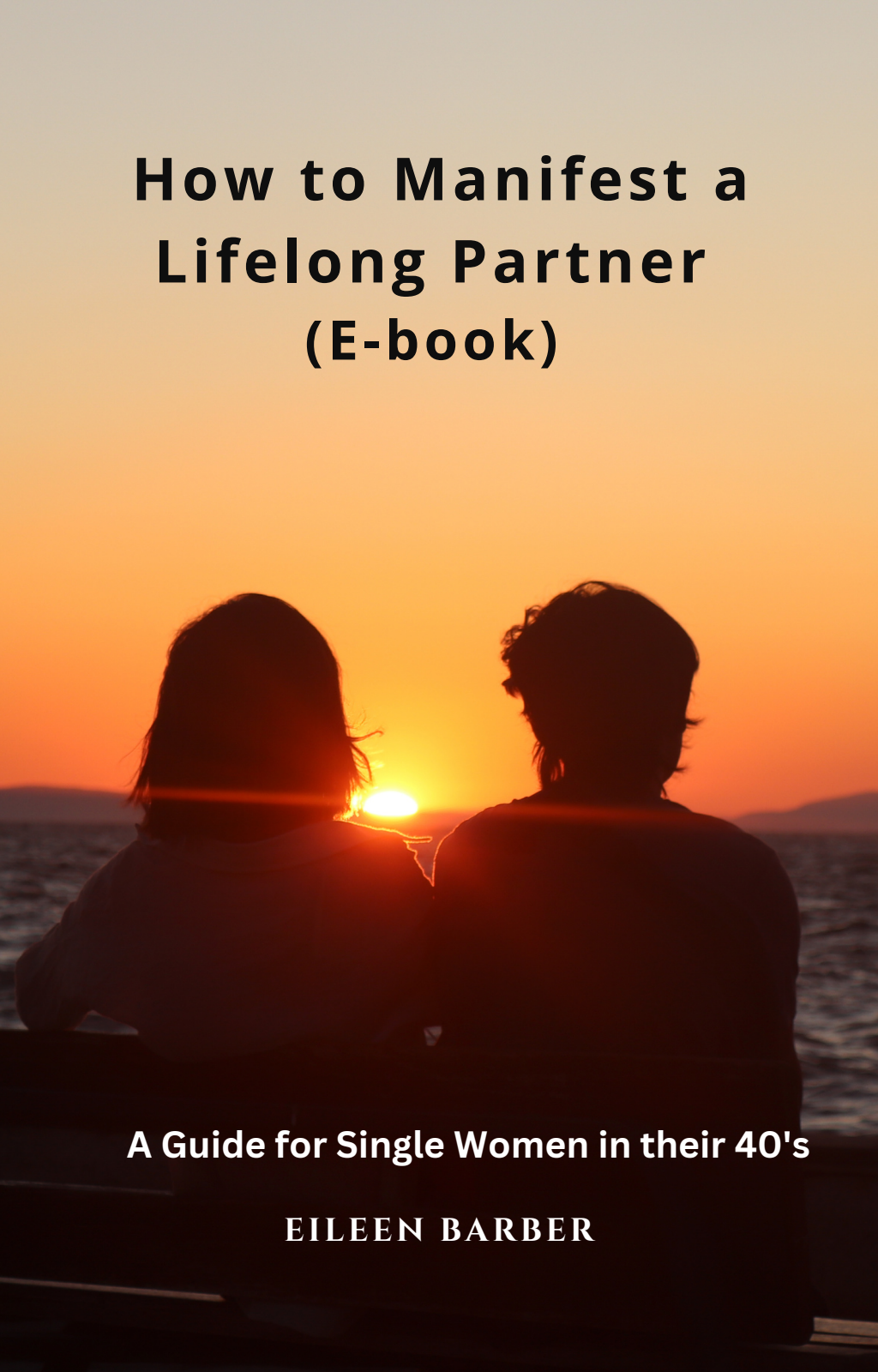


How to Manifest a Lifelong Partner (E-book)

The background of the entire cover is a photograph showing the silhouettes of a man and a woman from behind, sitting on a pier or boat and looking out at the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky and reflects on the water. The couple's hair and clothing are dark against the bright light of the sunset.

A Guide for Single Women in their 40's

EILEEN BARBER

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My Story

First off, applaud yourself for wanting a better relationship than you saw your parents or your primary caregivers had. If you had a rare life situation where you saw two healthy adults in partnership, these concepts will further enhance your experience with your future partner. Congratulate yourself for taking this intentional step into a more conscious relationship to help you and those around you. A fulfilling and happy partnership is the best gift you can give yourself, your children, and everyone you come in contact with. Please be gentle with yourself and follow along and trust the process. There is a pot of gold at the end.



The impetus for this e-book comes from the frustration I experienced after two decades of unsuccessful dating. I found meeting and dating men easy in high school and college since there were many opportunities to meet others. There was no shortage of men while in school and plenty of free time for this to happen. Having dated almost nonstop from freshman year of high school to senior year of college, I envisioned meeting my husband at college. However, that did not happen; my college boyfriend and I called it quits by graduation, and I was forced to enter the workforce dating pool. Dating was more laborious and took extra intentionality and effort to make it happen. In my mid-twenties, I traveled for work and worked from home before it was in style, so dating was almost non-existent.

By my early thirties, I had spent a decade with short romances that were not husband material. I started to believe I was part of the problem rather than the available dating pool since I was still going to weddings of friends who were getting engaged and married. This led me down a path of self-reflection and discovery that became painfully obvious; I had no idea how to pick or discern who would be a good partner or how to date mindfully. I was at a loss.

In January of 2000, at 35 years old, I met my husband, Douglas, at

relationship classes in Boulder, Colorado. I immersed myself in these classes and manifested my husband as a result of what I learned in these workshops, and I am excited to share these same proven techniques with you. After three years of attending classes together, we started teaching the work to others on how to date consciously and develop healthy relationships. The concepts and practices in this e-book are the result of working with hundreds of clients and friends for over twenty years and helping them manifest the partnership of their dreams. I have seen hundreds of people succeed with these techniques and know that every person can manifest an enlightened, co-creative relationship. The classes we attended were about learning the nine different communication styles, six defenses, and four pretenses that make up our trained personality. These defenses, which we believe will keep us safe from others, inhibit us from showing up authentically and achieving a satisfying partnership. Understanding and integrating these skills into daily life is a formula for a successful, co-creative collaboration.

