



## **Conscious Dating** **Tele-Seminar Series Transcript**

# ***10 Steps for Finding Your Soul Mate in 2007***

**With David Steele and Frankie Doiron, January 4, 2007**

**David Steele:** Welcome everybody and thank you for joining us for our first conscious dating teleseminar. 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 for the first Thursday of each month and we'll knock your socks off with outstanding, one of a kind programs that you will not want to miss.

I'm David Steele, founder of Relationship Coaching Institute and Relationship Coaching Network which will soon be renamed Conscious Relationship Network. I'm author of *Conscious Dating: Finding The Love Of Your Life In Today's World*, a book that took me eight years to research and write. It's now published and I want to personally do everything in my power to help you find your life partner.

Joining me is Frankie Doiron who is the president of Conscious Relationship Network. Say hi Frankie.

**Frankie Doiron:** Hi everyone.

**David:** Her job is to creatively apply all the resources in our organization to help you have successful relationships. For example, on the third Thursday of every month Frankie and I will be conducting a free, monthly Conscious Dating Teleclinic to provide you real-time coaching and relationship advice. For more information about that you can check out [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com).

Frankie, myself, and the coaches here at Relationship Coaching Institute are absolutely serious about our commitment to helping you have fulfilling relationships and we're excited you're here with us this evening! We're celebrating the tenth anniversary of Relationship Coaching Institute, by the way.

Tonight we will cover Frankie's Ten Steps for Finding Your Soul Mate. So here it is January, 2007, we want this to be the last year that you are single ever in your life. Now some folks might be happy being single, they have no problems being single but most of us don't want to be alone. We'd like to find our life partner, we'd like to live happily ever after with somebody and if that's you we'd like to help you with that.

In this program you discover ten steps for finding your life partner, the triangle test to

determine if you're ready for true love, how to magnetize and attract your perfect partner, how and when to say no, where to find compatible partners, and much more. We know that one of your highest goals is to find your life partner. Our mission and commitment in this program tonight is to help you achieve this goal and we will pull out all the stops to do so.

When you registered for this teleseminar you should have received a linked download, the study guide, so you can follow along. If you don't have it you can download it now at [www.consciousdating.com/tensteps.htm](http://www.consciousdating.com/tensteps.htm). We'll be recording this teleseminar so if you'd like to receive the audio file, access the replay line and a complete written transcript of this program visit [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com).

In tonight's seminar we'll be focusing on the ten steps for finding love in the coming months. The seminar will be one hour in length and include approximately ten minutes for questions and answers at the end. So please make note of any questions you may have as they come up here in the seminar. After the seminar we invite your questions at [www.askconsciousdating.com](http://www.askconsciousdating.com) which will help us plan future programs.

In order to eliminate any background noise which could affect the quality of sound on our call, we'll be muting you out and be in lecture mode. When we finish delivering our content we'll open the lines again for questions and comments. So let's get started.

We know you're here today because you are serious about finding the love of your life. I congratulate you for taking this critical step, just to be here. You recognize you want love now and you're willing to do something about it. Many singles who find that love is elusive are very successful in other areas of their lives. Think about that. Why is that so?

You're successful in your career because you applied yourself to the job. You focused on it. You made choices that contributed to your success. Finding your life partner is no different. So many people think that their ideal mate is just going to come knocking on their door, come into their life without any effort on their part.

You're here because you're not complacent. You understand that finding the love of your life means changing old patterns and behaviors. So let's get started on the Ten Steps for Finding Your Soul Mate and I'll turn it over to Frankie for step number one.

**Frankie:** Thank you David. Well, step number one is get ready for love. There are really three aspects to getting ready and I call them the Triangle Test. Here they are:

identifying your readiness issues, knowing what you want, and having a positive attitude and being intentional.

So let's look at identifying your relationship issues. Ask yourself "What do I want to change? What baggage am I carrying that will hold me back from having the relationship I truly want?" Do you need to improve key areas of your life before you will be ready for a relationship? Perhaps it's your financial situation, your health or fitness, your emotional or mental state. Maybe you share an apartment with someone you don't get along with

and need to change your living conditions.

