SOULMATES.

You and I are surrounded by an infinite ocean of abundance that is also filled with an endless supply of SOULMATES—all whom are “on call” at the moment there is a genuine vibrational match. Our vibrational universe is more than willing to link you up with some one very special SOULMATE, but only when you have done your job of “sounding your note” first!

So step right up to the universal SOULMATE “supply store” and carefully pick out the SOULMATE who is exactly what you want to find and to experience.
Chapter 8

SOULMATES and Vibrational Matches

As you know, there definitely is a SOULMATE who will soon be holding your hand, looking deep into your eyes and telling you how greatly he or she loves you. At this point, there should be no doubt there is a massive supply of eligible SOULMATES who are eager to be with you immediately! And since we now live in a society where having more than one mate or more than one lover at a time is frowned upon, you are looking to merge your life stream with a SOULMATE who is an absolute vibrational match.

How do you do that? Very simply and effectively: first, read this entire volume again and again if necessary until you understand or realize that you live in a vibrational universe and that your present vibrational reality was created completely by you by deliberate design or default. (Default means you allowed someone else to compel your lines of direction or sway you from making your own decision.)

For example: you keep trying to be healthy, slim and trim, but your very best friend loves to eat and always manages to persuade you to eat extra-rich meals, perhaps with excess fat or sugary foods. After a few years, you notice you are 30 pounds or more overweight and your classy clothes no longer fit. Did your friend make you fat?
No. You made yourself fat by refusing to follow your natural instincts to keep slim and trim and “going along” with continuously eating such obviously fattening foods to excess. You defaulted your choice of being able to maintain your healthy slim and trim shape or nice physique when you opted to please your friend instead of following your wise inner guidance. You are the ruler of your soul and the captain of your destiny!

You and I can consciously choose to ignore what we know is good for our health, like cigarette smokers who know cigarettes are killing them, yet opt for early death and cancer of the lung or gradual toxic poisoning. However, this is a conscious slow suicide and the smoker know she or he is defiling that magnificent human body so then, when death comes, it is by conscious choice or deliberate design—not by default!

Your health, wealth, beauty, youthfulness, joy, tranquility or the exact opposite condition or state of your life is totally and completely self-created. It can be no other way for you are a vibrational match for the precise point or place in time and space that you consciously occupy each unfurling new moment! What you see was self-created.

As you have already learned, contrast reveals choice. You have moved from choice to choice or defaulted that choice from moment to moment from the first light-blinding moment when you were birthed into our vast 3-D physical, emotional and mental “dream” or “reality” to this exact now moment!
The contrast of not having a SOULMATE is what prompted or impelled you to read this book. You can now consciously use that contrast in a well-informed way to summon your SOULMATE to you. That SOULMATE will be a vibrational match to you in every major way. That is why when your wonderful SOULMATE walks suddenly into your life stream you will feel and think he or she is one of the most familiar persons you have ever met or known! You are right! You are looking at your vibrational match! That amazing man or woman who is gazing into the depths of your eyes is a perfect reflection of your self. He or she feels like a familiar part of your own being for the two of you have either interacted in lifetimes before or have followed major similar paths to finally stand there now charged with life and face-to-face!

If you believe that finding your SOULMATE will be a long and very difficult task, that, then, is the vibration you are sounding and the universe will certainly comply with it. “Ask and you will be given,” as stated in the Christian Bible long ago and gradually interpreted into this language today, is a fact of nature! However, that asking is not what you say with your lips or mind alone, it is actually the tone or note you are “broadcasting” at any given moment. It is not your empty words or lifeless thoughts that summon forth a reciprocal 3-D physical reality; it is the exact range or rate of your vibrational tone that creates all you see around you! This almost exact correspondence also applies to prayer. “Lip service” alone will get you nowhere with the universe or your Creator. What you actually feel, on the other hand, always matches vibrationally as your living
reality. To pray strongly or fervently simply means to focus strongly on what you are summoning (praying for) from you Creator or the universe.

You and your SOULMATE are simply momentary vibrational matches. The length of that “moment” depends afterward on whether the two of you stay in synchronization with each other. If you do, your personal relationship as soulmates will go on and on as each of you allow and nurture. Otherwise, you will move on to your now very deliberate creation of the next-in-line SOULMATE for you! If you maintain a steady SOULMATE-rich consciousness, you will dwell in a world of SOULMATE love and joy! What is wrong with that? Absolutely nothing.

If you can get past the error of thinking there is only one SOULMATE doled out to everyone, you will realize that thought is as foolish as thinking there is only one dollar doled out to everyone in world economy. The fact is, those who are rich in dollar consciousness soon amass a great many dollars—and since the universe (or God) is more infinitely abundant in the ways and means to manufacture or materialize dollars, no one is actually deprived or hurt because someone has more dollars than another!

For example, Bill Gates, who founded Microsoft, is entitled to every dollar he creates. Bill Gates has probably created more dollars and more opportunity for everyone on earth than any other man has in all of our human history; after all, Bill Gates created “the whole pie.” Those who want to take it from him or to dampen or halt his creative effort are foolish in thinking that will work, for they themselves will always continue to be little in mind while
Bill Gates will always continue to create more big pies; even if others succeed in taking the pie he created away from him. Bill Gates has earned his “big pie consciousness” and the universe will always respond to that note from whatever deliberate economic course or direction Bill summons it!

You will summon that SOULMATE at any given time you are ready to allow him or her into your life because he or she is your present vibrational match. This means the key to being with your SOULMATE is to understand vibrational fields and thus to know how to bring your own pitch or vibrational rate up to a powerful tone that naturally brings your beloved SOULMATE into your life stream.

The Law of Attraction will be the “search engine” your vibrational “offering” will use to find and deliver your SOULMATE to you!
Chapter 9

SOULMATES—and The Law of Attraction

In this chapter we will look closely at both subjects—SOULMATES and The Law of attraction. We will start with SOULMATE first and then examine how the Law of Attraction works universally to allow ongoing Creation and SOULMATES to find their vibrational matches.

SOULMATES, as defined in my long time best-seller book, Finding Your Soulmate, are simply all those mates we meet and engage with as a committed couple or as a marriage partner at a soul level. Meeting anyone at that inner level of the psyche or soul is different than meeting them at the ego personality level. When soul force is involved the entity will harmoniously solve all of the various kind of issues or challenges presented to the participants—whether person with person, group with group or nation with nation!

On the other side, personality-to-personality is always subject to self-interest alone between whatever parties involved. A person focused or centered in the ego personality is subject to offense and defense. This is the nature of ego and the person or persona working out of it.

The individual who is focused or centered in the soul or psyche will naturally work to bring harmony and peace to all personal circumstances. That is the nature of soul. A
person imbued or very dominantly coming from soul re-
response ever seeks cooperation—not competition; union—not
separateness; upliftment—not degeneration or debasement;
character and credibility—not irresponsibility and untruth-
fulness, etc.

Of course, all of us are a mixture of these negative and
positive traits or human characteristics. However, it is easy
to note by any observer if you or someone else is domi-
nantly and usually coming from ego or normally coming
from soul. One is combative and defensive and the other is
friendly and coming from a calm, centered and safe
“space” or place. You know what I am saying I am sure.

Thus, you can see clearly why SOULMATE marriages
or couple “relationships” are extraordinary in dimension
and scope. A SOULMATE relationship arises from a level
where the marriage partners or the couples hold sacred
communion with each other where ordinary marriage part-
ners do not! It is so obvious that SOULMATES genuinely
know, see and respond to their partners differently. All of
the SOULMATES I know knew how to love and to respect
each other with passion, fervor and a commitment to each
other like no others do.

Most of our SOULMATE contacts in this lifetime
come from love nurtured and grown during one or several
lifetimes we have previously lived in human form. My new
manuscript, The Soulmate Chronicles, will be published
soon. In it, I relate how the lives of four soulmates I have
met and loved in this lifetime were woven from close
loving interaction from many lifetimes. Look for it since it
will give you more insight into how what we think are
“accidental meetings” were truly meetings by universal design.

Another factor in consideration of what you now know–you can actually build a SOULMATE relationship with anyone you choose by learning how to meet with him or her at a “soul level.” Since free will is always at work, this will not turn someone else into your SOULMATE unless he or she, too, has the desire to meet you at a soul level. If so, then certainly you two are now then genuine SOULMATES! This does not necessarily mean you will be together your entire lifetimes. Always remember–before SOULMATES you are first gods and goddesses!

A god or goddess can choose to do whatever, whenever and however, and though 3-D intents and events may end you go on forever and ever. No one and no thing can hold you fixed or committed to this exterior or “dream” world conditions–unless, of course, you want to be committed or “fixed.” Since there are no universes affixed or seemingly “set in concrete” like the Rock of Gibraltar, when a universe changes then everything within it also must change! Without change, life would end. Without death of the old, there would be no birth of the new.

Therefore, it appears wise always to follow the path of joy or feeling good, for that means you are more attuned to your Creator. Thus, at some point, even if SOULMATES have lived blissfully together for many years, their mutual growth may end for whatever reason and then they will consciously part their physical ways–usually with joy, for both will appreciate what they have so joyously shared for
however long even if the time to part has come! This is called maturity.

Now we will look closely at the Law of Attraction, which works back-to-back or front-to-front with the Law of Repulsion for without these two laws the universe as we know it could not exist. Our electrical universe is based on duality or negative and positive polarity or female and male polarity.

Even for gay men or lesbians. Though the spirit residing in the body may be of the opposite gender than the gender type body inhabited, males are males and females are females. It must be so in an electrical universe.

In the magnetic universe, the universe you and I come out of as “light entities” or “spirit beings,” we have no gender or sexual differences! We polarize as female or male only when our “life spark” moves into the electrical universe we presently live in as 3-D human beings. As we enter this universe, our unique tone or note via the Law of Attraction propels or attracts us to the exact vibrational time and place we must be at our human birth. We are born in male or female gender forms.

I might here remind you that we live in a vibrational universe that uses the Law of Attraction to help the creators like you and me to create our vibrant living reality while abiding in human form on earth. SOULMATES who come together do so through the powerful Law of Attraction that moves them into a 3-D juxtaposition when the vibrational match is attuned.
This is why I have stated or hinted often about the value of examining the personal vibrational tone you are sounding. Is this what you want to see more of in your daily life stream? The more you elevate and exalt your own unique self; the more elevated and exalted your SOULMATE will be! Your thoughts are the key to your vibrational rate—so what are you thinking about most of the time?
Chapter 10

What Thoughts Dominate Your Mind?

Hardly anyone realizes that the mind creates every speck or particle and form of “reality.” There is no thing that has shape or occupies physical space that was not first only a nebulous thought and eventually a clearly focused thought in the mind of some conscious and deliberate creator! That “thought essence” was compacted and deliberated upon long enough and strong enough for the thought finally to materialize as someone or something in our vast universe (or in the cosmic, solar or planetary space/time complex) that matched the resonance or vibratory rate of what was “conceived” or birthed.

It might be timely to mention now that all thoughts and feelings literally have “a life of their own”! Ponder the immensity of this insight. It means when you think or you feel you are truly giving a part of your own vitality or life to what you are thinking or feeling. That is exactly how the Creator created you and me!

If you think this through, you will clearly understand why you are a divine goddess or a divine god truly made in the “image” of your Creator; and why you too can create with the simple movement and prolonged focus of any thought you choose to give your precious, priceless, peerless essence of life! Isn’t that a wondrous, so very enlightening and so very self-empowering revelation?
Why was this incredible good news not revealed or passed along to you during your private or public schooling? The answer becomes apparent with thought. What you are learning or already know so well generally is unknown and thus is not taught in any kind of ordinary private or any public school system—yet! However, be assured that in due time it will be passed along to every child on earth in what will then be the normal course of childhood experience, tutoring and growth. At this point “hu-man” (or god-man—for ‘hu’ means god man—or goddess) civilization has not yet achieved a fully conscious human state. There are masses of individuals in both “high” and “low” places on earth who are sub-human.

In time, everyone on earth will become truly human or truly god-man or god-woman and ‘heaven on earth’ will be a reality for all of us who are sharing this rapidly oncoming period piece upon Earth. My book, *The Birth of Earth as a Star*, gives much added insight into this divine process.

Meanwhile, many people on earth are still brutish, barbaric and very primitive or uncivilized in their attitude and interaction with each other. When you encounter them on the new path you are now walking, simply bless them silently (for silent benedictions or blessings bestowed are far more potent than audibly verbalized ones) and go powerfully and safely on your way. You are walking now consciously into the light and that is always so very self-empowering! Those who walk in darkness no longer have any power over your actions or over your highly inspired thoughts and feelings. You are the sole captain of your
destiny. You have turned the tables; instead of the mind of “social consciousness” (still very base at this time) running and ruining your life, you act instead.

If you must, reread this last sentence repeatedly and ponder it thoroughly until you can actually sense and know the two vastly different “approaches” to life on earth.

One is the socially accepted attitude of reaching up toward spiritual enlightenment and the spiritual life that follows, while the other far more important one is the attitude and knowledge that you already are at any given moment a divine spirit connected fully to all other spirits and to All That Is in any form anywhere.

You thus live a spiritual life. You are not “reaching out” there somewhere in a distant time or space to constantly seize something that keeps being at a distance from your eager grasp! Do you get the picture? If not, simply reread these last few paragraphs until you go beyond reflection of the words and actually absorb the depth of their meanings! All things in our vibrational universe are bound by the great principle of either reflection or absorption. When you absorb it, you own it!

The value of understanding as much as you can of what has been presented to you in this chapter is that you must realize how immensely important every thought and every feeling you “entertain” or house becomes both to you and to all others who share this grand planet Earth with you.

