



Attract Your Soulmate

5 Essential Steps to Finding 'The One'

By Sarika Jain

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Successful Women

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Welcome

- Presence
- Gratitude
- Intention

About me

- ❖ Grew up In Dallas, TX
- ❖ In 2008, met with an astrologer who told me my stars were *terrible* for love
- ❖ Hired dating coach – met a wonderful man (doctor!). Started coaching other women
- ❖ We got engaged within a year. **A month later... he broke up with me**
- ❖ I was devastated. **A voice came from my heart that said, “I need spiritual healing”**
- ❖ Took the plunge – healing, self love
- ❖ **Met my husband, Krishan Patel, 3 months later!**
- ❖ Coaching women in how to attract love in a holistic, joyful way



Who is a Soulmate?

“People think a soul mate is your perfect fit, and that's what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life.

A true soul mate is probably the most important person you'll ever meet, because they tear down your walls and smack you awake.“

Elizabeth Gilbert

Client story – “I met a new man effortlessly”

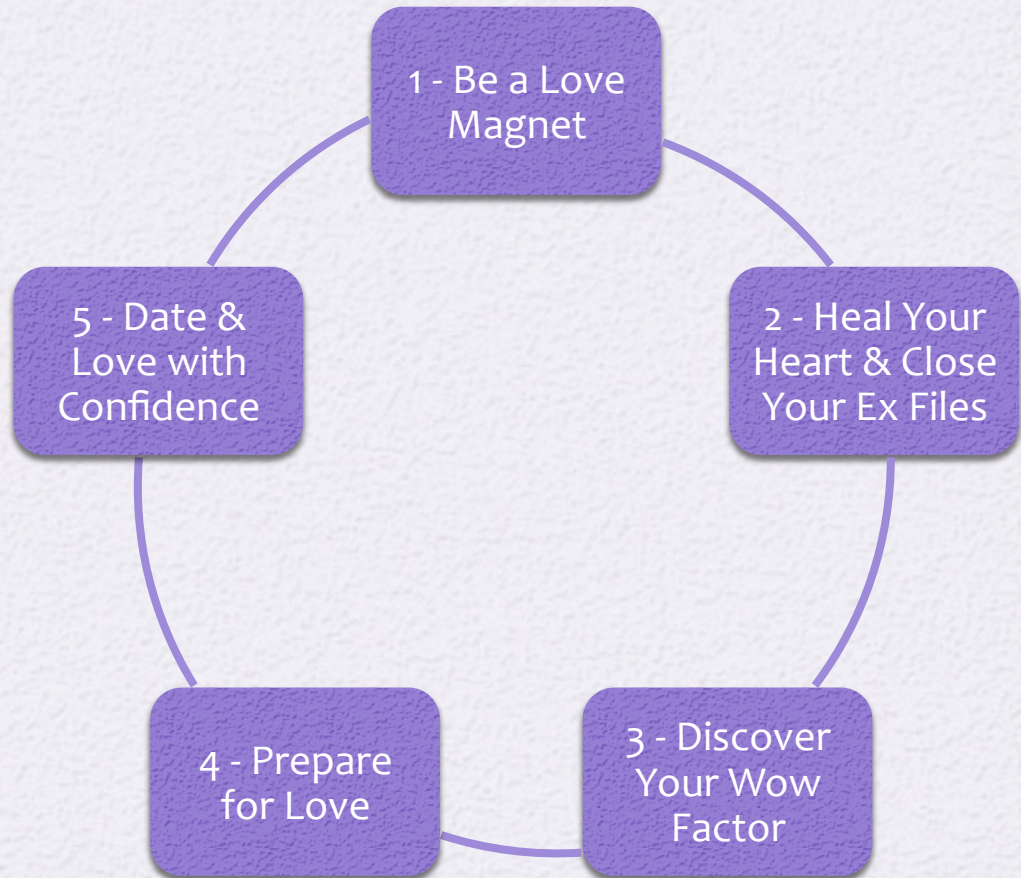
“I met him through Tinder. He truly respects and cares about me. I have a [fertility] procedure coming up and that is the main reason I was not feeling well last week. Without being asked, he cooks for me every day and runs errands to help me relax more. Also he arranges travel plans after my procedure so he can be there with me. It happened so quickly and almost felt unreal. With him, I feel natural and safe. He brings the part of me that I like to see.”

