HOW TO
Manifest Your Soulmate

A Guide to Attracting your Ideal Relationship with a Romantic Partner, Lover or Soulmate

by Gabriel Gonsalves

Heart Intelligence Coach, Author and Founder of Heart’n Mind Consulting
All Rights Reserved

Feel free to email, tweet, blog, and pass this ebook around the web ... but please don’t alter any of its contents when you do. Thanks!

Gabriel Gonsalves
heartintelligencecoach.com
# Table of Contents

- Introduction: 4
- What is a Soulmate?: 5
- The 4 Stages to Soulmate Love: 8
- Making a Commitment: 12
- Getting a Clear Vision: 14
- Sending out an Soul Call: 19
- Clearing the Decks: 21
- Start Telling a New Story: 30
- Your Dream Team: 32
- Get Ready for Your Soulmate!: 34
- Want to Go Deeper?: 38
- About Gabriel Gonsalves: 39
**Introduction**

Dear Friend,

My intention for this ebook is to help you open your heart to love, and guide you towards welcoming your Soulmate. As a result, your life will blossom and you’ll attract more love than you’ve ever imagined, manifested, or dreamt possible.

If you follow my suggestions, listen to the guided meditations, do the exercises in the 28-day workbook, and watch the 5-part teleseminar series* you will move beyond any limited beliefs that you have about why you’re not getting the love that you want, and be propelled directly into the arms of your beloved!

As we begin this journey together, I know that your life is infinitely blessed, and that right here and right now your heart is beginning to open, and to be healed of EVERYTHING that would stop, hinder or delay you from welcoming your Soulmate into your life.

I know that your perfect, ideal, right partner is on his/her way to you and your only job is to rest in perfect awareness that the heart of this person is already joined with yours.

As the Sufi poet Rumi once said, starting today: ‘*Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.*’

Are you ready to get started? Let’s dive in!

Love. Gabriel

*Available only if you purchased the complete ‘Manifest Love Program’*

heartintelligencecoach.com
What is a Soulmate?

“A soulmate is someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are; we can be loved for who we are and not for who we’re pretending to be. Each unveils the best part of the other. No matter what else goes wrong around us, with that one person we’re safe in our own paradise. Our soulmate is someone who shares our deepest longings, our sense of direction. When we’re two balloons, and together our direction is up, chances are we’ve found the right person. Our soulmate is the one who makes life come to life.”

~ Richard Bach

So exactly, what is a soulmate? And how many soulmates do we have? I’ve spent years researching this topic, and have even tried to arrive at some kind of definition of what a soulmate is, but the truth is that no one really knows for sure. Whether we have one, two, three, of 7 billion soulmates, it truly depends on the opinion of the person you ask. After all, the word ‘Soul Mate’ means exactly that - a mate of the soul, or someone with whom you have a connection that transcends the purely human or biological level.

The only people who can accurately define what a soulmate is, are those people who have found their One. And what all these people have in common is the conviction that the person they’re with, for whatever reason, is the one that they are meant to be with.

I believe that Soul mates are people who share some sort of destiny together, and have a deep spiritual connection with each other. I also believe that every single relationship in which any of us is ever involved, is potentially, a “soul-based relationship” in that every relationship in our lives is there for a reason. All relationships are sacred and bring with them an opportunity for us to grow spiritually and learn from one another.

heartintelligencecoach.com
I also believe that out of nearly 7 billion people on this planet at this particular point and time in history, there is one person alive, living reasonably close to you - or planning to move there soon - who is the best possible match for you. In other words, out of all the people who exist, there’s one person who is exactly who you’ve been waiting for, and to that person, you are exactly what he/she has been waiting for, too. And when the two of you finally come together, it will be unlike any relationship that you have ever experienced before. From this point forward I’ll be referring to this person as your Soulmate, but you can also think of him/her as your Love, Beloved, your Twin Flame/Soul, or simply your ideal, perfect partner.

It will be magical! It will feel like everything flows and that the two of you are so much in sync. In fact, you hardly ever fight and when you do, you get over it quickly and even forget what you fought about. Because you’re not used to this kind of relationship, it may feel weird, even strange, as the two of you get intimately closer. You fit together like gloves; the other person is like the lid for your pot. You have crackling chemistry! You are fully compatible and complement each other well to the extent that you are each other’s best friends, yet your relationship is also steeped in romance. You strengthen, encourage and uplift each other, rather than criticising, judging or putting each other down. And you feel a deep, soulful, and spiritual connection with each other. Your love is so strong and powerful that it inspires creativity within both of you, and even inspires others!

Now, the great news is that nothing, absolutely nothing, can keep the two of you apart. This means that you cannot miss each other, because you are destined to meet in this lifetime for a much greater and Divine Purpose. What can happen, however, is that by you keeping your heart closed, and not healing what’s keeping you from welcoming love in, you can delay this process. However, if you’re willing and committed to opening your heart (which is why I’ve created this ebook), you will expedite the process of coming together with your destined partner that much sooner!

This process of welcoming your beloved partner starts there. You must begin by first believing that your soulmate is out there and that nothing can keep the two of
you apart! You must be willing to transcend your current ideas about love, based on your past history, Hollywood’s Romantic Emotionalism, your friends’ and family’s sarcasm, and embrace the belief that you can get love, no matter what. You need to believe – and trust - that your soulmate, even now, is on his/her way to you and that when you meet, he/she will not look passed you.

Why is this so important? Well, because we live in a universe that operates under precise spiritual laws, and one of these laws states that everything is created twice, first in the non-physical realm and then in the physical, i.e. first in the mind and then in the material world. Take a good look around you, and scan through the objects in your room. That chair you’re sitting on, that picture on the wall, the pen in your hand were all first an idea in the mind of someone before they were manufactured. The only reason that they exist is because someone had an idea of it. They first thought it, believed in it, and then took some kind of inspired action in order to turn it into a material object. Similarly, the process of Manifesting Love and welcoming your Soulmate begins by firmly believing that he or she is out there and that you’re now ready to welcome him/her into your life. How do I know you’re ready? If you weren’t, you would not be listening to this recording. The fact that you are listening already implies that you are ready to welcome him or her into your arms.