It is estimated that the average human experiences or grasps over fifty thousand thoughts each day of her or his
life! Very few of those thoughts have enough life in them to become full-blown “realities” on earth in their own right. Most of the thoughts are repeaters, thus ensuring that our tomorrow will be an almost exact repeat or replica of today. For me that is boring, boring, boring beyond any measure!

What is so very important is that you think about what you are thinking during each moment of the day. Learn to be fully conscious of what you think and what you feel. When you practice conscious or deliberate thought, in the process of watching what you think you can catch and throw out all of those nasty and retrograding “declaring thoughts” or verbalized declarative statements that are often your undoing, for you always become what you think, feel and say!

Ask your inner or higher divine spark self to help you consciously monitor all of your thoughts and feelings. Then you will know why things “happen” in your own life stream. Nothing happens by accident. All events are vibrational matches of the “eventees” gathered or huddled together during any event of time in space. You are only the “victim of circumstance” when by design or default you activated a vibrational match to your thoughts and feelings.

This is why you constantly are urged to think good thoughts—thoughts worthy of your divinity; and to feel good feelings—feelings worthy of any goddess or god on Earth! What thoughts dominate your mind?
Your mind can move in imagination toward any one or any thing you desire. You can carry a good thought or a negative thought to any destination you wish. That is what creators do! If you carefully monitor what is on your mind often you will learn to move more speedily away from thoughts that are self-defeating, self-destructive or self-damaging and focus your mind on thoughts that are self-supportive in all ways!

My suggestion is that you take time early in the morning or just before going to sleep and enumerate a long random list of things or events of the day for which you are highly appreciative. If you can keep listing one thing after another that you appreciate immensely in your present day–just for five minutes–you set a tone or note that will resound through all of your tomorrows! Each time you use your thoughts to raise your own vibratory rate a small increment you have become an exciting new person and the entire vibrational universe will see and hold you in that new light!

Do you know what you want? Few people do, so let’s address that issue right away.
Chapter 11
Be Specific In What You Want

The more clearly you can envision and detail your SOULMATE, the more power or mental gravity you lend to your desire to be with him or her. It is highly important that you feel tremendously familiar with your SOULMATE. You will add to that feel of great familiarity as you carefully build all of the aspects and characteristics you greatly desire to find in him or her.

Take all the time you need to think out and feel the way he or she looks, thinks, acts, feels and brings you that unique sense of personal joy and fulfillment that only a truly genuine SOULMATE can bring to you. These enduring aspects are what you and your SOULMATE will share over the months, years or decades ahead. All you have to do is see more and there is more!

In some ways, these personal aspects are more important than those dealing with hair color since hair color can be changed at will. Models often change the color of their eyes through wearing different color eye contact lenses, so that, too, is easy to adjust. Even height can be adjusted if the shorter person wears extra high heels in their shoes or boots. Nevertheless, every single person has a different appreciation of what makes the contours of a face so good-looking or attractive. This is where you are the supreme sculptor or artist. You alone can paint or shape Mr. Right
or Mrs. Right to look exactly as you want him or her to
look. You can make him or her tall, robust, slim and trim,
short and heavy-set, well built or thinner than usual. Your
own mind or soul knows what characteristics or attributes
you want to see in your SOULMATE.

I remember when the SOULMATE I yearned so
powerfully for arrived in my life. She had long hair just as
I had envisioned but to my sudden surprise she cut that
beautiful long hair into a boyish cut a few weeks after we
met. If I had taken the time to specify more clearly that I
prefer my SOULMATES to possess long—and to me more
feminine-looking—hair, that would have brought a different
and probably more compatible SOULMATE into my life
at that time. As it was, I had not done my “homework”
well on that occasion.

Of the several fantastic SOULMATES I have inter-
acted with over the many years of my lifetime, I spent the
least amount of time with her. It did not take long for us
both to realize that although we loved each other greatly,
we were heading down different and incompatible paths.
Thus in due time we thanked each other for the pleasure of
each other’s company and parted our ways. That experi-
ence turned out to be one more valuable “life lesson” or
shining pearl of wisdom we both gifted one another!

When a lesson is learned, you never have to repeat it!
We always reap what we sow or “seed” in this vibrational
universe. If we offer a clear and distinct picture to the uni-
verse of what our SOULMATE will be like, the universe
will gladly deliver him or her to us.
Perhaps we can understand this with more certainty if we compare it to planting a turnip seed in the ground and expecting the earth to yield us a tomato plant instead. This is in fact a terrific analogy for the universe works precisely the same way. If you offer the colossal vibrational universe that awaits your creational bidding a striking or starkly clarified picture or “photograph” of your SOULMATE, the universe must then deliver the special him or her that most perfectly matches that photo to you!

This is why I urge you to be as specific as you can. Build the traits or loving qualities you want your SOULMATE possesses in crystal-clear detail! When you make him or her “bigger than life” and more familiar than you can even imagine, the universe will certainly fill your order.

Here is another good tip to follow. Think this through; do you want the universe immediately to fill your order with the nearest special someone who may not quite “fit the bill” or be lacking in some trait or characteristic simply because you are in such a hurry? Or, would you more wisely choose to wait a few days, months or even a few years to allow the universe to deliver that incredibly perfect SOULMATE into your waiting arms? A little patience could be well worth it! The choice is yours.

You are a god or a goddess. You deserve the best. Make or take the time and effort to conjure the most loving, most exciting and most self-fulfilling SOULMATE you can into your own life stream. Be specific in what you want!
Chapter 12

Find Your Patterns of Resistance

As you progress through this volume you will be reminded often that your speed and your ability to create something from nothing exists in direct ratio to two vital factors:

1. Desire
2. Lack of Resistance

Just imagine that you are pushing a cork under water. Do you feel the resistance? Now let go of the cork and all of that resistance melts away as the cork quickly rises to the surface and floats freely. Imagine further how your life would be if you could let go of all of your resistances—getting your cork to float on or in the universal life stream would make you a Master or at least an Adept in creating a fluid and very harmonious lifestyle. Since multitudes of others, past and present, have done it, you are certainly capable of doing it too.

In order to lessen the many resistances that leap up to bring you fear, doubt or feelings of inadequacy about achieving your desires, you must first learn you no longer need the ancient hard-work “struggle ethic.” If you have no resistance to your desire, you desire can manifest almost immediately. I know this personally for I have on occasion
psyched myself up and achieved several near instant materializations of what seemed to be very impossible desires. In one rare and precious incident, I literally manifested an instant physical creation. And if one person can achieve this through the power of a focused desire, then you or anyone else who desires can do it too!

The more you become aware of your feelings or actions of resistance, the sooner you can abolish them. When you want something, pay strict attention to what your mind is saying, or how you feel about it. Track down any feeling or thought that jumps up in your mind or body. When any fear is exposed, it loses all of its destructive or inhibiting power. If you doubt your own divine ability to be successful in getting what you aim for, find out where that thought or feeling originated then stop giving it any more of your conscious attention. In due time, by focusing on what you want and successfully ringing what you want into your stream of life, your self-confidence will naturally build and that old resistance to doing good, feeling good and living well will vanish.

The less resistance you have about seeing, touching, holding and sharing love with your SOULMATE, the sooner he or she will be smiling back into your shining eyes. This universal principle is absolute! Reduce resistance and power grows. Increase resistance and power decreases. Most of us have never been aware of these easy-to-understand universal principles. They are not taught in our educational systems, except perhaps in a rudimentary manner in physics or science classes. Certainly, the application of these profound universal principles in our
psychological or daily life were not taught or emphasized. If so, this would be a dramatically newer, and more peaceful and self-productive world.

This one simple but powerful principle is a major key to making your wildest and most fanciful dreams come true. Simply be aware of your resistances and delete them from your life stream one-by-one as they appear. This alone will empower you like no other universal law or principle. Find your patterns of resistance and drop them out of your life! Go for it!
Chapter 13

Act Less—Visualize More

This insight will also improve your chances of bringing the SOULMATE of your dream to you soon. We all are so used to feeling or thinking we must immediately swing into action when we see or imagine an attractive new goal. This is another aspect of our genetic coding involving our work and struggle ethic.

The thought is that if we swing into immediate action we will quickly accomplish what we desire; and nothing could be further from the truth. “Think before you leap” is an old adage and has more ramifications or meaning than normally thought. This adage states that before you leap out of the frying pan into the fire, think first and see if you can conjure up a more life-giving “jump” or move.

In reference to the insight presented here, it means if you want to confront your SOULMATE simply be wise and do a good amount of mental “pre-paving” first. You save a lot of time and effort in the long run when you do this rather than heatedly going from tavern to tavern, dance to dance, museum to museum or to the many good “matchmaking” services available today, etc. If you do not have a good picture or imprint of what you want before you get into whirlwind motion, you cannot and will not find your SOULMATE!

Therefore, before you rush off onto some nebulus physical or 3-D trail, know what you want and picture it in
your mind as clearly as possible and feel it as strongly as you can! That immediately rearranges universes or “shakes worlds” and produces that which you are focusing so intently on—be it your SOULMATE or anything else you mightily desire.

If being with your SOULMATE is an extremely high or the most important priority in your life, you cannot fail to find him or her. The universe will readily move into action and you will be swept along to where your beloved and longed for SOULMATE stands! That is how it works.

First, move the entire eager and willing universe through the power of your focused desire. Then if you desire to find your SOULMATE, the universe will rearrange itself to accommodate your new picture of reality! This is how all things precipitate into 3-D reality. It is the “intent in time” of a creator who visualizes and focuses powerfully that eventually produces the desired “event in time”! You may want to ponder and absorb the insight you receive from the previous sentence. Read it repeatedly until you absorb it and “own” the insight or truth it contains.

All successful inventors, artists, statesmen (though few of these today), powerful business people, etc., know this secret well. They clearly visualize what they choose to create in their chosen field of life.

Some individuals seem innately to know this powerful principle. Others like me, and possibly you, discover this principle by trial and error. The golden key is to find out what you want the most and hold that focus in your mind
or your soul. Make a list of what you most desire. Write down your first and foremost goal or want, and continue to write down all your goals and wants down to the very least.

Most people conditioned by the struggle work ethic think they must work up to the big goal so they write the list of things they desire from the minute to the minor to the major and then what they want most of all falls at the bottom of the list! I was doing that until a good friend who was highly successful caught me at it and explained to me that I needed to put as number one on my list what I wanted so much I could even taste it. I saw the principle immediately and quickly changed my list, reversing the order and placing what I wanted above all other things at the top. Six months later, as I had asked for in writing, I moved out of a state of abject poverty to owning my first home, owning a Cadillac and having a high earning professional income. Numbers one, two and three all became my 3-D reality while my other lesser desires vanished or fell away from my consciousness. That was a tremendously good lesson for me and one that I have never forgotten!

Know what you want and focus as vividly as possible on it being your physical reality—and visualize it happening within a comfortable timeframe. The universe knows how to orchestrate it. Your job is merely to know what you want and to give your grand desire enough fiery energy to activate your vision! See your SOULMATE in as many familiar settings as you can imagine. See yourself talking with, walking with and going to your favorite places with
him or her. See yourself holding and caressing him or her while your SOULMATE lovingly and gently returns your caresses.

Enjoy and give thanks for your thrilling and fun-filled fantasies and truly know you will speed up the natural process of being with your dream-come-true SOULMATE when you act less and visualize more.
Chapter 14

I Want Versus I Don’t Want

In normal “social consciousness,” the masses respond or react negatively to their daily experiences. There is a strong tendency of the masses to state an approach or an observation from the negative principle. Small children daily have the admonition “no” screamed at them all day long, so a negative consciousness state seems normal to them when they grow up.

Meanwhile the universe by its very nature cannot think or respond to any thought or situation in a negative way. We must be thankful that the universe only understands inclusion for that is all it can deduct or summarize. It only knows “yes.” The word “no” has no meaning and does not exist from the true universal perspective. Every single universal vibration or movement is geared toward “yes”! Our naive human family must finally “come of age” and go with the universal flow instead of against our precious life current. Learn to say yes, yes, yes loud and strong!

Children that hear no, no, no dozens or hundreds of times a day even before they begin to talk, thus are immersed in the “no” attitude or personal perspective. This means instead of learning to be “for” something and giving life or energy to what they want or desire, they innately tend to be anti-this, anti-that, and against this or against
that. That means precious human energy or the ever-sustaining life-stream is being wasted or frittered away. Children imitate parents. The blind lead the blind!

Since the Universal Law of Focus demands that whatever you focus on gets bigger and bigger and bigger, the longer and the harder you focus on a negative situation, the bigger it grows. This same knowledge was handed to us approximately 2000 years ago with the admonition “Resist not evil” for the great Master teacher Jesus knew the law. He understood that when you push against anything you automatically give it more life! The key is to give all negative appearances no attention. Instead, you wisely focus on the way you want things to be, not on the way things are! The choice is yours, so energize your want instead of your fear or negativity.

Here again, no one ever taught us this wisdom in school yet it is one of the constant absolutes of the universe. When you give your attention to something, you give it more life! When you subtract your attention that “something” cannot live in your world.

Yes, there is always a “time lag” in the process of the “unseen” becoming the seen. Likewise, there is a time lag in the process of the seen (or appearances) disappearing or becoming the “unseen” once more!

If you think it through, each new moment is like a small molehill. You can make it a mountain of negativity or a mountain of positive sheer joy or bliss. You have that choice at least 50,000 to 60,000 times a day, for scientists have calculated that we have an average of that many
thoughts per day! Each thought can grow into a good feeling and deliberate upliftment of self, or it can grow into a cesspool of anger, pain, judgment, guilt, regret, etc., if we choose. Fortunately, no one else can make that choice for you though many people, religious cults, governments and even scientific groups try to make that choice for you. Thus, absolute justice rules everyone and everything for in due time any good choices or any bad choices catch up with you, sometimes at what appears to be very inopportune moments. Nevertheless, the Law of Cause and Effect can and will bring your SOULMATE to you or will keep him or her at arm’s length until you are both balanced as a “vibrational match.”