More about my 15 years of unsuccessful dating



If you are anything like me, I felt my future partner was just one Saturday shopping trip away. The amount of time I would spend putting on makeup for a quick Whole Foods run or visit to the gym was ridiculous. Confident that my partner and I would bump into each other like in the movies. I had friends set me up on blind dates with no compatibility parameters except that we both liked the same musician. That was the only criteria for matching us together. One of my favorite memories was hanging 15 feet off a canyon wall in beautiful Eldora Canyon, south of Boulder, CO, rock climbing with my neighbor, Dave. He had asked me to go climbing, and I ran to the sports store to rent climbing shoes so I would be prepared for our date. It feels like yesterday as I reflect on the craziness of hanging off this pitch, wondering if he will ask me out again and if I am a good enough climbing partner to be invited back. After this date, I seriously talked to myself about not sacrificing my safety and enjoyment by putting myself in situations that scare the crap out of me. Dave wanted a climbing partner, not a wife, so we parted ways. It was a huge relief.

In another instance, a close girlfriend invited me to a classical guitar concert at one of the Chicago libraries. I thought what a great way to meet a

a partner. We arrive and quickly realize we are about 30 years younger than anyone else attending. I was so bummed and secretly embarrassed. This massive disappointment around unmet expectations of meeting someone at the concert made me not enjoy one minute of the beautiful music. Often, I would courageously put myself out there in the world, only to be highly discouraged. I played this game for almost 15 years, a painfully long and heartbreaking amount of years. Finally, in 1999, I realized I needed to be methodical and accountable in how I wanted to meet my future partner.

Match.com had launched in 1995, but it started to become slightly more mainstream by the late 90s, and I was hesitant. However, I decided to put my profile on the site. There were very few matches in my area at this time, and I wasn't interested in meeting someone hours away. I matched with one cute guy and was excited to meet him. The ironic part was that my friend Cathy also matched with him, and they had already been on a few dates and were hitting it off. Competing with a friend with the few online male profiles sounded like a tragic strategy. I was devastated that I tried and failed so quickly with online dating. I will share later in the e-book how to navigate this with more success; plus, lucky for you, there are way more people and platforms to choose from than in the early 2000s.

One of the main reasons for writing this e-book is that I needed this type of structure and support when I was single. It would have been great to have a resource to turn to when all my friends were having success and I was failing right and left. This is a roadmap for meeting your life partner in a healthy, collaborative, and supportive process. It takes commitment, dedication, and the ability to be gentle with oneself. There is a fantastic relationship waiting for you!

Let's show you how to get there



I met Douglas when I was 35, and we started dating six months later. The instruction for dating from the relationship classes was to go slow and get to know each other first. Jumping into bed muddies the water and makes us feel attached too quickly, usually in an unhealthy or co-dependent way. One partner can feel that being intimate quickly cements the relationship. While the other might see it as trying out their partner to see if they are compatible sexually and hoping there is chemistry in the bedroom.

Not being fully intimate for at least four months, we found to be successful. It sounds like an eternity; I know I was there, and we all have friends who are still married to the partner they slept with the first night they went out. However, this wasn't a successful strategy if you're anything like me. I would wake up and look at the person beside me after being intimate too quickly, and it was painfully uncomfortable because I was vulnerable with someone I didn't know. When two people take their time getting to know each other, they can see what they have in common and observe how each other navigates some of the life's challenges and obstacles we all face. The way I looked at it was that I had tried jumping in bed too quickly, and that outcome had not given me a life partner; why not take it slow? I had nothing to lose at this point. I believe if my husband and I had gotten intimate too early in the relationship, it would have been an emotional hurdle we would have to overcome, and I am not sure we would still be together. Another aspect of waiting to be intimate was hearing from Douglas that he knew how he would feel after our first night together, which would only deepen our connection. We were working on building a solid foundation, and this was a new dynamic that positively added to our commitment to each other. It came at the right time to help deepen our connection and didn't make us run from the closeness that sexual intimacy generates. I am grateful for the wise advice to get to know each other and build friendships before becoming intimate. Neither of us has ever regretted going slowly to get to know each other. The anticipation was well rewarded.

Early on, doing projects together is a healthy way to determine how compatible you will be. Find something you are not experienced in; we chose to plant a flower bed together to see how well we work together. Douglas and I would also cook meals together and this provided enjoyment and an excellent outcome of a yummy meal to share. We will share more ideas later in the book.

Dating Pitfalls

Having worked for over two decades with many singles, I have witnessed and coached men and women on the most satisfying way to a healthy partnership. There are essential elements to follow and keep an eye out for while dating. It is hard work to be intentional because of the temptation to

fall back into our old patterns. For a great relationship, be deliberate in word and action, watch for red flags, note them, and speak up when you see inconsistencies. Taking it slow to get to know someone and working on being present with communication can sound dull and lacking drama. Waking up next to your best friend never gets old; it is one of life's greatest gifts.

A proven process to follow helps keep us accountable with sage advice when our emotions overtake our logic. For successful dating, there is a blend of emotional and logical aspects to help keep us in check.

I have created a straightforward and effective method for meeting your life partner. The process keeps you accountable so you can stay the course as you navigate the newness of a relationship. This method works; treat this like an enjoyable (and occasionally challenging) hobby, and do not take yourself too seriously. This is a roadmap for relationship success, and we have seen many clients navigate this path by meeting, loving, and marrying their life partner. Follow each step, and you will manifest a satisfying and loving relationship.

What is healthy relating, and how soon do we expose our skeletons?



Healthy relating is where two people can share their truth harmlessly in a safe environment. This doesn't mean sharing all your skeletons in the closet on the first few dates. Get to know the person you are dating and share your dating history at the appropriate time. Your new partner's response will also reveal more about how they will be able to handle challenges in the future. Be upfront and honest with your words and actions. It is OK to say, "I am not comfortable sharing that with you yet." My husband and I took six months before we exposed our financial history. If we had done this within the first few weeks of dating, I would probably not be happily married to Douglas today. I like to tell clients they are meeting a new friend; that is all you need to do at first, see if you can be friends with them. If you don't like who they are, what they stand for, or how they treat others, it will only get more challenging when life stressors are turned up. Are they a good person, are they kind, respectful, a good listener....start with this, you can't go wrong.

Take it slow when revealing the darker parts of your past until there is a solid foundation of friendship in the relationship; this can take 2-4 months. It can come out sooner if the foundation is secure or you have been friends before dating. The depth of the healing in our unique situations vary from person to person and early on a potential partner might question some of your past decisions. Take me for instance, when Douglas asked me out, I was supporting my Mom through a tough transition and she was my roommate, far from ideal at 36. I had to share this rather quickly with Douglas since I couldn't invite him over in case my roomie (aka Mom) was at the house. After about two months of dating, I introduced my Mom to Douglas to ensure I was firm in my feelings for him before I opened myself up for feedback, solicited or not from my Mom.

Clients have told me they spent their second date reviewing every past relationship and why it ended. Transparency is excellent for most things; however, learning about every former girlfriend that my husband has had did not make me feel more secure early in our relationship; it only helped me to feel less confident. Timing is everything, including when and what to share with the person you want to connect with. Connection is built on trust, authenticity, and being present with someone.

