

*Finding*



# Forever LOVE

*7 Steps to Attract The One*

*"This work is priceless. I found my forever love,  
we got engaged and then married within a  
year. Now, I've just had my second child.  
Without Kathryn's system, none of this would  
have happened for me. I am eternally grateful."  
~Barbara Culkin, New Jersey*



**Kathryn Alice,** ALSP  
RScP

*"I took this workshop and met my One a few months later. We are now married.  
Kathryn was right and I just can't believe how well this worked for me!"  
~ Orna Banarie, Los Angeles*

- **The REAL SECRET to uniting with your true love**
- **A method of attracting love that has worked for thousands**
- **A short, concise 'quickstart' guide to a magical "calling in love" process**
- **Start magnetizing love to you within moments of beginning this book**

# Finding Forever Love

## 7 Steps to Attract The One

by  
Kathryn Alice

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*For Melissa*

## Other Books & Audio by Kathryn Alice

- *Releasing a Person* -- [CD](#), [Download](#) and/or [Ebook](#)

<http://www.amazon.com/Releasing-Person-Recover-Breakup-Divorce/dp/B0001KCI0O>

<http://www.amazon.com/Releasing-Person-Attraction-Series-ebook/dp/B00AK3YCJC>

- *Manifesting Love* CD

<http://www.amazon.com/Manifesting-Love-Call-Forth-Soulmate/dp/0975322400>

- *Manifest Your Soulmate* Book

<http://www.amazon.com/Manifest-Your-Soulmate-Attraction-ebook/dp/B00AK7GRZA>

- *Love Will Find You* Book

<http://www.amazon.com/Love-Will-Find-You-Soulmate/dp/1569242771>

- *30 Day Soulmate Bootcamp*

<http://www.kathrynalice.com/bootcamp.htm>

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# Foreword

After a recent packed book signing for my first book *Love Will Find You*, a young clerk in the store asked me this question with a smirk on his face (this after telling me I just sold a ‘s\*\*tload of books.’ “What about you? Do you have YOUR soulmate?”

Apparently, he thought the answer was “no.” Utter surprise registered on his face when I told him that I’d been married for over a decade and that yes, my work had been effective for me, too. He apologized and said that most of the love authors the bookstore hosted were not walking their talk. Most were single (!).

I’m happy to report that I know what I’m talking about on a personal level. Indeed I did manifest my beloved Jon with my love attraction system.

During this same book signing, a newlywed couple burst in to interrupt me. They insisted they had to tell the audience how well my method worked. They’d only met 4 months earlier in one of my workshops and a whirlwind romance ensued, ending in romantic nuptials. This pair was ecstatic, and the audience, enthralled.

Well, here you and I are together. And I fully expect you to be next. If you have found your way to my work, you must be ready. Tens of thousands have come before you – finding love with my soulmate system. You’re in good hands.

My love attraction method is not complicated.

- You don’t have to do the equivalent of years of therapy in a few weeks.
- Nor do you have to change yourself.
- There are not a lot of heavy-duty rules you must follow to a T.

Some balk at the simplicity, but love can – and does – happen in a short period of time. This is characteristic of those who undergo this process. It happens over and over again, and judging by the emails we get every week with wedding pictures, the results are undeniable.

One minute you’re single, starting to feel hope for love. The next your life is changed forever. That’s how love happens.

So, let’s go! You can start today practicing what you read.

# Introduction

This short book outlines seven very easy steps you can take to open yourself to the love of your life. Let me begin by saying that I believe in soulmates, and I teach from this premise. I don't believe you need to settle, to find someone who is simply compatible with you and have them do just fine. It's going to be hard to get through the next 50 years with someone who is suitable but with whom you don't have that spark. Set the bar higher for yourself. You can afford to be picky.

If anything is possible in life (and I believe this -- I hope you do, too), then why would you settle for anything *less* than full-on, soulmate love? I define soulmates as a couple who are meant to be together. I think you *will* unite with your soulmate, and that the only thing standing in the way of this union is *you* (and possibly divine timing). You can *delay* being together but ultimately, you will find one another. This person will be highly supportive of you, make you feel more yourself than you've ever been. You will be wildly excited about them and have crackling chemistry. The relationship will flow easily with minimum fuss or drama. It will be so good that it might take some getting used to, if you've had lots of relationship agony in the past. Doing this work will make love happen quicker for you.