You can begin this very moment to watch consciously all of your daily thoughts. Do not beat yourself up if you surprisingly catch yourself offering the universe negative reactions rather than positive actions. In time your “old past,” including negatively charged events from past lives, will catch up with you.

From that moment on, all of your life will be consciously what you ask it to be! Your destiny was always in your hands but you never knew it before. When you absolutely know that you create every speck and iota of your daily reality you immediately graduate out of being a “victim” for you know the universe keeps an exact accounting and what you “gave” to life in the dim or recent past life will re-give to you in your living present or eternal future.

You can never bring your SOULMATE into your arms if you keep focused on the fact that you do not want to be
without him or her! Instead, merely focus many times harder and longer on soon being with your self-destined SOULMATE!

Learn to say “I want” deliberately. Arrest any mental urge or desire to express mentally or verbally what you do not want ever again! If so, the SOULMATE you want will be walking happily at your side soon. So be it!
Chapter 15

Be a Vibrational Match for Your SOULMATE

This chapter, along with the next three, will help you get to know yourself better! “To thine self be true,” means being straight or in precise alignment with who and what you are. It does not mean that if you are coming out of a negative state you get to tell yourself and everyone around you “this is me—love me for what I am.” No one feels love for ugly or brutish behavior or for negativity around him or her! You feel love for the god or goddess within everyone, for the divine order you have trained yourself to see.

Another insight never taught to you in school is that at a spiritual level like is attracted to like! While almost everyone knows that 3-D physics dictates that on a physical or “particle/mass” level opposites attract while all “likes” repel. Positive repels positive and negative repels negative simply because at an electrical universe level the eternal Law of Attraction and Repulsion ever exists! Thus when erecting mass or physical form, duality is exercised and a negative (minus) and a positive (plus) is always needed. Concrete physical “reality” works that way. Our external or gross world, from the body of the universe itself to the tiniest particle our scientists have been able to unveil or perceive, is shaped or constructed in this way.
However, every minute part of gross 3-D reality was erected from the subtle magnetic realm or field of mind underlying every atom of substance. So what is truly more powerful—the gross world that is or the subtle world of mind that sees new worlds as they will be? Naturally, it is the subtle!

SOULMATES are drawn to each other through subtle vibrations long before gross physical contact is established between them. Subtle emanations come from your soul, not from your physical brain. Your brain never thinks! It is only a divinely wrought computer and, like any computer, what you put into it is what you get out of it. Whereas mind is a soul force that permeates and holds all things in the universe into one interacting vibrational field!

Have you ever heard the ancient saying, “birds of a feather flock together”? This wise old axiom was an insight formulate by sages of old who studied universal movement or principles. At an inner or subtle spiritual level, likes are attracted to likes! Thieves and brutes hang out with thieves and brutes for they are automatically attracted to each other. Noble hearts and noble minds spend their time with other noble hearts and noble minds.

If you want your SOULMATE to be nurturing, “allowing” and fun, you too must cultivate a vibration of nurturing, “allowing” and fun. What you are is what your SOULMATE must be. It can be no other way! What you are like is what your SOULMATE will be like. Do you like the way you are? Few people do for we are immersed in a heavy, thick vibrational field of guilt and regret from our very first point of human conception. Our parents are
loaded with guilt and regret, and the mass human consciousness surrounding us daily is seething with waves of ugly guilt and stale regret. Only as we mature and break through this vibrational world of intense guilt, do we suddenly know we are more than our brains, more than our genes, more than our bodies—we are gods and goddesses.

When you break through this immense wall of “sin, judgment and self-remorse,” you will leave guilt and regret behind as I have consciously done and as so many other aspiring adepts or masters of life have done!

When you know you are a god or goddess, then your SOULMATE must match your vibration. He or she will also be a conscious god or goddess!

The key word repeated often in this chapter is “conscious.” Unless you are aware or conscious of something, it has no genuine reality. The next three chapters will help you be consciously aware of what you are thinking, feeling and saying on a moment-to-moment everyday basis. As you become more aware or conscious, your SOULMATE will also consciously pick up your signal and location and meld into your much brighter and so much lighter life stream!
Chapter 16

Watch What You Think

Even though our minds are carrying on a constant stream of chatter, it is possible to train yourself to be consciously aware of your thoughts. You can actually train your mind just as Yogi masters teach their Rajah Yoga students gradually to find self-mastery and self-enlightenment. However, you do not need to go to a Yoga school or a Yoga class to learn the fine art of curbing a “wild, uncontrolled mind.” Instead, you can begin immediately to monitor the thoughts that arise in your mind the moment they enter your brain. Here is where all of the “molehills” begin. Here, as well, is where you make a choice to host or “entertain” that particular thought or to drop it like a red-hot coal in your hand!

The more you focus on a thought the more neurons your brain fires and the more formulated the thought becomes. If you are conscious of your thought and it does not feel good, why give it another tiny fraction of your power? Why discharge the divine battery of your being with thoughts that are not uplifting, fulfilling or worthy of your attention?

The very nature of mind is that it likes excitement and will keep moving toward fields of action or excitation, for that enlivens your mind. You can learn to curb your mind as you curb a wild horse by jumping on it and pulling back the reins before it can run off to wild pastures! You must curb the thought at the very moment the thought expresses
awareness in your mind. A fear or doubt can grow to awesome proportions in moments if you feed that fear or doubt with your further attention. However, instead of focusing on “no,” which will only make that worrisome thought grow larger, focus on a “yes”! Let your mind know you are the master and it is your servant—not the other way around. Quickly state, “Yes, I will be abundant” or “Yes, I will soon be loved by a divine SOULMATE” and continue to energize all the pleasure of the thought you have substituted until you are ready to move on to other thoughts.

Realize, too, that you are no more your mind and no more your thoughts than you are your brain or body; just the same as you are not the ham and eggs you might have eaten for breakfast. You are a goddess or a god made in the exact image of the Creator so you can consume any part of the mind you wish or digest any thought that appeals to you. You are engineered or designed to have power over your mind and thoughts. Because you are divine and immortal, you can select negative mental states or negative thoughts if you choose.

In other words, if you think you are not good enough for a SOULMATE, you are right about that even though it is erroneous thinking! Your SOULMATE will not appear for he or she knows vibrationally that you are not a match. What you think is what creates your own world. Watch what you think and make the molehill a very huge mountain of pleasure. It really is your choice!
Chapter 17

Watch What You Say

Countless friendships have been destroyed by unthinking or unfeeling words. Countless business deals have fallen through by thoughtless verbalized demands. Uncontrolled tongues have rashly broken countless marriages or relationships! This is why the great super being in India today known as Sai Baba declares that a vicious tongue can wound another more than a deadly scorpion’s sting! Sai Baba further declares that only when your tongue is totally harmless will you be given the awesome power that resides in all gods and goddesses! Until then you cannot be trusted with so much power!

A loose tongue wounds everyone in the line of fire! Once uttered, a negative word cannot be retracted. It lives on in the vibrational field of the one who hears it forever, even though they consciously “forgive and forget”!

That is a tiny glimpse of what your spoken word can do: it can lift someone up to great heights or it can make the listener feel greatly debased, despondent, tremendously guilty and, in some cases, even feel like killing him- or herself!

Who wields such verbal power? You do. You can shake worlds with your words. You can inspire new worlds with your words. You can dramatically alter others. You can dramatically alter your own self through self-
suggestion! Your words can bring you great freedom or put you in a hellish prison.

Isn’t it wise to watch what you say? In other words, be consciously aware of what passes through your lips and into your surrounding vibrational field in the same way that you can train yourself to monitor your thoughts.

Actually, the most masterful and effective way of being absolutely sure that you are saying what you truly want to say rather than foolishly blurting out what your brain seems to compel you to say is to go back to step one—entertain only the thoughts that make you or others feel good. Period!

On the other hand, if you keep thinking differently than what you are saying, your brain will finally get saturated and will “download” during a highly emotional moment and you will sadly blurt out what you have really been thinking! Remember, once you “let the cat is out of the bag” it is too late. Once “the horse runs out of the barn,” it is too late to close the barn door!

I feel certain you have a genuine desire to summon your SOULMATE to you; so by watching carefully what you say, your every word will grow in power. Then when you declare with great feeling, “I summon my SOULMATE to enter my life stream within the next thirty days,” your words will ring loudly across the universe, and your SOULMATE will hear and move quickly toward you.

When that happens you will have earned the power for you have learned to watch what you say deliberately! Your words are a real blessing and heal instead of wound or
gouge another. When you listen carefully, you also will automatically speak less, and when you do speak, heads will turn to listen to what you have to say. Almost everyone soon ignores a “motor-mouth”!

Your SOULMATE will mirror you so make that mirror something you will be pleased to look into. Watch what you think, watch what you say and watch what you feel. The whole world is also busy watching you, including your SOULMATE!

One last tip that can save you from a lifetime of self-induced ignorance—never say the declarative statement, “I don’t know”! Catch yourself until it falls away from your vocabulary. Instead say, “In time I will know” or “Check with me later on that” or anything else appropriate. You literally begin to know when you cease stating “I don’t know”! Be conscious of every self-declarative statement that comes out of your mouth or your mind.
Chapter 18

Watch What You Feel

The message here is to sense out each of your feelings, not to deny what you are feeling! It is wise to acknowledge every single feeling that vibrates through your being. If you repress what you feel, it will eventually gather energy and explode into rage, anger or depression during an experience you have that is not even remotely connected to your expressed feelings.

As a human “personality,” you operate through your very own unique ego self or sets of ego self. Your personality is composed of a mental body, an emotional body and a physical body. Because of the universal “mirror” or reflection aspect, these 3-D bodies are perfect reflections or counterparts respectively of your divine spirit (mental), of your soul (emotional—also known globally as astral), and your etheric body is your electrical blueprint. This is seen clearly as a colorful auric field through Kirlian photography.

Your emotional or “feeling” body is like a “failsafe” mechanism that alerts you to the fact that something is wrong with your thinking or your environmental situation. You and I have this amazing “emotional thermometer” or “feeling gauge” that can very accurately disclose how we feel about every single life experience that impacts us. This is the most incredible and reliable guidance system that we
possess. It is linked strongly to our intuitive capacity. It is priceless beyond any worldly comparison!

Here you can learn to “test the waters” of any personal, group, national, planetary or universal feeling you experience. You can learn to sort out every impact you encounter through one very pertinent question: Does it feel good?

If it does not feel good, why waste one more unit of energy on it? Your trusty inner guidance is telling you clearly that the experience is not for you.

Since learning this astounding universal principle, my lifelong credo or pathway ever since has condensed down to one very clear self-credo: I do what I love … and I love what I do!

Can you imagine what it feels like to be doing love-filled “work” (which is really a lot of fun), and dealing with and being with love-filled, self-awakened or self-enlightened friends, loved ones and business associates? This is turning your world around! This is creating your own destiny instead of being jerked around or tossed wildly around by the cruel winds of fate!

Fate is when you surrender control over your ongoing life stream; destiny begins the moment you begin to take charge of your life, when you assume full responsibility for every thought, feeling, spoken word and action coming forth from you! That is indeed a fun-filled world, a world filled with abundance, joy and SOULMATE love—if you choose!

Start now to use your emotional gauge consciously. Ask yourself, “How does this feel?” If you get a good
feeling, your inner guidance system is prompting you forward. If you are getting a negative charge, then change course immediately. Move toward what makes you feel good or better the next moment—and the next and the next, ad infinitum!

There is not license to follow any feelings you innately know are harmful or irresponsible. Being responsible feels good, being irresponsible does not.

The hero who rushes into a burning house to rescue a child in danger knows it feels better to risk her or his life than to refuse to act because she or he feels frightened. The cardinal and reliable rule in all situations of doubt is to move toward the highest principle you are aware of for that will make you feel the best.

From another highly pertinent perspective, our word “good” is a corruption of the word “God.” Thus, when you feel good you are feeling God! So always, always be aware of what truly feels the best—and go for it!
You are already aware that the speed of creation is a direct ratio of desire to resistance. The greater the desire and the less the resistance, the more immediate that creation results, and the opposite is equally true. The more resistance and the less the desire, the longer it will take to see any creative results. All of us are irrefutably bound by this principle.

Therefore, you must determine how much you want your SOULMATE to appear in your life stream at this moment or how much surprising resistance this thought brings. If you are in doubt as to how to gauge your position, simply ask what feels better. Does the thought of having your SOULMATE enter your life feel better than not having your SOULMATE enter your life?

It may surprise you that when you honestly ask yourself this question, you may feel a slight resistance or even a very strong resistance to that prospect. If there is resistance, the next step is to explore where it is coming from. Most often, any resistance to having something very good in your life stems from a feeling of unworthiness. Self-worth is often an issue with almost all of us since our parents ignorantly condemned us for not doing our school
lessons right or for failing to live up to their expectations. We may also have set higher goals than what could be achieved, and so felt unworthy of having what we wanted. There could be a trillion pertinent reasons why events or circumstances of the past shaped or warped our self-opinion in a negative way. If the answer does not arise consciously as to why you are feeling resistance to what will make you feel good, there is a very powerful way to override it.

If wanting a SOULMATE feels better and stronger than not wanting a SOULMATE, trust your feeling and begin working immediately on lessening your resistance. This is actually easy to do. Start weighing all of the good things about being with your SOULMATE. Turn all of those “molehill” things into “massive mountains”! Just keep focused powerfully on what you do want, not on what you do not want. Gradually what you do not want will assume less and less importance until it fades entirely out of your conscious mind. Just keep on building more and more desire to be with your SOULMATE by adding more and more pleasant associative interactions with him or her. There are countless events you can imagine you are enjoying doing with him or her.