Let's look at how to navigate meeting a great partner for a great relationship.

How to identify red flags in dating!



We have all heard so much about red flags in dating and what to look for when entering a new relationship. Let's explore this, why it is essential, and how you can learn what these red flags feel like in your body. Red flags can be felt in our stomachs, or a pain in our chest or other areas where our bodies' messages are transferred to our brains. Our body is the quickest and most accurate interpreter of what we're experiencing by telling us something we just heard or saw was not in alignment with our values. The saying "Trust your Gut" is accurate because there are five times as many neurons in our intestines than in our spinal cord. This is why it is so important to learn to trust your body's wisdom. Please listen to your body; it is a wealth of information and your most trusted friend.

Red flags are where in the past, we started ignoring the messages we were getting from inside ourselves. It is where this whole notion of not rocking the boat or going along to get along comes from. It is also where we start to compromise ourselves. We are, by nature, community beings; compromise is critical for those who want to be in community and connected. Much of the unhealthy association around compromise is between compromising with others and compromising ourselves for another.



This can look like getting intimate too quickly in a relationship because one or both partners may fear not knowing how they feel about the other and hoping that this close physical connection will bond them quicker. When we can speak up for what we want, we get more out of the interaction, and this positive interaction can cement the relationship more. For instance, Douglas asked me to go golfing for our first date. I had golfed once or twice with my Dad, where I was constantly corrected on how to stand, where to stand, and how to hold the golf club. Not an experience I wanted to relive on a first date, and Douglas was all in when I suggested a hike instead. We had such an enjoyable time getting to know each other on the hike that we decided to go to a restaurant for dinner that night. It was a pleasant, spontaneous surprise.

Red flags can be warning signs to determine if one should continue pursuing the relationship, and deal breakers are when you realize you don't want to continue the relationship. It is wise to list deal breakers so you are not swayed or coerced to ignore them when they appear. Our hearts can overrule what our deep knowing tells us, and using ONLY your thoughts or emotions to tell you what is going on in the moment will lead you astray. I am not saying to disregard thoughts and feelings, however much of what we believe is based on training and imprinting that does not always reflect our most profound understanding of ourselves. Our thoughts and emotions must be in service to serve our highest self and our goals for being in a healthy co-creative relationship.

Here is what a possible Red Flag List and Dating Deal Breakers could look like.

1. Smoker or someone that is not willing to quit
2. Heavy drinker or partier
3. Fiscally irresponsible, with no plan to pay debt off
4. Doesn't exercise or take care of their health
5. Not kind or respectful of others, waitstaff, family members, etc.
6. Won't take responsibility for themselves
7. Doesn't treat animals with respect
8. A pattern of not showing up or calling when they say they will
9. Secretive or someone who has cheated in the past
10. People who don't put energy into the relationship
11. Addictions they won't stop or addictive personality



In our years of working with singles, below are a few stories we heard about ignoring red flags.

We had a female client who was financially responsible and enjoying getting to know her new partner when he revealed he had declared bankruptcy five years ago. This could have been a red flag for her and something to be aware of if the partner was unwilling to discuss how he handles his finances now. They had an in-depth conversation on how he manages his finances so they could clear the air and see if there was alignment in this area of their lives. As they got to know each other more, they realized there was much more financial compatibility because the partner had amended his ways with money.

Another woman we worked with dated a man who was very secretive about his past, and she ignored this because her desire to marry and have children superseded her common sense. They got married, and soon after, she realized he was deeply in debt and dishonest about his past marriages. They divorced in the first year of marriage. If this relationship had gone slow, she would have been able to observe his patterns and ask more about his past. If someone is unwilling to share their past, financial history, or family history and has few friends, these are huge red flags. Take time to explore this with your new partner.

We heard from another client that she suspected the man she had met might have anger issues. Early in their relationship, he could keep a lid on his outbursts, however, as time passed, stressors like being unhappy at work, not seeing kids because of his ex, etc., and his anger flared up. Many people, me included, are on our best behavior when getting to know someone we are interested in dating. This is a huge red flag if there are warning signs of unresolved anger early in the relationship without a way or willingness to heal or work on them.



Another common theme we have seen with our clients is their partner not wanting to be intimate or refusing to initiate or accept affection well into the relationship. This could be from past emotional or sexual trauma this person has experienced and never dealt with. With the intimacy of living together and spending more time together, this will not become easier unless it is dealt with and healed. It usually becomes more pronounced and very uncomfortable for both people. This can bring loneliness and hopelessness in the relationship and must be processed for a healthy co-creative partnership.

We had another client that “met someone great,” who had a failed business and a terrible relationship with his ex. Relationships are messy, and there is plenty of heartache when we are vulnerable and don’t get the outcome we want. Please open your eyes and listen to what they say about past partners. You are only hearing one side of the story, and be wary if they have unresolved anger, estranged exes, past bankruptcies, or other red flags for you.

In summation, ignoring red flags or deal breakers can lead to much heartache by having to repair a marriage; at worst, it can lead to divorce or financial ruin. Having a list of your deal breakers can guide you in choosing partners you are more aligned with and, ultimately, a more compatible partner.



Will a list work?

If you use the list as a rough guideline, it is OK to have a list; this is where you need to work on becoming more present. One of the most practical reasons for creating a list is to help ourselves understand where we are most triggered. We may feel lacking in these areas or where trauma has occurred in ourselves. When you have a date and then cross off the list what your date had or did not have on "your list," you could be using the list to maintain distance between yourself and others. You are not staying in the moment and determining how you feel about the person you're getting to know. It takes awareness and presence to decide whether they are absolute deal breakers or a way to stay safe and alone. Let me give you an example. I had a client who was very intentional in trying to meet a partner and was actively pursuing men she would meet in a relaxed manner. While at an acupuncturist appointment, she sees someone attractive in the waiting room and asks her acupuncturist if he is single. The acupuncturist sets them up, and since they meet in the winter, my client did not see all of the tattoos this man had on his body, 8 in all. She said tattoos were a deal breaker until she met this guy. They are now deeply in love and engaged to be married. This is an excellent example of deal breakers keeping us safe and single instead of vulnerable and in love. There is always a choice for us.

Making a list can go both ways!

We have been told to list all the qualities and don't settle for any less. Please remember that if you have a strict list, assume that whomever you want to date will also have a long list. Let's say this person's partner must weigh a certain amount, be a certain height, earn a certain amount, have a specific hair color, and so on. This is all fine, but upholding this false or manufactured image you want to present to the world can be a lot of work. Is it worth it? Can you do it for the next 30-40 years – daily? Do you want to? Remember, you want to meet a life partner, not enter a beauty contest.