Once you've identified the changes you need to make ask yourself "What's my plan for effecting change and what are the action steps I need to take to achieve my goals?" So this phase of step one is really about cleaning out what isn't working in your life and starting with a fresh slate. So that's the first part of the triangle.

The second part of the Triangle Test is knowing what you want. Sometimes assessing what you don't want is a good place to start. You can look at previous relationships to understand what went wrong and why. What are your key learnings from those relationships? For example, if your last relationship broke up due to differing views about how to manage your finances because perhaps you're a very careful money manager and your partner was a spendthrift. Perhaps one of the traits you want in a future partner might be financial responsibility. So that's looking at what you don't want.

You can also look at the positive elements of past relationships because this will also provide additional clues to determining what you do want. Then you need to figure out your deal breakers. Be clear on what you must have in a relationship including how you expect to be treated by your partner. What is non-negotiable? A good example of something that's non-negotiable is the desire to have children because let's face it, you can't have half a child. This is a non-negotiable requirement. So remember when you're talking about deal breakers and thinking about deal breakers that they're always black or white, there's no in between, there's no compromise.

Then you can also mine your values and life vision. What are they? How clear is your vision? How do your values reflect the way you want to live your life? Understanding your life vision and values plays a really critical role in assessing compatibility with a potential partner. Know that the love of your dreams will honor, cherish and share your values and vision. You won't need to compromise on those core values when you have the right mate. That's something I think that's very crucial for people to understand. By the way, recent U.S. studies indicate that about 69% of all marriages fail because the couple had different life visions. So this is a really crucial insight into what makes a successful partnership.

The third and final part of the triangle is having a positive attitude and being intentional. Be happy with your life and with yourself. Be grateful for what you have. Look at life from a half-full versus half-empty perspective, and live your life as a successful single. Don't put your life on hold while you wait for your partner to show up. So that means getting involved in new activities, pursuing your interests and having fun. Believe that love can and will happen for you this year, and make the decision to find your soul mate.

Now David is going to talk to you about Step Two.

**David:** Excellent Frankie, thank you. So, Step Two is: acquire the information and support that you need. It is one of those things where you don't know what you don't know, and I like to think of consciousness--and this is Conscious Dating, right? --I like to think of consciousness in three levels. There is conscious, semi-conscious, and

unconscious.

So, conscious is when you are clear and you are aware of everything around you, you are aware of who you are and what you want, how to get what you want, and you are even aware that you don't know what you don't know. So it is being as aware as possible. Semi-conscious is believing what you think, believing your beliefs, believing what you see and hear and touch, and believing that is all there is, that there is nothing more. Then unconscious is basically being awake but not paying attention. So when you are unconscious, that's where you forget where you parked your car at the mall and things like that.

The information that you need could be in a book, it could be from a mentor, it could be something that you are not aware of at the moment. What is that? It's the kind of thing where, if you are walking down the street and you do not see a crack in the sidewalk, you will trip over it. If somebody points that crack in the sidewalk out, it is easier for you to step over it and not trip over it. So get the information and support that you need. No one is successful alone. This is something that I really believe as a coach, and if you look at all the successful people that you know, including wildly successful people--Bill Gates, the President of the United States, and everyone you can possibly think of--they did not get where they are alone.

Yet somehow, in our culture, we think that we should be able to do it alone, and there is something wrong with us if we need help or support. Especially guys, we fall into this trap. I'm the worst offender here. I don't like maps, I don't like to ask for directions. I like to figure it out myself, and personally, that has gotten me into trouble. I have been married and divorced twice. I make no apology about that. It is part of my learning, it's part of who I am, it's part of what I have to offer you, is I have been there, I have fallen in all the traps that you could possibly fall into. So the thing is, we all have old patterns, we all have what I call "momentum and inertia."