As one of my teachers and mentors, Rev. Michael Beckwith says, “You can be pushed by pain, or pulled by a vision.” The moment that you start believing that he or she is out there and in the vision of your life together, as well as visualising all the fun times ahead, the great sex you’ll be having, the adventures that you’ll share, these things will begin to pull the two of you together.

The word ‘desire’ means ‘of the Father’. This means that your desire to have a relationship with your Soulmate was placed inside your heart by God - your heavenly Father - and it’s there so that you can realise it. Everything your heart desires can and will be fulfilled, but only if you allow yourself to be pulled by its Vision.
The 4 Stages to Soulmate Love

“A true love relationship will never work out with someone who is not your soulmate. It will always work out with someone who is your soulmate.”

~ Kathryn Alice

Kathryn Alice, one of my mentors in the area of love and relationships, says that there are 4 essential stages to Soulmate Love. Some of these stages may not be relevant to you, and you may not necessarily move through them in a linear fashion. However, I want to mention them here because I believe that they are quite relevant in understanding the process of manifesting love.

The First Stage is the Stage of Attraction

You enter this stage the moment that you make the commitment to:

• Manifest your Soulmate by moving into the Energy of FAITH, HOPE and OPTIMISM that he or she is out there, and that nothing can keep the two of you apart.

• Get clear about what it is that you want, and the key qualities, attributes and characteristics that your soulmate has.

• Discover and start developing the many gifts of love that you have inside you, that you will then be able to share with your One.

• Begin to de-clutter your heart and your mind, release the past, and you start making room/creating space for him or her to enter into your life.

• Stop feeling incomplete or acting desperate.
At this stage, you become a magnet for love and know that the best is yet to come. The key, at this stage, is to keep your energy high and move through your life confidently and with hope that nothing can keep you soulmate away from you, and that as you grow and develop the same qualities, attributes and ways of being within yourself as you hope to find in the person that you want to be with, you are already starting to navigate yourself into his/her arms.

The question you’re repeatedly asking yourself during this stage is not “Who will Love me?”, but “How can I radiate more Love?”

The Second Stage is the Dating Stage

Inevitably, this is a stage you cannot avoid for it is the stage where you begin to walk hand-in-hand with your One as you start getting to know each other. Now, I like to define ‘dating’ as anything that you do to get to know a potential romantic partner. During this stage, you’re literally meeting and trying out different people to see if they’re a fit. There’s no commitment; you are just trying out the arena, connecting with people and simply having fun.

Depending on your personality and culture, you might even be dating several people at the same time. I’m not saying that you have to have sex with all of them, but at this stage you simply are exploring your options and casually getting to know people, without any agendas or preconceived ideas of what a date has to look like.

You move through this stage confident that you will find love, and easily release anyone who is not a good fit for you. It’s easy to let them go simply because you know that you don’t have to settle for less than what you want, and that your one is out there, and nothing can keep the two of you apart.

The question you’re repeatedly asking yourself during this stage is not “Is this my soulmate?”, but “What is the most loving thing I can do for myself, and the person that I’m dating?”
This stage continues until you find the person who is a good fit for you. Someone with whom things begin to flow. Someone who is available, and with whom you have crackling chemistry and you enjoy being with each other so much that you decide to move into...

**The Third Stage of Soulmate Love, the Stage of Commitment**

At this stage, you consciously and willingly make a commitment to be exclusive, but not necessarily to be together for the rest of your life. You move beyond society’s preconceived ideas about what relationships are supposed to look like, and you begin to set your own parameters for what you will and won’t allow. You commit to being in the kind of relationship that works for you, and that allows love, freedom and creativity to flow into both your lives.

You continue to date and explore each other, while you remain cautious and take things slowly. You may or may not live together, yet being with each other feels just right, as you continue to discover each other’s rhythms and learn to embrace a new way of being in a relationship where the best of you is being brought forth.

The question you’re repeatedly asking yourself during this stage is not “What will I get from this person?”, but “How can I share the many gifts within myself with the person I’m with?”

**The Fourth Stage is the Soulmate Stage**

At this stage, after dating and being committed to having the kind of relationship you’ve always dreamt, you decide to get married, or make a formal commitment of some kind. And you decide to share the rest of your lives with each other. You also realise that you have come together for an even greater purpose, and that is

heartintelligencecoach.com
uplifting the planet with your love. You discover that together, you can bring greater love into our planet, than the love you would have brought individually had you not found each other. Your love will inspire everyone who comes into your presence.

The question you’re repeatedly asking yourself during this stage is, “How can our Love continue to inspire us, while we inspire others?”
Making a Commitment

“None of us has the slightest chance of creating and sustaining a healthy relationship until we make a conscious commitment to it. Until you make a conscious commitment to genuine love, your unconscious programming runs your love-life.”

~ Gay Hendricks

The process of Manifesting Love, begins by first making the commitment to manifest your Soulmate. I believe that in life, we don’t get what we want or what we need. We get what we commit to. To me, the word Commitment means ‘becoming one with, in our minds’. It has nothing to do with other people, but it has everything to do with embodying an idea, a quality, so that you live from it, each and every moment.

Now, suppose that you begin to get clear about the kind of person that your soulmate is. And you decide he or she is Abundant, Affectionate, Ambitious, Beautiful, Caring, Charismatic, Considerate, Creative, and so forth. Now, imagine that this person - who possess all of these wonderful qualities – was simultaneously looking back at you and secretly seeing you the way that you are right now, do you think that they would be proud of what they were seeing? Would they be interested in hanging out with you, in dating you? Chances are, the answer is no. So what does that tell you? Well, when I asked myself the same question years ago before I started doing this work, what I realised was that in order for me to attract and manifest my Soulmate, I must somehow develop and grow myself into the kind of person that I myself want to be with. In other words, if you haven’t found the right person it’s probably because you are not being the right person! As Marianne Williamson says, “We must become the person we want to attract.”