The patterns that have not resulted in a great lifelong partnership are, for the most part, subconscious. They were part of your training on relating to other human beings and came from many different sources. The more critical the source was for your physical and emotional survival, and the

younger you learned these lessons for relating, the more powerful they were on your subconscious and the harder they were to distinguish from the real you and the “trained” you. Parents, grandparents, teachers, and others in positions of authority are where we got our training on how to be in a relationship. Many people in authority positions learned conditioned training, so if we didn't meet their expectations of how we should act, we were punished, insulted, or ignored. The process in this e-book is learning unconditional love in partnership, a more satisfying and enriching way to be in a relationship.

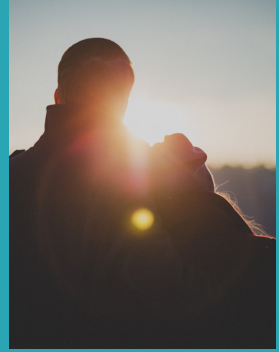
We meet and connect most easily with those similar to our vibration or remind us of our parents. This is neither good or bad. If your Dad wasn't a great partner to your Mom or your Mom wasn't a good wife to your Dad, then one has a more challenging time learning healthy relating. I can recall going to a friend's house and seeing her parents joke around with each other and be playful. This looked foreign to me since I never saw this at home, and it wasn't done playfully like my friend's parents. Douglas and I break the tension in our relationship when something stressful comes up, and we use humor to repair the interaction and get us back on track and connected again. When used appropriately and in kindness, humor is a salve for many of life's challenges.

We attract what is familiar until we change our old patterns and beliefs and relate with intentionality and authenticity. Water seeks its own level is a famous saying, and this is also true in partnerships. If one partner has worked on being their most authentic self, they will align with someone else who has done similar work on themselves. Taking the relationship slow and being present in the process helps to establish a healthy environment for authentic love to flourish.

Let's take a closer look at compromise in a relationship!

When people talk about a committed relationship, necessary compromise often comes up. We see two types of compromise. The first is when even though we know what we need and what is best for us, we allow someone else's wishes to supersede our own. Here is an example: you are newly dating someone, and they want to take you to a hot springs to enjoy an

afternoon together. You don't want to because it feels too soon to be barely clothed with each other, but you go anyway to appease the potential partner and not disappoint them. While at the hot springs, your insecurities flare up, and you regret going on a date that might be fun when you know each other better. Not speaking up made you compromise how you wanted to spend time, and you resent your date because you let them make plans.



The second type of compromise is when two people in a healthy relationship can speak to their needs and come to a mutually satisfying solution. An example might be taking turns selecting a restaurant, a movie, or even a travel destination for a vacation. Getting your way might initially sound like you are being taken care of. Still, being in a relationship with someone who never speaks up will get tiresome in the long run. Learning more about your partner's likes and dislikes is a way to get closer and establish constructive communication patterns.

In a healthy partnership, the responsibilities of major and minor life decisions are shared between the two partners. I have always wanted Douglas to hike with me, but he has mobility issues, so I hike solo or with a friend. My compromise is the single me at 30 would not have imagined marrying someone who couldn't hike together. Does the lack of partner hiking diminish our connection? Not at all; this is one way we choose to spend time apart.

Learning what healthy looks and feels like in our bodies is paramount to co-creating a lifelong satisfying relationship.

Most of us did not have parents that modeled healthy relating, so we needed to learn it independently. We may have seen neighbors or parents of our friends in good relationships, but not experiencing this daily puts us at a disadvantage. Let's outline what healthy looks and feels like.

1. We can speak our truth harmlessly in the relationship. To express our truth harmlessly, we can't be in reaction. One of the most challenging and helpful realizations that my husband has come across in his life is that when he is reacting to some person, place, or event in his life, it is his responsibility to understand where that reaction originates inside of himself. Observing and releasing the reaction can make us more present in our relationships with everyone. We can then speak and communicate from a place of authentic connection instead of a reaction from past trauma.

2. We are committed to our partner and their growth, and they are the same with us. When our partner comes home and expresses interest in learning a new skill or sport, or hobby, we encourage them instead of feeling threatened by them. This level of support and trust can support many relationship challenges and obstacles. Being in a growth-full and supportive partnership is always exciting and keeps the spark alive.

3. In healthy relating, there is respect for each other and our partner's choices, even if we disagree. For example, my husband loves gaming and spends part of his free time doing this, and it seems like a waste of time to me. I respect his choices since it is time outside of work and getting things done around the house, so I see this as his decompression time, even if it doesn't interest me. My husband doesn't always agree with how I engage with my Mom. Still, he is allowing me to do my path since it is harmless and doesn't change how we relate to each other, in other words, it doesn't affect our relationship.

4. We love each other and help each other out as much as we're able to help. We made these 2 family rules a few decades ago, and they have served us ever since. This is the bedrock of our family foundation, and we will always strive to do the right thing, no matter how difficult or uncomfortable. Along with this are understanding, compassion and thoughtfulness, and other kind and essential attributes.



Below is what healthy relating feels like in our body

1. We can sleep well, be at peace and enjoy our time together. I recall having dates with other men and when I left, and I felt so off and uncomfortable in my body. I couldn't grasp it, but I knew something was off. Later, I learned that "my boyfriend" was still hanging out with his old (ex)girlfriend and not being honest with me. Trust what your body is telling you; it never lies to you.

2. When there isn't friction in the relationship, you can discuss easy and complex topics and stay connected. Sharing your viewpoint and feelings doesn't explode the relationship or alter the connection that has been established.

3. Trying to process our thoughts and feelings takes little energy in the relationship or doesn't take days to do. I had a roommate years ago that would sit in her room and call it a processing day. I was clueless and never could figure out what happened except for wasting a day and coming out all upset. Some professionals can help with this; however, if the whole relationship becomes one big "processing fest," this is a disaster for everyone. We are meant to have fun when dating in a relationship. If every topic of discussion takes forever to complete, no one is getting their needs met.

4. All too often, we use something to anesthetize our emotions with addictive behaviors, whether it is gaming, alcohol, food, porn, or exercise; this creates a barrier to true intimacy. Slow down and let yourself feel what it is like to be comforted and loved. You don't need to be in a relationship to feel this, and when you can create this on your own, then you can create this with another.

A Healthy Mindset Builds Trust

By my mid-thirties, I wasn't sure I could have a great relationship that included children and a committed husband. Some of my friends and family were already in their second marriage, and others were struggling in their first marriage. I realized I had to stop looking outside myself and the dire

statistics of not finding love after 35 and find the fortitude to manifest this in my life despite the stats. I knew it was possible, deep in my soul, and I knew it was the plan for me. Everyone who knows this about their lives can have a healthy, loving relationship. It may not happen exactly when we want it to happen or even look how we imagined it. However, with conviction, it is available to every person on the planet. We are community beings and feel better and learn more in partnership. This is where our best comes out, and sometimes our most challenging sides emerge. This is also where our best growth happens. Building trust that we deserve a satisfying relationship is much of our work with our clients. Confidence, belief, and mindset are benchmarks for successfully navigating a co-creative partnership.