Momentum is the physics principle that an object that is in motion will tend to stay in motion. So we have these old patterns that we have habituated to, these things that we just do, we don't really think about them anymore, and that is momentum that can sabotage us. We need to do something different, but stopping that momentum is very, very, very hard. Then there is inertia, and inertia is about being stuck. It is about being in a rut. It is about, "Well, I'm here, and it's comfortable, and I don't want to move, or it's hard to move." So we all have inertia that causes us to be in relationships that don't work for us, that causes us to be home watching TV instead of out dating, because we have given up, because we tell ourselves, "Oh well, it's too late for me because I'm too old, or I'm too unattractive," or whatever you are telling yourself. So we all need support, we all need more information than we have. So Frankie and I want to support you to get the information and support that you need.

One way that we do that is that we are offering Conscious Dating Spot Coaching. If you are stuck, if you want the advice and information from a true expert, go to [ConsciousDatingSpotCoaching.com](http://ConsciousDatingSpotCoaching.com) and get it. We have a whole lot of coaches in our

organization that are ready to be of service. Frankie and I want to be of service. I wrote this book, and hopefully you have it and you have read it. That will help get the information and support that you need.

And that is Step Two. Frankie?

**Frankie:** Thanks David. Well Step Three, and this may seem hokey to you, but Step Three is "be a magnet by being yourself." It is important to accept and love yourself, because believe it or not, your presence in this world makes a difference. Even if it is just to one person, you are valuable, and so I ask you to recognize how valuable and how important you are. Then understand that the love of your life will want to be with you, and will love you because you are you, not in spite of who you are. So please don't pretend to be anything you're not. The more you honor yourself and are authentic, the easier it will be for your mate to find you, and that is how you become a magnet, because you are attracting and guiding your partner to you. Why is that? Because you are exactly what your soul mate is looking for. Exactly.

David, over to you.

**David:** I love that. What you just said, it's just ringing in my ears. "You are exactly what your soul mate is looking for." Outstanding.

**Frankie:** It's true.

**David:** Outstanding, wonderful. Step Four is "don't compromise, be the chooser." It is amazing how hard this can be for many people. Ten years ago, when I started coaching singles, and I started putting together some ideas on how, if you're single and you are trying to find your life partner, how you can do that. I really, when I started out, I was a therapist. I wanted to help singles. I had no idea how to do that. I put together some ideas, I did some research and got creative, and I put my ideas together in an audio tape, a cassette tape, called "Finding The Love of Your Life and A Life That You Love." I gave away this tape to everybody that came to my Friday night socials that I was sponsoring every Friday night; and over and over and over again, the principle of Conscious Dating that was in that audio tape that resonated with people, that I heard so much about, was "be the chooser."

It was just amazing how many times somebody came up to me, "Oh yeah! I heard your tape. It's in my car. I listened to it five times and I hear your voice in my head saying, 'Be the chooser. Be the chooser.'" So this must be an important principle. What does that mean, to be the chooser? It means to know who you are and what you want, and make the choices to get it. Be willing and able to say no to what doesn't fit that. So you have a vision for what you want your life to be, for what you want your relationship to be. Choose a partner that fits that vision.

A lot of folks believe that what they really want doesn't exist, or that they are not going to find it. They have a scarcity mind set, like "all the good ones are taken" or something like that. Absolutely not. What you are looking for, you can find, if you believe it is there and

you allow yourself to find it. If you seek, you will find. So be the chooser, and also, please don't believe that you can change somebody to be what you want. I mean, that's what we usually do, right? We don't believe we can get what we really want, so we find somebody that is willing, and they approximate it, and then we try to change them; and even if we decide to let go of the requirement, it's really hard to let go of the requirement, we try to get it met anyway in the relationship, and it doesn't work. You can't change people. Please, don't settle for less than what you want and deserve. Another aspect...

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**Frankie:** ...the stars. Well, imagine -- thinking of the sorting, screening and testing in particular -- that you have a date. You are present with that person, so you are interacting and you're engaged, but there is a part of you that is detached, and your requirements list -- your non-negotiables -- is scrolling in the background. You're always aware, part of you is always aware, checking in on what is going on in the present and how does that person match your scrolling list of requirements.

So, hopefully, that will help people, because it's a process. It takes time. That will help you stay in both camps and give you the balance. So, I'm just going to wrap this one up. You know, it's really important to take it slow and steady, because finding your soul mate is not a race. No matter how urgently you want to make a decision and move forward, there really is no such thing as a relationship emergency. You don't have to get together today.