The Process of Manifesting Your Soulmate is, for the most part, an Inner Journey. It is the process of committing ourselves to becoming the person we want to attract.
When you commit to manifesting your soulmate you’re saying, in essence, that you’re ready for the next stage of your unfoldment, your evolution. That you are willing to go and discover the best gifts that are emerging from within you, and to do the same with somebody else, while you support them along their journey.

The journey of welcoming your Soulmate is a journey towards your authentic nature. It’s not journey of finding somebody who is going to love you, make you happy, or give you something that you don’t already have, but rather it is a journey of growing yourself and your own capacity to love yourself first, before you can love others or welcome and recognise their love. It is about becoming more yourself, doing all the necessary clearing out, and embracing all the darker, subtler, shadow aspects of yourself that you’ve been unwilling to look at. It is a journey of ‘working on yourself’ so that you can arrive at a place of deeper intimacy as you open your heart, and share your unique gifts with your One.

It is, in essence, a journey of transformation and growth where you become One - in consciousness - with the Love that you want to attract. Along this journey, you will find a new loving relationship with the person that you are becoming.

So, let’s make that commitment right now and plant the seed for this new relationship to manifest in your life! Simply put one hand in your heart, and repeat after me:

“I, ________(say your name), fully commit to welcoming my Soulmate into my life and growing myself into the kind of person I that want to attract.”
Getting a Clear Vision

“To attract your soul mate, you must not ask “Dear God, please send me a life partner,” but rather, “Dear God, please make me the (man or) woman who my life partner would quickly find and deeply love.”

~ Marianne Williamson

So who is your Soulmate? What does he or she look like? What are their qualities? What is it that makes them unique and attractive to you? For many of us, this journey towards our Soulmate begins by first experiencing what we do not want. Funny how life works, isn’t it?

If you have been, or currently find yourself, in a relationship where you find that:

• things are not flowing;

• it feels like it’s too much work;

• you argue and fight a lot;

• you don’t feel like you are compatible or complement each other;

• the passion is long gone;

• you are not equals in terms of emotional maturity, responsibility, or life direction;

• you don’t feel like you can speak your truth and be fully honest;

• you feel like you’re ‘settling’ because you’re afraid to be alone;

• you constantly feel anxious about the relationship and you’re struggling to be happy;

• instead of feeling stronger, supported and inspired you feel weakened;

heartintelligencecoach.com
• the person is in another relationship and not available to you, yet you keep obsessing about them;

then chances are that you are not with your soulmate, and that you have experienced first what you did not want, so that you could get clear about what it is that you truly do want.

You see, the key is having clarity, and knowing what it is that you want. Why? So that you can identify it when you see it, feel it and hear it, and - most importantly - so that you won’t be sidetracked into a relationship with a person who is not the highest possibility for you. A person who is not your soulmate. Remember, there’s no need to settle for less than what you want.

It’s like going to a supermarket without a grocery list when you’re feeling very hungry. If you’re anything like me, you may have bought a whole bunch of stuff you did not need, but may have forgotten to buy something as basic as milk and sugar, which you really needed. This type of thing happens because we showed up, desperate, and without clarity about what we really wanted.

The same applies to manifesting your Soulmate. You already know what you DON’T want. So let’s put the main focus on putting together a list of what you DO WANT that is in alignment with your core values, and expresses what you want to experience and share in your new relationship.

To get started, I’m going to invite to do some soul-searching and write down three lists that will help you gain the clarity you’ll need to manifest your One.

**The Soulmate List**

The first list is a list of ‘Green Light’ qualities and attributes that you’d like your soulmate to have. In other words, this is what you want to “get” in a Soulmate. In
this list you’ll describe all of the physical and non-physical characteristics you envision your soulmate to have.

Here you want to include things that will begin to describe the kind of man or woman who would really make your heart sing.

Be sure to start this list by stating whether if your Soulmate is single, straight/gay (yes, you must be that specific) and available for a healthy, loving, committed, long-term relationship (or marriage if that is what you want.)

Also, be sure to include that he or she lives close enough to you, and/or is willing to relocate if necessary for the two of you to be together. Remember, the Laws that Govern this Universe are very precise!

So what is he/she like…

- Physically (in shape, stocky, tall, short)
- Age (older than you, same age, younger)
- Religion and Spirituality (is he/she on a conscious spiritual path, or does he/she belong to a specific spiritual group)
- Ethnicity and Cultural Background (is he/she white, black, yellow, blue, pink, orange and what languages does he/she speak)
- Values and Beliefs (generous, loving, courageous, sense of humour, adventurous, kind, fun)
- Financially (abundant, generous)
- Family and Education (is he/she family-oriented, does he/she have a good relationship with his/her mother and father, does he/she like or want kids)

Write down all that comes to mind, and be sure to leave nothing out. If you’re a visual kind of person, and would like to use images from magazines that you can
assemble into a collage, by all means please do this. What’s important here is that you begin to form a clear picture about what it is that you truly want.

It’s important to understand that these lists are designed to help you gain clarity, and amplify the field of attraction around you. However, keep in mind that the Universe may have something even better than what our limited imagination can provide. So it is very important that you do not get too attached to this list, but rather release it by saying to yourself, “I welcome this, or something better!”

The Second List: Deal Breakers

It’s now time get clear about what I call the ‘Deal Breakers’. These are the ‘red lights’ that you want to watch out for when you start meeting people. This is a smaller list where you identify at least three qualities that if this person were to exhibit, you would not engage in a relationship with them. In other words, the deal would be off. Deal-breaker items could include: if the person has some form of alcohol or substance addiction or abuse, if they are married or in another relationship, if they are physically or verbally abusive, and even if they smoke. For some people smoking is not a big deal, but for me, I just can’t stand kissing someone after they’ve had a smoke, so I decided to include it in my deal-breaker list. What are your deal-breakers? All you need is three.

