There are times in our lives when we need to focus on ourselves and times when we’re genuinely ready for the commitment of loving relationship. This quiz will help you determine whether now is a good time for you to find your soulmate, or whether you need to do some more inner work first.

Of course, you can also do the self-love and healing work on yourself while you are in a relationship, but if you are currently single, we do encourage you to focus your energies on YOU as needed before jumping into relationship again. You will feel the “ah, yes” if this describes your old pattern, like mine, of being what I call a Rebounding Romantic, going through the revolving door of romance over and over with little time between to reflect or turn the wounds into wisdom so I could make a better choice. I can’t even count how many times I shouted from the rooftops “He’s the one! I found him!” and a few months or years later, hangdog expression, I admitted “Guess I was wrong. Ouch.”

My husband, however, was stuck in the opposite pattern as a Perpetual Single for many years, having all but given up on ever finding true love. He saw how lousy most relationships are and figured it just wasn’t worth the risk and effort.

I had to learn discrimination. I had to learn how to find and love ME and become in love with life, no matter who is loving me or not or how. My husband had to learn how to reconnect with his deepest desire to be happily partnered. He had to restore his belief and faith that it could happen for HIM.

Rebounding Romantics need to overcome an unconscious fear of being alone, while Perpetual Single need to overcome an unconscious fear of losing themselves if they are in relationship. Both patterns are extremes that are based in fear, not love. The remedy for either is similar: returning to the Love that is your true essence. Remembering – on all levels! – that you ARE divine love, always, that you are perfect, whole and complete just as you are. That you deserve radiant love and, in fact, that you already have it because you ARE love.

You are reading these words and agreeing, yes, of course, I know this is true. But knowing it in your head is not enough. You’ve got to feel it in your deep emotional heart center, resonate with this truth in every cell. You’ve got to totally embody Love.

How do you do that? I have been sharing processes for just this with thousands of people for 15 years. If you feel you could benefit from energy healing to realign with your Highest Love Path, from coaching and spiritual counseling with a conscious
relationship specialist, or from support with self-love, healing, clarifying and manifesting (Law of Attraction) your heart’s desire, I am here to help you.

And now, the quiz. Are you ready to find out how ready you are? Good! For each question below, ask yourself and answer honestly:

“Does this sound like me?”

**Am I Ready for Soulmate Love? Quiz**

1 I already enjoy a full life yet wish for a wonderful partner to share it with. My soulmate will be the "icing on the cake" of my already great life!

2 I’m not in a rush to find a partner but it would be great. I’m tired of lousy relationships and would rather be alone (all one) than settle for less just to settle down, anymore!

3 I am dedicated to personal growth, creativity, making a difference, and living lightly upon the Earth. I strive to live consciously and compassionately in all that I do.

4 I am emotionally, sexually and maritally available. Specifically, I am unmarried and not involved with anyone sexually or romantically (even a friend). I am willing to be less sexual, to run my creative sexual energy in other ways, and/or to satisfy my own needs until my right partner arrives.

5 I am financially secure, i.e, I have some reliable means of supporting myself. Whatever my source of income, it generally meets or exceeds my expenses, and I feel good about what I do with my time and the contribution I make to the world. I work in my “right livelihood” or am moving towards doing so. I am creating the life of my dreams.

6 I desire a romantic relationship that is committed, heart-centered and joyful. I value honesty, monogamy, true intimacy and healthy communication.

7 I can honestly say that I love me. I know I am a lovable, valuable person and I know that the right person will appreciate and celebrate me, as I will him/her. I am open to receive and give love fully and joyfully with my right mate.

8 Spirituality is important to me and I regularly engage in some practices that reduce stress and nourish my Spirit (prayer, meditation, ceremony, being in nature, yoga, service, community, etc.) I see relationship as a path to spiritual awakening and personal transformation.
9 I value my relationships with friends and family and intend to maintain these bonds even after my partner arrives. My soulmate will support me in this and will connect well with the people who are important to me. While I will certainly include my mate in my hobbies and social circle, I enjoy a balance between time with my mate, time with others and time with myself.

10 Most of the time, I am already in love - with life! I wake up smiling or happy more often than not.

Before we get to the scoring, I just want to mention that you may also find it helpful to ask yourself “Does this describe the type of person I’d like to have as a partner? Does it describe my current partner (or past partners)?” You will gain a variety of insights looking through these different lenses.

SCORING:

8 or more questions apply to you: TIME TO MANIFEST YOUR MATE!
Yes! You are ready to find your soulmate! While you realize that you are not “perfect” (whatever that is!), and you still have goals for personal improvement, you have already done a lot of work on yourself and are committed to a healthy, loving relationship to enhance your already wonderful life. Ask yourself: What action can I take to show the Universe I am serious about this and really ready to receive life’s greatest blessing?