**David:** [laughter] But it feels so urgent, Frankie.

**Frankie:** Doesn't it? That's all the hormones. But imagine thinking that you've won the race only to realize you've won the booby prize, and that's a failed relationship. No one wants that. That means you have to start the race over again. So, that's Number 5.

**David:** Yeah. Great stuff. Now, the thing I'd like to add to that in terms of balancing your heart with your head is that there are roughly three stages of relationships. There's the romantic infatuation stage, the power struggle stage and the attachment stage.

The romantic infatuation stage is where we all start. We get excited. We're excited emotionally and hormonally. Our hormones are going big-time. And it's absolutely not reality, but it feels so good.

And then, when that wears off, we're in what we call the power struggle stage. This is where we see the reality, and we're not necessarily liking everything we see. It doesn't mean that it's not a good relationship choice. What it does mean is that now you get to deal with the reality and see if this could really work. This is where your relationship skills come in. This is where, maybe, a little bit of relationship coaching might come in,

or the support of you friends and your family.

And then the attachment stage, this is bonding. This is commitment. There's a different set of emotions and hormones that come into play in the attachment stage. For example, in the infatuation stage dopamine is a big hormone that comes into play. It excites our nervous system and we're on a high. Really, absolutely, we really are high. And in the attachment stage, one of the biggest hormones is oxytocin. And oxytocin is the exact same hormone that gets secreted after orgasm and when mothers are breast-feeding. It's just this wonderful, warm, loving, blissful state. It's not the excitement of infatuation, but many of us think it's even better than that, because the excitement can't last.

So, I wanted to throw that in about balancing your heart with you head. I think that it's important that we understand that there are three stages of relationships, and we've got to get through the first stage to see what the reality is. So, don't get all excited in the beginning and make lifetime commitments. Give yourself all the time you need to get through the infatuation stage to the power struggle stage and on to the attachment stage.

So, Step Number 6, ladies and gentlemen, is: take risks and expand your comfort zone. The thing is, just like nobody is successful alone, nobody is successful when they stay in their comfort zone. Being successful always involves taking some risks and getting out of your comfort zone.

Remember when we were talking about inertia? Inertia makes it really hard to do that. At the very least, let's agree that we need to stretch ourselves and take risks and get out of our comfort zone in order to be successful. Otherwise, we're going to get stuck in pointless, unsatisfying relationships with people that we're not really compatible with. You're wasting your time. I don't know about you, but I've wasted years in relationships I wasn't really compatible with, because it was safe to do so.

What are some things you can do to take risks and expand your comfort zone? How about being more approachable and approaching more people? Smile, engage in conversations. Of course, you want to use common sense and be safe, but engage people. Be more friendly. Be supportable to your friends and family. Ask them to introduce you to compatible people.

Go out on dates, and sometimes allow yourself to date somebody that you wouldn't ordinarily date. Maybe this person is a little out of your league and you feel a little overwhelmed and intimidated. Well, give it a try anyway. Or maybe this person is somebody who is not as attractive as you ordinarily like to date, but, you know what, give it a try anyway. What have you got to lose?

You're expanding your comfort zone here. You are learning more about yourself and other people, and as long as you don't lose your head and jump into a lifetime relationship, a date is OK. Dates are how you learn. Consider it practice for a committed relationship. That is the role of dating. When we're adolescents, that is what we do when we date and we go steady. This is practice for becoming an adult and having adult

relationships.

When you're single, we can do the same thing. We can date for practice. Every date we go on, every new person we meet -- even if it's not somebody that we would make a lifetime commitment to -- it's a learning experience and it helps us in the long run. Be open to recognizing the opportunities that come your way.

The law of attraction is amazing. I've come to believe that it's even more powerful than gravity. It's a law of the universe like gravity. I had an astrophysicist point that out to me, that the law of attraction is a principle of the universe: like will attract like. Opportunities will jump into your life every day. The law of attraction is working for you. It really, really is. But oftentimes we don't recognize the opportunities.