What follows are 7 steps that have worked for thousands of people, who are now walking happily hand-in-hand through life with their One. Take these steps and *you'll* be next!!

## Step 1. Remove everything in the way of love: beliefs, people, vibrations, superstitions.

*Let go of every block you have to love, and it can't HELP but show up!!*

### **What It Is**

Most of the blocks that people have to love fall into three categories: beliefs, people and vibrations. Many don't even realize that they have one of these barriers to love, but unbeknownst to them, it is keeping love away from them. Once you become aware of your blocks, it's not that hard to get rid of them.

**BELIEFS:** Have you ever commiserated with a friend over how hard dating is? Have you ever commented "there are just no good men (or women) left in this town!"? Or do you have a secret fear that maybe everyone gets love but you? That you are left out? All of these are examples of beliefs that will keep love from you. Your beliefs will *act as true* until you substitute them for a better belief.

Other common beliefs people harbor that keep love from them:

- I am too overweight for love. No one could love me like this.
- I am too old for love. Love has passed me by.
- I am too messed up for love. I need lots of therapy and healing first.
- I have too many skeletons in my closet for love.
- Love equals pain and I just can't deal with more pain.
- Dating is hard and I refuse to do it.

Some beliefs fall into the realm of superstition:

- My ex cursed me to live a loveless life.
- I did too many horrible things in my life and I'm doomed to be alone.
- All my friends are hooking up around me. I just know I'll be the only one left single.

PEOPLE: Attachment to an ex is a *huge* issue that can keep love from you. Attachment can range from being obsessed to simply saying that your ex was the best relationship you've ever had and you feel like you missed the boat. It is critically important to let go.

It is natural to get attached. Babies would die without a primary attachment to a caregiver and when you are attached to a love, it's one of the best feelings of Oneness that there is. It's also common to think of your last great love when you are single and feeling lonely. But all of this can get in the way, and when it's time to detach, you need to be willing to go through the grieving (even the pain) so that you can be open for future love. If it's not happening right now, you owe it to yourself not to put your life on hold but instead move on.

VIBRATION: If you are operating at a low vibration, it is impossible to attract your soulmate though you could attract something else, a low level, highly unsatisfactory liaison.

If you regularly have an energy of desperation, of sexuality (to the exclusion of other connection) or of depression, you are vibrating at the low levels. That energy is not right for attracting the high level love that is soulmate love. Society knows this on some level which is why we tend to shy away from relationships based solely on sex and label them -- one-night stands and bar hookups -- as "cheap."

Another energy that is extremely low-level is one of competition. Love has nothing to do with competition and if you are vying to see who gets the girl or who can attract the most dates, you might have fun but you will not attract your soulmate.

**Examples:**

- Selena was always self-conscious of her overweight status, and the fear that no one could love her “as is” was re-enforced by well-meaning friends and relatives who urged her to lose weight. One thoughtless friend went so far as to say: “No man can love a woman as big as you.”

Ouch! Stina had to work on releasing the belief that her extra pounds would keep love from her. She concentrated on seeing the beauty of her being and before long, she attracted Pen. He was a dynamic, handsome man, highly sought-after, but he had always preferred women with some meat on their bones and big breasts.

Everyone wondered if Pen would ever settle down, and when he met Selena, he was hooked. Selena couldn't believe this hunky guy was saying all of the things she had always wanted to hear. They are now married with two children.

- Helene dated Mo for 2 years, but it was a volatile relationship. They broke up and got back together 5 times, and their friends were tired of the constant drama. Finally, Helen said, “enough!” But though she broke up, she constantly thought of him and was miserable.

Occasionally, they would meet for some so-called *closure*, but they always ended up back in bed. After a year of being broken up, but still quite attached, Helen wasn't willing to go through any more pain. She made a clean break, did a release ritual and practiced tools for letting go any time the thought of Mo haunted her (or when he would text message her, trying to reengage with her.) It wasn't easy, but she finally broke the spell he had on her and felt free and ready to move on.

Within a few months, she met Brad, who is the love of her life. She couldn't believe what a smooth and easy relationship they had -- no fighting or breakups. It took some getting used to, but she finally accepted that she deserved this love and that it really could be this good without going away. Helene and Brad are now engaged and all thoughts of Mo are a distant memory.

