

11/25/93

Self

Qualities that I express

I am vividly aware of the loving relationship that I want to experience

- 1) Feel love, trust, compassion ~ Learn + grow through daily lessons
- 2) be happy, smiling,
- 3) be supportive ~ show ♥ + caring in practical ways
- 4) tenderness, caring, kindness (acceptance)
- 5) active communication (willingness to be emotionally vulnerable)
- 6) a healthy, beautiful body (non-addicted)
- 7) ~ Humor
A great positive attitude ~ sees "broader" picture - Perspective!
- 8) allow "freedom" for them to follow their true way (career/path) ^{overall}
- 9) Willingness to share household + life responsibilities
- 10) Provide time/attention so that they feel appreciated (Take time)

Other

Qualities that my Soulmate expresses

Bob, this is a relationship that satisfies every level of my being

- 1) Loves me deeply -
- 2) likes to have fun, be childlike
- 3) Extremely Romantic ~ lots of flowers, cards, gifts
- 4) likes physical touch, gives massages,
- 5) * active communication (willingness to be emotionally vulnerable)
- 6) healthy in body + spirit (Respects self + the earth)
- 7) Committed to a spiritual path and self growth and healing the planet
- 8) respects my career, ^{my} need to be alone
- 9) is synergistic!
- 10) makes me a "priority"
- 11) I am a precious and intelligent person and there are people who really

Relationship

Qualities about how we relate together

- 1) We know we truly "matter" to each other.
- 2) take time for "play" ~ hiking, skiing, crafts, arts, puzzles, cards, drawing
- 3) We deeply feel acknowledged and appreciated by each other
- 4) We have deeply satisfying lovemaking ~ Hugging, touching, kissing, massage, etc
- 5) Respectful in speech and attitude for each other
- 6) We cook healthy foods together, hike, go to gym, / joggery, etc with each other ~ walks? etc
- 7) Both in harmony w/ maximum soul growth ~ compassionately serving the world
- 8) We respect our differences and honor/use our similarities for the benefit of the relationship and the world
- 9) truly interdependent / supportive helpful to each other
- 10) We actively plan and allow time for all of the above "Qualities" so that the relationship has the best "soil"

Self

Other

Relationship

- ① I celebrate life!
- ② I'm exuberant, energetic & alive, vibrant
- ③ Live life w/ an open heart that experiences all kinds of emotions without "covering them up".
- ④ Recognizes "cycles" of life ~ keeps "perspective"

- ① loving, gentle,
- ② Kind, encouraging
- ③ understanding
- ④ sincere
- ⑤ ~ Spontaneous & child-like
- ⑥ ~ Willing to be emotional and vulnerable
- ⑦ ~ Filled w/ enthusiasm and a zest for life
- ⑧ ~ peaceful
- ⑨ Loves the way I look. Compliments me.
- ⑩ Extremely romantic - lots of flowers, cards & gifts

- ① open in our communication - share feelings
- ② Feel an atmosphere of Trust
- ③ Support each other w/ "active listening" ~ just being there -
- ④ acknowledge "caring" ~ being there for each other - give compliments to each other
- ⑤ happy to be w/ each other
- ⑥ Support each other w/ "Healthy boundaries / limit-setting" ~ No addictions
- ⑦ Take time to be "reverent" about our life together → establish meaningful ceremonies (commitment, yearly cycles, etc)
- ⑧ Be around and involve with other healthy couples
- ⑨

Emotional

- ⑤ I am "mindful" about life, have a reverence for it.
- ⑥ I like appreciate my own uniqueness and accept that for others.
- ⑦ Be compassionate w/ self & others ~ Be accepting
- ⑧ Actively demonstrate Balance in life, which allows "emotional health"
- ⑨ Balance "Self-care" with "Service"
- ⑩ Understand/accept the polarities/contradictions/ironies of life!