8 or more questions apply and you said yes to Questions 6 and 8
You may wish to consider SoulMates Matchmaking or Attracting Love coaching (and conscious dating coaching) sessions to help you find a partner with a similar level of consciousness and call in your right mate. We also specialize in helping men improve dating skills. Tips for Law of Attraction for finding love will also continue to be featured for free on my blog and in my newsletter.
Learn more about Law of Attracting relationship coaching for singles
Learn more about SoulMates Matchmaking for men & women ready for lasting love

8 or more apply to you but you said no to Questions 6 and/or 8
You are ready to find love but we are probably not the right resource for you. We suggest you find an online dating site, church group, tantra community, matchmaker or coach that matches your own values more closely, such as one that appeals to polyamorous or alternative loving communities (if you prefer this), or non-spiritual sites such as one of the “millions of members” sites. SoulMates is definitely NOT McDating! SoulMates is specifically for people who value spirituality, monogamy, healthy communication and personal growth. Best of luck to you!
**7 or fewer apply to you**

TIME TO FOCUS ON SELF-LOVE HEALING

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

- Rumi

Sorry, it’s not quite time to call in your soulmate right now. You may feel like you need a partner but the truth is: Only when you do not need a partner can you experience lasting love. But take heart. Whatever has been getting in your way, it can be healed and transformed. We know you really want to get it right this time! So we highly encourage you to reach out and accept support from your loving Universe to do the healing work you need to do, which will always, always include deepening self-love and deservingness. Here are more specific suggestions:

**7 or fewer and you said no to Questions 1, 2, 3, 4, 7, 9 and/or 10**

You would do well to deepen self-love and healing first. If we try to “fast-forward” to finding our mate before we have done the necessary self-healing work, the relationship doesn’t work out. We don’t want you to invest your time or money into mate searching until you are prepared for your soulmate. If you’ve been investing a lot of energy into online (or offline) dating or mate-searching, stop. You need to fall in love first with someone else very special: YOU. Take at least six months to heal past relationships, deepen your spirituality, heal your body, mind, heart and soul, and rediscover who you are and what you really want.

Are you in an unsatisfying or uncertain relationship? Get some holistic relationship counseling, or, if you’ve already tried this with no success or your partner is not willing to do so, get individual counseling to help you make the choice that is best for you. An affair is not going to solve your problems. And you don’t want to stay stuck and wake up years from now thinking “I wasted X # of years of my life with that person!” Your relationship should bring you much more pleasure than pain. It should – and can – be a haven, not an energy drain. You either need to improve it or, if that is not possible, get out and set both of you free for something better. Don’t let it keep dragging on. You need to find the clarity and inner strength to either improve the relationship or to let go and let God (the Universe) bring you a love that is much more joyous, beginning with the love of yourself and life. (We can do an intuitive coaching session on that.) We also suggest you set a time limit for a Relationship Assessment Period and find an accountability partner, such as a relationship coach or counselor, a close friend or family member who is supportive and is wise in relationships, so you keep moving forward.

You need to take time to learn to love being with yourself, to discover your own needs, desires and to celebrate who you are. Healing, counseling and relationship coaching can give you the support and tools you need to prepare for love and become in love with life in the process.
Learn more about relationship counseling for couples
Learn more about self-love and deep healing sessions
Learn more about intuitive readings
Learn more about Radical Self-Love Workbook

7 or fewer and you said no to Question 5
We recommend you focus on career, prosperity and creativity first so that you will have a good sense of self, independence and personal accomplishment when you do meet your mate.
Learn more about Quantum Success HypnoCoaching

Whether you are single and need to focus on yourself, single and ready to find your mate, or you're in a good relationship that you'd like to take higher and deeper - to sacred partnership - they key is to become your own soulmate first. The love we have been seeking has been within our own hearts, all along.

When we are literally IN LOVE WITH LIFE, we both radiate and attract love. We cease needing a partner and, paradoxically, this is precisely when we can effectively attract one. Two people who "fall in love" are under the influence of powerful chemicals which, research has shown, will influence their thoughts, feelings and behaviors for up to a year. I call it The Honeymoon Goggles. Anyone can appear to be a soulmate for six months or even more while the dopamine is raging in your brain and your second chakra (sexual center) is strongly stimulated. To avoid being misled by physical attraction, neediness, or the brain chemicals of infatuation, it is essential that you love yourself and your life already, that you are very clear about what you desire in a mate and are willing to be alone until you find it.

Every day, every moment can be filled with love, no matter who is loving us or not. When we live life in this way, when we set our intention for our ideal soulmate to find us in the perfect time, and when we take action steps that resonate with our hearts toward finding our soulmate, the spirit of love will infuse all we do, and we will find the love we seek.

More resources about conscious loving can be found at:
http://www.LoveandSpirit.org
or
http://www.SoulMatesMatchmaking.com
Sage’s Pages, blog about conscious loving:
Conscious Loving Blog