Synchronicity

Coincidence of events that appear meaningfully related but do not seem to be causally connected, taken by Jungian psychoanalytic theory to be evidence of a connection between the mind and material objects.

5 steps to finding 'The One' - Sarika's signature system

These 5 steps have been created to provide a well-rounded and holistic journey. These are not necessary in sequential order; rather they build on each other to create a strong inner/outer foundation for attracting loving, healthy relationships.



Key Principles to finding ‘The One’

1. When you align your mindset and lifestyle to the loving partnership you desire, you *will* meet ‘the one’, *synchronistically*
2. The world is your mirror – you attract who you are inside. Law of attraction only works when you have cleared your inner blocks!
3. Thoughts of “I am too old, young, short, etc. to find love” – are all myths
4. Build a strong mental, emotional, spiritual and physical foundation – *before* you attract your partner

Key Principles to finding 'The One'

- 5. Throw out your checklist – it's all based on resonance and values
- 6. Love/dating is about more about skills and mindset than strategy
- 7. Invest time and resources on your love life. Whatever you focus on, grows. Many of us are in our Athena energy, and spend too much time on our careers. Aphrodite has to be invited into your life, through focused dedication and intention
- 8. Attracting a life partner is an aspect of self-love – when you truly love yourself, you *will* be blessed with your soulmate

Step 1: Be a Love Magnet

In order to attract love, you must *be* love. The way you love yourself, is how others will love you.

Remember, you are your first true soulmate.

Love is an art, and you first need to master it is with yourself.

Tips:

- Become deeply connected with yourself
- Practice self-love, forgiveness, acceptance, approval
- Let go of self-critical and judging thoughts

- Learn to receive love with an open heart
- Be around activities and people that make you happy
 - Our natural state – healthy, joyful, compassion, free, loving-kindness

Step 2: Heal Your Heart & Close Your ‘Ex Files’

If you are single or in a troubled relationship, more than likely, *you still haven't fully closed your 'Ex Files'.*

The heart is a special organ and energy center – it stores all of our past memories, feelings and emotions. There may be a protective wall around it, saying “I don't trust you”

Tips:

- Release your emotional baggage
- Receive physical, emotional, energetic, spiritual nourishment
- Find meaning, forgiveness and release with exes, parents and others who may have hurt you in the past

- Learn what you needed to from your past relationships
- Restore your faith, love and trust for men
- Practice heart-healing and heart-opening exercises

Success story: “I’ve moved on from my divorce and found love again”

Viki, 40, was an attractive, spiritual-minded, budding entrepreneur had already done 3 years of therapy to heal from her 17 year marriage. However, she still felt ‘stuck’ in her dating life.

Even though she was ready to start dating again, through our work together, she learned that she still had some ways to go before truly closing of her ‘ex files’. She was still bound to her ex on a spiritual and emotional level. Moreover, she subconsciously still held on to some of her parents’ patterns and childhood wounds in her body.

Just a months later, she transformed, inside and out! We worked the magic on her dating profile, and learned to date more joyfully and effectively. She learned new communication skills to share her feelings and needs in a more feminine way, building trust with men.

She met a wonderful man, who completely adores her, and is ready to start a family with her – what she has always wanted!

Success Story: “I finally ended the cycle of abusive relationships”

Deepti, a savvy 34 year old Business Strategist in New York City, was in the throes of a relationship that was sucking up her life force. He was at once kind and cruel. She found out he was dating 4 women at once, even though he claimed he loved her. She *could* leave him, but there was one main issue – their chemistry and intimacy was intense and addictive. She could always rationalize why he was ‘right’ for her.

Through our work together, she realized her patterns for attracting co-dependent relationships. She learned to ‘say no’ firmly, and surgically remove him from her life – on an emotional, spiritual and mental level! The key to her success was her unwavering commitment to herself and her happiness.

Deepti discovered her ability to love herself, and rewired her subconscious for knowing she deserves a healthy relationship. Now she is ready for true, healthy love!