- Karl was what you would call a “player.” He was great at picking up women in bars. He was the guy who always got the girl, and he even made it a game with friends to see who could win the attention of a hot babe at a party. He caught herpes, which is something he'll always have to deal with now, left quite a crowd of angry women in his wake and was deeply unhappy.

His machinations shored up his fragile ego, but all he really wanted is a real connection, not the empty one-night stands he often substituted for love. He finally hit a wall, when he attended yet another wedding of a friend (this one a nerdy friend who was the *last* person Karl imagined finding true love) and found himself reflexively picking up on one of the bridesmaids. Karl realized that the path he was on would never lead to love, and a friend pointed him to my work.

He worked on raising his vibration and learning to approach women differently. He began to meditate and read self-help books. And we worked on concentrating on friendship with women first before using all of his low-level energies to seduce her. As Karl began hanging out in higher vibrations, his love life changed. He attracted women more to his liking and was surprised to find out how much he enjoyed *really* connecting. This led to Anne -- his friends dropped his teeth when they met her because she was not his usual type -- she was classy, brainy and demure. Karl and Anne got married and she is now pregnant with their child.

### **Exercise:**

Read back over Step 1 and write down every belief, every superstition, every person and every low vibration you need to get rid of. Using this list, write a separate list of how you will release each one. I.E. "I will affirm that my soulmate loves me at my very age," "I release Sam right now," "I will no longer get desperate at singles events and let my vibration get that low."

Take the first list, all of the things you're willing to let go of and shred it into little pieces. Then, burn the pieces if you can. Carry around the 2nd list, of positive intentions to remind yourself of what you're willing to accept in your life. Add to them as you can and look around for the evidence that your former blocks are not true and are dissolving.

## Step 2: Give up trying to figure out how.

*When you set an intention, as you did in Step 1, it takes on a life of its own. And usually, it happens in a magical way that you could never have dreamed of, much less have engineered for yourself.*

### **What It Is**

In my spiritual training, we call trying to figure out how something will happen *outlining*. It is unnecessary and the more you *effort* to try to make something happen, the less connected you will be. Not only do you make it unnecessarily hard on yourself but you can even thwart yourself by focusing too much on *how* love will happen. You limit your good when you say that “love has to happen like this” or “my friends all say I have to do on-line dating or I’ll never find love” and then sign up, even though you just hate it. The worst thing is the tendency many have to say that it has to happen this way, and when it doesn’t, they lapse into doubt and despair. This really limits you and in the large majority of cases, love happens in a way you never in a million years could have predicted.

### **Example:**

Oma had a strong start into love when she set an intention to bring on her soulmate in one of my workshops and got the *Manifesting Love* CD to keep herself in a good space. But then, she started driving herself crazy. She thought she needed to give the Universe a nudge. So she joined a matchmaking service, attended their parties regularly and taped a video profile. Nothing came out of this, and she let herself slide into despair. She was sure that love would happen through this avenue and used it as a measure of failure. She constantly worried that she wouldn’t meet her love and was scared to miss a single party for fear her One would be there. I asked her to resign from the CMAT club (Can’t Miss a Thing Club) and chill. She did, and then met her love in the most unlikely place imaginable -while taking out the trash at her apartment complex. There she was in a scarf and sweats when she met Zack, the hottie who lived two floors up. The rest is history, and they traded in their single apartments for a bigger one and moved in together in the *same* complex!

### **Exercise:**

Do an inner inventory on any ways that you might be *outlining*, trying to figure out how love will happen or how it *should* happen. Catch yourself next time you start to fall into this pattern, let go of trying to figure it out and instead tell yourself, “Love will fall magically right into my lap. It is done and I don’t have to try and manipulate it into happening.”



## Step 3: Line up with yourself. Line up with who you are.

*A major problem people encounter in their love lives is not valuing themselves properly. Low self-esteem, trying to be something you are not or finding yourself in any way lacking will hold you back from love.*

### **What It Is**

When you are not in alignment with yourself, you may actually believe that some people are “out of your league,” too good for you. Or you find yourself painfully shy about speaking with someone you’re attracted to.