Work with the clay at hand

* Trustworthy *
no addictions

Self

other

Relationships

Mental

- ① ~ active, alive mind
- ② ~ intelligent / curious
- ③ ~ smart
- ④ ~ risk-taker
- ⑤ ~ growth-oriented
- ⑥ ~ passionate about learning
- ⑦ ~ creative
- ⑧ I'm dynamic / insightful
- ⑨ concise / precise / understandable
- ⑩ inspiring / motivating

- ① ~ Filled with wonder + a sense of discovery for life.
- ② ~ honest
- ③ ~ capacity for deep understanding
- ④ listens to me
- ⑤ active, alive mind
- ⑥ intelligent / curious - smart!
- ⑦ Risk-taker
- ⑧ Growth oriented:
 - ① acknowledge "what works" ~ do it !!
 - ② acknowledge "what doesn't work" ~ do less of it - set goals ~ new directions.
- ⑨ passionate about learning
- ⑩ creative

- ① ~ a life mate who can keep up with me and teach me a lot.
- ② ~ ability to understand each other
- ③ ~ clear communication
- ④ Compliment each other frequently
- ⑤ take time to acknowledge what is terrific about our relationship!
- ⑥

Self

- ① I am physically healthy
- ② ~ correct weight
- ③ ~ Flexible (exercises)
- ④ ~ able to hike / walk
- ⑤ ~ able to dance
- ⑥ (average height)
- ⑦ temperate / balanced
- ⑧ ~ love nature & the "out of doors"
- ⑨ ~ financial success
- ⑩ ~ no addictions
- ⑪ ~ Eat & Fat

Other

- ① Physical healthy ~ correct weight ~ healthy
- ② Exercises (workout - stay in shape)
- ③ Beard
- ④ average height
- ⑤ 35-45 yrs
- ⑥ Temperate / balanced
- ⑦ loves nature & the "out-of-doors"
- ⑧ ~ financial success
- ⑨ ~ no addictions
- ⑩ ~ Eat & Fat (Vegetarian?)

Relationship

- ① ~ holding hands
- ② ~ physically touch each other (while working, playing, in bed, etc)
- ③ ~ massages
- ④ assist each other w/ mutual tasks / goals
- ⑤ help each other prepare meals
- ⑥ Exercise / walk together
- ⑦ great love making ~ celebration of closeness!
- ⑧ demonstrate abundance in all areas of our lives
- ⑨

Physical

Self

① I am a unique expression of spiritual creativity?

②



I'm a growing, evolving soul and spiritual evolution
welcome the opportunity for spiritual evolution

Other

- ① ~ accepts my spiritual values & concerns
- ② Has a personal, spiritual relationship
- ③ ~~has~~ practices spiritual disciplines to enlarge concept of self
- ④ Respects themselves and acts accordingly (practical spirituality)

Relationships

- ① ~ Spiritual harmony radiates from our relationship
- ② ~ Committed to a spiritual path ~ wants to share it
- ③ ~~is~~ the relationship is "alligned" with our spiritual beings ~
- ④ ~ we help each other unfold our highest best selves
- ⑤ We ^{might} meditate together
- ⑥ Share grace before meals

social
How we move in our own world and the rest of the world

Self

- ① Wants to have family
④ Social ties
- ② ~ Enjoys music / theater
- ③ Hobbies: Crafts
- ④ ~ Likes to have Fun
- ⑤ ~ Comfortable w/ others
- ⑥ ~ As satisfied / fulfilled w/ our relationship
- ⑦ Surprises me with dream Vacations and Weekends

Other

- ① Others are comfortable around us
- ② We are mutually dedicated to social issues and the betterment of mankind
- ③ We attend counseling / Seminars on personal growth as needed
- ④ Share healthy meals w/ others
- ⑤ Our home is a place where we, family & friends find joy, comfort, peace and happiness.
- ⑥ Have a healthy / Vibrant "Support Network" ~ be involved w/ them

Relationship