

# *Finding Your Perfect Soul Mate*

This past week, while browsing through a bookstore, surfing the Internet, or channel surfing to see what was interesting on TV, I came across many books, articles, web sites and talk shows devoted to strategies on *how to find the ideal, husband, wife, boyfriend, girlfriend, or soul mate*. The popular opinion of why we should find our ideal mate or soul mate, is so that *we can become whole or complete*. The solutions for finding the ideal mate ranges from the mundane to the really esoteric. There is a smorgasbord of strategies out there to choose from, just pick one you like and go for it.

Some of the self-styled experts say the problem is that you are not looking in the right place. To find the man or woman of your dreams, you have to live in the right city where the ratio of men and women are in your favor. Or there are certain places you have to shop, party, or vacation *to be seen by the person of your dreams*. Others suggest the problem is the way you dress or act, so the solution is to change your appearance or how you behave in public. Some even suggest a checklist of *dos and don'ts* when going out on a date. A multi-billion dollar industry has been built around catering to this very need.

With all these strategies and solutions being offered, how can you tell which is the right strategy for you? Everyone's ideal of the perfect mate is different. It depends on personal preferences and tastes. My idea of the perfect mate may not be the same as yours. So how does this all work?

And then I got to thinking about checklists. We all have an idea of what we want our ideal mate to look like, to be like. We may not admit it but most of us carry around a checklist of what we want in our ideal mate. We want our ideal mate to be of a certain age, certain body type, height, age, educational degrees, professional, etc.

We carry around a checklist of the physical attributes and other requirements of what we want in our ideal mate. The list may be written

down or just in our head, but we have a list. We want our ideal mate to be of a certain age, physical endowments, height, educational background, profession, and the list goes on and on.

Looking for the idea mate is like looking for a job in the newspaper want ads. The description of the idea candidate is someone who has a Masters degree or Ph.D. and has a minimum of 10 years of work experience in this field. And oh by the way, this is only an entry level job and can be done by a high school or college graduate. The want ad for the company's ideal candidate is someone who is way overqualified for the position, who would have to take a big pay cut to get the job, and who the company would never hire because who would want this job if they really had these qualifications? They can't be trusted.

The same thing happens when we are looking for our perfect mate. Even before we go out on our first date with the poor unsuspecting soul, we are already evaluating whether he or she is a viable candidate to warrant further inspection and scrutiny. We have a checklist in our head that goes something like this:

- *Does he or she make a good first impression?*
- *Is he tall enough?*
- *Can he carry on a good conversation?*
- *What kind of car does he drive?*
- *How big is his bank account?*
- *Does he have a good job?*
- *Does she look like Marilyn Monroe or Angelina Jolie?*
- *How big are her personalities?*
- *Will she be acceptable to mother?*
- *Can she cook and give great back rubs?*

The list is generally 3-5 pages long, single-spacing type.

Unfortunately and unbeknownst to us, while we are checking out our date,

our date is secretly checking us out to see how we measure up to their checklist. Which raises an obvious question - if we have a checklist of the qualities and attributes that we want in our ideal mate, then what qualities and attributes do we have that will allow us to attract our ideal mate? What are we prepared to do in order to get the mate of our dreams? A relationship is a two-way street. You only get what each of you is willing to give equally into the relationship.

So who is this idealized person that we are carrying inside our head? How did we create this image? The truth is that our image of our perfect soul mate is just a reflection of ourselves. It is a representation of the things that we think are the missing links in making our lives complete. The ideal mate does not exist except in the fantasies of our delusions. The person outside can never match the ideal person of our fantasies. We cannot change our experiences by looking outside for the answers. The answers lie within our selves through introspection. Your soul is already complete just the way you are. Your experiences will change when you realize the truth that you have the power to change your own experiences.

© 2008 Dennis Wong, Esq.  
[www.DennisWong.com](http://www.DennisWong.com)