Those undervaluing themselves will accept a relationship that is abusive or that tears them down. You might have the idea that you have to work really hard to *get* someone you find attractive and do lots to *keep* that person. Manipulation is rampant, whether it’s trying to be a player or learning some supposed courting “rules,” when you feel that you’re not inherently worthy of love without doing anything extraordinary. Or you may feel that you can’t reveal yourself to anyone (and therefore you keep yourself closed to relationship) because you are ashamed of who you are or your supposed flaws.

The fact is that you are whole, perfect and complete. There is nothing that you can’t have or do. The sky is the limit in your love life. You are precious just by your very existence. The things that you are ashamed of are *nothing* in the face of your magnificence as a being. You are just as lovable and special as you were when you were a baby, and everyone was cooing over you!

As you shore up your self-worth and align with your being, you become highly magnetic in romance. Confidence is the one *universal attractant* and as you embody this quality, your love life gets great even before your soulmate shows up.

### **Examples:**

- Julian was a slight, bookish man who had been labeled an egghead in high school. He discovered the seduction community and learned all sorts of techniques to land women. It helped to boost his fragile self-esteem but it still didn’t produce the wife he so wanted. He met Meg at the hospital when he broke his arm. She was also in the emergency room. His guard was down and he wasn’t using any of his ruses to land a woman. In his vulnerable state, he behaved with no pretense, just being himself. And this went over big with Meg, who was enchanted by this intelligent, sensitive man. She was hooked and they are now married with 3 kids. When he was most himself, love struck!

- Pam had consistently dated guys who cheated on her or treated her badly. It was very tough for her to let go of her ex, who constantly insulted her and flirted with other women. We worked together on seeing who she was, how wonderful and also on drawing boundaries, which was hard for her, so that she wouldn't allow denigration to take place. As she learned to love herself as much as she had loved others, she began to see how unworthy the previous relationships had been of her. She imagined a man who adored her and treated her like a queen. She met Dan on-line and their romance quickly blossomed. He was the sexiest man that Pam had ever met, and he showered her with flowers and gifts. It wasn't easy for Pam to shake off a lifetime of questioning herself and accepting so little, but when she did, it paid off in a big way!

**Exercise:**

Write down the ways that you question yourself or accept unworthy things into your life.

- What are your insecurities?
- Have you never dated anyone you were actually wildly attracted to?
- How do your fears of being unworthy come up in dating and relationship?

As you get clear on your self-esteem issues, it will become easier to align with your being. Awareness is the first step to healing. Create an affirmation for yourself, based on the insecurities you wrote down.

- If you're worried about a physical attribute like being bald, your affirmation might be: "I am a sexy bald man. My soulmate loves my head and is constantly rubbing it." Or if you think certain people are out of your league, your affirmation might be: "I am good enough for anyone. My soulmate is hot and can't see past me."

- Tailor your affirmation to your own issues, make it in the present tense and let it only be a few sentences. Say it regularly, especially when your self-esteem issues arise. Also make a list of everything that is wonderful about you. Keep adding to it! And pull it out to read whenever you experience self-doubts.

## Step 4: Give thought to who your One is: what (s)he's like and his or her qualities.

*The more that you get in touch with what sort of person is right for you, the better you will be able to call this person forth. Some people, as they do this step, have felt that they actually conjured up their soulmate. They couldn't believe such a person existed, but somehow this person came into their life.*

### **What It Is**

I lead listeners through an exercise of discovering things about their soulmate in my *Manifesting Love* CD. Many people have never even thought about this question: "If I could have exactly what I want in a mate, what would they be like?" The truth is that we all have individual preferences. Not everyone wants the same thing. As you discover what it is you like, what works for you and what doesn't, you become much closer to that person who was meant for you.

You can afford to be picky. This will make sure that only your *soulmate* will do. Your soulmate will be everything you want with a lot of bonuses you didn't even think of thrown in.

### **Example:**

- Betty used my *Love Will Find You* book to create a list of who her soulmate would be. She got very specific, even including that he would have blue eyes, since that had always been her preference. (Many times we have a physical "type" because it is a homing device to lead you to your soulmate.) She included on her list how he would treat her, how they were as a couple and that he would have a family she could adore since her parents were dead.