The Third List: Your Gifts

The third list is, in my opinion, the most important one. Your soul mate will not be coming into your life to rescue you, make you happy, or save your life. A soul mate is a friend and partner with whom you’ll be sharing your life. Someone who will love, nurture and support you while you love, nurture and support them. Someone who understands the power and beauty of a true soulmate union and will hold the space for love, even when you can't. This list is about you. It’s about what you are bringing to the relationship. Here you want to list the unique gifts that you will be
sharing with your soulmate who, in turn, will nurture and support them. Here are a few examples:

- My warm hugs and loving smile
- My understanding and deep listening skills
- My sense of humour and enthusiasm for life.
- My creativity and playfulness
- My ability to cook heart-warming foods.
- My ability to forgive and embrace others in the same way that I love and embrace myself.

What are the unique gifts that you will be bringing to the relationship with your soulmate? Write them all down! The more specific the better!
Sending out an Soul Call

“Lovers don’t finally meet somewhere, they’re in each other all along”

~ Rumi

One of the best ways to invite love into your life is by sending out a Soul Call. A Soul Call is a powerful process that you can use to establish a soul-to-soul connection with your soulmate before you even meet.

How does a Soul Call work?

Well, remember that everything in the Universe is first created on the inner plane of ideas and emotions before it materialises. There’s plenty of scientific research that has proven that people who are thousands of miles away can actually affect each other’s heartbeat and capacity to experience love simply by thinking loving thoughts about each other. By connecting with your soulmate on the inner plane first you will be drawing him or her towards you and ultimately propelling him or her into your arms!

In order to send out a Soul Call you can follow these steps:

**Set an Intention.** Write it down or say it out loud. You can say something like: “I now open my heart to my soulmate, and I welcome love in.” This step alone can have a profound effect.

**Open Your Mind.** Really believe that he or she is out there, and that nothing can keep the two of you apart. Here you can say affirmations such as:

- My Perfect Partner is on his/her way to me, or
- Nothing can keep my soulmate away from me.

heartintelligencecoach.com
Open your Heart. Visualize and feel what it would look like, feel like to be with him or her. You probably already know more about your soulmate than you realize as you came to this life with certain tastes and preferences that are likely to correspond with those of your soulmate. Let your imagination fly while you really feel him or her!

In the complete Manifest Love Program, I’ve included a guided meditation entitled “The Soul Call” where I guide you through this process. You can listen to it as often as you like.
Clearing the Decks

“As long as love is confined in the narrow prison of self, each of us is confined in the narrow prison of himself.”
~ Anonymous

As I mentioned earlier, the process of spiritual growth and development is one of releasing and letting go of old ways of being, and embracing the new aspects of ourselves that are wanting to emerge. And welcoming your Soulmate into your life, as an expression of this growth, requires that you now begin by clearing the decks. This means beginning to remove all of the obstacles that are stopping, hindering, delaying or even distracting you from having the relationship that you truly want to have. How? By Healing your heart, De-Cluttering your Mind, Releasing the past, and Making Room for Love.

Healing Your Heart

To be human is to risk being wounded. Whether we experienced a difficult childhood, or were rejected, or abused by a previous lover, the fact is that deep down at the level of the heart, we all have emotional wounds that need healing. The preparation for welcoming your soul mate requires that you to make a conscious commitment to start healing the deepest wounds of your heart.

Notice that I said "start" healing the deepest wounds of your heart, because for the majority of us, this is a lifelong process and it doesn't mean you have to be fully healed to manifest your One. In fact, one of the things that a soul mate will do is HELP you to heal your deepest emotional wounds, and chances are you’ll be helping them heal their deepest emotional wounds as well. BUT you must be willing to clear out all of the past hurts, anger, resentments, and anything else that makes up the thick wall of protection and distrust that you have built around your heart, so that you can start welcoming love in.
So, your responsibility, starting today, is to gently uncover the wounds of your heart and begin the healing process so that you can send out a clear signal to the Universe that you have started to heal, and that you are now ready for love. And you can start doing that right now, through the power of forgiveness.

Forgiveness is one of the most underrated spiritual practices. To forgive, means to ‘give forth’. What are you giving forth? The answer is, whatever it is that you’re holding onto that does not belong to you. You were not born with that anger, with that wound. Who are you giving it to? You are simply releasing it to a Higher Power, or simply re-gifting it back to Life. Why would you want to forgive, especially if the people you’re forgiving do not deserve it? Because ultimately, all forgiveness is self-forgiveness. That is what all the major spiritual traditions have taught.

Think about it this way. Very often the person out there who transgressed and hurt us, is not even aware of what they did. Yet, we hold the anger, and the pain inside of us. Inside of us. All emotions are energy, and while these emotions continue to be inside of us, they can be transmuted into disease, and will continue to attract more emotions of the same kind. What this means is that an unresolved emotional wound will continue to attract situations, circumstances and people that will keep on triggering them, thus perpetuating the cycle until we heal them through the power of forgiveness. When we forgive, we are actually doing the most loving thing that we could ever do for ourselves, which is simply to release a poisonous thought and emotion from within.

In my experience, forgiveness often involves a two-part process: firstly, it involves forgiving the person who hurt you and secondly, it involves forgiving yourself. Yes, oftentimes we put ourselves in situations of great pain and suffering because we did not listen to our own intuition, we had unrealistic expectations, we made unhealthy choices that went against our own values, or any of the hundred possible things we could have done that we now blame ourselves for. That’s why we forgive others, and we forgive ourselves.
In the workbook that accompanies this ebook, I’ve included several forgiveness exercises, so please, if you’re truly committed to healing your heart, be sure to go through them. I have personally done each and every one of those exercises, and they have affected great healing and change in my life.

