

# Conscious Dating Tele-Seminar Series

## Conscious Dating Strategies: Where to Meet Your Soul Mate

### Presenter's Notes

#### Frankie: Introduction

Hello! Welcome and thank you for joining our monthly Conscious Dating Tele-seminar. This seminar series is designed to help you find the love of your life and the life that you love. Please mark your calendar and be sure to join us on the first Thursday of each month for outstanding one-of-kind programs you won't want to miss.

Our topic tonight is: **Conscious Dating Strategies: Where to Meet Your Soul Mate**

If you do not have the outline of tonight's call, it is available in PDF format. You can go to: [www.consciousdating.com/find.htm](http://www.consciousdating.com/find.htm) and print off a copy. The outline will make it easier to follow along and takes notes.

I'm Frankie Doiron, the President of Conscious Relationship Network. My co-presenter is David Steele, who is the founder of Relationship Coaching Institute and the author of ***Conscious Dating: Finding the Love of Your Life in Today's World***. Our mission is to do everything in our power to help you find your life partner. For example, on the third Thursday of each month we conduct a free monthly Conscious Dating Tele-clinic to provide real-time coaching and relationship advice. For more information visit [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com). We are absolutely serious about our commitment to helping you have fulfilling relationships, and we're excited you're here with us this evening.

Tonight David Steele and I are joined by our special guest, RCI Coach, Jack Cook. Welcome Jack.

In tonight's program we'll discuss where to find that special someone.

You will learn –

- Your attitude makes or breaks your potential for success, no matter where you look for a partner
- 5 key principles that will help you find your soul mate
- 4 levels of attraction venues and why you need to show up in all 4 to maximize your chances of meeting your special love
- The specific social and dating skills you need for each level of attraction venue
- How to effectively apply the "Rule of Three" to engage and connect with a potential date
- Why flirting skills are an essential part of every single's toolkit
- And so much more!

We'll be recording this tele-seminar, so if you would like to receive the audio file and a complete written transcript visit [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com).

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Tonight's seminar will be approximately 1 hour in length and includes a Question & Answer period at the end of the program, so please make note of questions you may have as they come up during the seminar.

David, let's begin with attitude. Why does attitude have such an impact on a single's chance for success in finding love?

#### **David: Attitude**

(David's Comments)

Top 10 attitudes that are important for singles to adopt:

1. I am be happy by having goals and letting go of attachment to outcomes.
2. I live in the present.
3. I love, accept, and trust myself.
4. I focus on connecting, not results; a partner is someone to love, not an object or goal.
5. I am authentic; being fully honest with myself and others, aligning my words, values and actions.
6. I live my life with intentionality; making choices conscious of my goals and consequences.
7. I take the necessary risks, overcome my fears, and stretch my comfort level to reach my goals.
8. I assume abundance; all the opportunities and resources that I need do appear.
9. I take responsibility for my outcomes by taking initiative in my life and relationships.
10. What others judge about me is about them; I let go of what others think and do not take it personally.

#### **Frankie:**

Jack that is a great segue into your 5 points of clarity that you believe every single needs to be aware of.

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#### **Jack:**

Yes, clarity is important because it keeps the objective in focus and top of mind. Before starting to search for a soul mate, you need clarity in the following five areas:

1. **Clarity of Vision;** being very clear on what characteristics you are looking for in a soul mate. (Jack - Give examples)
2. **Clarity of Intention;** remaining focused on your vision. (Jack - Give examples)
3. **Clarity of Attraction;** having no doubt that your soul mate will “show up” for you.
4. **Clarity of Patience;** releasing any “hard” energy or attachment to out-come. Adopting a Chooser perspective will help you remain patient.
5. **Clarity of Awareness;** being open/ready to finding who you are looking for at any time, and in any place.

#### **Frankie:**

What you are both saying is that a positive attitude and perspective are incredibly important as you embark on your quest for a life partner.

In addition, singles need to take the time to prepare for the love of their life, in order to find a successful match; that readiness really is a precursor to attracting and finding a compatible partner because it facilitates awareness. When you are aware, you can make choices that are in alignment with your goals and then take the necessary actions to achieve those goals. As Jack said, clarity will keep your objective top of mind.

We have talked about this in previous tele-seminars: the importance of self-assessment to ascertain your life vision, goals, values, requirements and needs. These are foundational elements of getting ready. Once you understand what you want, it is so much easier to plot out the path to get there. In many ways, readiness is the roadmap to finding love, because it provides guideposts along the way that can help you stay on the path you have set for yourself.