At the same time, use the contrast of not being with your SOULMATE as a springboard to increase your desire to be with that so very special someone. You know how it feels not to be with your SOULMATE, so turn your world around and use your divine image-making power to see and know what it feels like when your SOULMATE is
looking deep into your eyes. Is he or she smiling? You ought to be!
Chapter 20

Feel For the Vibration of Your SOULMATE

This is a vibrational universe; everything around you pulses and throbs with life. Your SOULMATE throbs with life. Can you feel it?

Perhaps it will take time for you to get a feel for him or her, but when you do you will want to reach out and touch that very ecstatic feeling again and again. Your first few efforts may not establish contact with your SOULMATE. Just keep trying. Anyone who persists can usually attain anything in time. If your desire is great enough, you will do it.

It may help to realize that it does not matter where your current SOULMATE or “vibrational match” is at on the planet. Your feeling carried on the wave of thought can reach to the farthest star, if that is where your SOULMATE resides. Don’t panic—I am making a point!

Fortunately, your SOULMATE resides in a human body and, when the time is right and when you allow it, will be basking in your space at a physical level. The mediums now of transportation and communication have literally collapsed almost all time and space on earth. In a few years, many people will also literally be talking face-to-face on a computer screen to their SOULMATES in far distant countries on their first joyful, probably heart-
madly-beating encounter! After that, the earthly function of reducing distance between each other will be fairly easy.

Your fun job now is to extend your feeling across space and time just like those radio and video waves and touch the heart and soul of the one you love. You can do it, but first you must know you can do it.

Here is more insight into how to do this. When you think a thought to the moon or to anywhere in vast space, that thought follows a spiral line directly to the moon and a line of light travels speedily behind it. The speed of light is much slower than the speed of thought, but eventually the time lag is breached and that “carrier wave” of light now acts as a direct personal communication line from you to the moon—or to anything or anyone anywhere in universal time and space. Reread this paragraph until you understand it fully. It explains how when you think of your SOULMATE, you have then established a carrier wave of light that you can sense through or feel through. This is how telepathy or intuition works! Anyone sensitive enough to someone else (usually through familiarity) can “pick up” thoughts, feelings and often images (clairvoyance) from persons or events they match on a vibrational level.

You must have realized by now that when you deliberately set up a carrier wave of light through your directed thought to your SOULMATE, he or she can now feel or think directly to you too! Just think now where and how you stand! By one determined and powerfully inspired thought, you have virtually created an open line of communication between your SOULMATE and yourself. It means from this moment on, unless you use deliberate techniques
as outlined in my book *Mental Room of Mirrors–Self Therapy Technique* to sever that etheric connection, you are now “wired” to your SOULMATE and he or she is wired to you!

Not only your SOULMATE, but anything and everything in our vast wonderful universe is but a thought away—a feeling away—a mental touch away. You and I were deliberately created to be deliberate creators! We were engineered as creative “outposts” of our Creator Who “drinks in” what we create. We are allowed to create entirely new worlds or universes—as we learn how to, of course—so the creation or physical materialization of our SOULMATES is easy in comparison.

If you are wise, and I am betting you are (you are reading this book, aren’t you?), you will mentally reach out now for your seemingly elusive SOULMATE with great feeling of love! When a contact is made there will be the registration of a very subtle “click” and from that point on at whatever level you or your SOULMATE can each “rise to,” you will communicate to each other at will to some degree. This chase is real and the rewards of a good hunt are absolutely worth it!
Chapter 21

SOULMATES Mirror Each Other

When that wondrous merger of you and your SOULMATE begins, you will be astounded at how much you enjoy the same things together. He or she will generally like most of the things you like and love most of the things you love. You find a common interest in life stream goals, and the joy of dreaming daring and adventurous new dreams together will be exquisite.

As each new day passes by, together you will be more and more amazed at how much you mirror each other. Even if there is a difference in gender, you and your SOULMATE will value the things that really count in life with the same great fervor or commitment. You two “love-birds” have come together because you are extraordinary vibrational matches.

In a way, you can say this was destined to be, for both of you demanded at some depth of your being to find each other! When you assume full control of who and what you are, and what you think, say, feel and do, the future is yours for the making.

Your SOULMATE, who mirrors you, has arrived at the same or very nearly the same plateau or level of universal and human understanding as yourself. Thus, instead of being at odds as so often occurs in ordinary
state-certified “marriages,” your alliance or marriage of hearts and souls transcends anything mundane or petty.

Instead of butting heads in an ego-butting bout, SOULMATES cooperate rather than compete! The two are more like one invincible being—united in their goals and self-commitments. Petty little quarrels, minor differences of opinion or choices over who does what are ignored. Instead, SOULMATES see themselves reflected more clearly in each other than in or through anyone else in their life streams.

Instead of aggravating the beast to come out in the other, as is often the case in common marriages or lover relationships, SOULMATES invite the god or goddess in their mates to “come out and play” with them instead.

Your SOULMATE is the most perfect, clearest and brightest mirror you will ever find! This is why I have stressed repeatedly in this volume that when you meet your SOULMATE you will be meeting yourself!

Will you really enjoy meeting who and what you are? Good question! If not, find out why and go to work to make your own divine self into the ultra divine god or goddess you are at a conscious level! If you are not conscious of your great inner divinity, it simply does not exist for you until you acknowledge or “own” it consciously!

You are the supreme architect of your being. God made us all equal in that respect. You are unique. Whatever “tone” you set for yourself is what your SOULMATE will be mirroring back to you.
No one else can or will strike your note for you! That is, thankfully, something that only you have total control over. What tone are you sounding?
Chapter 22
Setting Your Tone

Most people do not realize they are emitting a set tone or note every moment of every day! Other people are drawn to you or you are drawn to them because of the vibrational “sound” you emit.

Sound and color are synonymous. If you think about it, you can almost see a heavenly pink or light golden color around any one who is joyful. At the other end of the spectrum, you can almost see a blurry grey mist or dark cloud around someone who is despondent or filled with despair; and there is almost a strong and repulsive dark red color around someone who is very angry. Whether you know it or not, you are always attracting people or repulsing people for at some level, we all respond to all of the tones around us. We are aware of the major tone of others.

Naturally, people have major tones and minor tones—similar to what we understand in music. All of us are a grand composite of many sounds and echoes, which together form one major tone or note. We all have the power to alter our tone when we choose. The process is simple. We change our tune, meaning we change what we are focusing on.

Your SOULMATE deserves the best, so you can please both your SOULMATE and yourself by readjusting your “dis-chords” and filling yourself with pleasing harmony instead. How do you bring about such a desirable
transmutation or transformation? This is easier than you can imagine. You have already been exposed to the process in former chapters. You simply follow your emotional gauge and keep pursuing what feels good.

Think it through … if you are thinking, saying, feeling and doing what feels good to you, your tone must be very, very good! You set your tone by an attitudinal adjustment. You deliberately choose only what feels good moment by moment, day after day until you feel so good that anyone who enters your presence will also feel good! All of us have met individuals who we felt very good about the moment we met them. That was because that person was sounding a tone of upliftment or of tranquility—or just sheer human happiness.

No one likes a “grouch.” No SOULMATE will be attracted to a grouch. No SOULMATE will be attracted to you if you are sounding a note of despondency, anger or hatred. Why would anyone be so foolish?

Knowing this, you can cultivate a tone or note that will be appealing to your SOULMATE and will serve to attract him or her to your wonderful tonal “offering.” No thing and no one can stop you from setting any tone you desire. The note you sound at any set or “given” (offered) moment is uniquely your own. If you genuinely desire a good relationship with your oncoming SOULMATE, choose only what is good for you. If it feels good, it is good! If it feels awful, turn away in consciousness and in the body as well—if appropriate. You came into the human “flesh” experience to feel for and find good adventures and good experiences.
The thick layer of guilt that reeks in social consciousness today can lull you to sleep or hypnotize you into believing that you are guilty, full of sin—as some religious sects ignorantly proclaim—or will never be so lucky or so deserving as to have a SOULMATE. When you awaken to your God-given godhood, all of those false doctrines or guilt-driven feelings of unworthiness will vanish. The contrast will be as stark as the bright golden sun coming forth after a dark and dreary raining day!

When you stop listening to society and the plethora of voices urging or demanding you do it their way and simply become self-responsible, the tone of your life will change dramatically! If you are at a spot in your immortal life stream where you now want a real flesh and body SOULMATE, fire up your desire, lessen your resistance and start setting your tone.
Chapter 23

Bask In SOULMATE Thoughts

Nothing is so beneficial to bringing your SOULMATE to you than basking in SOULMATE thoughts! When you fully immerse yourself in what you love your sound of joy rings to the ends of the universe.

Many years ago, a Master teacher in my life taught me that you become what you think! Over the years, my own wonderful experiences have confirmed the truth of that statement. You are what you think and if you think about your SOULMATE often, he or she will catch that “virus” or thought wave and start thinking about you. When that happens the power of wanting to be with each other will be squared—four times as much—not simply doubled. In universal math, one times one is one power but two united in thought creates a direct square (2x2) or quadruple the power. If three individuals are united in thought (like a musical group), the math becomes 2 x 2 x 2, equal to eight times as much life, energy or power.

Thus by mentally and emotionally “linking up” with your SOULMATE, you open the potential of giving four times as much probability toward “matching up” with him or her soon! And even if this universal principle was not at work, just the sheer pleasure of imagining sharing intimate and blissful adventures with your SOULMATE is compensation enough! It will make you feel good!
When you feel good, you are in synchronization with the universe. If good really means God, then you are feeling god and that is the ultimate good feeling!

Take time throughout the day to give yourself a huge treat by mentally bringing your SOULMATE into your presence. Treat that blessed mental thought of him or her like a living entity that deserves your honor and esteem. Speak mentally to him or her and feel for the answer. Telepathic thoughts go out or come in as vibrational waves. In fact, without exception, vibration triggers or activates all seven of our human and divine “senses.” Besides the normal five senses you are already taking into account and using, you have two more—mind and intuition, respectively our sixth sense and our seventh sense. Mind comes directly from your soul and intuition comes from your spirit.

When you continually take time to bask in SOULMATE thoughts the universal principle of “entrainment” synchronizes you both toward more and more matching tones. So bask a lot! It feels good—and does good.
Chapter 24

Meditate On Your Soulmate

If you have practiced Rajah Yoga you will already have learned about “seed thought” in meditation. If not, you will learn about it now.

Taking time to do five to fifteen minutes of passive meditation is uplifting and healthful to body, mind and soul. For those of you who have never meditated, the process is easy. Simply get into a quiet space by yourself alone. You may sit or lie down but lying down during meditation is not encouraged simply because body language tells your body it is in a sleeping mode. Thus, it is too inviting for you to fall asleep while holding your calm meditative mental posture.

Meditation is just the opposite of sleep. Even though you and your magnificent human body are rested and tranquil, you program your mind to be more wide-awake and alert than ever. The object of your meditation is to become quieter and quieter at all body and mental levels.

Several initial guidelines need to be followed. It is highly important that you keep your spine straight during meditation. You may sit on a chair, on a soft rug on the floor or on the earth in a warm environment. You may also sit in a lotus yoga position if you choose. You must find the posture most suitable to you. It is more beneficial if you make a ritual out of doing your meditation at the same time every day; very early in the morning upon awakening.
or just before going to sleep is usually best. However, if you are planning to fall asleep after meditation, your ready-for-sleep posture may encourage you to fall asleep during meditation. This certainly is not harmful and has its benefits, but to get maximum benefit from a period of meditation you want to be wide-awake during the whole process.

Your objective is to sink deeper and deeper into the depths of your inner self or soul. Simply curb the thoughts of the day and allow your identity as the conscious self to move calmly into the gentlest place you can find in your inner being.

Rest in that gentle space for a while, and then from time to time try to decentrate (opposite of concentrate) to an even more gentle space within you. Hold that tranquil, almost zero-state for as long as you are prompted to, then bring yourself slowly back to your normal waking consciousness.

Congratulations! You have very successfully done your first period of meditation. You will consciously note how very good every cell of your body and soul feels. This feeling of great wellbeing grows and grows as you continue meditating on a regular daily basis.

Here is another tip. During the meditation period or quiet time you have set aside for yourself, and before going into a deep state of meditation, take a conscious moment to suggest mentally to your entire self/being (modified, if you wish, to suit your temperament). “If there is a loud sound or abrupt return to my body consciousness,
I will feel peaceful and calm, no matter how very shattering the sound or incident may be.”

It is not necessary to memorize the exact words. What is important is that you consciously know you are telling yourself you will avoid the state of shock that normally occurs if you are jerked back suddenly into full body consciousness. Otherwise, if an abrupt sound moves you back too fast, your nervous system will feel as if you have had an electrical shock, for that almost exactly is what happens in terms of the physics involved. We are electrical beings in an electrical vibrational universe.

Now we can get to the point of meditating on our SOULMATE as soon as you understand “meditation with seed”—an advanced meditation technique taught by yogi master to their “chelas” or students.

Seed meditation is simple and easy to do. In this method of meditation, you select a seed thought—an idea, object or person you want to explore in depth. After you have made a self-declaration that you are protected from shock if you come back to your body too abruptly, you add one more pertinent final statement before moving into that deep, gentle space within you. In this event, you tell your conscious mind that you are now going to bring in the seed thought of meditating on the grand pleasure of melding in consciousness with your SOULMATE during your meditation period!

Enjoy!
Chapter 25

Align Your Energy Flow

The universal life stream is powerful beyond our greatest imagination. That immense power resides at the core of every atom of existence as raw potential that only needs to be activated and flowing freely.

As stated previously, more power always means there is less resistance—or less resistance, more power! The human “atom” (you and me included) tends to “muck up” or to clog the free flow of vibratory universal energy at many points or junctures of our being.