Step 3: Discover Your Wow Factor

Each of us is unique, beautiful and gifted. We are each worthy of love, and our life partner will love us for *who we are, deep inside*. When you align with your true essence – your “wow factor” - and vision for your life, and restore your feminine/masculine balance, you will become ‘turned on’ by yourself and your life... this is when others are ‘turned on’ by you!

“When the feminine wakes up, it wakes up to self love, creation, giving birth and to pleasure. It wakes up to heaven.” – Giovanni Cavalieri

Tips:

- Live your purpose, passion, and inspiration
- Align with your values, and find others who resonate

- Explore your creativity and pleasure
- Create a compelling vision for your life
- Heal any shame or sexual blocks from your past

Step 4: Prepare For Love

Begin aligning with your dream relationship. How would you live your life, with your partner in it?

A healthy relationship thrives in a nourishing environment of respect, trust, safety and love. When you have this foundation, you will attract a partner who desires the same!

Tips:

- Learn key relationship and communication skills
- Adopt beautiful relationship habits that nurture those around you
- *Fengshui* principles (emotional, physical, energetic, mental, etc.)
- Create balance your life – and space for a loving partnership

- Date yourself
- Declare your desires to the universe!

Step 5: Date With Confidence

Dating can feel daunting and confusing. After going through the above steps, you will feel more grounded, confident and magnetic.

Tips:

- Generate a healthy dating mindset – come from a state of pleasure
- Create a foundation of trust, respect, consideration on each date
- Learn to let go of relationships that don't serve – forgive men
- Date based on resonance and values
- Don't feel the need to 'give it all away' early on. You don't need to have sex immediately, in order to 'secure a relationship'.
- Observe patterns – the types of men you are dating, what happens during and between dates. **Get support!**

- Master online dating – follow a proven process
- Meet men through inspired connections – friends, communities

Success story: “I went from attracting men who wanted ‘only one thing’ to finding a true gentleman 😊”

Tanvi, a 34 year old lawyer, didn't know why she couldn't find 'the one'. For years, she was 'over' her abusive relationship, and she did therapy, Reiki, you name it. She's sexy and kind, and a very successful lawyer. She felt that the men she was attracting wanted her for only 'one thing'. She was sick of attracting the same pattern, over and over; and her self-esteem was falling.

After attending my workshop last year, she thought, "What if I haven't really closed my Ex Files...??"

She decided to do 1-1 coaching with me. We began focusing on self-love, relationship skills, discovering her inner blocks and closing her ‘ex files’.

Merely 6 weeks after we started, she met an amazing man on Tinder whom she thinks is 'the one'. She's elated, and pleasantly surprised by how easy it was to meet him!

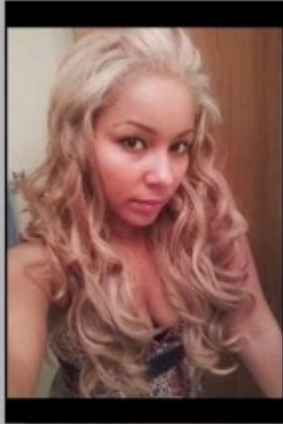
Tips for a great online profile

Come up with the best online profile possible. In today's day and age, practically every person who is single is actively dating online. Get professional pictures done.

What to include:

- A great full-length photo (of you looking your attractive and feminine best, with a warm and engaging smile)
- A witty user name and tagline (something unique to you or your interests, and one that would amuse an onlooker). Think about 3-5 adjectives that describe you to help come up with an interesting username. For example, if you're a great cook, and a nurse, you could be "TopChefNurse!" And your headline could be, "Can perform instant triage in the kitchen."
- Be funny!
- Don't make grammar or spelling mistakes
- It should be a storyline-based write-up about who you are and what you are looking for. This should not be a typical laundry list of what you do for a living and what your hobbies are

Online profile photo tips



Before



After

Photo Tip # 1

Keep photos beautiful and natural. Shy away from “posing” or suggestive shots.

Photo Tip # 2

Include half and full body photos, along with head shots.



