

How to Attract the Perfect Compatible Mate

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Dr. G's exercise for

How to attract the perfect compatible mate

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What this is and what it is not

This is an **exercise for single people** to utilize for the aim of attracting and finding a compatible mate. This exercise is a process that attracts many people to you and leads you to finding a mate for a long term relationship or a soul mate.

This is not for finding “just anyone” or for figuring out the qualities of someone “out there.” This focuses on YOU: who you are, and what you like and love to do.

Where does this come from?

The book entitled “I Am I Wish I Can” is now available, and it references Dr. G who taught me this exercise.

My book lays the foundation for how this works, why it works and *how to apply the power of belief to attract positive, meaningful life experiences.*

And, it is interesting to note that the book does *not* include this exercise. The exercise is shown here in its complete form. Nothing is left out. My book may also be of interest to you because it focuses on your relationship to sacred impulses and your true individuality.

The book

I Am I Wish I Can

And, the understanding in the book helps to boost the intensity of your belief to the level of conviction. That particular boost greatly increases the effectiveness of this process. It quickens it.

The book is in bookstores in paperback and ebook, and this exercise is free!

This is for free

Yes, this exercise is free, and it stands on its own. It is yours, and if you put it to use, you will avoid misalignments, and you will succeed because it follows certain laws that are wise and practical.

By following this exercise, you are using the pattern that comes from the refined wisdom shared in the book *I Am I Wish I Can*.

You can start at any time...

...to find the perfect compatible mate.

This exercise will attract many people into your life who will be at least 70% compatible with you.

In other words some of the people you attract using this exercise might come close to being 100% compatible with you, and some may only be 70% compatible.

Why compatibility?

**Because we are
talking long term:**

What is so good about compatibility? Why does it matter?

Isn't it best to be different so we compliment one another?

Compatibility helps keep you together even when times are difficult.

Difficult times?

All great relationships go through difficult times.

The simple factor of compatibility gives you an edge to make it through difficulties and come out of them with greater harmony and love.

Even people who are 98% compatible do things differently, and they complement one another.

(I have never met anyone who is 100% compatible, so I can not describe that.)

For compatibility to help you...

...you need to find someone 80% compatible.

You want this level of compatibility in order for compatibility to assist you during difficult times.

For this feature to function as an assisting factor in tough times, you must be between 80 and 100% compatible with your mate.

That is the starting place for a “perfect compatible mate,” someone who is at least 80% compatible with YOU.

What is compatibility?

If you were to make a list of what you like and love to do and compare your list to another person's list, you could measure your compatibility.

If 8 out of 10 of the items on your lists are a match, then you are 80% compatible.

Someone 80% compatible with you will generally enjoy doing the same kinds of activities and living in a similar way as you.

Compatible mates live with harmony and love. Compatibility is worth aiming for.

**This will attract
people who are
70-100%
compatible**

Therefore, you need to use your discrimination to determine who is in the upper levels, who is 80% or more compatible with YOU.

Dr. G used to tell me I could save a lot of time if I would just compare my list with my date's list on the first date, and only if we were over 80% compatible, have a second date!

Can you imagine? Well obviously it can not be done like that, but we must look for this 80% rule and apply our own discrimination.

If you are single...

...and looking for a mate, this is the perfect time to begin this exercise.

Dr. G told me to teach this exercise to others. Now that the foundation for this is available in print, I pass this exercise on to you knowing that you can utilize it as is, and that you can also go deeper if you so choose by working through the book.

I created *I Am I Wish I Can* to help people lead meaningful lives, and this exercise works for the same purpose and in the same way.

So let's begin

First, you will make three lists.

Second, you will use those lists to do the visualization exercise that will invite your perfect mate into your life.

Then you will meet people who correspond and you will find your perfect compatible mate.

Make a List of everything you Like and Love to Do

Of the three different lists, this will be the long one.

I want you to know exactly what you like. I want you to feel what you love. I want you to picture and experience everything you like and love to do, and write it down. Make a list of all of it.

The more specific the better.

Yes you can list the things you would not show to others.

Your list is private

Since you *might* share this particular list, keep the portion of the list that you do not want others to see in a private place.

This exercise *never* requires that we share our lists with anyone. It is tempting though, after you are with your mate to share lists. And if you are working with a coach, counselor or a guide of any kind, you might want to discuss some of your list. But, just to be clear, it is not the intention of the list to be shared. It is your own private list. It can therefore be true and specific.