We may have acute energy blockage at either our physical, mental or emotional levels, and at any point or juncture within these astounding “mechanisms.” It only makes sense that the more of these dammed up energy “clots” we find and release the more power we have to create. More energy and more real abundance are synchronous in all ways!

It also follows that when we have more creative energy, we can summon or use that focused dynamic new energy flow to summon our SOULMATES to us with more ease and more power.

There are etheric “chakras” or centers in our physical etheric body that are naturally open or active to some degree in all of us, otherwise we would be dead! You can learn about the “Science of Etheric Centers” or “Kundalini Energy” in other books or booklets, since space does not
permit education in that aspect of this subject of SOULMATES. However, as you learn how to lift energy consciously from the base of your spine center to the crown of your head, your personal enlightenment and self-empowerment will grow.

In this book, I will only guide your attention to keeping the three vehicles of your personality aligned. This means a good integration between your physical, emotional and mental bodies. When the flow goes from superb physical body health, through sound emotional health and to self-controlled thinking (meaning closely integrated), you become a powerful personality in the 3-D world. You have more power and more personal presence than others around you—and that is, of course, ideal.

If you have great physical health but are emotionally or mentally misaligned, you are damming your power. When you allow your emotions to be out of control you are out of alignment with the other two vehicles. When your mind is scattered or “out of it,” you are not aligned with your emotional and physical bodies and when your physical health is impaired, your emotional and mental health can suffer too. Your SOULMATE will be very happy with you if he or she finds you are healthy or well balanced in all three aspects of your personality. Since he or she is a mirror or nearly a “carbon copy” of you, you will be very glad you took the time and effort to be nicely aligned yourself!

When you succeed to align your energy flow, your chance to draw your SOULMATE to you has multiplied immensely. Look at all three aspects of yourself and tone up what needs attention. At the same time, since your
SOULMATE mirrors you, he or she will have done or will be doing the very same thing, and both of you will be extremely pleased you did!
Chapter 26

Fantasize About Your SOULMATE

Maybe you are already enjoying some spectacular fantasies with your SOULMATE now; if not, it’s time to begin. Let your imagination go wild with this! See you and your striking SOULMATE in any kind of romantic setting or light you can envision. Make it as real as you can in your mind and in your emotional and mental body! I mean, really, really get into it!

If this is a bedroom seduction scene or a being seduced adventure, play your part to the hilt. See, feel and hear the voice of your SOULMATE as you enjoy your exquisite foreplay together. There is no one watching or telling you what you can or cannot do. You and your SOULMATE are enjoying each other as the goddess and god you both are. Honor that!

You may light incense, burn provocatively scented candles, turn your lights down low and lie on colorful satin or silk sheets if you choose.

It’s your fantasy, so be as creative and “into it” as you can conceive and allow. Not a single person is looking over your shoulder or invading your sacred privacy. You and your delectable SOULMATE are engaging in warm sensuous, fiery hot, sizzling, sparks flying, rapturous love! Enjoy it “to the hilt”!
You can stroke each other, kiss each other, rub each other, gaze deeply into the smiling eyes of each other’s soul or whatever else pleases you. This is your game. You set all of the rules—if any! So “max out” on it!

You were bequeathed with uncontrolled imagination, so make use of it. Fantasy can be a wonderful tool of the gods and goddesses! So fantasize about your SOULMATE with all of your worth or desire.

See yourself with your SOULMATE in any role you choose or in any situation that pleases or delights you. The more sensual you feel about your interaction with your SOULMATE the greater empathy you create between yourself and him or her at your very first meeting. Use the magnificent power of your mind to become familiar with your SOULMATE in every possible way.

The fantasy you create today may eventually blossom into a full-blown 3-D reality after you meet and interact. Every fantasy can be a living “seed” that will grow to have a life of its own when you and your SOULMATE are sharing heart-throbbing moments together. That time is near.

My suggestion is to fantasize about your SOULMATE to your heart’s content. So be it, my friend.
Chapter 27

Appreciate Who and What You Are

Do you know who and what you are? Many people do not. For instance, many people believe they are bodies, other people believe they are minds, and others believe they are feelings or ego self and often get their feelings hurt or their ego wounded.

A rare few others actually have awakened and discovered they are more than their bodies, feelings or minds. These individuals are no longer operating from a low or base personality level but from a soul-centered posture. These enlightened “souls” know themselves as human souls, as divine goddesses or gods encased in human flesh.

When asked what they are, most people answer with what they do, for example: a carpenter, a business owner, a carpet layer, a salesman or whatever, even though a week, a month, a year or even a day later they may be something else! Whenever you say, “I am,” what follows these two very small but super potent words limits or temporarily defines what you are.

In essence, ‘I AM’ is always what you are. That ‘I AM’ will always be immortally or eternally what you are! You cannot be less that that if you try. Think it through. Ponder it.
What you are at any given moment in time and space is what attracts or repels all things, all people, including your SOULMATE.

Who you are is immutably divine—a god or goddess of infinite beauty and filled with radiance brighter than ten thousand suns!

Appreciation is one of the three great personality or soul traits that lead individuals from mortality to immortality (the other two are praise and gratitude).

When you honestly appreciate who and what you are, it makes you more bountiful in all things! My suggestion in light of this revelation is that you begin to appreciate knowing how you can now attract your SOULMATE to your side. The more you appreciate the fact that the knowledge you are gathering here will lead you to your SOULMATE, the smoother the flow of having your SOULMATE suddenly appear before and beside you! The more you appreciate who and what you are, the more your SOULMATE will appreciate you. If this thought feels good, then what are you waiting for?

I sincerely appreciate who and what you are already! Now, if you appreciate who and what you are, that appreciation has skyrocketed to four times the amount of appreciation being felt in the universe. Add your SOULMATE into this equation and the huge amount of self-appreciation for each other has multiplied via direct square to sixteen times as much appreciation as can be felt by one god or goddess alone.
Learn to give thanks for the almost countless things and the wonderful people that fill your life daily. Appreciate the gift of this earth as a theater-in-the-round where we human beings can stage this grand drama we call human experience together, for it would be a sad and empty world if we were the only living units in it!

Give thanks for everything you can think of and when your so utterly fabulous SOULMATE arrives, give thanks for that as well. When it happens, let me know and I will appreciate and give thanks for it too!
Chapter 28

Act with Clarity

All good creators have learned that the more clearly you see what you desire the easier and faster it will materialize in your reality. Clarity of thought or clarity of vision is paramount when visualizing your SOULMATE.

If you also look at it from another important approach, the clearer the picture the more indelibly it is imprinted on your consciousness and the more familiar it will be when it is seen again. Thus, when your SOULMATE happily strolls into your door or into your favorite coffee house you will recognize that familiar face immediately.

When you clarify your picture of your SOULMATE in your “mind’s eye” it is tantamount to turning the knob on your radio to the exact radio station frequency instead of giving the wheel of fortune a spin and blindly hoping to connect with your SOULMATE! You would not dream of looking for your favorite radio program on 98.6 on your FM dial if it only is broadcasting from 101.9 FM. Neither can you expect to broadcast again and again to your awaiting SOULMATE if there is no clear frequency or crystal clear SOULMATE “tone” formulated.

When you mentally and emotionally broadcast your wavelength saturated with bewitching “love vibes” to your SOULMATE, you want him or her to receive your communication. Otherwise, the message goes out into the
ethers as a random signal. That is like throwing a penny into the Atlantic Ocean and hoping it will land somewhere near Miami, Florida, when you are in New York!

Why waste effort or energy that simply cannot produce fruitful results? Clearly formulate what you want and your actions will be natural and productive.

If your game plan is not worked out with vivid detail, you will have to work extra hard to accomplish it. The incredible Nicholas Tesla, perhaps the greatest scientist and inventor of all time, who brought electricity into most homes, factories and industries worldwide, always created his many outstanding inventions to perfection first in his mind. Tesla would actually “run” the invention or gadget in his mind over and over to see what moving parts could be improved or perfected before he finally made it in 3-D with almost 100 percent clarity about the results of his action.

Tesla knew that the actual physical machine or amazing new gadget would do exactly in “real time and space” what it had done in the virtual reality of his focused mind! What Tesla has done, anyone on earth is equipped to do if she or he has the desire, inspiration or motivation to do it!

Without exception, each one of us has access mentally to what the entire vibrational universe has to offer and what the universe has to offer is far beyond what all of us in human form can ever “spend.”

Think with clarity and you will act with clarity. My assumption is that you are inspired or motivated in some
way or enough degree to do what it takes to “lay out the red carpet” to your incoming SOULMATE, so I am handing you many time-tested “tools” to achieve that.

As many of my book readers have found and expressed to me, they got much more than they had hoped for from my various books. The knowledge you assimilate from this volume will enable you to materialize anything else you may wish for or desire strongly enough. You can use it to bring a life of ease and joyful abundance that you have never before dreamed could exist. You can gather power, riches, superb health and eternal youth, and even physical body immortality, if you desire it strongly enough, just through putting to use what I have compiled for you here. Why not? You are a goddess or a god and are worthy of whatever you truly desire, and that includes a divine SOULMATE!

Act with clarity as much as you can as often as you can. I will mentally support you in this with all of my might.
Chapter 29

Summon and Allow

The combination of summoning and then allowing what you summon will readily become your personal reality, for the more you summon and the less resistance you have to receiving what you ask so strongly for, the more rapidly you will get what you want.

If you want a SOULMATE, your job is to invoke him or her. The job of the vibrational universe that surrounds us all is to evoke what you invoke. If you will open up and allow your SOULMATE into your life, it will be as simple as that!

As you know already, all of us are filled with resistance to what we are asking for. Often this is very subtle. For example, you may mentally ask for and genuinely desire a new car but in the next moment you make the declarative statement “but I can’t afford it” or “no one will give me that much purchase credit”! You thus have completely neutralized the power of your desire by the equal or sometimes even more powerful resistance to having what you desire!

One problem stems from the fact most of us were taught to think in terms of black and white or either this or that, and to not give credence to the absolute fact that the universe knows a trillion ways to manifest your new car for you—right down to the exact color, style, make and year! However, if you refuse to allow the universe to do...
it with ease or “style and grace,” the universe must bow down to your wishes. You are the boss about what you want and what you will allow yourself to possess. The vibrational universe is the boss about all of the intricate ways and means to juxtapose or rearrange itself “to accommodate your picture of reality”!

When you summon your SOULMATE, you must allow him or her to come to you or vice versa. The universe may have a better plan of how to do it that involves your going to him or her!

Do you care how your desire comes about? If so, why? That is not your business or your job. You are giving the job to the universe to fulfill your slightest desires unconditionally, which it is so very capable of doing if you will only stop putting up resistance. Why do you care how the universe does it?

You may rightfully care about the time involved but that can be treading “dangerous waters.” If your urgency of “now, now, now” for the materialization of your SOULMATE is telegraphed to the universe as a stronger feeling, then the universe will send a “SOULMATE” to you immediately as asked, but likely it will be one who has not quite met all of your important specifications! Thus, your suddenly rushed-in “SOULMATE” will be in and out of your life, leaving you to say, “What happened?” He or she seemed perfect but is now gone. This is because the universe does not judge, it simply responds to what you offer the most. In this example, your sense of urgency was a stronger offering than working time and space to produce the exact the kind of SOULMATE you truly wanted.
This is why clarity on your position is important. The universe is, in a sense, something like your brain—a computer that responds to you, the god or goddess that is summoning it, totally without judgment. Every response from the universe for you is unconditional! You set the conditions and the universe responds. Period!

So do summon and allow! The allowance of what you feel is what you get. Feeling sense of lack will cancel out abundance. A feeling of urgency may bring you less than you desire for it is what you feel the strongest, for that is what the universe must comply to. There is a great abundance of SOULMATES in the universe for you right now but if you want what you want in your SOULMATE, allow the universe to bring you the perfect vibrational match that you truly want.
Chapter 30

No–No–No Works
Against SOULMATES

The attitudinal adjustment needed for responding to this universal principle is so strong that I am dividing it up into two chapters to emphasize the importance of where you are “coming from” as you give your vibrational offering to the universe. We have briefly touched on this point previously, but will now enlarge upon it.

The universe only responds to inclusion, so exclusion is an abstract or meaningless offering to it. “No” is not in the universal vocabulary or software. Thus, if you appear to be offering it “no-thing” or “nothing,” it simply returns to a zero-state because it cannot find the non-existing “no” or “no-thing”! You asked for nothing and the universe returned nothing.

The universe is in a constant expansion state so it does not respond or focus on anything other than addition or inclusion to it!

Meanwhile, you live in this vast universe as a living goddess or god and you live in your own world or seeming mass reality. However, by cosmic law “the greater not only contains the lesser, it also rules the lesser”!

This mean when you live in this great unconditional universe you must abide by its rules. The universe clearly
rules that only addition or inclusion works in its system or “hard drive.” By its nature then, this infinite universe only adds to what is in it, as covered in the next chapter.

“No” does have meaning to the limited mind and nature of human (“hu” means God–thus, god-man) but means “no-thing” to this infinite universe we call our spiritual home!

Earth is a kindergarten experience where we humanoids learn to develop universal consciousness or thinking, which, of course, means ever including and, if I might be permitted a humanly learned expression, not excluding!
Chapter 31

Yes–Yes–Yes Works For SOULMATES

We have discovered that “no” works against adding a SOULMATE into your earthly human life stream. Obviously, then, “yes” works toward bringing your SOULMATE to you.

Though we all have been powerfully conditioned to have a strong negative or “no” consciousness, we can begin today to cultivate a strong “yes” attitude! This means we say “Yes” to immortal physical life as opposed to “No” to death, for when you take out the “no” in the latter statement, the universe hears “to death, to death, to death” and rushes you on toward death at the speed of your urgency!