When she began dating Frank, she was instantly smitten. But the thing that really threw her was that as she got to know him, she couldn't believe how much he matched her list. Even down to his piercing blue eyes. And his family was all local and immediately embraced Betty as one of their own. Frank's sister became Betty's best friend! They are now engaged, planning a large wedding to include his scads of family.

### **Exercise:**

- Make a detailed list of everything you want in a mate.
- If this is hard for you, think back to previous loves and remember what you enjoyed about them and what didn't work for you (put the opposite of that on your list).

- Definitely include “crackling chemistry,” “endless honeymoon” and “adores me” on the list!

- Add to the list why they adore you and what you bring to the relationship (your soulmate may find your qualities that irritated other loves *cute*.)

- Also, jot down a few things that you are as a couple (i.e. dynamic, very even-keeled, no drama, uplift one another, go on adventures together, etc).

## Step 5: Send out a soul call on the inner and outer.

*This is a highly effective way to magnetize love to you without lifting a finger. When you put out an energetic invitation and back it up by doing something symbolic, it has great power to bring on love for you.*

### **What It Is**

As you line up with your soulmate on the inner, you can bring them forth, even have them land right in your lap! What you do on inner is always far more powerful than what you do in outer action. Therefore, when I have people do a *soul call*, I get many emails and calls from people, amazed that when their love showed up, it was just like they imagined in their soul call.

It means even more when you send out a soul call to your One and then take a symbolic step in your life to signify that you mean business!

### **Example:**

• Harriet did the Soul Call guided meditation that I include in my workshops and CD's. In it, she imagined being with her One and opened up her energy to connecting with her soulmate on the inner, on a soul level. From this connection she began to feel as she closed her eyes and relaxed, she energetically invited him into her life. She imagined herself with arms wide open saying, "come to me." What startled her is that later that very night, she met Stan in a bookstore. They clicked right away, and within a few weeks, she found herself standing on the beach with him, kissing passionately and more in love than she had ever known she could be. She emailed me excitedly the next day to tell me: "It was JUST like I envisioned it in my Soul Call. Obviously, he heard it and showed up at the bookstore!"

### **Exercise:**

Do a Soul Call on the inner and on the outer.

• **INNER:** Get yourself in a highly relaxed state where you feel at ease and begin imagining what it's like to be with someone who fits you like a glove. Between you, you have a great synchronicity and an amazing amount of passion. Imagine what it's like to come together, to fall in love. Connect with this person, someone who was meant for you, on a soul level. From this connection, envision yourself with your arms stretched wide and say silently to this person, someone you probably don't know yet, "Come to

me. I invite you into my life right *now!*” Feel the passion and longing behind this call, and let yourself feel a correspondence, an answer from your One.

- OUTER: Do something to symbolize your commitment to remaining open for your soulmate.
  - You could buy them a gift or card to keep until you two meet.
  - If you are super busy, you could make time in your schedule to relax and enjoy life.
  - Practice cooking a good dinner that you will make for her once you start dating.
  - Clean out a drawer or make closet space for him or put a nightstand on the other side of your bed.
  - Or declutter as a way of making room for her.

It doesn't matter what you do, but do one concrete step to symbolize your readiness for love to come into your life.

## Step 6: Get happy. Do only that which feels good.

*I know this sounds simplistic, and there are much more complicated ways to explain it. But let's keep it simple. When you are happy, you are in league with the Universe, with God. You are very magnetic and lined up with your purpose to find love.*

*When you feel the happiest -- when you are completely absorbed in an activity (like playing music, doing art, reading a good book) and when you are feeling the energy of hopefulness, joy, bliss or laughter – you are irresistible. This state is full of faith and highly magnetic to love.*

### **What It Is**

Getting happy and hopeful puts you in the Zone. It's why athletes and performers pray before a game or performance -- they are aligning with success, opening up to their connection with the Divine and with what they want. Anything that you can do to center yourself and feel good will help. What works is different for everyone. Stressing out about love, trying too hard only pushes love away from you so as you cease this energy and find a better-feeling state, it will have a magical effect on your love life.