Turn off or remove any social media apps that don't support you having a joyful relationship at any age. Remove all of the outside influences to this false narrative. It is simply not true. Our minds can take over when we are not focused on the intended outcome. Believe this is possible and you will have it, and trust in divine timing. One of my husband's favorite quotes is, "There are lies, damn lies, and statistics ."When we work with clients, mindset is one of the most significant factors we help people with. Believing that you will have an incredible relationship can be taught. I knew deep down in my bones that I would have a great relationship, just had no clue how to manifest it. The years of work I had done on myself helped me with my mindset, and I have been able to help so many other clients develop this in themselves.

During my late 20s and early 30s, I felt enormous frustration that each person I dated did not turn out to be "the one," I started to feel helpless and hopeless. I needed more structure and accountability to stay on the path and clear out obstacles that were in the way to finding love and a committed partner. Our minds can do weird things when we don't have a path to a desired outcome. This is where our monkey mind can take over, and we start to believe this false narrative. If we believe what we read and what others have experienced and shared with us, such as the odds are stacked against us, then stop reading this e-book and save your time. OR you must fully embark on the journey to finding love by taking your power back and working on building healthy habits around not letting your thoughts control your emotions and experiences. You can manifest anything in your life, it takes effort, and it is the most valuable gift you will manifest in this life.

We all have a strong inner compass that has helped us on our life journey. This compass, or inner knowing, helped us pick our college or career and what sports to do, and which friends to choose. It has guided us during life's challenges. It helps us decide on a good career path or a career. This compass is our friend, guiding light, and a source of comfort. Please get to know this compass; it is your north star on the path to a great relationship.



When our minds go on automatic and old patterns and unhelpful thoughts emerge, it is imperative to talk to these thoughts and let them know you are in charge now. You are guiding your life from a place of inspiration, inner guidance, and intuitive strength. The old patterns are not welcome and are not permitted. Stay strong, talk to these patterns, and laugh at their silliness when they are not supportive. We have this great exercise about changing the cd in our heads, and it has helped countless women get back to their center, gain the strength to trust their vulnerability, and find love.

When I was single in my 30s, I would read that women who were not married by 35 statistically had a much lower likelihood of finding love after that age. I scoffed at this nonsense and told myself, "WATCH ME" I will prove all your ridiculous studies wrong. With a well-executed and organized plan on how to meet a life partner, anything is possible. You will meet a great partner if you commit, are intentional with a plan, and are observant of red flags and deal breakers. I guarantee it. We have seen this repeatedly, and the secret is to be mindful and gentle with yourself for the best outcome.

The most successful clients we worked with built out a plan and roadmap to get there

Have you ever heard about The Best Laid Plans proverb? This references that when you need to help execute something having a roadmap to follow is helpful. However, it doesn't mean it will happen as we lay it out. Many clients we have worked with assumed that just being on the apps and

meeting many potential partners would get them the partnership they wanted. It can get you a partner, possibly not your desired one. I saw my twin sister in her first marriage doing the same things my parents did in their unhappy marriage. If we have not seen healthy relating, it is hard to imagine what it looks like; that is why slowing down and being present is so important. Being on automatic is another way of saying that we are letting our subconscious or unconscious determine our lives, and we shouldn't be surprised when we get the same unsuccessful results we've had in the past. Anyone can find a partner; choosing a great partner who will be supportive and loving for a lifelong relationship is learned behavior.

Filling the calendar with lots of dates and activities might feel like you are being intentional, but is it really? If you are not mindful of who you are meeting and how you want to engage in a new way, it is a distraction and will not get you closer to a healthy relationship. You have a much better chance of recreating the same outcome of past relationships which was unsuccessful.

Slow down, be intentional, and be authentic. Build out a realistic schedule for having opportunities to meet partners. This is part scientific, part inspiration, and part effort and requires a well-laid-out map to stay on the path of manifesting your partner.

A well-defined approach can significantly contribute to a successful outcome and lay a strong foundation for a fulfilling and long-lasting union. Let me share with you some advantages of having such a process and how it can benefit you in pursuing a life partner.

We will review the following:

- Clarity and Intention
- Compatibility
- Emotionally Healthy
- Communication and Boundaries
- Building Trust and Commitment



A proven process provides clarity and helps you establish your intentions. It encourages you to reflect on what you truly desire in a partner and what you seek in a marriage or committed partnership. By defining your criteria and values beforehand, you can approach potential matches with a clear vision, reducing uncertainty and increasing the chances of finding a compatible partner. The romantic dates and newness of meeting someone can sometimes cloud our judgment; a process helps us stay on track with what we desire in our partner.

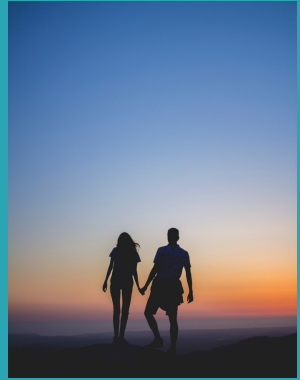
A pre-determined process allows you to screen potential partners for compatibility. It helps you identify important factors such as shared values, goals, interests, and lifestyles. Following a proven framework, you can ask relevant questions, engage in meaningful conversations, and assess whether you align on crucial aspects of a successful marriage. This process saves you time and energy by focusing your efforts on individuals who are more likely to be a good match. It is also a great place to see hidden red flags or areas where you are incompatible, and friction could arise. Compatibility is imperative for couples that like to spend time together. I am fortunate I married my best friend, and we never get tired of each other and love to be together. We also enjoy different things, so there is time apart for each of us to explore our other hobbies or interests.

Meeting someone with the hope and intention of marriage can be emotionally charged, and it can feel like so much is at stake. Having a process in place prepares you emotionally for the journey. It allows you to remove the unhealthy expectation that relationships in our culture carry. Seeing what movies have fabricated sets us up for the disappointment that no partner can fulfill. When you practice self-reflection, self-awareness, and introspection, you understand your needs and vulnerabilities. This emotional preparedness equips you to navigate the relationship journey's ups and downs more effectively and helps make well-informed decisions rationally. The work we have done and do with our clients is based on body-centered knowing so your emotions don't overtake your rational brain.

A proven process emphasizes open and honest communication by encouraging healthy dialogue about expectations, boundaries, and long-term goals. Early conversations establish a strong foundation for effective communication in your future marriage or lifelong partnership.