“Yes” means you are for something! In that light, “anti” anything or against anything means to the universe, “give that thing that appears so important to this goddess or god more energy, more life, more existence.”

This then activates the eternal universal principle known by ancients for ages, “Energy follows thought”! By the same standard, whatever you energize by your persistent thought must grow greater, not lesser, as was ignorantly intended!

Just like human reincarnation, cycles are a universal reality whether you know it or believe it or negate the fact as only a false idea. In the same manner the universal law
or principle that what you give thought to—thus energy to—must grow. Those who are awakening from ignorance today on earth are realizing this constant universal principle. The enlightened or wise soul focuses on the solution, not the problem! The problem remains and will grow if you do not focus on the positive solution instead of the negative state!

Learn to give your charitable donations to individuals, groups, organizations or nations focused on solutions—not on the problems! Anti-this, anti-that, anti-whatever simply is not only futile but adds attention or more life energy that naturally supports the problem!

Develop a moment-to-moment YES attitude! Live “for” something—not against it! This conscious or deliberate cultivation of a YES to what feels good in life will work to bring you many good things, including what our pleasurable journey together now in this book is all about. It will speed you toward being lovingly with your SOUL-MATE. May that be soon. I say “YES” to that!
Chapter 32

Your Emotional Gauge or Guidance System

Here also we emphasize the fact that you and I innately possess what can be termed an “emotional gauge” or guidance system!

Inside each one of us is that almost immediate response to any situation, anyone or anything we encounter that informs us how it feels. Some things seem to evoke very little feeling response, thus we go along with the flow. At other times our emotional guidance system gives a strong reading of “this is good” or “this is not good.”

What psychologists have termed conscience reflects another aspect of that same inner guidance; however, there is one major difference. Conscience comes from our psyche or soul and the knowledge about whether it feels good or feels bad comes from our astral or emotional body. Thus, at every level of our human and spiritual existence we are being directed toward “what feels good or right”!

If the thought of interfacing with a SOULMATE feels good, it is good! Your inner guidance is always right. Sometimes, because of our upbringing, we are taught that this is “bad” and that is “good,” and the intention behind the instruction is considered good. However, there is an axiom related to that kind of guidance: “The way to Hell is paved with good intentions”!
In some distorted demonic way, non-Christians were hunted down and turned into “instant believing Christians” or were cruelly tortured until they declared their belief in Christ or were murdered on the spot during the Crusades. Even small children were subjected to hellish torture and murdered. We find in countries like Ireland individuals in this century still fighting after more than two hundred years over religious beliefs and killing the opposition over it. This goes on in the Moslem, Hindu, Buddhist and other nations. The great religious founders like Christ, Buddha, Mohammad and other divine such Master teachers must be “rolling over in their graves” in sheer agony at such mockery of what they knew and stood for!

Actually, what others think, say, feel or do is none of your business—as it is none of mine! Your business or my business is to follow that which feels good (or God) and let others follow what they choose.

We lead by example, not by preaching empty doctrines from what are supposed to be sacred pulpits or by spouting judgmental accusations at a divine brother or divine sister. Just think what a wonderfully different and good world this will be when everyone on earth only does what feels good. That time draws near far faster than you think!

Is sex good? (And you thought I would never address sex.) Some ignorant though often well-meaning individual will immediately declare that sex is bad! Let me offset that just as immediately by declaring SEX IS GOOD!

Scientists have found that in human societies and even in animal cultures where the practice of sex is uncurbed,
there is much less aggression or warfare toward other cultures or within their own cultures!

Sex is good. The misuse of sex is “bad,” just like the misuse of anything on earth is “bad.” In the distant past, there were old and powerful cultures where women had many husbands and where husbands had many wives. It was the custom and was never morally judged as “bad.”

The idea and practice of one man with one woman in a marriage or love relationship is relatively modern in relation to the age of our earth and to the many civilizations that have come and gone upon it! Thus, it takes conscious effort and self-control to keep from reverting to primitive genetic behavior patterns—of having a harem of men or a harem of women to pick-and-choose from to enjoy a sexual romp with daily or nightly. Those genetic codes are very deep and ingrained upon every cell of our human body! Is that bad? Sex is good! Self-control is good!

A violation of the sexual rights of another is wrong and will always be wrong. Violation of a child sexually is wrong and will always be wrong. Violation of the free will of another in any way is wrong and will always be wrong.

Trust your inner guidance system. Ask yourself how it feels. If it feels good—keep following that good feeling and your life and those lucky enough to share it, like your SOULMATE, will also feel good! Use your “feeling good” gauge to summon your SOULMATE to you.
Chapter 33

The Unconditional Love of SOULMATES

Most individuals in the masses of humanity huddled here on earth want a SOULMATE simply because they want someone special to love and be loved by in turn. Most do not realize they will be getting far, far more than that!

In a genuine SOULMATE relationship, the cardinal aspect of that heavenly companionship shared is the unconditional love that SOULMATES display toward each other. SOULMATES allow the other partner in their trusting relationship to be and do what they choose. They respect each other as a god and a goddess instead of opposing each other. They honor and support that great divinity they see and sense in their interaction with each other.

SOULMATES have already learned that “conditional” love is no love at all! They expect and get unconditional love because they both are drawn to each other far more from a “soul level” than from a personality or base ego level. They see and love the high soul quality in each other and ignore the petty little things that ego or personality-based lovers utilize heavily.

SOULMATES feel safe with each other and when you feel safe in any interaction with someone, ego defense or ego offense is never needed.
Unconditional love has become an outstanding hallmark of SOULMATES and this makes intimacy and sharing of self like no other manner. When you can reveal all of whom or what you are to someone who loves you so unconditionally, that is pure heaven on earth!

Can you imagine thinking, saying, feeling and expressing anything you choose to someone? Would that not be the most fulfilling love relationship, friendship or business relationship you could ever conceive of? It is!

Sharing unconditional love is sheer bliss. I share such a love with my present SOULMATE—as I have with the previous SOULMATES outlined or intimately revealed in my book, *The SOULMATE CHRONICLES,* soon to be in publication.

If the idea of sharing unconditional love seems appealing, then summon your SOULMATE and experience it for yourself. He or she is only a good feeling thought away!
My mother was a dedicated worrier. As a child I would point out to my mother that she was making herself feel bad with all her worry, adding that I had seen her worry and worry about so many things so many times over the years and that everything had turned out all right!

My childhood observation taught me early in life that all that frenzy, worry emotion was a big waster of time. My mother never appeared to lose her habit of worry right up to her death at age 91. She was a mother who loved her six children dearly but had never learned you can’t feel love and worry at the same time! I reach out and “bless her” in my mind, knowing she is somewhere in this vibrational universe and may receive a clearly conceived note of appreciation from me.

Fortunately, I used that experience properly as the field of contrast, so worry has never “dogged my door” while maturing and enjoying my maturity. However, your experience might be different since our natural tendency as children is to imitate and thus grow up enacting the traits of our parents. If so, I am here to urge you not to worry about being a dedicated worrier. If that is your habit, you might be able to release it more easily if you realize fully that worry is the very opposite of love! Worry is simply
another word for fear! Anyone who worries a lot fears a lot!

Of all the dangerous vices known to humans, fear is considered by all the sages I have encountered as the most dangerous vice of all. It is the most deadly. Where there is fear there is no love! It follows that where there is worry there is no love!

If you want to love and be loved then all worry vibrations need to be weeded out of your personal vibrational field. Just remember as you begin to “clean up your act” that you put yourself (no one else and no external thing or circumstance did it) into a non-love, non-trust state when you worry!

If you fully understand that you live in a vibrational universe and that the universe is always picking up what you offer, it only makes sense that if you worry then our unconditionally nonjudgmental universe is going to give you more to worry about. That is the DOMINATE vibration you are offering to it! This again is why the rich get richer and the poor get poorer or are barely able to maintain status quo! If you focus on more abundance because you feel it all around you, the universe is naturally going to do its job and bring you more riches. The poor person who focuses on how poor he or she is, is offering a dominate tone of being poor to the universe. The obliging universe carefully sees to it that he or she stays at that poor level of bare survival. The problem, as you now know, is not because the vibrational universe is cruel, mean or uncaring. On the contrary, it is pure unconditional love!
The problem is ignorance at so many major levels. If you were not taught as a child that you are a god or a goddess, how can you develop self-worth, self-honor and a deep sense of self-responsibility that all gods and goddesses portray?

If you do not know or have not learned that we live in a purely vibrational universe that absolutely and always mirrors back to us what we put into it, you will remain poor and ignorant of these major universal truths that count!

Worry will be banished from your door today if you affirm to yourself the following simple, true statement (or any like it that matches your vibrational field). “I am a divine daughter of God (or divine son of God) and am fully worthy of all things in God’s kingdom and what I offer to this vibrational universe is what I receive; I offer my love, I offer my full trust; I am invincible. So be it!

Your SOULMATE mirrors you; so if you want a worry-free SOULMATE, abandon your worries today.
Chapter 35

Deliberate SOULMATE Summoning

We are dealing with three extraordinary powerful words here:

1. Deliberate
2. Summoning
3. SOULMATE

When you put the essence of all three of these words together into one powerful mix or formula, sparks will fly! Here is why:

First, anything deliberate is necessarily a conscious act so it has your full attention, which adds up the concentrated power of the thought of a goddess or god!

Second, when you deliberately “summon” anything, it is like holding up a giant red flag to the watching vibrational universe. You are openly inviting the universe to deliver what you are summoning as speedily and effortlessly as possible.

Third, SOULMATE is a colossal emotionally and spiritually charged up word, so there is awesome feeling that comes with the thought, which translates or transfers into even mightier power!

The deliberate summoning of your SOULMATE by its nature will be a landmark event in your life! The delicious
fruits of what you are offering to the universe will be
tastier than you can ever imagine. Being with your
SOULMATE will change your world from dark grey or
midnight black to golden sunlight and azure blue skies!

Perhaps it might be wise of me to offer a disclaimer
here: If you are not with a SOULMATE and are married or
in a deeply committed love relationship, I am not aiming to
make you a malcontent. Rather, bask in what you have
with all your might, and if you see the potential of turning
your present good relationship into a SOULMATE
relationship, that is possible, but only if both of you in the
relationship or marriage are committed toward meeting
each other at a soul level! Period.

Otherwise, if the marriage or relationship you are in is
not a good one and appears hopeless after trying repeatedly
to repair it, why are you still in it?

The aim of every goddess and god is to follow only
what feels good. Only a fool or a masochist allows pain.
Trust your own all-knowing inner guidance system!

Be deliberate in the creation of your SOULMATE. Be
deliberate in summoning him or her to you! Be deliberate
in all things and you will find yourself an incredibly
awakened and aware goddess or god on earth.
Chapter 36

SOULMATE Motivation Versus SOULMATE Inspiration

Are you aware of the vast difference between being motivated versus being inspired? Few do.

When you are inspired, you are being pulled forward to the future by the overshadowing knowledge, wisdom, power and that vast over-viewing sight of your inner soul or spirit. In that process you are in-spirit (in-spirited) or inspired and powerfully drawn toward your grand new insight or vision.

Contrast that to the mundane kind of almost whip-driven impetus to move forward toward the finish line or goal. In this process, you are motivated or moved by a compelling force toward something better or more rewarding and self-fulfilling.

Either one of these two means of taking yourself to your SOULMATE are permissible and effective. One comes from standing in the contrast of what you lack or do not want, which will eventually get you to the SOULMATE you desire.

The other method is to be uplifted to the height, depths and widths of your being by that exalted view of what it would be like to be somewhere in the future with your SOULMATE—an obviously glorious or heavenly picture.
When you are self-inspired your motion forward is effortless and in the vibrational universal “flow.” You are drawn to him or her. The positive side of the Law of Attraction is pulling or attracting you to the time and space where you and your SOULMATE will have a powerful, impactful conjunction!

When you are motivated, the negative side of the Law of Attraction repels or pushes you away from where you stand now, lacking or wanting a SOULMATE, toward where your SOULMATE stands in space and time. This pathway is usually much harder and takes much longer.

Inspiration is movement with ease.
Motivation is movement with force.

Both of these forward moving pathways will take you to your SOULMATE. In this process, you can choose to follow either one of these routes.

Check it out with your inner guidance. Are you inspired or are you motivated to share your life stream with your SOULMATE?
The knowledge concerning the focus power contained in a time increment of 17 seconds was brought to my attention by a group of Master teachers.

Over two decades ago, I had already learned of the mighty power of a deliberately focused mind by observing and hanging around with Jack Shwartz. We not only shared the same birthday dates but also an uncommon interest in achieving self-enlightenment and self-mastery.

It was my privilege and pleasure to watch Jack demonstrate to huge audiences his ability to mentally control his body to the astounding point where he could deliberately inflict one or many wounds on his body, stop the flow of blood at will, and then amazingly heal the deep wound or lacerations within as little as thirty seconds. In my book, *The Why and How of Meditation* a whole chapter is dedicated to what Jack Shwartz proved can be done by a well-focused mind.

Over the years, Jack performed for team of scientists and doctors, who often shook their heads in utter disbelief at the amazing feats he performed with ease, all of which defied what our esteemed scientists know! The results were published in magazines.

The point I want to share with you is that by observing and becoming a close friend of Jack’s, I asked him point-
edly how he was able to perform such obvious miracles. Jack corrected me immediately and informed me there were no miracles or “magic” anywhere in the universe. There was only greater knowledge than normal about how to wield powerful universal laws or principles! He laughed at my astonishment and stated, “Michael, if you can hold your mind one-pointedly as I do on one thought for fifteen seconds, you can do anything I do”! He added that anyone can do it.