So, go and pay attention, open your eyes. Look for and watch out for the opportunities that walk into your life. Sometimes it's not packaged the way you expect, but watch out for them and be open to them and you will be amazed. Try saying yes when you might want to say no. Trust yourself that you can handle it. It's not going to be forever. Of course, use good judgment about it, but take a risk at the same time.

Be active and be proactive in your search for a partner. Don't stay home watching television. Don't expect that this wonderful person is going to magically appear in your life. Go ahead and put effort into finding your soul mate, just like you would into finding your ideal job. It's like a job hunt, it really, really is. Now, I don't want to objectify people and say that a person is like a job, and we just need to interview them and find the right one, even though it is kind of like that. But it's about relationships and it's about connection, but it's also about you being into action and going after what it is that you want in your life.

**Frankie:** Thanks, David. And how are we doing for time, by the way?

**David:** Well, I have six minutes after the hour, which means we have 25 minutes left in the seminar.

**Frankie:** Perfect. OK. Step Number seven is: don't be afraid to say no. If you increase your personal power by being assertive and exercising boundaries, you can say no to what you don't want and take responsibility for getting what you do want. And this is especially true for women, because as women we've been trained to say yes and to be good little girls. But don't put up with behaviors that you don't like whether you are a man or a woman and don't be coerced into doing anything that you don't want to do.

I would like to share a real story with you. One of my clients has spent a great deal of time refining her relationship requirements and she is very clear about her deal breakers. Because she is very successful, two of her requirements for a partner are: generosity of spirit and financial health and well-being. So she met a man for a coffee date at a restaurant and once she was seated, he pulled out a bottle of water from his backpack and told her that she should go ahead and get something for herself. So, what do you think



she did? David, do you think she spent an hour of her valuable time getting to know this man? She didn't.

**David:** [laughter]

**Frankie:** She didn't.

**David:** Well, it depends on how desperate she is.

**Frankie:** She was not desperate. She was very clear and she recognized that his message of cheapness was so loud and clear that she was able to sort him out immediately.

**David:** Good for her.

**Frankie:** She thanked him for his time, wished him well and then she left. Beautiful. So give yourself permission to trust your inner guidance system even when it goes against ingrained behavior because your voice speaks to you for a reason. Listen to it. David.

**David:** Good stuff. Thank you. So Step Number eight is expand your network. Now even in today's world of the Internet, most people find their soul mate through someone they know and we are social beings. We need people in our life. We need relationships in our life and that's what finding a life partner is all about but a life partner is not the end all and be all. Even if you were to be happy with your soul mate, that wouldn't be the only relationship in our life. We need community. Ever since the cave man days, we have needed community and it pains me when I see singles fall into what I call the Lone Ranger trap. They are shoving everybody out of the way looking for their life partner. Is this the one? No. Is this the one? No. Is this the one? No. Meanwhile, they are alone and they are isolated. So make friends, have friends, deepen your relationship with your friends and your family, and your neighbors and your co-workers and your church community or temple community. We need a variety of supportive relationships in your life.

One of the things that I advise all singles to do and coaches when you are first working with a single client is to assess your support community. Assess the existing relationships in your life. How in the world can you expect to be happy with a life partner if all the other relationships in your life suck. So that's one place to start is with the existing relationships you have in your life, with your friends, with your support network and if you have a good one. If you don't have a good one now don't worry about it. You can use scouting, sorting, screening and testing for finding friends as well or a job or a car. It works in a lot of ways. So does requirements, needs and wants for a job or a car as well as a life partner. I've used that paradigm in coaching somebody in whether they wanted to stay or leave their job. Your support community can help you find your life partner. Since like attracts like, the people that you like to hang out with chances are they know people and will come to know more people that are more like you that are; good people for you to meet. So please expand your support network. Focus on your community and don't just focus on finding your life partner because even if you do it is going to fall apart if you are isolated. Isolated singles become isolated couples and they eat each other up alive

because you can't possibly meet all of each other's social and emotional needs. So Frankie?