It also helps you identify any potential red flags or areas of concern that must be addressed before making a long-term commitment.

Following a process promotes trust-building and commitment internally and externally. You can gradually foster trust by taking the time to get to know someone deeply. It allows you to build a solid emotional connection and establish a strong mutual respect and understanding foundation.



This trust and commitment form the bedrock of a successful marriage, enabling both partners to weather challenges together. The ability to overcome difficulties together is the primary way we experience love with another person; this is the glue in the relationship.

Remember, having a proven process doesn't guarantee your love will be "perfect" in every way or a problem-free marriage. However, it significantly increases the likelihood of a successful outcome by providing structure, clarity, and a thoughtful approach. So, embrace the journey with an open mind and heart, and trust the process to guide you toward a fulfilling and joyous marital union.

We worked with one client for over 3 years as she navigated online dating and tried to meet a partner organically. During the 3 years, she met and dated about 15 men and, over time, was able to refine her process and become crystal clear on what she wanted in her life partner. When she first met her husband, she frequently commented on how she could count on him and that he didn't have a hidden past he was hiding from her. He had a good job, a loving family, and a bright future. He wasn't the usual "project" she had dated in the past, and the unfamiliarity made her uncomfortable. Over time she realized that this was precisely what she wanted, and it was so natural and easy that it took her by surprise. Counting on your partner and enjoying simple pleasures is a beautiful gift. With the guidance and support we provided, she could discern that this was a quality partner she could count on, and is now happily married.

Relationship Goal Setting for Meeting your Life Partner

As a successful single woman with the goal of meeting your life partner, a few areas are essential to consider in the search for a co-creative partnership. We like to break these down into Self-Reflection, Personal Growth, and Targeted Action.

Self-Reflection and Clarifying Relationship Goals

This step's purpose and importance is to clarify what you truly desire in a partner and a marriage. We support you in creating an in-depth profile of your future partner including values, priorities, and non-negotiables in a relationship. This allows you to vet and weed through those that don't fit your desired profile or don't reflect the attributes you want in your future partner. For example, you may have dated successful men in the past who seemed like perfect husband-material only to find out these men are solely focused on amassing a high net worth, or climbing the corporate ladder with 80 hour work weeks spent at the office. This may work for some women, but you are at a point in your life where you want a partner to hang out with and design a mutually beneficial life experience with.

In our coaching work, we spend a significant amount of time on limiting beliefs or fears you may have about finding love or getting married in mid-life. We work with you to reframe these beliefs to foster and develop a positive mindset. This is an ongoing process, and the exercises effectively reduce the mind chatter so you can be more present as you date and meet possible partners.

One of the clients we worked with was a very successful attorney who had recently met a potential partner. Early on, as they were getting to know each other, she would check in with us and announce that today was the day he would break up with her because they had a date to walk around a different park than last week. We showed her that trusting the process and being vulnerable as we get to know someone we are excited about takes time and can make us very uncomfortable. Observing this man's actions was more important than listening to old tapes in her head listing every reason she was not worthy of a healthy relationship. Over time the exercises around mindset and trust helped this client to heal the places where she

At 35 and single, I went to a life coach before that was a thing and asked for help manifesting my partner. She helped me understand what that would look and feel like for me. I made a list and then worked on body-centered exercises on how that would feel for me. I am very comfortable in my thoughts and live in my head most of the time, so getting into my feelings is much more foreign and uncomfortable. This process helped me get into my body and feel what is nourishing and supportive for my whole being. We can manifest a healthy partnership when our whole being is supported and integrated. Like attracts like. The more centered and grounded you are in your life, you will be able to identify partners that will enhance and expand your life. So often, we let our heads be in charge instead of our hearts. Successful partnering combines both with a hefty dose of inner knowing. I worked on feeling and integrating what Douglas would look like and how it would feel when we first met. He looked very much like what I had imagined. The only drawback was I had asked for someone who wasn't allergic to cats and he was. Ironically, my cats never bothered his allergies.

Limiting beliefs is mind chatter that keeps us from being present. This false narrative or mind chatter is detrimental to being open and receptive to a healthy partnership. These false beliefs show up as old patterns from childhood, wounding from others, and how our needs were not met in past relationships. Limiting beliefs can be thoughts and feelings on auto-pilot and unconsciously running our life. It is familiar, so we let it happen and even believe these thoughts. However, these beliefs don't get us the relationships that feed and nurture our lives. Think back to middle school and your first boyfriend or crush. It was all about their looks, coolness, or the cute things they said to you. Once our crush said something unkind, it deeply hurt because we valued their opinion above all others, including our own. Healing our limiting beliefs opens up a world of possibilities for our partnerships.

Mindfulness, meditation and body-centered exercises further cement our intentions and allow for space and real change to occur. Our manifesting abilities take root for unlimited possibilities.



Personal Growth and Achievements to build muscle memory

At this stage, we go deep into helping our clients recognize and enhance their self-worth and self-confidence in knowing they are enough just as they are now. Yes, we are committed to growth and improving. That is what makes us “enough” in each moment. We do an inventory and assessment on listing achievements, strengths, and unique qualities our client’s exhibit. This also includes ways to project a positive self-image by prioritizing self-care. We nurture and support physical, emotional, mental, and spiritual well-being for the best relationship outcome possible. When we show up fully expressing who we are, we can attract that into our life. Dating can be daunting and nerve-wracking, having a support system that encourages us is paramount to relationship success.

Targeted Actions to Manifest a Lifelong Partnership

We need to take action once we have a firm footing in who we are and what we want to attract into our life. There is a combination of excitement, vulnerability, and resilience at this stage of the process. We spend time brainstorming on ways you have attracted partners in the past along with new ways to meet someone. Besides the obvious of online dating to meet a partner, there are many other ways that we review with clients. For example, we discuss expanding your social circle and being intentional about networking. We help our clients identify ways to expand their social circles by participating in activities, groups, meetups, or events that align with their interests. This creates opportunities to meet new people and connect with compatible individuals. We role-play on asking friends and co-workers for introductions to potential partners through their sphere while helping our clients build a supportive social network that may facilitate meeting potential partners.

We also work on “expectation” at this stage since our culture has eviscerated men who don’t follow the dating norms. Be gentle. They are just as nervous and anxious about meeting someone new. If he doesn’t open the door on your first date, it is not a deal breaker; he can be taught this over time. You can also kindly ask him to open the door for you in a playful manner so there are no hurt feelings.

I remember getting emails from Douglas when we first started dating and while he was out of the country on a trip. The number of misspellings in his

emails alarmed me as I perceived him as not too sharp. That is far from the truth; he just needed to slow down and reread his emails, which at the time wasn't his priority. We laugh about it to this day that a few misspellings could have kept us from our 20+ year marriage. Knowing when to let go of judgment or overlooking minor character flaws is discussed in detail in our coaching so you can discern between what is essential and what is insignificant.



