



# A SOUL'S PERSPECTIVE ON BEING SINGLE

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How to attract your greatest love by re-connecting  
with your soul's deepest wisdom.

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I used to compare myself to anyone who was married and think to myself that ‘she must just be more emotionally stable than I am, more secure than I am”

**I used to think the reason I wasn't with someone was because I was defective, broken.**

Over and over again, I would feel like I had an amazing connection with someone, and the moment it felt like they were pulling away...

...(which would come from the moment I didn't hear from them when I thought I “should” or they didn't write as much or as affectionately as I thought they “should”)...

And then the cycle would start again – I would act insecure,  
write them / tell them insecure things...

**And then they would start pulling away more and more.**

Rinse and repeat.

Here are a couple of realizations I have had since that time:

One – that all of the times that they started to pulling away – I  
always thought they pulled away because there was something  
wrong with me, because I showed them my insecurity.

The truth is, I believe, that we honestly weren't a good match. And the reason my insecurity flared so dramatically is that deep down, I actually knew that – and so I knew deep down it wasn't actually going to last.

**But then my ego would jump in and start listing all of the reasons he was a good catch, and why I shouldn't have 'screwed' it up.**

So I would hang on to an idea of this person I created in my mind – that my heart already knew wasn't the right fit.

The other thing I realized is that the other major reason I became so insecure so quickly was that...

**I believed that the end of my insecurities, the end of my feelings of emptiness would come from a man – would come from a happy relationship.**

This meant that every time a man came along, he could feel the pressure I was putting on him to 'rescue me'; he could feel that I was looking to him to fill my emptiness.

So what did I do to change this?

**The most liberating words that saved me from drowning when I was single are on the following pages...**

What we are all looking for is a feeling of not being alone – of feeling ‘whole’.

**However, we look to other humans to do this.**

**And this is the least reliable source of ‘wholeness’ we can look for.**

This is because we can never guarantee that another human will constantly and continuously fuel us with exactly what we need at every moment we need it.

**And when we look to them to do it, it overwhelms them because it is not their role.**

The only way we can guarantee that feeling of wholeness is from our remembrance that we have never actually been alone.

That we are all part of the same breath, the same energy, the same 'body', the same Source.

**We have never been separated from that.**

When, as souls, we choose to project ourselves into this physical plane (which we do because we want to experience our ability to 'know' ourselves through contrast), our first experience is from going from oneness in the spiritual realm, to 'oneness' with our mother, and then as we leave her, and the cord is cut, we are 'born' into the illusion of being separated from our Source.

We need to 'buy into' this illusion in order to really experience the feeling of believing we are separate...

...and then create experiences that lead us back to our memory of being one with all, whole, complete and perfect.

**We create experiences in our life in order to bring us back to that memory.**

One of the closest things we are able to create that brings us back to that memory is relationships

... where we hope to find someone that sees us as we hope to see ourselves – as whole, complete, perfect.



We also hope to find someone who balances out what we feel we are 'missing' (which is also part of the illusion, because we are not 'missing' anything).

If we have female qualities, for example, we seek someone with 'maleness' – we seek a yang to our yin.

Spiritual masters understand that we contain both yin and yang, masculine and feminine – and that this is what we actually plan to learn when we incarnate in the physical form.

This is why spiritual masters do not enter relationships – they awaken to their memory that they contain all parts to the whole, and so do not need anything from outside to complete them.

We are not all spiritual masters... however, we do all want to return to our memory of wholeness.

**Some of us get so caught up in the illusion of separateness and of 'un-whole-ness' that we desperately seek the 'missing' pieces.**

**This always ends in struggle and feeling lost again**

**...because it brings us away from our truth...**

... from our memory of who we really are – which is complete and whole already.

After the break-up with the man I thought would be my husband, I made my primary goal to do the 'inner work' I knew I needed to do in order to be the partner I wanted to be.

**I knew for me that the order I needed to do it in, was – heal myself first – and then I would attract someone who was equally as tuned in to their wholeness.**

Two 'wholes' that would come together, rather than two "halves" coming together (which is impossible, because we all are whole,

we all contain the whole – we just believe in the illusion that we aren't).

I used to think that I would be able to heal myself by having a relationship and working it out with them.

**This led me to a pattern of adoration and feeling 'connected' with people, only to see each one end with my deep insecurities.**

That was because every time I met someone – I thought they were the answer.

I would get so filled with hope that they would 'complete' me that I became drunk with that illusion.

And a lot of times, they did too... in the beginning.

**But because it was an illusion, we both would eventually see through it.**

Sometimes I would see it sooner than they did, sometimes they saw it sooner than I did.

With soul-searching, and reading many spiritual texts, going to different spiritual-based groups, monasteries, retreats, workshops, etc., I started to re-connect with my memory of being whole, and being connected to Source.

This led me to feeling whole again and realizing that there were no voids that another person could fill for me.

From there, I knew I was ready to join with someone who also understood their wholeness – and would not be looking to me to fill their void.

**That was when I called in my husband.**

My ideal mate.

**The person with whom I co-create from a place of wholeness.**

While I think some people can do that same work while in a relationship, I personally feel that my journey was best served by doing the inner work – to remember my wholeness, and break free from the illusion that we are separate from our Source – first.

And then, from that place, draw someone in to join me.

**Looking back, I wouldn't change my journey for anything.**

I don't regret meeting my husband at 36 - I wouldn't subtract a single second from that age.

For me, it was the time I needed to get to my place of wholeness.

**I think most of us could use even more time than that.**

I personally believe that many people who are married or in relationships have not actually gotten to that point – they are just so afraid of being alone that they try to escape it by seeking out a relationship.

Before looking at people and believing they 'have it all', or they have what you want, reflect on this:

**...they may not actually have reached the feeling of wholeness that is possible when you are alone and you find it.**



I have the deepest sense of security that comes from the fact that I was able to feel completely 'un-alone' – totally connected to All There Is, and totally complete and perfect – when I was single.

This gives me a sense of assurance that I think many married people do not have because they didn't experience their 'oneness' and wholeness while single... they discovered it only when they entered into a union with someone else.

Not that there's anything wrong with that.

But I am very thankful for the order it came in for me.

That's just some food for thought from someone who was where you may be now.

It may not be what you want to hear – you may still just be saying to yourself – 'that's all fine, but I just want to be with someone'.

And that's ok – that's where you are in your journey to remember your wholeness.

And you can choose to work it out with a partner, or on your own.

But I hope to share the perspective that although most of the world sees the partner route as the 'correct' one, there are spiritual masters and many enlightened beings who do not see only the 'partner route' as the way to remember our purpose.

So when we raise married people on a pedestal – we are doing that from a very narrow viewpoint.

My personal journey was to connect with my memories of wholeness and connectedness first - and then draw in the relationship.

**I don't think there's a right or wrong.**

**I will say that I am in love with how I did it.**

It was right for me and my soul's journey in this lifetime. I hope something in my words will bring you some comfort.

**You are in the perfect place you need to be.**

Your soul has created your current circumstances for exactly what you wanted to remember on your journey through the illusion.