What we have not yet talked about are the set of relationship skills that every single needs to have. These skills can be taught and learned. To be successful, each skill requires certain attitudes and choices, and being as well as doing.

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Basically there are 3 levels of relationship skills:

- **Social Effectiveness Skills**, which are social skills that apply to everyone – some examples of social skills are : Initiating contact, self-introduction, making conversation and eye contact;
- **Dating Skills** which are specific to singles in the process of seeking a partner – some examples of dating skills are: Keeping sexual boundaries. flirting, being the chooser, maintaining mystery & boundaries; and communicating expectations
- **Intimacy Skills** which are specific to an intimate relationship - some examples of intimacy skills are: Appreciation/gratitude, tolerance and non-judgment; emotional availability, forgiveness and deep listening.

The higher your level of proficiency with these relationship skills, the greater the likelihood of you attracting your love match.

Be aware however, **that knowledge is different to skill**. For singles, understanding this principle is important, because achieving proficiency in the social and dating skills requires practice. A single who is skilled in these areas will naturally feel more confident and comfortable in social settings.

I'd like to do a quick experiment and ask you to draw an "ampersand" sign. In case anyone isn't familiar with the term it is often called the "and sign". Please don't look at your keyboards – just take a moment to try and draw the sign without any outside help.

Most people will have difficulty drawing the sign without a sample to copy from. This illustrates an important point: Knowing and recognizing the ampersand equates to "knowledge". Being able to draw it - to reliably produce one - equates to "skill". Different things. Knowledge we can learn by observation and other sensory input. Skill is generally only acquired from experience, practice, trial and error.

The exercise emphasises that we can **know** something very intimately but be incapable of reproducing it properly and expertly - whether a printed symbol, or something more significant. The principle extends to behaviour, style, techniques, etc.

The activity also demonstrates the significance of practice in becoming good at something. The brain must learn how to do it, which is very different from the brain simply recognising and being able to describe it.

So, if your relationship skills need improvement, get the help you need and practice, practice, practice!

We'll come back to the relationship skills in a few minutes, but let's talk about where to find your soul mate. Attraction venues are the places where you scout and sort potential

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partners. David is going to provide us with a brief overview of the 4 different levels of attraction venues.

#### **David: 4 Levels of Attraction Venues**

**Level One:** Public places such as the supermarket, post office, grocery store, coffee shop, art and wine festival, etc., with a great diversity of people. Finding the life partner you are looking for in these settings is possible, but not very likely.

**Level Two:** Generic singles settings such as online dating, singles bars, singles clubs, singles events, personal ads, etc. While your odds increase in these settings because you can meet more singles, finding qualified potential partners can be quite challenging, as many frustrated singles will attest.

**Level Three:** These are settings such as ski clubs, bike clubs, yoga classes, etc., in which you share a strong interest with everyone present. These settings are great for making friends and having fun, in addition to finding a potential partner. If you do not meet the kind of potential partners you are looking for, you can still form friendships and network. Your new friends can be your best scouts, and people that you would want for friends are more likely to know someone who would be a great match for you. Don't just focus on meet markets and get discouraged if a setting doesn't have the man or woman you are looking for. Have fun, make friends, and by living a life that is fulfilling and interesting to you, you will attract the people you want in your life.

**Level Four:** These are settings in which you share important values, goals, and/or passions with everyone there, such as your church, service clubs, personal growth venues, etc. These are highly individual and can sometimes be a challenge to find, but the good news is that you can create your own (Build it and they will come!). These settings tend to be communities unto themselves, have a level of mutual support and involvement in each other's lives. These are the people you would invite to your birthday party or wedding, and are the people who want to see you be happy and succeed in finding your life partner. These settings are the best venues for finding your life partner and/or get the support you need to find your life partner.

#### **Jack:**

Your attraction plan needs to include all 4 levels of attraction venues. Think of it as networking. If you were searching for your ideal job, you would take every opportunity to network and be where you need to be seen and where you could make effective contacts. The same principle applies for finding your soul mate.

You really do need to cast your net wide and that includes increasing your social network. Since most singles find their partner through family or friends, it is extremely important to make friends, especially at level 3 and 4 attraction venues. The people you meet there are

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more likely share your interests and values – and it is probable that their friends and families will too.