If you are anything like me, I wanted Douglas to meet the high expectations that I had set as a list for my future partner. Had I been strict with this list, we wouldn't be together today. There needs to be some flexibility from both partners and learning when to pivot from your list and tune into what is important in the moment is an essential skill to develop.

At this stage, you have done an assessment on what you want to attract, how that will feel in your body and what you want your future to look like. Now the action phase starts with intentional and conscious action to navigate online dating and other organic ways to meet a potential partner. We ensure our clients are ready to navigate online dating platforms by helping them create an engaging profile highlighting their genuine personality, goals, and aspirations. We provide guidance on effective communication and conversation skills by helping our clients showcase the highest expression of their authentic selves. There is plenty of role-playing and getting in touch with your true authenticity to attract someone of the same caliber.

We encourage making positive lifestyle choices that enhance physical and emotional well-being; this includes exercise, healthy eating, and practicing self-care and other ways to promote presenting your best self. Having a daily mindfulness practice helps to support the emotional highs and lows of dating. Taking care of one's emotional, spiritual, and mental well-being gives you the confidence to show up fully and attract an aligned partner.

Since communication is such a big part of getting to know someone, we work

on helping each client develop excellent communication skills, including active listening, and empathy. This helps improve the ability to connect with others on a deeper level. We also review the different communication styles and why knowing your style and the style of those you attract is so advantageous. Imagine being able to understand and discern what your partner wants and how you can help them. That is the benefit of learning more about your communication process.

Since dating can be challenging and a part-time job, the support we provide our clients helps them face the uncertainty of dating and the fear of being vulnerable in new situations. Every person comes with baggage, and developing a mindset of openness and playfulness to have fun and enjoy getting to know someone new is imperative. Initially, this is the only goal, to meet a new friend, nothing else, remember this. Is this someone you would want to hang out with for days on end, and are they someone you feel you would be compatible with?

During dating, it is wise to manage expectations of the process. Some men will be all in too quickly or quicker than you are comfortable with while others will be hesitant to commit to being exclusive. Their history could include rejection and setbacks in dating and marriage. We encourage everyone to consider each experience an opportunity for growth and learning. Embrace the journey of self-discovery, self-improvement, and development, and remember to not take anything personally. Remember that attracting a lifelong partner is ultimately about finding a compatible person who appreciates and values you for who you are!

We help our clients build a realistic calendar so it flows with their current life and emphasizes meeting someone new in their free time. Looking for a partner can be one of many things you are doing, not the only thing, or it will consume and overwhelm you.

Here is what my calendar might look like if I were single.



October Calendar:

1. Spend 3-4 hours per week on the apps when you are in a positive space
2. Do 1-2 activities per week (goal of 6 each month) to be out and about in new environments, Meetups, bookstores, comedy clubs, music venues, coffee shops, hiking, gyms, Whole Foods, local tour to meet others, work happy hour, networking events, professional organizations or clubs,
3. Spend time each day focused on being mindful: yoga, meditation, hiking, journaling, walking your dog, anything away from screens, adult education classes with subjects that interest you
4. Surround yourself as much as possible with those that support you and love you
5. If you work from home, consider getting a side hustle to meet others in the community

Design your monthly goals, and congratulate yourself when you stick to your roadmap. Please do something to celebrate your accomplishment; make it positive, like taking yourself to a new restaurant for lunch, buying a book you have wanted, or trying a recent hike or exercise class in your area. Treat yourself with love and compassion, and be sacred in your celebrations. It can feel lonely and frustrating when things don't happen in our timeframe. Trust the process.

Let's discuss how you are filling your calendar and not getting the desired results. We worked with a client going out 3-4 times per week to meet new men, and her plan was being executed expertly with poor results. At this point, we asked her are you vetting the men properly or just going on as many dates as possible? Your time and energy are precious; treat it this way. Have a process for vetting your dates. Have a few phone calls before meeting in person; if there are 3-4 red flags while on your first or second date, move on. Please make sure they are actual red flags. We have seen clients make excuses for getting close to someone or block intimacy by creating red flags. When you go slow and are mindful in your process, what is being shown to you by your potential partner will be apparent. So often, we have this vision of "the one" looking a certain way or having a particular career. We will be much more content if we can suspend our expectations and let the universe do its work. You are co-creating this with the universe, so why not ask it for help?

I thought I would end up with someone tall with dark curly hair. My husband is blond, has blue eyes, average height, and has straight hair. Does it change what I feel about him? None at all; love doesn't discriminate.



Where to Find Quality Men

Work, church/religious practice, yoga classes, exercise classes, meetups, friends, grocery store, hardware store, coffee shop, co-working spaces, music venues, bars, friend's wedding, networking events, Whole Foods, healthcare office

To overcome dating readiness, we address any specific obstacles or challenges you may face, such as previous relationship baggage or fear of vulnerability. This includes healing past wounds and developing a growth approach of openness and trust. Dating is complex and lonely; however, you will overcome obstacles in your dating journey with a support system and a positive mindset. We support you in embracing the adventure of self-discovery, self-improvement, and growth every step of the way.

We work with our clients on accepting and managing the setbacks that occur as they navigate potential rejections or disappointments by emphasizing that each experience is an opportunity for growth and learning. It gets you closer to what you want in your healthy relationship, a compatible partner who appreciates and values you for who you are and what you bring to the world.

Please Stop Comparing your Life with Anyone Else

Everyone's life on the outside looks much better than ours; they have more money, fancier cars, a gorgeous, well-decorated home, and an incredible hunky partner. Be happy for them and be grateful you can see what is possible. Don't compare; we will never know what happens behind closed doors. "Happy" couples get divorced all the time, the perfect wife cheats on her husband, and the committed husband also has transgressions. The secret is to let go of what others think and stay in your own lane. Your mission is to live the life you are meant to live and do your work on Earth.

The sooner you let go of others' opinions and how they judge what you are doing, the quicker AND happier you will become. Our life experience will always be different, and it is not about comparing it to others but overcoming the challenges and rising above our circumstances to manifest the life we are meant to live. With the advent of social media, this has become even more challenging. Turn off Instagram or Facebook for a month and see what that does for your mood and outlook. Don't go to websites online that don't feed your soul. Our time on Earth is limited, and the sooner we stay in our lane and live our life, the more fulfilled we will be in our current lives and the more we can start to give back.

Once you meet a potential partner, there may be a range of emotions you experience, including excitement, eagerness, nervousness, vulnerability, optimism, apprehension, self-doubt, and an emotional rollercoaster. Each emotion has a remedy to help you navigate the uncertainty.