I looked deep into his eyes and I knew that he meant every word he was saying. Jack walked his talk!

Thus, when I was exposed to the fantastic insight of the 17-second principle, I was ready to receive it for Jack had already pre-paved me for easy reception of this knowledge. Here it is:

**17 SECOND FOCUS**

Focus on any single thought for 17 seconds while offering no resistance to the fulfillment of that thought is equal to 2,000 hours of physical action toward achieving the exact same result! Now that is some sort of contrast!

Which of these two ways of working will you choose—the old hard work struggle ethic or 17 seconds of focus? It gets better!

**34 SECOND FOCUS**

When you continue to hold your mind steadily on that same deliberate focused thought after the second 17-second increment is finished until you hit the 34-second marker, you arrive at another “critical mass” point. Now
the results are equal to 20,000 hours of physical action toward achieving the exact same result! But we are not finished.

**51 SECOND FOCUS**

That same deliberate focused thought at the 51-second critical mass point is equal to 200,000 hours of physical action toward achieving the exact same physical result!

Finally:

**68 SECOND FOCUS**

That same deliberate focused thought at the 68-second critical mass point is equal to 2,000,000 hours of physical action toward achieving the same equal physical result!

How’s that for collapsing very real man-hours of work? You now have one more extraordinary tool you can use to summon your SOULMATE. One last reminder—resistance or not allowing is the proverbial “fly in the ointment”! This ought to make you understand why I have spent so much time and attention in this volume to get you to weed out all of your resistance and to build up a wide-open “allow-it-to-happen” attitude! Make this light-hearted fun.
Chapter 38

Finding Mr. or Mrs. Right

How much time have you already spent in searching seemingly high and low for Mr. Right or Mrs. Right? That search has probably been ongoing since you became old enough to realize men and women were different! That search is probably still on going. That search will end when your SOULMATE, Mr. or Mrs. Right, responds to the tone you offered and “materializes” before you!

That will be one of the most memorable days of your entire life, and I am sure. Mr. or Mrs. Right is yearning as much for you as you yearn for him or her! Mr. or Mrs. Right wants you as much as you want him or her! Mrs. and Mr. Right are simply other more conventional names for your SOULMATE.

Other terms you may encounter on your search for your SOULMATE is “twin flame” or even “kindred soul” and in due time I am sure other different terms or words will be invented by someone who is referring to your SOULMATE.

Finding Mr. or Mrs. Right is going to be an exciting search, a truly grand and uplifting adventure, if you allow it. All of my SOULMATE books give different angles of approach, many other ways of inducing or invoking your SOULMATE. My book, Finding Mr. or Mrs. Right approaches the SOULMATE search from another per-
spective and you might want to explore that avenue as well.

Mr. and Mrs. Right are probably just as busy as you are searching for him or her with as much verve and gusto as you are offering vibrationally. His or her joy will be as great as your’s when you first meet. His or her heart will sing as loudly and rapturously as yours at your first deliberate touch and warm reciprocal acknowledgment of each other through eyes filled with admiration. Finding Mr. or Mrs. Right began the moment you touched this book and began turning and devouring pages.

Awareness of a SOULMATE is the first step. It has been known for ages by the ancients and only decades by advanced or more enlightened modern thinkers that “Whatever can be conceived can be achieved”! My first goal in our mental meeting together was to help give you insight or vision into the fact or reality that not only do SOULMATES exist, but also that there is one who is just like you want! Follow the tips and use the insights you have found in this book and Mr. Right or Mrs. Right will soon be greeting you with a smile that will light up the room and your heart at the same time! Let it be so.
Chapter 39

Make Your Note a Sound of Joy

The greatest and most powerful note any human soul or spirit in human form can sound is the note of JOY. There is a very solid scientific reason for this. When light breaks through to our 3-D world the first or highest tone it sounds is the note of joy! That note of joy is lowered as light itself moves lower and lower to literally form or shape light waves into the familiar wave/particle or mass physical world we know engulfing us so vastly. Joy is the pure note of your soul, just as bliss is the note of your divine inner spirit and happiness is the highest note or tone your physical brain can induce when body sensation reaches a maximum vibrational rate.

There is no need for you to search and attain a perpetual tone of bliss for that state is actually one level of evolution beyond our human stage. Only those great seekers and knowers who have achieved total self-mastery of the human body are in a constant state of rapturous bliss. At some stage of the “game” we play on earth, that will be our next big focus or where we put our complete attention.

What we are aiming for here is in setting such a high tone that your SOULMATE will joyfully recognize and respond to it with great vigor and delight!

Another key factor to understand is that this high vibration of joy is accessed or tapped only through your
etheric heart center, near where your soul resides! This is because at this point of your evolution this human etheric center is the most receptive entry point for joy to well up or flood through to every atom, molecule, cell, organ and total body.

Joy, as you may have already found, as well as happiness is never gotten from another person or anything exterior to our human self. How could that be possible? It is not. No one can feel for you! Only you can feel happiness, joy or bliss, so that ends any chance of getting any one of these precious sensory pleasures from anyone else, including a SOULMATE! If you are well practiced at finding and holding joy, you will certainly emit and feel joy when your SOULMATE comes!

You can actually use the simple meditation posture offered to you in this volume to generate joy at will. The more you deliberately (there's that word again) generate, the more you can radiate out to your SOULMATE or anyone fortunate enough to bask in it!

Deliberately take yourself via meditation to that gentle, oh so gentle, inner space with the self-suggestion or “seed” that once there you will consciously focus on drawing in the feeling of joy through the vicinity of your heart. The more you do it, the greater that river of joy flows through you and the more radiant you become to everyone around you.

Whenever your feeling of joy is sounding the strongest, reach out to your SOULMATE and give him or her a quick transfusion of it. If is is not noted by your SOUL-
MATE immediately on contact, it will be a gift setting there in his or her auric field that can well up and support them when needed the most. This, as you know, is a “two way flow,” so your sudden jolt of joy may have come from you know who!

Meanwhile build your own reservoir or joy so that there is always enough to share with everyone wandering into your daily life stream. Tap your heart center for it whenever you think about it. Make your note a sound of joy!
Chapter 40

What Feels Good

You are at the point of life where you need to know what feels good and what does not feel good! In a way, it is like the question: “Where will you be one month from now, one year from now or five years from now?” Few individuals plan what they want ahead of time. They choose instead to allow fate to deal out a hand.

Do you truly want your SOULMATE holding hands with you and dreaming dreams with you one month from today or sooner? Does that thought feel good?

Will you be ready for your SOULMATE in six months? Does that feel better or worse? How about having your SOULMATE arrive in your life stream one year from today? How does that feel? Will that give you more time to get yourself prepared for him or her? Or, would you want your SOULMATE to arrive in your life right now—in a few minutes or within the hour? What feels good to you?

This is why I have continuously encouraged you to learn to follow your inner guidance about what feels good. If it feels good, it is what you want to pursue.

This is such a revolutionary idea for most people since we all were conditioned heavily by social consciousness that we must do our duty, always do the right thing no matter what, etc., as if doing right and being dutiful (to
ourselves, of course) is hard and painful at times. If someone is feeling too good, they are suspect and immediately someone will want to call the “fun police” to stop that individual or group from having too much fun! How sad for them, but how wonderful it is for you when you truly feel good.

Some of this feeling arises from the thought that if you have some sort of business deal one party to the transaction will feel good about it but the other surely will be shorted, and thus must not feel good. This applies to any kind of human relationship or interaction including love relationships.

Yet when you come from your soul as a god or goddess you will do what you do in a way that allows who you do it with to feel as good as you do about it! Period. Being a goddess or a god beneath that personality “mask,” every other human being has the same divine choice to feel good or not to feel good. The question is, then: “Does it feel good to remember the good things in a lost love relationship or do you feel better thinking and feeling ‘he (or she) really did it to me’!” Does playing the “victim” feel better or feel worse? You have the choice–what feels good?

If your father dies of a long painful illness, what feels better? Remembering your father being in pain the last few months or years of his life or remembering all the good things the two of you shared with each other.

If you say “But he really did do it to me–it was hell!” or “But my father was in such terrible pain the last few
months of his life!” you miss the point. What feels good? Do you feel good dwelling on the injustice of another or on the pain of another—or does it make you feel good when you think back to the good things in life? What feels good?

If you cultivate the habit to deliberately only follow what feels good, it may shake up your world somewhat for a while, but when the fire and smoke clears up the new world of feeling good all the time will be more wonderful than words can say!

Yes, it’s change. Without change, life would cease! Without change, life can get so boring you might as well be dead. Feeling good all the time will not only change your world but it will also change the world of almost everyone around you for the better!

Another thing that will keep you out of the doldrums or feeling bad is when you cease seeing things or reality the way it is, as if everything is set in concrete! Never see things as they are, but as they will be.

What you see is what the universe will mirror back or repeat for you day after day. Is that what you want, another dose of “hard reality”? If it feels good—YES—keep building on it as your expanding good reality. If not, why give it any more of your attention?

What feels good?

Keep those inner sensors working for you from now on every good moment, hour and day of your life and the
years before you will be filled with goodness in every way, including a dream-come-true SOULMATE!

Does that feel good?
Chapter 41

Empower Your Self

Self-empowerment will do more to change human civilization than any single other aspect of human life. This will do more for humankind than the industrial revolution or these astounding communication and transportation revolutions! Our human family on earth has crossed incredible horizons. We now rest on a high plateau where even human immortality or eternal youth appear possible and even probable, depending, of course, on who is doing the thinking!

What do you think? Better yet, what do you feel? Which of your thoughts feels better?

The speediest path to individual self-empowerment is the knowledge and fact that each one of us is a part of the huge whole that surrounds and holds us—that the Creator created you and me out of our Creator’s Self. Again, this points to the fact each one of us, without exception, has been made from our Creator, so we are necessarily a part of that Creator!

At the same time, here on earth our leading edge scientists know from their research that what we call or know as “reality” is simply a hologram. A hologram is created from light! The whole of which we are all a part is light. Keep following this line of though.
All major religions of the world and the profound Master teachers who founded them proclaimed not only “God is love” but “God is light” and “God is power”!

If it is true, as learned scientists proclaim, that any hologram broken into pieces is an exact duplicate of the whole hologram, then each part (you and me) have equal access to what the entire hologram (or God) has within It! We are thus all goddesses and gods in human embodiment!

Can you feel the self-empowerment of that thought?

My own self-empowerment began to build and grow as this wonderful new revelation entered my own conscious life stream! So here too, I know from self-experience the great good that self-empowerment brings to any single one of us or our human “collective.”

Kings, ignorant priests and tyrants and world stage human manipulators have for ages intentionally kept self-empowerment away from individuals or the masses. How can you control a slave or anyone under jurisdiction of any kind if they are self-empowered? You cannot!

In the political arena, a true statesman or stateswoman will work for self-empowerment of the citizen while a “politician” will not.

In the arena of warfare over human souls called major religions, the fanatical and tyrannical element of these various sects will work to keep their “innocent lambs” from ever learning about self-empowerment while those who work diligently for your and my self-empowerment
are castigated, shunned or thrown out of that church! Annalee Skarin, who ascended in her body, was a classic example of this. See her book about self-empowerment, *YE ARE GODS*, published by DeVorss and Company, USA, written before her genuine physical ascension (which happened shortly after her book was published and is well documented). Punch in Annalee Skarin in your search engines if you are on the Internet/World Wide Web and print out some data on that, if you choose.

Annalee authored seven more books after ascension, telling how she did it and how you can do it. She taught her husband, who was a New York police officer, how to do it in six months. Annalee tells how anyone who chooses can find immorality of the body “and come and go invisibly like the wind wherever chosen at will afterwards”!

She was excommunicated from her church for sharing this self-empowerment data with the masses. A typical move, for how can you control blind followers if they suddenly gain self-empowerment? Who needs another to lead them forward or to give them power when you can do it yourself?

Knowledge about self-empowerment as taught by Annalee Skarin, Sai Baba, Jesus, Buddha, Mohammad, Krishna, the Ram and many, many others on earth stage today will transmute and transform all of humanity, and faster than you think thanks to modern communication media, especially the Internet!

Self-empowerment means following the goddess or god (good) within you—and always following what feels
good consistently or persistently. When you empower yourself you are never a victim! Self-empowerment is essential in attracting your SOULMATE to you in a timeframe that feels best to you.
Chapter 42

Let the Universe Orchestrate Your SOULMATE Contact

Now that you know what you want in clear detail in your incoming SOULMATE, let the vibrational universe do it! Our human minds have been too warped toward thinking in small terms of black and white and either this or that, assuming we know the only ways and means of bringing our SOULMATE encounter about.

In my book, *11 Easy Steps to Success* (formerly $UC-CE$$ FORMULA*), I presented a whole chapter on this same subject, entitled “Let Nature Do It.” At the writing of that book, I was not acquainted with the “vibrational aspect” of our universe. However, I knew that it—“nature”—knew more ways than I did to make myself or others successful.

Now I know the scientific basis of why nature or the colossal vibrational universe enveloping our earth and all kingdoms of life upon it works! Having shared these insights with you in this volume, you too can understand why it is so important to let the universe do it. We live in a vibrational world.

The vibrational universe can and will arrange itself “to accommodate your picture of reality.” You might compare our universe to a giant copy machine. Your job is to offer it as clear a picture of what you want imprinted on your life stream in the next rhythmic cycles of your future. The
vibrational universe makes a clear copy and sends it back to you at the exact right time and exact right place. In your future unfolding human life cycle—be it hours, days, weeks, months or years ahead—your SOULMATE is going to get from where he or she is to where you are or vice versa. Let the universe orchestrate your SOULMATE contact.