### **Example:**

Agnes was making her quest for love into a full-time job. She was quite exhausted because she forced herself to really get “out there.” She asked me what she should do, because she was just tuckered out from all the work. I told her to relax. A workaholic (so naturally she was turning finding her love into a major task), I asked her to spend time exploring what she likes to do for fun. This was a new concept for her. Work had always given her what she wanted and she had no idea how to have fun! She forced herself to put the love issue on a back burner and instead, take naps, go see movies and go bowling (something she discovered she loved). It felt better to her, and she found herself surprisingly happy at becoming more of a loafer. She met Sal one night at a coffee house that was screening a silent movie. She had on jeans and a t-shirt plus no makeup, so she definitely wasn't in courting mode. He loved her natural, laid-back energy and they really clicked. They now have been dating for several months and it is serious. “I just can't believe the best thing for my love life was doing *nothing*. Being happy sure did the trick,” laughs Agnes.

### **Exercise:**

Find the ways that best serve you to become happy and hopeful. It is different for everyone.

- Some people discover that meditation, prayer and attending church are the activities that lift them up the most.
- For others, self-help books and CD's (like this book and the others in this series) do the trick.
- And for others, just taking a walk in nature or spending time with their pet or a young child will make their spirits soar.
- If you are creative, make that part of your day. Play music, create art, write.
- It doesn't matter *what* you do as long as it makes you happy, hopeful and relaxed.
- Keep a list of what works for you, so that if you find yourself getting stressed-out about love, you can do one of these things that calm you down and help you to align vertically.
- Your job is to become an expert at finding that place of connection. It will become a habit that will serve you well if you hit a rough patch.

## Step 7: Exercise patience and stay happy.

*“Patience makes things go faster,” is a wise and true saying. Whenever you start worrying about where your love is or cry “Where IS he?” you become disconnected. This can delay love. Your job until your soulmate shows up is to exercise patience and learn to be happy most of the time.*

### **What It Is**

Let’s assume that you have done the first 6 steps. That being the case, your soulmate is a done deal on the inner. (S)he will show up at the perfect time. You can trust that. So now what? During the waiting period, there is no need to worry. If you start questioning, it’s like digging up the bulbs you’ve planted to see if they’re growing. It is against your purpose.

So now is the time to cultivate patience. When you are tempted to get impatient or feel left out of love, pull out the list of your soulmate’s attributes or do a quick soul call, just to get back in touch with the love that is already on its way to you. Distract yourself with the fun you’ve having while single and do anything you can to stay happy. If you’ve never been happy in your life, it’s time to learn to experience joy right now. Most happy people remain so regardless of circumstance so even if things aren’t yet perfect in your life (and they *will* be!), you can learn to experience joy right now just by being grateful for those things that you do have.

### **Example:**

• “I can’t wait much longer!” cried an anxious JoAnn. She had done back flips to find love, joining every matchmaking service in sight, asking friends to set her up on blind dates and going to functions where she knew there would be a lot of single men. But no love appeared and she was impatient! When she finally discovered my work, she started relaxing. Uptight about her biological clock (and this at age 32!), she read the tales I have about women who had babies in their 40’s, even 50’s. That helped and she began relaxing.

JoAnn decided that maybe she had more time than she realized and set about enjoying her life. Every time she felt impatience rising, she would self-soothe by reminding herself she was having fun and that love was already on its way. She quit going on blind dates, resigned from every on-line site she had a profile on and only went to places and functions that she felt like going to. This newfound patience paid off when she met Lawrence at a friend’s wedding. Rather than be put off that another friend was

marrying before she was, she let herself be glad for the friend, affirmed that *she was next* and set out to enjoy the wedding. Imagining her own wedding, she was so absorbed in perusing the flowers and decor and deciding what *she wanted in her own wedding*, she failed to notice Lawrence sitting nearby and tripped right over him. She practically fell in his lap! Laughing, they introduced themselves and she admitted what she was doing, planning her own wedding. He asked if she was engaged, and she giggled, “no, not even dating right now.” He found that charming and thought she was the cutest thing he had ever seen. They spent the rest of the wedding dancing and eating, and are now engaged. Lawrence had also decided he was ready to marry, and took it as a sign when JoAnn fell into his lap while thinking marriage thoughts.

**Exercise:**

Every time that you start feeling impatient, release it.

- Make a list of things that make you happy, of how blissful you will be with your One, what you are excited about in your life now and even the good things about being single that you are currently enjoying.