I think it is significant to remember that once you are attuned to finding your soul mate, everywhere you go, everything you do is an attraction venue.

#### Frankie:

Exactly Jack – because no matter where you go, you bring yourself, and if you are focused and dialled into attracting your partner, you will become a magnet. You will be paying attention to what is going on in your life and around you.

Let's take a look at the relationship skills you need for each attraction venue. There is some overlap, but acquiring a high degree of proficiency through practice, will give you confidence and increase your chances of meeting someone special. I met my husband on a plane to Amsterdam. You just never know how a chance meeting might change your life, so it is important to be aware and apply the relationship skills that are effective for each setting.

Level One venues are the public places – a supermarket or coffee shop. A level one setting is like fishing in an ocean. You can cast your line out into the water, but the likelihood of catching a fish is pretty slim. But remember, it isn't so much about the catching as it is about the **practice** of casting your line and the other fishing skills you need.

Level one venues are a great place to practice your social and dating skills because you have nothing to lose. You probably won't see the person again. If you practiced on your friend's sister, and bombed, you might never live it down, but practicing social skills in a public setting is pretty helpful, mainly because it is anonymous and you can get in a lot of practice time.

Think of practicing in level one venues as your apprenticeship. When you fish in level 3 or 4 venues, the pond is very small and you are more likely to catch a wonderful fish because you have mastered the skills you need.

Some of the social skills you can practice in a level one setting are:

- **Awareness of opportunities** – for example, going into a grocery store and looking for single men or women, for the sole purpose of chatting them up because you want to practice another social skill - initiating contact
  - Most people have difficulty engaging strangers in a public setting
  - It takes practice to feel comfortable and appear confident

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- **Seizing the moment** is all about taking action now and not procrastinating until the opportunity has passed you by. With enough practice, you won't feel frightened, shy or hesitant.
- **Making conversation** means you can practice just being you – by easily and comfortably engaging perfect strangers in brief, pleasant conversations.
- **Making eye contact** means you are willing and open to making a connection with other people, no matter how briefly – it demonstrates you are social and confident.
- **Nonverbal communication** – a smile or a wink goes a long way. It signals that you are open, comfortable and confident. And it gives people permission to do the same.
- **Flirting** is much more than just a bit of fun: it is a universal and essential aspect of human interaction.

Like every other human activity, flirting is governed by a complex set of unwritten laws of etiquette. These rules dictate where, when, with whom and in what manner we flirt. We generally obey these unofficial laws instinctively, without being conscious of doing so.

We only become aware of the rules when someone commits a breach of this etiquette - by flirting with the wrong person, perhaps, or at an inappropriate time or place. Chatting up a widow at her husband's funeral, for example, would at the very least incur disapproval, if not serious distress or anger.

This is a very obvious example, but the more complex and subtle aspects of flirting etiquette can be confusing - and most of us have made a few embarrassing mistakes. Research shows that men find it particularly difficult to interpret the more subtle cues in women's body-language, and tend to mistake friendliness for sexual interest.

Another problem is that in some cultures, such as Britain and North America, flirting has acquired a bad name. Some of us have become so worried about causing offence or sending the wrong signals that we are in danger of losing our natural talent for playful, harmless flirtation.

Level One and Two venues provide us with ample opportunity to practice harmless flirting.

David, before Jack talks about Level Two, would you like to share the Rule of Three?

**David:**

Rule of Three

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**Frankie:** Jack, would you tell us about some of the skills needed for level two attraction venues?

**Jack:**

In level two, the search becomes pro-active. Now you are in singles settings of your choosing, which are attractions for others who are doing the same thing you are; searching for a soul mate. Participating in singles events, joining singles clubs, going to singles bars, creating personal ads or online dating are all level two venues.

The skills that Frankie mentioned are definitely required for level two venues, and here are a few more:

