

Relationship Advice: The Most Powerful Tool to Help You Find Your Soul Mate



By Sue Frederick

Intuition can navigate you successfully toward finding true love as effortlessly as a dream in the night. It works better than dating sites, speed dating, or singles' events. Love is the gateway to your intuition. You'll never be as intuitive as when you fall in love because your energy centers are most open and receptive, and your monkey- mind quiets down. You look into a stranger's eyes and remember him from another time. You know when he'll call. You feel his embrace long before it actually happens. And you sense what he's feeling even when the two of you are apart.

We're all a little more comfortable with intuitive loving than we are with intuitive living—using intuition for our everyday life and career choices. Yet we can tap into this portal of sacred guidance whenever we open our hearts. When you fall in love, nurture this sacred gateway to the unknown. When you're not in love, love anyway. It will open the door to your divine intuition.

What to Do Before Going On a First Date

Before going on a first date (especially a blind date) write down your date's name and place your hand over it. Close your eyes and do a short meditation with mantra or sacred sound to quiet your mind. Now ask to see what the person looks like and feel their energy. If the energy you feel and the person you see makes you smile and giggle, that's a "yes" from your intuition. Your higher self is telling you that this person will be a loving presence in your life.

Related: [Five Conversations to Avoid on the First Date](#)

If the energy feels bad in your stomach and makes you feel anxious, cancel the date. If the energy you feel revs up your sexual chakra, that's telling you what the focus of this relationship will be. If you don't feel a loving warm energy in your heart while picturing and feeling this person's energy, this probably won't be a long-lasting or fulfilling relationship.

Related: [6 Great First Date Questions \(and 4 to Skip\)](#)

Also, if you have the person's date of birth, decipher their birth path by adding up all the numbers in their day, month and year of birth. Write his name and birth path on a sheet of paper. Put your hand on this information and meditate to quiet your mind. Ask to feel the person's energy and understand his journey. Ask if this person is someone you should connect to for your highest good. Pay attention to the feeling you get

and note whether it's positive or negative. Write down any thoughts about this person that come to you during your meditation. Trust your gut. If it feels bad, don't pursue this person no matter how beautiful they look or how perfect they seem.

Keep practicing. Use this intuitive technique with potential hires at your workplace or to decide whether to take a new job. The more you use your intuition, the more you'll trust it. Eventually you'll realize how good you are at trusting your intuition.

You are now becoming a master of intuitive living, an approach that will put you right into the juicy flow of your life and bring you love, success, and happiness each day.

Sue Frederick's is the author of "[I See Your Soul Mate: An Intuitive Guide to Finding & Keeping Love](#)," and her work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in the New York Times, CNN, Real Simple, Complete Woman, Yoga Journal, Natural Health, Fit Yoga, and Nexus Magazines.