Now, if you find that you are resisting doing these exercises please understand that this resistance is quite normal, for there is an aspect of ourselves that does not want us to heal and wants to keep us stuck where we are. That part of ourselves tries to protect us so much because it does not want us to experience the pain of opening the wound so that we can release the past. If this is the case with you, simply allow yourself to feel your resistance for a few minutes and then sit down and do the exercises anyway. Our greatest resistance often indicates that we’re about to have a major break-through in our healing!

Let me emphasise this again: in order to manifest your soul mate, you really do need to clear the emotional and psychic clutter of your past. By not doing it, you risk the perpetuation of your existing pattern, and will continue to attract the same type of person or situation into your life until you do.

Einstein once said that the definition of insanity is doing the same thing over and over again and expecting a different outcome. If you have emotional baggage around relationships, commit right now to working through it and begin laying the foundation for a healthy, happy, and fulfilling life with your soulmate through the power of forgiveness.

**De-Cluttering your Mind**

De-Cluttering your Mind means exactly that. It means letting go or releasing any fears or beliefs you have about love that are keeping love away from you. For example, many people believe they have some kind of fatal flaw or secret that may repulse others. For women it normally is something physical, and for men it is normally something in their financial situation or career.
These insecurities will lead you to having thoughts such as:

- I won’t meet my soulmate until I’m financially stable.
- If I could lose 20 lbs, I would be ready for love.
- No one will love a man with no hair.
- There are no available men over 30.
- All men are jerks.
- All good men are taken, or they are gay.
- No one will love a single parent.

Please understand that especially when you’ve been single for a long time, these insecurities are normal, and this is the perfect time to heal them. How? Simply understanding that there’s no such a thing as a fatal flaw or limited belief that can keep your soulmate away from you. When you meet your soulmate he/she won’t be able to see passed you. In fact, he/she will love and accept every part of you and you will be a perfect match for him/her, too!

Another form of insecurity that sets in is being afraid of being rejected. Especially when you have not dated in a long time. I believe that when it comes to finding your Soulmate there’s no such a thing as rejection, only the wrong fit. You see, once you’re clear and confident that he or she is out there, and that you cannot miss him/her, then every single person that ‘appears’ to be rejecting you is simply a wrong fit. If a date does not call you back, just assume that the Universe is ensuring that you don’t waste your time with someone who is not your One. As the old saying goes, ‘A rejection is God’s protection.’ Simply reframe it, and continue to have deep faith that your soulmate will not see passed you! That your train will eventually come to your station, and that if ‘a train’ is not stopping at your station, it simply means that it is not your train!

The same goes for any thoughts about competition. You are ‘IT’ for your Soulmate. If you find yourself feeling competitive, or in a situation where someone
else got the person you really liked, simply bless that person silently and continue to be confident that your One will not see passed you, and that you get love no matter what!

**Releasing the Past**

Is there someone you’re still in love with? Are there any past relationships in your life that are still unresolved? Almost every person that comes to see me with hopes of finding love is holding onto a past love or relationship, either consciously or unconsciously. I call this person the passenger in their car. The analogy is simple: if you’re carrying a passenger in your car, there won’t be room for your Soulmate to sit in it! So, if you’re still in love with this person, but you know that they are not your soul mate and/or there is no possibility of a true, loving, committed relationship with them, it’s time to let them go. This does not mean you have to stop loving them. It simply means that you have to find a new space in your heart for them, a special chamber where you will put all the people whom you have loved in the past.

Why do you want to release them? Here are five good reasons:

- An unrequited love is a waste of your time and energy. You deserve way more than someone who does not love you back.
- Releasing someone frees you and them so that destiny can take its course.
- Delaying the inevitable will only delay the arrival of your soulmate. Letting go ensures that you stay wide open after a relationship has run its course.
- While it may seem like an ending, letting go will actually be the first step in the new life that is waiting for you.
- Letting go will bring miracles into your life and you will create a clear and open space for your One.
How can you tell if you’re still attached to someone?

• When your ex is at a party, are you highly aware where he or she is at all times?
• Do you feel anxious in your stomach when you hear news of your ex with his new love?
• Do you drive by his house even after the relationship has ended, or completely avoid his neighbourhood?
• Do you compare new people you’re seeing with your ex, hoping that they will measure up?
• Are you still fantasising about having sex with your ex?
• When someone asks you about your previous relationship, do you tell them way more than you really should?
• Do you still have fantasies that this is just a passing phase, and that after their rebound they’ll come running back to you?

If you answered yes to any of these questions, then it is time to gently and lovingly release them and begin to disconnect from them energetically. We get attached to people at the level of the physical, the emotional, and the level of the soul. And how do we release them?

First, you must be very honest with yourself and make sure that you are emotionally ready to release. Once you are certain that it's time to cut the chords, I would recommend that you do some kind of release ritual that will help you to let them go. For example, you can write a letter to them, which you will later burn. Or you can also sit quietly in meditation while you recall the person that you’d like to release and imagine all energetic chords being cut between the two of you. Afterward, you might feel a sense of sadness and loss. This is normal when you release someone at an energetic level. Simply be loving and gentle with yourself, constantly reminding yourself that by releasing others, you’re creating space in your heart for your One.
In the Manifest Love Program, I have included a recording entitled ‘Releasing a Person,’ which guides you through a powerful and profound release process designed to cut all energetic chords between you and your ex, and creating a renewed empty space for your soulmate to walk into your life. You may want to get it and use it as a tool to help you release.

Making Room for Love

I want you to be honest and answer this question: As your life is today, do you have the time and energy for a deep, loving, healthy relationship? Do you have room in your life for your Soulmate? Perhaps, since you’ve been single you’ve been working late hours, and have very little free time to go out on dates. Or perhaps you’ve been accumulating a few “friends with benefits” who are keeping you sexually satisfied. Or perhaps you’re so focused on helping others that you leave no room for yourself. If you were to meet your soulmate today, and you chose to live together, would there be room in your life for them? Okay, think you know what I’m getting at? If you don’t start making actual time and space to be with your soulmate, you’re sending out a clear message to the Universe that you’re not ready to welcome him or her into your life.