- **Being present** – focusing on the person you are with, even if it is only for a few minutes. It is disrespectful to be looking over someone's shoulder so you can scout the room for your next target.
- **Working the room** - remember why you are at the event – to meet potential dates. Try to meet as many people as possible. Get outside your comfort zone if you find yourself feeling safe talking with just one person. Get their contact information and move on. You can always use the Rule of Three to re-engage them later in the event.
- **Disengaging Gracefully** – By disengaging politely and respectfully you can be free to work the room and still come back to chat briefly with individuals who interest you. The same principle applies to internet dating. If you do not wish to continue a connection, break it off respectfully.
- **Maintaining mystery & boundaries** – don't reveal too much too soon. No one wants to know your life story in 5 minutes or less. With Internet dating, don't succumb to the temptation to spend a lot of time sharing emails and intimate details of your life. Meet your online dates fairly quickly for a coffee, before you lower the "cyber" boundaries.
- **Being authentic** – Just be you. Being authentic is like being a magnet for your soul mate. They are looking for you and will love and want to be with you because of who you are, NOT in spite of it.
- **Being the Chooser** – understand that not everyone is a match for you and vice versa. Don't become attached to the outcome of these events. Don't become discouraged. Know that your partner needs to meet your requirements and be in alignment with your life vision and goals. Not everyone will meet your criteria.

Singles venues can be fun if you go in with a positive attitude and a willingness to enjoy yourself. It is up to you. The choices you make about being present, outgoing and relaxed will impact how you feel and how you are perceived.

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#### **David: Level Three**

Level Three venues provide an increased likelihood of finding someone with similar interests and lifestyle. For example if you join a hiking club, you will find that the other members certainly enjoy hiking, but it may also indicate that they are health conscious. enjoy the outdoors and other fitness related activities. You would therefore increase your chances of finding someone who is in alignment with some of your life goals.

Some of the skills needed for level 3 venues are:

- **Being reality-based/grounded** – you will be out in the real world doing the things you enjoy doing and meeting people who are also taking action and living their lives. The focus is not on finding a partner, which eliminates the pressure, and can give you the confidence to just be yourself.
- **Natural vs. forced evolution** - because the focus is not on dating, but in sharing a common interest, the transition from friendship to dating is more natural and less forced than if you met someone online, where the sole purpose is to meet a partner.
- **Patience, delay gratification** - Time is on your side to get to know a potential date through interest based interaction.
- **Trusting intuition** – Whether you are aware of it or not, you will be sorting and screening potential dates while you are experiencing common interests. People are typically themselves in these scenarios and that will make it easier for you to observe behaviours and trust your intuition about whether there might be a fit.

#### **Jack: Level Four**

These venues are “highly aligned communities.” religious, social and spiritual organizations. Level four venues offer opportunities to meet the people who are most aligned with your values, a major element of selecting a soul mate. These settings are the best venues for finding your life partner and/or to get the support you need to find your life partner.

In this level, you should be able to speak more freely and frankly about what moves you; your values and life purpose, etc. There is a greater likelihood that the people you meet in level 4 venues will “get” you.

Some of the skills you need for level 4 are:

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- **Intimacy skills** - note that “intimacy” and “being intimate” are two different things. Being intimate refers to a sexual relationship, whereas **intimacy** is linked with feelings of closeness and safety among partners or friends, in a collaborative relationship. For intimacy to be sustainable and nourishing it also requires trust, transparency and rituals of connection.
- **Community/network** - recognize that we are social creatures who thrive in positive communities of like-minded people; work to expand your social network by taking action to increase your circle of friends and acquaintances
- **Supportability** – allow others to support and help you achieve your relationship goals by being open to offers and suggestion of help
- **Recognizing commonalities** – look beyond the surface or superficial to see the common values and goals that you might share with others
- **Accepting differences/ Being non-judgmental** – understand that a successful love partnership requires relationship balance, where complimentary differences can be positive and healthy

### Frankie: Conclusion

Before we open it up to questions I'd like to remind everyone that you can get a written transcript and audio recording of this seminar, by going to [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com) It's only \$9.95 and you will get immediate access to the replay line.

### Open to Questions

If you have a question or comment, please enter 5\*. That will put you in queue and let us know you'd like to speak. We'll call out the last 4 digits of your telephone number and take you off mute so you can ask your question.

### Frankie Wrap –up:

Join us next month on **July 5th** for our next free Conscious Dating Tele-seminar where our topic will be **Conscious Dating and Partner Compatibility: How to Sort, Screen and Test.**

Be sure to join us in two weeks on **June 24th at 6:30 PM Pacific, 9:30 PM Eastern** for our Conscious Dating Tele-clinic for live coaching and advice. Just register at [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com) It's free!

If you have questions that you would like addressed in a monthly seminar or during our Dating Tele-Clinic, write to us at <http://www.askconsciousdating.com>

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All of these URLs are provided in the Study Guide. You can download it at  
[www.consciousdating.com/find.htm](http://www.consciousdating.com/find.htm)

Thanks for joining us and goodnight everyone!