Source: <http://smartdatingacademy.com>

Recommended books/resources

- *Nonviolent Communication: A Language of Life* (Marshall Rosenberg)
- *Taming the Tiger Within: Meditations on Transforming Difficult Emotions* (Thich Nhat Hanh)
- *True Love: A Practice for Awakening the Heart* (Thich Nhat Hanh)
- *The Prophet* (Khalil Gibran)
- *Thought Power* (Shri Swami Shivananda)
- *Ask and You Shall Receive*
- *Reconciliation: Healing the Inner Child* (Thich Nhat Hanh)

Recommended books/resources

- *Ask and You Shall Receive*
- *A Return to Love* (Marianne Williamson)
- *The Mastery of Love: A Practical Guide to the Art of Relationship* (Don Miguel Ruiz)
- *The Way of the Superior Man* (David Deida)
- *The Soulmate Secret* (Arielle Ford)
- *Finding the One Online* (Mark Evan Katz) – online course
- *Calling in “The One”* (Katherine Woodward Thomas)

Assessment:

How ready are you for true Love?

Check the boxes of all that apply:

- ☐ I feel happy, healthy, content, and have a peace of mind. I feel a sense of love and appreciation for myself.
- ☐ I have closed my “Ex Files,” and my heart is ready for a new relationship!
- ☐ I have learned what I needed to from past relationships, so I don’t repeat mistakes.
- ☐ I have created space in my life for a partnership.

Assessment:

How ready are you for true Love?

- ☐ I have surrounded myself with positive friends, mentors, family, and community.
- ☐ I have created beautiful and nurturing relationship habits.
- ☐ I am not afraid of getting hurt, and have addressed my fears around relationships.
- ☐ I have a deep love & trust for men.
- ☐ I am COMMITTED to attracting true love, no matter how high the stakes are!

Testimonial – “I met an amazing man just a few weeks after Sarika’s workshop”

“After years of unsuccessful relationships, I attended Sarika's workshop where she inspired me to change my outlook on dating. Just a few weeks later, I met an amazing man. We are about to celebrate one year together and I feel so grateful to have him in my life.

Not only did Sarika shake me out of my unsuccessful dating patterns, she also helped me get to where I am today with my partner. After I started the relationship, because I was so used to being single for most of my life, unexpected challenges popped up that I felt unable to face on my own. Sarika was so amazing in helping me navigate these challenges. She listened deeply and patiently, asked all the right questions, and made me feel safe and understood.

The insights she offered expanded my consciousness and gave me new ways of looking at things that I never would have considered before. It is clear that Sarika has done lots of hard work in understanding her own experience as a woman and the challenges we all go through, as well as the potential we have to blossom and thrive.

She taught me to embrace my femininity, prioritize joy, and explore uncharted areas of my new, beautiful, and growing relationship. I am so grateful for her presence in my life and recommend her to any spiritual, open-minded, and introspective woman looking to find love or keep it in her life.”

Sunaina C, Marketing Professor, New York City

About Sarika Jain

Sarika Jain is a Life & Love Coach and Intuitive Healer for smart, professional women who have it all - except a loving relationship with a life partner. She uses a personalized and holistic approach to partner with individuals to break through painful relationship patterns, heal their hearts and learn relationship skills to attract healthy joyful and loving relationships. She is now on a mission to support women in reaching their full potential in their love life and relationships!

Sarika has served hundreds of people in love and dating over the last 6 years. Having lived in both India and the US, she leverages her background in Eastern spirituality in her work. She has studied relationship, communication, dating skills, is a Reiki master, and is currently a student of Guided Self Healing with psychotherapist, Dr. Andy Hahn, on shadow work on body-consciousness based healing. She is a yoga instructor and mindfulness facilitator.

Sarika is like any other New York City woman - driven and accomplished. After years at Merrill Lynch and The World Bank, she received her MBA from the Wharton School and joined Bain & Co., where she helped transform businesses.

She lives with her husband, Krishan Patel, in New York City.

Thank You.

WOULD YOU LIKE TO TRANSFORM YOUR LOVE LIFE?

Get support in:

- Your online dating profile/strategy
- Creating a strong Inner foundation for love
- Skills for love and dating
- Breaking through your dating patterns
- Restoring your self-confidence, and getting rid of self-doubt for good!

APPLY FOR A COMPLIMENTARY DISCOVERY SESSION WITH SARIKA JAIN.

E-MAIL SARIKA@SARIKAJAIN.COM OR BOOK ON A COMPLIMENTARY DISCOVERY SESSION [HERE](#).



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