If what you truly want is to welcome your One into your life, and you are fully committed, then one of the best ways that you can accelerate this process is by consciously making room for them.

Here are a few suggestions, which I have used myself:

• Cut down on your work hours and create time in your schedule to do fun things such as going to the movies, going to the gym, yoga or dance classes, social activities, etc. For many of us, keeping too busy with work is one of the ways to push love away.
• Allow others to help you by learning to ask for help when you need it. Think of it this way: by coming across as too independent and self-sufficient, we sometimes inadvertently close ourselves off to others.

• Clean up and de-clutter your home. Allow fresh air, and sunlight to reach every part of your house, especially your bedroom.

• Create space on their side of the bed, and start sleeping on your side of the bed. You can even be a romantic and kiss them good night! Why not? Remember, you are already connected in the inner.

• Let go of all that extra clothing you no longer wear, and create room in your closet for him/her. Even if you don’t end up living together, this simple act is sending a powerful message to the Universe that you’re ready to welcome someone special into your life!

• Have a heart-to-heart and honest conversations with those “friends with benefits” (also known as f*ck buddies) about your current relationship. Is this a dead-end relationship that is going nowhere, and it is simply filling up a void within you? Be courageous enough to speak the truth, and set healthy interpersonal boundaries, clear any gray areas, or simply release them.

• Spend time with your family, mentors, and people that you feel good about being around.

• Visit the places that you’d like to take your soulmate to, and imagine what it would be like to be with him/her there. Concentrate on how you would feel. Every time you see a couple holding hands silently bless them and say to yourself something like, “I can’t wait to be walking hand-in-hand with my beloved!”

• Buy him/her a gift that you think they will enjoy. For example you can buy a greeting card, a piece of jewelry, a robe or some sexy underwear.

• Buy candles, romantic music, bubbly, and anything else that will help you make your place look and feel romantic.
• Start a list of ‘Things I need to do To Get Ready and Make Room for Love.’
  This may include things like: organise my finances, change careers, move to
  bigger apartment, get in greater physical shape so that my soulmate can enjoy
  my body, etc.

The more space you create in your life, the faster your new Love will find his/her
way into your life!
Start Telling a New Story

“The more you tell the old story, the more you will experience the same old story.”

~ Abraham Hicks

Imagine for a moment that it’s a beautiful winter morning and there’s fresh, pristine snow on the ground. You walk up to a hill with your sled, and slide down and take your first trip down to the bottom of the hill. This first time, your course was pretty random, right? Then, you walk back up to the top of the hill once more and you sled down again. Okay, the odds are that you’re going to hit at least some of the grooves you created the first time that you went down. So you do it again and again and again and by the end of morning, you’re likely to have carved a pretty strong little track, ensuring that you head down the same path and wind up at the same place every time. Does that make sense?

Exactly the same thing happens with our thoughts and our brains. In science this is called ‘Neuro-plasticity”. We have spent years and years thinking the same thoughts over and over again, based on past circumstances and experiences – and most of them are not even our thoughts! And we have grooved these thoughts so strongly, that when something happens in our life, these thoughts automatically get triggered and then our old patterns play themselves out. Just like the good old tracks that the sled follows down the mountain.

And so we tell the same old story, over and over, about why we have our childhood wounds, and about how bad our previous relationship was, how we got dumped, how we’re not being loved the way we want to be, how unequal this relationship is, how we have these abandonment issues, how they cheated on us, how we’re too old to find love, too fat, too skinny, too white, too black, too gay, too straight, too poor, too rich, too unstable, too unreliable, afraid of commitment, too demanding… Blah, blah, blah. PLEASE STOP!
The more you tell the same old story, the more you’re perpetuating it in your experience and the more you’re blocking love from coming into your life. Why? Because you keep focusing on it. Remember, we live in a universe where everything is created twice, first in the non-physical, then in the physical. The more you focus on telling the old story, the more you’ll be attracting circumstances and experiences that will sustain and perpetuate your old story. So what is the solution? You’ve got to put a road-block on the sled path. Stop telling the OLD story and start telling the NEW story! The NEW story of how you want it to be. The story of what it’s like to be in the most magical, loving relationship with your Soulmate. Starting now. You’re going to start catching yourself when you’re chatting with friends and the OLD story starts to creep out. Notice it. Then shift to the NEW story.

You can try what I did when I first started embodying this idea. I would say something like… “Oh! Well that’s my old story. The new story is… that I’m no longer subject to those old patterns that I had in my previous relationships. I’m working on myself, I’m changing my perspective and I’m starting to feel optimistic about my love life. I am a quality guy, and I have enjoyed the contrast that my previous relationships have brought me. And I’m now ready, open, and available to meeting my Soulmate. I know he is out there, and right this moment he’s also thinking about meeting someone just like me. I know that no matter what, I cannot screw it up. We are destined for each other, and though we haven’t met yet, I know that he and I are already connected energetically. The desire to be with him would not have been placed inside of me, unless God or the Universe wanted me to experience this level of Soulmate love. I know that when we come together, it will be unlike any relationship that I’ve ever experienced before. It will feel just right. And I can’t wait to be in his arms, to make love to him, to take weekend trips with him, and to grow with him. And I can’t wait to share all the many gifts I will be bringing to the relationship. Knowing that he is out there allows me to feel confident, to date with freedom, and inspires me to be myself!”

Doing this might feel weird at first, almost as if you’re faking it, but don’t let that stop you. The more you tell the NEW story, the better you’ll FEEL, and the quicker he or she will show up in your life. What about you? What is your NEW story?
Your Dream Team

“Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.”