It will be heavenly!
Chapter 43

The SOULMATE Age

We are looking at an earth that is transforming into a higher vibrational dimension. The Age of Light or enlightenment began about one century ago as more and more great souls incarnated into human form and initiated it. When Thomas Edison invented the light bulb, this was the outer symbol of an eternal event of grand proportions.

Today across the entire globe, we have an intense amount of light day and night, 24 hours a day! The dark nights of the past in little hamlets or villages and huge cities are gone. The nights are ablaze with light—symbolic of the human race—as more and more enlightened individuals “spark off” the inner light in others here and there with greater and greater momentum and speed.

These are wonderful times for, as more light is thrown into all of the areas or avenues of human interactions, dark seeds are uncovered and shouted from the rooftops across the whole world.

In due time, all of these gathering clusters of physical and mental light will form larger and larger pools of radiance. In that process, the darkness or dark deeds of human-kind can no longer be hidden; for the growing light is soon shed on everyone and everything!

At one point, all of these pools will merge into one beautiful gleaming star-like earth, as the birth of Earth as a
star becomes a radiant, glittering reality—and much, much sooner than you think!

Humankind is literally moving through another higher rung on the cycle of evolution in consciousness. Just like individual primitive men and women slowly gathered to form rudimentary group and small villages, followed by larger and larger towns, cities and nations, a much greater form of “group consciousness is now evolving upon earth. Very soon, national borders will cease and all of humanity will merge into one immense incredibly advanced and highly spiritual civilization.

The merging of human consciousness is literally led by The Soulmate Age—which began with my first best-seller book on this subject, *Finding Your Soulmate*, published in 1971 in the USA and still selling in eight other major languages worldwide.

Hundreds of other authors have followed suit and today there are books written on the subject of SOULMATES worldwide—and probably a new one published daily. This movement will grow and grow as more and more human souls understand this is a vibrational universe and they to vibrate in loving harmony with their SOULMATES is their divine choice! The forerunners of that great planetary wide merger of human consciousness are SOULMATES, for this is the beginning of that merger as two become as one. The “I” and “I” becomes a sacred “we” instead! Two human souls merge into single-pointed fusion of divinely shared vision where all of earth is learning about and moving into harmonious light and unconditional love relation with each other.
SOULMATES are pioneering this movement—so you and your SOULMATE will be forming the first early links of a human brotherhood of light and love upon our sacred earth!

You and your beloved SOULMATE will be way-show-ers to the huge hosts that follow. Bless your endeavors in linking up with your perfect SOULMATE—very, very soon! Please let me know of your progress and I will help you to make your dreams come true in any manner I can.

See my contact information at the end of this book.
Chapter 44
The Next Logical Step–A SOULMATE Feels So Familiar

If you are feeling right now that having your SOULMATE walk into your life in the next few minutes would be the most astounding, spectacular and earth-shaking event, it is extremely unlikely to happen!

There is no need for alarm! The point you will hopefully get and understand fully before the completion of this chapter is that it does not work that way.

Instead, when you feel so familiar with everything about your SOULMATE through visualization and mental contact with him or her that it feels like the next logical step, then your familiar and long-awaited SOULMATE will appear out of somewhere in your life!

This universal vibrational principle applies to whatever it is that you desire strongly. It only happens when it feels like and is the next logical step in creation! That is when it occurs.

If it feels like an impossible event or an extraordinary occurrence that is sure to come about soon, don’t count on it! You may consider it a “done deal” when it just feels like the next logical step.

If you have done all of the other steps faithfully and with great zest or mighty fervor–and have linked up mentally and emotionally again and again on the mental
planes or even share dreams together after you fall asleep at night—the next logical step is for your SOULMATE to appear!

Part of the dynamics of this event is that you must feel like it is the next logical step—like he or she is just beyond the horizon and will be in your physical presence soon.

Thus, in summation, get as familiar as you can with your SOULMATE. Take her or him with you in your imagination to your favorite or most uplifting places on earth or in your community. Establish a warm, confident familiarity of what it will actually feel like when he or she is walking with you, talking with you, going to dinner at a friend’s house with you, etc. Feel a faith, a certainty and calmness about it, and you will know exactly when it will be the next logical step for your SOULMATE to appear. And tell me about it, please. Let it be so..
Recommended
High Vibration Books
and Study Data

*Heavenletters - Book One*, by Gloria Wendroff. Gloria has received over two thousand Heavenletters; one hundred fit in one book, so expect a huge series of books soon worldwide. Incredibly high vibration. The book currently is published in English, German, Greek, Romanian, and is expected to be published in about 15 more languages soon. Gloria also conducts awesome Godwriting Workshops. I attended one she held in Munich, Germany. It was fantastic. Join Gloria’s worldwide email list to receive her FREE daily email Heavenletter by signing up on her website at www.heavenletters.org.

*Ask and It Is Given*, by Esther and Jerry Hicks. *The Law of Attraction*, by Esther and Jerry Hicks. Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018 USA; www.hayhouse.com; 800-654-5146. Extremely high vibration. **Read ALL of what they offer.** Take a world cruise with Esther and Jerry. See study data, books, CDs, etc., at www.abraham-hicks.com

*Home With God*, by Neale Donald Walsch. Atria books. I highly recommend **ALL the “Conversations With**
God” books by Neale Donald Walsch, likewise, a very, very incredibly high vibration.

All four of the “Matthew” books by Suzanne Ward. Tell Me About Heaven, by Suzanne Ward. Terrific insights. Matthew died at 17 and speaks from Heaven. Great E.T. information. Suzanne Ward is on my top 10 list of current spiritual authors. Email: suzy@matthew.books.com.

Seth Speaks, by Jane Roberts. Read all of the many “Seth” books.

Autobiography of a Yogi, by Yogananda Parmahansa. A classic that is published in 40 or more languages. Be sure to read this one. Wowee!


The Seven Rays, by Alice A Bailey. All 20-plus books in the Alice A. Bailey series.


ALL Deepak Chopra books

ALL Louise Hays books

ALL my own Russ Michael eBooks (please see the final section, “Final Note from the Author Scribe,” for
information on how to obtain eBooks and how to subscribe to my FREE daily email Michael Worldwide Newsletter)


**Your Soulmate is Calling**, by Russ Michael. Hazard Press —New Zealand (in 12 languages). Email: Danielle@hazard.co.nz or visit their website at www.hazardpress.com.

**Autobiography of an IMMORTAL**, by Michael, ‘I Am’ (AKA Russ Michael). Already contracted for publication in Romanian, Greek and German. I am expecting to contract publication with an English language publication soon. Available to publishers in Word or as a PDF file through email: age-reversal@aon.at, OR order directly from the website at www.100-Groups.net

**Harness the Secret POWER of the Universe: ASK and There Is NOTHING You Cannot BE—DO or HAVE**, by Russ Michael. Available through this publisher, and
probably many others worldwide. Available to publishers in Word or as a PDF file via my email: age-reversal@aon.at, OR order directly from the website at www.100-Groups.net

_Soulmates, Twin Rays and Special Lovers_, by Russ Michael. Latest authored book is expected to be published in many languages soon. Available to publishers in Word or as a PDF file through my email: age-reversal@aon.at.
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**CHOCOLATE for HEALTH — The Amazing Health Benefits of Chocolate**
Russ Michael asks the Queens and Kings of Chocolate to indulge their minds with this new Blockbuster eBook. Now is the perfect time to learn about the amazing health benefits of Chocolate.

**The Secret Doctrine of the Ancient Mysteries**
Through your awareness of these once secret MYSTERIES—and their study and use of the laws outlined within them—you are enabled to escape the old prison house of matter. You realize your true identity as the soul. You find a true recognition of your source as a spirit.

**The Secret Great White Brotherhood**
Is life as we know it here upon earth more than a mere accident of nature? Is there a deeper, higher, broader and truer meaning to your life and mine than what we feel or perceive at this moment in space and time? All these important questions - and many more - may fully be answered for you in this volume.

**GOD and MIRACLE HEALTH Part 1**
Part 1 is FREE! It is jam-packed with life-saving information on the benefits of Miracle Products, Miracle Services and Miracle Mind. Download your FREE copy today.
Part 2 contains all of the “How-To” self-help resources and information to attain Miracle Health, including the story of Jim Humble and his fight against the world's diseases using his 100 percent effective MMS Product formula. Learn how he battled malaria to discover the formula that has cured 75,000 cases so far.

Finding Your Soulmate
This best-selling classic was first published in 1971, when Russ Michael brought the concept of and the actual word “Soulmate” into mass consciousness on Earth. While most books are out of print in a few years, this book is still a top-selling item over 37 years later and read in 12 languages worldwide.

Autobiography of an INITIATE on the PATH to IMMORTALITY
The exciting true story about the life and adventures of Russ Michael. If you want to understand more about the powers of the universe, learn from a key world spiritual mentor, himself. Russ Michael shares his personal experiences from a very low point in 1965 when he found himself homeless, barely eking out a daily existence and living in abject poverty, to his experiences founding global companies and traveling the world. This incredible story puts you into the mind of the man who has worked for decades to bring readers The Light.
The Secret of Sex and Sexual Attraction
You can draw anyone or any thing to you by the deliberate use of the Law of Attraction and a large personal stock of pheromones. “Your conscious co-creator job on Earth is to learn how to live your life fully in a safe world. In that safe world, you will most aptly find that sex is good. Violence against another is bad, guilt is bad, to judge is bad, regret is bad, and even living in the past is bad - but sex is good!”

Soulmates, Twin Rays and Special Lovers
Given a choice (and who does not have free choice?) most of us on Earth today would choose sharing what remains of this day and the remaining days of our physical human life on Earth with a warm, fun-loving Soul-mate or a genuinely blissful Twin Ray or special lover.

Your Soulmate is Calling
Somewhere deep inside every one of us is the knowledge that somewhere—at this very moment—someone special is calling out to us for recognition. Your Soulmate is calling you, wherever on earth he or she resides. Your Soulmate is sending out a distress signal. The essence of his or her signal is: “Where are you? I am waiting here for you. I want you!”

FINDING MR. RIGHT OR MRS. RIGHT
Mr. Right or Mrs. Right wants you as much as you want him or her. You only need to know what you really want. Combine that decision
with the knowledge you gain here about how to increase your attractiveness or personal magnetism, and you are already moving forward on your way to a really, really bright and RIGHT love relationship! Why not recognize and swiftly cut those painful cords that bind you to the past?

The SECRET PROVEN FORMULA to WEALTH, HEALTH & TRUE LOVE
All that magic means is the wise use of applied knowledge. The word stems from Magi, wise men from the East. As you read on, you will soon notice that I make many references to law.

The Birth of Earth as a Star
End times is not an idle phrase. The old is about to vanish and the new is already starting to begin. What is the END at one level of being is the BEGINNING at another.

Life in the Dead Zone
Death is merely the cessation of three-dimensional motion. It is a personal state of rest that will return to a state of motion again. Rest and motion, or death and life, are now, and have been forever, interwoven.

Eleven Magic Steps to Success
There is nothing you cannot be, do or have. You only need to ASK - and through the sacred heritage of who and what you are, your every request is granted at the moment it is made.

The Mental Room of Mirrors
The Room of Mirrors self-therapy technique presented here is indeed a valid precious gift to humanity. I know it well and I am pleased to pass on this powerful healing technique along to humanity in this volume.

100 True RAMTHA Miracle Stories
I wish to personally thank each and all of these grand masters who have shared their experiences with me and whose beautiful, inspiring miracle stories are now here presented to be shared with you.

There is NOTHING You Cannot BE, DO or HAVE
The real gold is found in and through your own creative thought or socially cooperative co-creative ideas coupled with the fire—or the fuel—of a desire for something in you so strong you can taste it.

When GOD Speaks, I Listen
Have you noticed in a loud crowd that when someone suddenly speaks up in a soft and quiet voice how everyone now stops talking to listen? That is how God usually speaks, in soft whispers!

Why & How of Meditation
As you progress in the art of meditation, you discover—perhaps with astonishment—that the most profound things in life are more simply expressed. A Blockbuster classic! Read by thousands in print!
Final note from the author scribe…

In addition to my best-seller, Finding Your Soulmate, which is still selling in 12 languages, I have written many self-help books, and currently there are 30 available as eBooks. I invite you to obtain and read them all.

After my death experience at age 18 and in the unfolding due course of my spiritual work, I have received thousands of letters of gratitude from readers of my books and from many grateful attendants of my workshops who have found their soulmates or their Twin Ray life companions, or made their wildest, most impossible dreams come true. A few days ago, I received an email from someone who recently obtained and read my 360-page autobiography.

Dear kindly eBook reader, this is what Carolyn Tester had to say to me about Autobiography of an IMMORTAL. Bless her heart.

I don't think I have ever enjoyed reading anything as I am now doing with your autobiography. I'm now beginning to read slower and slower … as the end of it gets nearer … a habit I've acquired when in a GOOD read.

Love to you and yours,

Carolyn Tester

If you enjoyed this or any other books of mine, please encourage your loved ones, friends and associates to obtain and read them all.
I suggest that you obtain my own *Autobiography of an IMMORTAL* or any of my current 30 available (soon to be more) BLOCKBUSTER eBooks.

Enquire now (or later) at: [www.goldenkeylibrary.info](http://www.goldenkeylibrary.info) or [www.100-Groups.net](http://www.100-Groups.net)

Or contact me at my personal email address:

age-reversal@aon.at

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You can soon listen to my 3-minute podcast, read my brief bio or surf through the “Table of Content” pages of my many obtainable eBooks.

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To receive my **FREE** daily spiritual “Michael Worldwide Newsletter” in your inbox, email me at:

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and ask to be subscribed. (Again, this is free. Just ask!)

We appreciate and love to have new readers come to Russ Michael eBooks through you.

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Bless your heart, forever and forever. Bless us all. We are all blessed.

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*In living and loving gratitude to All That Is*

*I Am*—Russ Michael