

Attract 100% Available Relationships

not work in a notebook. For instance, in my previous two marriages my spouses were not interested in practicing any type of spirituality. In fact, my second husband believed that people who turn to God are only using that as a crutch. He felt that

such people are weak. So I wrote in my notebook, "I intend to attract a man who has a strong faith in a loving God."

Obviously, the concept of making a list of qualities desired in a perspective partner is hardly original to many

relationship seekers. Yet to some it will be novel. Of course, many of those searching might think, "I carry this list in my head. I know what I want in a partner." However, I find that this method makes it easier for some people to go unconscious. The list in the head gets tossed aside.

Additionally, I would propose that without an honest internal inventory there will be many relationship issues that are not taken into consideration. The reason for this is that old issues are flying beneath the radar, safely hidden in the subconscious mind. One of my students is an example of this. After successfully attracting an ideal partner, she reports that, "Before defining and recording what I intended to attract I talked incessantly with my girlfriends about what my ex did wrong and the small fault I was responsible for in the relationship. I consistently dated emotionally unavailable men. I was unaware that I myself was emotionally unavailable."

Consequently, it is important to recognize the value of

the written list. The value is that the written list presents relationship seekers with the opportunity to become more self-aware of old, ineffective behavior patterns. Especially through typing or writing, all our senses become activated. For example, as seekers venture out, they may find that new issues arise. Instead of saying, "I've failed" and ignoring the old traps, this can be an opportunity to learn from results and refine the list over and over again.

In communicating the idea of making a list to my clients, there have been several questions raised. One such question is, "Am I setting my expectations too high? A common phenomenon I have witnessed in connection to this question is that a number of my clients profess to have no real needs. Or they talk about being totally free and accepting. I can hear the waiver in their voice when we discuss the list. They hedge and refuse to take a position of what their true likes and dislikes are. As a result, they feel as though they've lost themselves but don't know who that self is.

Upon further reflection, my response to such clients would be to ask the following questions. Do you believe you are worthy of having a 100% emotionally, spiritually, physically available relationship? What standards have you set for yourself? How much joy are you willing to receive? Moreover, I would also like to repeat that it may be helpful to remember that the list-making process is used to take an honest internal inventory.

Hopefully, through defining the qualities of a 100% available relationship, we will make discoveries about ourselves. These discoveries can serve to magnify our clarity. The key is that we energetically attract what we are.

I recently attended the marriage of one of my clients, who used the attracting 100% available relationship approach. He had this to say about list-making:

"It is vitally important to recognize, that when writing what you want in someone else, you inevitably look at yourself. So would you set expectations for someone else that you would not set for yourself?"

So what kinds of expectations did I set out for myself in this process? The list is over 50 items in length. And

yes, I did attract a 100% available partner, Ken Holmes. Interestingly, Ken had a list that he developed over a four-year period. Ken and I have been together now for over 13 years and teach attracting 100% available classes as a couple. We continue to use our lists to play appreciation games and as a constant reminder of our intention to attract and be 100% available in relationship.

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Gianna Moriah Rosewood (right) found her 100% available partner when she met Ken Holmes. Gianna and Ken have been together for over 13 years.

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