~ Robin Sharma

Life can be very challenging for most of us. You’re going to have good days, and you’re going to have not so good days. In fact, many things are going to be out of your control and it’s great to recognise that you’re not always going to be on the top of your game. Therefore, you need to have some sort of support system in your life so that you can show up fully, especially once you meet your Soulmate. Why? Because bringing all of life’s challenges into one relationship, especially with your romantic partner, will place a very heavy burden on your relationship, not to mention draining the sexual and creative energy from it. You cannot have that!

You need to enlist the support of others, and create your own group of amazing, challenging, and supportive friends. If you’re serious about growing yourself into becoming the kind of person that you want to attract, then I recommend that you cultivate a network of therapists, counsellors, coaches, healing professionals, trusted friends and mentors whom you can count on for any variety of challenge that will arise. Especially when the big stuff starts coming up, and it will!

As I mentioned earlier, our soulmates frequently come into our lives to help us heal our deepest emotional wounds, and we come into their lives to help them do the same. For some people, this may at first look like some form of ‘Crazy, Stupid Love’, or a relationship that appears to bring out the worst both in you and your partner. These are the kind of relationships where people break up several times but overtime have a tendency to find their balance as deep healing begins to take place and eventually grow into ‘Soulmate Love’.

You want to ensure you have the members of this support team just a phone call or email away for when you need that extra support. This group is pivotal in your
ability to really show up fully in your life and journey towards your soulmate, as it will challenge you to step up to the plate, release any old emotions that are stored in your mind and body, hold you accountable to your commitment, and demand clarity while it offers gentle support when you most need it.

Be sure to include in this group only positive, trustworthy people with whom you can share this journey, and who can hold your vision with you. And, be sure to exclude any friends, or family members who are skeptical, negative, sarcastic and who can actually bring you down. That’s the last thing you need!

If you feel that you’d like my support as your coach, I am available for one-on-one coaching and provide you with my professional guidance and experience. I have helped many people open their hearts, release emotional blocks and welcome their ideal and perfect love into their lives.

To find out more about how we can work together you can visit my website at www.HeartIntelligenceCoach.com/coaching/
Get Ready for Your Soulmate!

“If one wishes to know love, one must live love, in action.”

~ Leo Buscaglia

Because you’ve now set a firm intention to manifest your soulmate, and you’re now on your way to welcoming him or her into your heart, it is very important that you continue to trust this process and always remember that nothing, absolutely nothing can keep your soulmate away from you. At this stage, the principle of ‘Divine and Perfect Timing’ will put you and your Soulmate together at the right place and at the right time for you to meet.

Your job from this point forward is to continue to hold the intention of the ‘what’, while you let God or the Universe figure out the ‘when’ or the ‘how’. Why? Because we cannot control the time and place when this will happen, but we certainly can control our ability to feel good, be optimistic, open to love, and continue to do the necessary inner work that will magnetise our soulmate to us. This means that you may have to wait, while the Universe engineers the perfect and ideal timing for the two of you to come together, and learn to be patient while you deepen your faith, and your ability to give and receive love.

If you and your soulmate have not met yet it is very likely that one of you have unfinished business or might be completing a relationship cycle with another person. It could also mean that a particular area of your life might need your attention, such as your career, finances, health, raising children, or that simply, your time is just not ripe for love yet. Whatever the timing might be, what I know for sure is that the time you invest in getting ready for your soulmate is an opportunity to continue to work on yourself, and remove all of the mental and emotional blocks that are keeping you from love. It is the perfect time to get to know yourself fully and deeply and get ready for love. And, how can you then get ready for love?
Here’s a few suggestions:

**Continue to send out a Soul Call and hold your intention to welcome your Soulmate into your heart.** Connect with your Soulmate at the inner level by visualizing and feeling him/her as if he or she is already in your life. You can do this by buying them a card, or setting a place for them at your dinner table. You can also buy a soulmate ring, as a symbol of you holding a special place in your heart for your One. You may also want to listen to my ‘Soul Call’ guided meditation, especially when you’re feeling disconnected or negative about your love life.

**Open to the mystery of life.** You have no idea when or where that special person could walk into your life. He or she could be someone you already know, or met in the past. They could be someone you’ll be meeting on your next business trip or vacation. They could also be your next date’s brother or sister! Your next Facebook friend or Twitter follower. They could be someone you’ll be meeting at a coffee shop or at the train station while you wait for the next train. The key here is to surrender all pre-conceived ideas and drop all your expectations of how, and with whom it is to happen and continue to focus on ‘what’ you want by being fully available and present in each and every moment. Don’t worry about the how! Say ‘Yes’ to your soulmate, and open to the mystery of life!

**Follow your heart.** If there’s something you feel inspired to do, do it. If there’s something you don’t want to do, don’t do it. You don’t have to kiss 100 frogs; you don’t have to go out to meet people, go on online dating sites, or do anything that does not feel right. If you are the kind of person who likes to stay at home, your soulmate could literally have a crash on your yard! It’s happened before. Only do what you want to do and feels right! You don’t have to go out on dates with people you’re not interested in, nor try to do something that goes against your own values. Notice what things or people you are consciously or unconsciously drawn to. You might be lead into amazing, rewarding, or at the very least a growing experience! Be willing to trust that inner voice and be open to the mystery that comes from there.
**Shine your unique light.** Be willing to, more than ever, be yourself with every person that you meet, and in every situation - no matter how casual the encounter might seem. As Andy Warhol used to say, “Be yourself because everyone else is already taken.” The more you are yourself, the faster your soulmate will recognise you. Remember: they are also looking for someone unique just like you, so when you stop being your self, you’re also stopping them from recognising you!

**Start each day by turning your Heart Light on.** How can you do this? With a gratitude prayer for all that is happening in your life and for the deep knowing that your Soulmate is even now on his/her way to you. Affirm that you are meeting in Divine and Perfect time, and know that while you wait patiently for their arrival in your life, both you and your Soulmate are growing, and wrapping up any unfinished business while the Universe engineers your connection.