Make List #2, Your Assets

List number two is your list of assets.

Not money in the bank, but what makes you unique and wonderful.

Make a list of what makes you tick..., what features you have that others like to see or feel or experience when they are with you.

Not so easy? Please try hard to go deeply into this. This is a short list. You only need a few assets to begin. But please *add to this list* every time you see another special quality of you that makes you you!

Gender specific versions for list number three

It is nice to read the version of list number 3 with the gender that is best for you.

(If neither version of the following two gender specific descriptions works for you, please feel free to write your own.)

We will use the words he and she.

Each list #3 description is a duplicate of the other, with only the gender changed.

List #3: SHE

Make a list of what it feels like to be with her.

What do you feel like when you are with her? How do you feel when you are together?

Picture her next to you and with you and write down how you feel.

You can name her, you can picture her. This exercise will attract people with different names, of course. This list is to help you picture being with her. Invite her into your life.

List #3: HE

Make a list of what it feels like to be with him.

What do you feel like when you are with him? How do you feel when you are together?

Picture him next to you and with you and write down how you feel.

You can name him, you can picture him. This exercise will attract people with different names, of course. This list is to help you picture being with him.

Invite him into your life.

Focus on you

Your first list is long. It is filled with what you like and love to do.

And when you meet someone compatible with you, guess what, 8 out of 10 of the things on your list will show up on their list!

This is why we do not specify what the other person does and who the other person is and what status they have. You are the focus. You need to understand you, not them. (You will have time for understanding them later.)

This helps move away from outer grasping toward an inner confidence.

Because you matter

You matter! You are important. What you want is important; not your ego driven desires, but what you want, deep down, from your true self.

After all, when two people connect and create their lives together, this is magical and from the world of essence. Personality is external. Essence is the world in which people connect with love. You focus on you in this exercise because at least 80% of what you are offering to your mate is also already in them! You connect with what you love to do from your real self in order to attract a compatible mate.

The visualization

Pick a few things from list #1 to picture while you are in a quiet state.

It helps to do this at the same time(s) every day.

You can spend 3-7 minutes on this at first, and lengthen the experience as you repeat it daily.

Relaxation

Relax deeply.

Come into the state of relaxation in which the mind produces what is known as Alpha Rhythm. A deep state of relaxation is possible in three deep breaths where each exhalation automatically relaxes the body more and more.

Imagination

Imagine this being coming into your life. Invite her/him into your life.

This is aided by your third list.

Now with that feeling of being together, imagine you and this person doing one activity on your first list, the things you like and love to do.

Picture it in great detail, in fullness.

Add to the picture

As if you are making a film or a video, you lengthen the visualization, you add to it. You add more things from your list of what you like and love to do.

You increase the detail, and with your concentrated imagination, you vivify your inner experience. You imagine your activities together and you feel as if they are really happening.

As the days go by, your 3-7 minute visualization can easily grow in length to 15 minutes.

It is simple but specific

This is a simple and yet very specific exercise. It works because of everything explained in the book *I Am I Wish I Can*. You can take this to a deeper level by reading that book. It is an easy read. Yet this works by itself. It is law conformable.

What will happen?

By doing this with full relaxation, the mind sends out images into the world and somehow others pick them up and take action.

Someone, somewhere will sense the images you are putting out, and without necessarily knowing why or what, they will go somewhere or do something that will connect with you. You will also become open to this action.

It is unexplainable, but it works. Neuroscientists are working with theories that may one day prove how this works.

Repetition

Repetition along with relaxation and imagination are the keys.

And it helps to know that you Can: You can create anything you imagine provided that what you imagine conforms to natural, physical, universal laws.

Since we do not know everything about all the laws that affect us, we might as well picture what our heart truly desires, from our essence.

By repeating this exercise, a pattern of images is sent into the atmosphere and this pattern acts like a magnet. You attract your perfect compatible mate.

More to come...

You can learn more and share your experiences with this and other exercises like this at www.iamiwishican.com

Blessings, and may the fruits of your efforts be transubstantiated in you for your Being.

end of exercise

Here is the book that
relates to this exercise.

www.iamiwishican.com

I Am

I Wish

I Can

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