**Frankie:** David you know that makes me think of those times where after a relationship is over, all these people come out of the woodwork, family, friends and they say we never liked that person. This was wrong with him or we suspected this or that and you think why didn't anyone tell me at the time? That's why when you engage your support community at the front end and you tell them what you are looking for, the next part of that is when you bring a potential partner into the pool, ask their opinion and listen to what they are saying because most of your support community does have your best interest at heart so great resource to use.

**David:** Absolutely.

**Frankie:** OK. The ninth step is using the five power tools and you can really bring the dream of your ideal partner into reality by using these five powerful tools and the first one is visualization. So this is seeing the dream and having a crystal clear vision of the relationship you want and keep refining it and making it more real.

The second power tool is feeling. So feel the emotions that you would experience with a partner that you love, with your soul mate whether it is joy or happiness, contentment, love, feelings of safety. Allow yourself to experience how you will feel when you have your soul mate in our life. Something as simple as what will you feel when you wake up in the morning to your partner. How will you feel as you kiss your partner goodnight every night.

The third power tool as David has already talked about is the law of attraction. We always attract what we think about and whether it is what we want or don't want. What we think about, we bring about. So if you think about your soul mate and you think about this perfect vision of that relationship and the feelings around that you are going to draw that soul mate into your life.

So our job as I see it is the What. Figure out what it is you want. It is not up to us to figure out how we get it. That's the job of the universe. So don't worry about how or from where your partner will come. Just paint the picture, feel it and believe it will be.

The fourth power tool is practice. You need to practice visualization and the feelings to accelerate the law of attraction. It's important to set aside a specific time each day to practice so that there is continuity and consistency in applying and pulling to yourself your partner. You can do this during meditation if you meditate or for a lot of people I recommend we all go to bed at night. We all wake up in the morning. That's a perfect time just a few minutes before you fall asleep get into the visualization and feeling state, a few minutes before you get out of bed in the morning to do the same.

The fifth and final power tool is faith. Believe that you really are deserving of the love you want and have faith that it is going to be delivered to you and don't give up. So many people have been trying and searching for their life partner and they have given up. Keep

on track. Keep doing the visualization. Keep the practice up. That's is what is going to deliver what you want. David, we are ready I guess for the final step ten.

**David:** Step ten. Frankie I want to give you full credit for this. You developed these steps. I know there are a lot of principles of conscious dating on here but these are all your steps. Step Number 10 of Frankie's ten steps for finding your soul mate is learn and practice dating skills. Now I categorize relationship skills for singles in levels, three categories. There's social- effectiveness skills. These are social skills that you would need with just anybody. Then there's dating skills. These are skills specific to dating. Dating is a specific context in your life. You date and then when you meet somebody, then you don't date anymore. And if you make a commitment, and it's forever and you stay together forever, then you won't ever need to date again in your life. So, it's specific to a certain time in your life. There are specific skills for that period that you must learn and practice during that time that you might not need at any other time.

And then the third is intimacy skills. These are the skills of being a couple, which are different than the skills of dating, which are different from social-effectiveness skills, the kind of skill that would be necessary with just about anybody. So these are three levels of relationship skills, and the first level is social-effectiveness skills. So, guess what? If you have a deficit in one of these skills, then the others won't work. And I've met lots of singles who had a severe deficit in a pretty basic social skill, and they want to find their life partner and live happily ever after, but they have trouble making eye-contact. They have trouble introducing themselves to somebody. They can't smell their own BO and they don't take showers more than once per week. So any particular skills deficit that you might have will interfere with dating and with finding your life partner and having a successful relationship.

So I'd just would like you to be aware of these three categories of skills and how important it is just basic regular social skills- being socially effective with anybody is critically important... And learning dating skills like scouting, sorting, screening, and testing... Like even little bit of flirting that's a good thing, keeping it light... Like introducing your self to people and breaking the ice... Like, oh I consider it a skill to be authentic, to tell your truth, to be honest with yourself and somebody else about who you are and what you want and what works for you and what doesn't work for you. I consider it a skill to not take things so seriously, to have fun in your life, and not be so attached to any one particular outcome. It's an attitude and a skill. There's a golden rule that you probably know, which is treating other people the way you would like to be treated. Well, that's a skill.