**Use this time to grow in your ability to be more patient, more loving, more giving, more forgiving and more gentle and kind with yourself.** Get your ducks in a row, explore new hobbies and interests and keep on growing your current friendships. Continue to work on all your mental and emotional blocks to love and, most importantly, continue to have faith that he or she is out there, and that you can’t miss each other.

**Enjoy the time that you’re single.** One day you’ll look back upon these days and you’ll cherish them. Live it up! Enjoy sleeping alone, the pleasure of doing what you want and when you want it, of spending your money on yourself and, most importantly, being grateful for where you are RIGHT now on your journey. This is the time to pamper yourself, to prove how valuable you are and to take the time to do something special for yourself. Maybe you have always wanted to stay at a beachfront hotel, get a massage or a pedicure, learn a new language, rent a particular movie, or have a gourmet dinner served in your home. No matter how big or small, the time to fulfill your desires is now.

heartintelligencecoach.com
Let go of all maps. Hold onto the information on this book and workbook very tightly, and re-read it when you need to, but remember that this is just a map, but not the territory. Be willing to release all of this information I’m sharing here with you, and only come back to it only when you’re feeling lost, and need to find your way again.

Finally, learn to fall in love with yourself fully. The more you learn to fully love and accept yourself, the more you’ll learn to recognise other peoples’ love, too. Begin by loving yourself and accepting yourself just the way you are, with all your quirks and idiosyncrasies (and we all have them). Work on accepting your weaknesses, your strengths, your limitations, your guilt and insecurities as part of your make-up. You can be happy now, and by doing this work, you are re-creating your world and embracing your capacity to Love. You are growing yourself into a new you. You are becoming the kind of person you’ll eventually attract into your life. You’re becoming more and more your True Self! Once you align with your True Self, and take inspired action from that place, the possibilities are infinite!

As the poet Derek Wallott expressed in his poem Love After Love, “The time will come when with elation, you will greet yourself arriving at your own door, in your own mirror, and each will smile at the other’s welcome. You will love again the stranger who was yourself. Give back your heart to itself, to the stranger who has loved you all your life, whom you ignored for another, (the stranger) who knows you by heart.”

“You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don’t. You have wings. Learn to use them and fly.”

~ Rumi

It’s time to fly into your Soulmate’s arms, and to embrace the life you were meant to live. I bless your journey towards your Beloved, and know you are deeply connected at the soul level even now, and that you get love no matter what.
Want to Go Deeper?

The Manifest Love Program

If you found the material in this ebook helpful, and you’d like to go deeper in this work with me, please consider purchasing the ‘Manifest Love Program’, a comprehensive do-it-yourself, online program to help you manifest your ideal partner, lover and soulmate.

The ‘Manifest Love Program’ includes:

- The Manifest Love 28-Day Workbook
- The Manifest Love Audio Book
- Two Audio Guided Meditations:
  - Visioning for your Soulmate
  - The ‘Soul Call’ Guided Meditation
- 5-Part Video Webinar Series
  - Part 1: Opening your Heart to Love
  - Part 2: Releasing the Past
  - Part 3: Calling forth your Soulmate
  - Part 4: Getting Ready for Soulmate Love
  - Part 5: Dating for your Soulmate

This kit normally sells for $125, but as a special gift to you, you can purchase it for only $47, and save over 60%!

To purchase the Manifest Love Program, or to learn more please visit:

www.HeartIntelligenceCoach.com/Manifest-Love-Program/
About Gabriel Gonsalves

Venezuelan born Gabriel Gonsalves is a coach, author, and founder of Heart’n Mind Consulting where he helps people create a life they love. This includes having deeper, more loving relationships, experiencing greater health and wellbeing, while building a thriving, heart centered business that allows you to fully express yourself and have ample income to do what you love.

Gabriel is a leading expert in Heart Intelligence Coaching, a path to personal development that is heart centered, integral, results oriented, and deeply transformational. His coaching style combines his experience and passion for personal development, spirituality, and the performance arts.

Prior to becoming a coach, Gabriel enjoyed a successful career as an actor in Telenovelas and produced several film and television projects. But it was in South Africa, while volunteering at two community service organizations after the death of his mother, that Gabriel decided to follow the true calling of his heart: helping people access their heart-based power so that they can create an amazing life.

He currently lives in Cape Town, South Africa where he enjoys spending quality time with close friends, riding horses, hiking, walking along Long Beach, or working on other creative projects that help people connect with their hearts. For more information about Gabriel please visit: www.HeartIntelligenceCoach.com
The Road Ahead…

If you found this ebook useful, and you’d like to learn more about how you can create a life you love using the intelligence, wisdom and guidance of your heart, here’s 3 ways you can do so with me:

Join the Open Hearts Club

The Open Hearts Club is a free membership for anyone who wants to learn how to live fully from their hearts. The free membership includes free access to Heart Intelligence trainings, monthly webinars, and much more. To become a member please visit the following link: http://www.OpenHearts.Club

Sign-up to receive The Heart Intelligent

The Heart Intelligent is a weekly online newspaper featuring the top articles about how to live fully from your heart from other leaders and experts in the field of heart intelligence. To sign up please visit: http://www.TheHeartIntelligent.com

Sign-up for a “Heart Vision” Coaching Session

A Heart Vision Session is a deep, transformative 90-minute coaching session designed to help you connect with your Heart’s Vision for your life, as it relate to any specific topic, situation, or problem you might be facing. We’ll uncover and remove any hidden blocks that are keeping you from moving forward in the direction of your success, and you’ll leave the session feeling fresh and renewed.

As way to appreciate you for signing up for my newsletter and downloading this ebook, I’m happy to offer you a special 50% discount over the normal price of $297. This means you only pay $148.50. To claim the discount please use the coupon code: HeartSmart50 during the check-out process. To sign-up please visit: http://www.HeartIntelligenceCoach.com/HeartVisionSession/
Share the Love

It’s contagious! If you’ve enjoyed this guide, take a moment to share it with a family member, colleague or friend, they will thank you later:

http://www.HeartIntelligenceCoach.com