- Bring the list out to remind yourself that you are fine and that you’re safe to relish the time you have now, before love knocks on your door.

- Also remind yourself that love is already on its way. You have done the work, and now it is just a matter of timing so there is no need to worry.

*I bless you on this wonderful journey you have embarked upon to love. It will happen sooner than you imagine, and do email us at [info@kathrynalice.com](mailto:info@kathrynalice.com) to let us know your wonderful love story!*

## To Go Further In This Work

If you found this small intro to my soulmate work useful and want to keep feeling as hopeful as you may feel right now . . . and in the event, you want more back-up to stay in attractant mode or still are not manifesting easily, here are some resources to go further with me as your partner to produce the love you want.

- *Releasing a Person* -- [CD](#), [Download](#) and/or [Ebook](#) – This technique is something that has proven amazingly effective at getting people beyond heartbreak or a romantic attachment. Even the most stubborn obsessions give way with this gentle, soothing and powerful process.

If you are really hung up on someone, you may need this technology. That's also true if you get chronically attached to others. Some use it lightly as a dating tool. Others use this process to recover from heartbreak, a divorce or deep attachment. All have told me it is balm to their souls and blessed relief! The audio version is great to listen to in the car or while working out. It also contains the release process as a *meditation set to music*, and some say that hearing my reassuring voice helps them to really get this process and make it work. This is Book 1 of this book's series.

<http://www.amazon.com/Releasing-Person-Recover-Breakup-Divorce/dp/B0001KCI00>

<http://www.amazon.com/Releasing-Person-Attraction-Series-ebook/dp/B00AK3YCJC>

- *Manifesting Love* CD – The most effective way to send out a Soul Call, this CD has helped thousands of people magnetize love to them. The CD helps them sleep well and stay hopeful. 60 minutes including 2 guided meditations, one short and one long, teaching, tools and a song to help keep you uplifted!

<http://www.amazon.com/Manifesting-Love-Call-Forth-Soulmate/dp/0975322400>

- *Manifest Your Soulmate* Book - this book is a transcript (with extras) of the *Manifesting Love* CD in the event that you'd rather read than hear this material (or do both). It's less money, and tens of thousands attribute it to their happy romances and marriages (& children).

- [\*Love Will Find You\*](#) Book – an Amazon bestseller since 2007, this book offers a 9 step process to magnetize love to you. Well-reviewed and well-loved, it can be found in every English-speaking country in bookstores, but you can order it right on Amazon, too. It covers many of the points in this short book, but in more depth and adds many details plus some great uplifting love stories. Still, it's a fun and quick read.

<http://www.amazon.com/Love-Will-Find-You-Soulmate/dp/1569242771>

- [\*30 Day Soulmate Bootcamp\*](#) – the program that I put my “holdouts” through back when I still saw clients individually. These were folks not manifesting love easily, and I created this program just for them. It became an experiment and proved highly effective with these “hard cases.” The Bootcamp became legendary, and people begged me to make it available to them until we finally published it. It's not fancy (kept in original format because we didn't want to mess with anything – it's powerful!) and not cheap, but after 30 days of this work, any bad patterns or delays you've had are shot all to heck. Most manifest either during it or shortly after.

<http://www.kathrynalice.com/bootcamp.htm>

## About the Author

Kathryn Alice, author of the bestseller LOVE WILL FIND YOU, is the U.S.'s foremost expert on soulmates and spiritual dating. She appears in the 2012 Feature Film *Secrets of Love*. She has helped tens of thousands of people attract their soulmates. Her work has appeared in *Psychology Today*, *USA Today*, *The New York Times*, *Associated Press*, *Body+Soul* and on *Montel*, *NBC* and *The Aware Show*. Kathryn directed Agape's Crisis Support Team for 6 years & teaches in the U.S., Australia and South Africa. She has been married for over a decade to her own soulmate, and they have 4 boys.

To find out more about Kathryn's work, visit her website: [www.kathrynalice.com](http://www.kathrynalice.com)

Connect with Kathryn on Twitter at @kathrynalice1 or become her fan on Facebook for daily reminders to lift you up. And look for her "Wall of Weddings" coming soon to Pinterest. You may be next up there on that wall! Don't forget to send her your own wedding or happy couple photo.