- Excitement
- Eagerness
- Nervousness
- Vulnerability
- Optimism
- Apprehension
- Self-Doubt
- Emotional Rollercoaster



Excitement: There is often a sense of excitement and anticipation when embarking on a new romantic connection. You may feel a renewed sense of possibility and hope for a fulfilling relationship. When this goes too far, it consumes us and clouds our judgment, and we are no longer objective with who is in front of us. To remedy this, slow down, observe what is actually happening, and work on not fantasizing.

Eagerness: There might be a strong desire to get to know the person deeper and explore the potential for a meaningful connection. You may feel enthusiastic about discovering shared interests, values, and goals. Sometimes this eagerness causes one to become intimate too soon, and then you must backtrack on your actions. If intimacy has occurred, it is advised to course correct and slow down and work on establishing a stronger connection with clothes on.

Nervousness: Starting to date someone new can also bring about feelings of anxiety or butterflies in the stomach. You may worry or obsess about making a good impression or fear the unknown outcomes of the relationship. Go slow and trust. Practice mindset exercises and get back into your body by walking, working out, and being more involved in YOUR life.

Vulnerability: Opening up to someone new after being independent for a significant period can evoke feelings of vulnerability. You may feel exposed and cautious about sharing personal information and emotions. Go slow; your partner is probably feeling the same way. There is plenty of time to get to know each other.

Optimism: As a successful single woman in mid-life, you may approach the new dating experience with a sense of optimism and believe this could be the opportunity to find a compatible partner and create a fulfilling relationship; this is true. A proven system for successful partnerships keeps you accountable by reducing the unknowns and managing expectations.

Apprehension: Alongside the positive emotions, some trepidation or caution from past relationship experiences or disappointments might create a sense of guardedness. Some clients we worked with had been in only one long-term marriage, and they were very guarded about opening up to someone new after the letdown of the first marriage. By following your proven plan, embracing a new mindset, and practicing mindfulness, your new skills will support you in making great choices.

Self-doubt: Our insecurities and self-doubt can arise, especially if we have been single for an extended period. You may question your attractiveness, desirability, or compatibility, which can impact your confidence in the dating process. You are looking for a compatible partner, not a Chippendale dancer. If you show up fully as your most authentic self, you will also attract that. Like attracts like.

Emotional Rollercoaster: Dating can involve a whirlwind of emotions, ranging from joy and excitement to moments of uncertainty and doubt. You may experience a mix of highs and lows while exploring the online and

and offline dating world. Be gentle with yourself, work on high-vibration self-talk, and do exercises that calm you, i.e., journal, walk, meditate, call a supportive friend, etc.

Everyone's experience is different and will vary from person to person, and each individual's dating history is unique. We support our clients with active listening, providing accountability, mentoring open communication, and effectively addressing emotions by encouraging self-care, self-reflection, and maintaining realistic expectations that contribute to a positive dating experience.



6-Month Benchmarks for Healthy Relating

Let's discuss what healthy communication looks like at the 6-month mark. You should be at a point of openly expressing your needs, concerns, and feelings while actively listening to your partner. Regularly check in with each other to ensure you're on the same page and address any issues that arise. For example, at this point, Douglas and I had a very different financial history when we met, and we discussed how to handle big purchases and pay off debt. Our approach was similar, and we wanted to ensure our priorities aligned financially. This is something we still work on in our marriage. My parents had very different spending habits and preferences, creating 30 years of arguments and heartache for each of them until they divorced.

Building trust is crucial in every relationship stage, especially in the beginning. It can be a red flag if you can't rely on your partner. Be reliable, honest, and maintain your commitments! Trust is earned through consistent actions over time. Encourage open and transparent conversations to nurture trust between both partners. I recall when Douglas and I would leave each other after each date, he would tell me when he would call again, and he was extremely reliable; this was huge for me since so many past boyfriends were unreliable. During the first 3

months of our dating, he went on an overseas vacation. He emailed regularly, which was a great indication that I could trust his word and actions.

Around the 6-month timeframe, emotional intimacy is still growing and evolving; in actuality, it is increasing for the duration of your partnership. By showing empathy, validating each other's emotions, and creating a safe space for vulnerability, you are building the container for healthy relating. Engage in shared activities that promote connection and understanding. Remember to maintain a healthy balance between togetherness and personal space. This seems counterintuitive to getting to know each other. Still, those that enjoy their free time and togetherness have genuinely achieved the delicate balance of intimacy and autonomy. A woman with her own life outside of whom she is dating is very attractive to her partner.

This brings us to our next benchmark of supporting each other's personal growth and goals by encouraging individuality and respecting each other's boundaries. Celebrate achievements, whether big or small and provide reassurance during challenging times. Having a supportive partner is a true gift.

It's essential to keep the romance alive; early in the relationship, it is much easier. Continue to schedule date nights, surprise each other, and express affection both verbally and physically. Occasionally, I slip a note in Douglas' lunch box, and he comes home smiling. Or I send a cute text about what happened the night before. Small gestures can go a long way in maintaining the spark.

Lastly, be adaptable and willing to compromise when it doesn't affect your morals or ethics. Relationships evolve, and both partners may change over time. Flexibility and understanding are vital for long-term success and a healthy and fulfilling relationship!

Projects to learn more about each other

One of the most valuable lessons we learned while in relationship classes was the suggestion to do projects together to see your compatibility. This

seemed elementary and novice to me and a waste of time. Since this was highly encouraged, we decided to plant a flower bed, as previously mentioned, and cook together. With over 20 years of being together, I can honestly say this is some of the most valuable information we learned over the 3 years while in relationship classes. Marriage and life are a series of ongoing projects, whether raising children, having a business together, building a home, cleaning a garage, or training your pets. Life projects never end. They can be mundane and obvious or life-altering and adventuresome. Make sure you are both compatible or at least open to input when doing projects together; this is critical for successful companionship. So often, I hear women talk about needing sexual chemistry in the bedroom like they are having sex 20 hours a day. Over time, I have found that when 2 people practice healthy intimacy, there will be incredible chemistry in and out of the bedroom. That is the goal!

Thank you for taking your valuable time to learn more about my story in meeting Douglas and sustaining a healthy, growth-ful partnership. Looking back over the years, and having coached hundreds of single women, the accountability, support and mindfulness I practiced in dating led me to this successful partnership. I have the privilege of mentoring other women to a lifelong fulfilling relationship.



Douglas and I mentor women in mid-life who have been very successful in their careers; understand how to knowingly choose a life partner who will help to co-create a lifelong relationship that is profoundly satisfying and continually growth-ful. We provide support and guidance every step of the way and guarantee your results.

Your Lifelong Partner is Waiting for You

We empower and support successful single women in their 40's to love and embrace their authentic selves and show up in their full brilliance so they can attract their ideal lifelong partner.



– Eileen
Barber



Eileen Barber

www.partneralignment.com
@partneralignment