**Frankie:** That's a good one.

**David:** Yeah. And then there's the platinum rule. You know the platinum rule, Frankie?

**Frankie:** No, I don't.

**David:** Well, you treat them the way THEY want to be treated.

**Frankie:** Oh, I see.

**David:** So I think they're both excellent rules. The golden rule is you treat other people the way you would want to be treated and, especially if you're in a relationship, you treat your partner the way they want to be treated, if you want it to be a happy relationship anyway.

**Frankie:** Yeah, that's beautiful.

**David:** Yeah. So the thing about skills is that practice makes perfect. The more relationships you have, the more dating you do, the more you get yourself out there, the more you engage with people the better you're going to get at this stuff and the more successful relationship you will have. So, being single is an opportunity, not a disease, as I like to say. And one of those opportunities is you get to learn and practice your social skills, your dating skills, your intimacy skills so that when you do meet your soul mate, you can set yourself up for success and live happily ever after. So, maximize this period of your life to build your support community, to build your life the way you want it, to date around and have experience with different kinds of people, and practice assertiveness and all the other kinds of social and dating and intimacy skills that will help you be successful for the rest of your life. And that is # 10.

**Frankie:** Well, thank you David. That's great. So, everyone those are our ten steps for finding your soul mate in 2007. And before we open it up to questions, we'd like to thank you for participating and hope that the seminar provided insights into finding the love of your life. That's so important, and we hope that this has helped you. If you'd like a written transcript and audio recording of this seminar, please go to [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com). It's only \$9.95, which I think is a great price, and you'll get almost immediate access.

**David:** (laughs) almost immediate access!

**Frankie:** We've had some technical difficulties, but within, what about a day, David?

**David:** It'll be up there by tomorrow morning.

**Frankie:** Oh, perfect. Also, if you're serious about finding your soul mate and want to kick start the process, we are offering a four-week conscious dating relationship success for singles teleprogram that begins Tuesday, Feb 20. And during this four-week workshop, you'll be guided through all the steps needed to prepare for and find your life partner. And if you'd like more information, or to register, please go to (we've got a lot of URL's today) [www.consciousdating.com/rests.htm](http://www.consciousdating.com/rests.htm).

**David.** Right, RESTS stands for relationship success training for singles.

**Frankie:** Yup. Thank you, David. So, David, we'll un-mute the lines now and, are you going to do that David?

**David:** Yup, here we go (un-mutes lines).

**Frankie:** And then we'll open up the calls to questions. So, please go ahead everybody.

**David:** So hey guys, questions comments for David and Frankie.

**Christi:** Well, this is Christi from Florida and I just think it's very nice of you to do this for free, and I think it was a great summary of everything. It kind of was a Reader's Digest condensed version. It was helpful.

**David:** (laughs). Yeah, great way of putting it. This is the beginning of the new year, so we wanted to kind of give you a road map. And also this is the very first of our monthly conscious dating seminar series.

**Christi:** Now how can you come up with more stuff every month?

**Frankie:** Well, when it comes to relationships there is so much to talk about.

**David:** Oh gosh, yes. So next month we will be covering conscious dating for boomers: finding love over fifty. And we have an ask campaign going. We've been asking you, when you go to our web page at [www.consciousdatingseminars.com](http://www.consciousdatingseminars.com), and when we send out our emails we've been asking you for your topic ideas of your biggest challenges with conscious dating. And we've been getting lots of responses, and the overwhelming majority have been "Where? Where do I find them?" And, I'm looking at some of the responses now. Frank is asking, "Where do you find women to talk to other than bars?" And Beth is asking, "Is it possible that I need to leave my city in New York to find someone who meets my requirements?" And somebody else, let's see...

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[missing transcript from 53.27 to 62.40.]

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END OF TRANSCRIPT  
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For more information or to register for our **4-week intensive tele-program 'Conscious Dating Relationship Success Training for Singles'** beginning on Tuesday, February 20 go to <http://www.consciousdating.com/rests.htm>

➤ **We look forward to seeing you at our next free Conscious Dating Tele-seminar on February 1, 2007**

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Until next time!

*David Steele and Frankie Doiron*

