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INTERVIEW SERIES

**The Secret To Finding A SoulMate...
At Any Age**

An Interview With Arielle Ford



Michael Senoff's

HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest resource for online, downloadable audio business interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtfindseminars.com

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The Secret To Finding A SoulMate... At Any Age

It doesn't matter if you're 24, 44, or 104; you can find your perfect match – even if you're sure all the good ones are taken. Arielle Ford, author of *The Soulmate Secret*, found her true love at the age of 44. And in this audio, you'll hear how she did it and how she's helped countless others do the same.

The trick is in knowing yourself well enough to figure out what you need in a partner. And in this audio, you'll hear how to do that.

You'll Also Hear...

- Everything you need to know to make that all-important “wants” checklist – and how to use it once you've got your soulmate down on paper
- The top 3 “limiting beliefs” people hold – that hold them back
- How to put an end to making excuses for yourself about why you can't find love – and start finding your perfect match today
- A real-life example of “acting-as-if” and the simple (and sometimes even illogical) ways to use that to attract your perfect someone
- The very first step you should take as soon as you're finished with this audio
- A step-by-step look at the ritual Arielle did that helped her get ready to receive her soulmate – and in less than 6 months, she found him

Finding true love is definitely a process that starts with you. But Arielle says not to worry – it's a fun process. And in this audio, you'll hear all the strategies you can take to pull more love into your life, and find that perfect match.

Hi, this is Chris Costello, and I've teamed up with Michael Senoff to bring you the world's best health related interviews. So, if you know anyone struggling with their weight, with cancer, diabetes, ADHD, autism, heart disease, or other health issues, send them to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Chris: Today we are talking with the amazing Arielle Ford. Arielle, thank you so much for joining us.

Arielle: Oh, thank you, Chris.

Chris: So you have written a great new book, *The Soul Mate Secret*. What is a soul mate?

Arielle: I believe a soul mate is first and foremost somebody you can completely be yourself with, somebody with whom you share unconditional love and when you look into somebody's eyes you have the experience of being home. If you accept that as the definition of a soul mate, I want to suggest to you and your listeners that you already have many soul mates in your life.

It could be your best friend, your kids, your parents, your siblings, your neighbors, your co-workers or business partners. Because a lot of people fit into that category. Someone we can completely be ourselves with, with whom we share unconditional love. So if you can identify some soul mates that are already in your life and start giving them more love, appreciation and gratitude, guess what happens? You start becoming a magnet for love. That's how you pull in a romantic soul mate.

Chris: Like almost an instant connection. Isn't it?

Arielle: Well, for some people it is. For others, when you just sort of think about them, just ask yourself, "Can I totally be myself with them? Do I love them unconditionally? Do I think they love me? If I needed to call somebody at four in the morning could I pick up the phone and call them?" That's how I identify a soul mate. But, of course, for single people they want the romantic soul mate.

People always say, "How do I know when I'm with my soul mate?" I've asked a lot of soul mate couples this question and I pretty much get the same answer all the time. You just know. You know in every cell of your body that they're the one for you. And if you go through the process of the *Soul Mate Secret* where I have you make a very detailed soul mate wish list about the traits and qualities and lifestyle you want to share with your romantic soul mate, that's another way to

know because you will have the romantic connection but you'll also see that they fit into the type of life you want to have with them.

You'll have a checklist. They won't hit everything on your checklist but they'll hit the important stuff. Like, if you know you want someone who's available and willing for a long term committed monogamous relationship, and they're honest and generous and thoughtful and compassionate and share some of your big interests, then you know that you're with the right one.

You have to really know yourself. So it's not like making a grocery list where I need egg, bread, cheese and butter. A lot of people will sit down and make a list, "She needs to be 5'5", 115 pounds, blonde hair, blue eyes," or something like that. You need to look from your heart at what is going to impact my long term happiness.

So there may be physical attributes that will have you attracted to them initially, but it's the character and the values of who somebody is that are going to bond you to them for the long term. So yes, if you happen to be somebody who has a real attraction to very tall men, you may want to put down that he's 5'10" or taller. That may be critical to your long term happiness if you're phobic about heights.

But for the most part you really want to think about the traits and qualities. I'll give you a for instance. I knew that I wanted to marry somebody who was extremely generous, not so much with their wallet but with their time and energy and attention. I'm the oldest of three kids. By the time I was three years old I had a brother and a sister. So I didn't get a lot of attention as a kid.

So I knew I wanted to marry somebody for whom I would be the center of their universe, somebody who actually had the time and the motivation to care about me, nurture me, spend a lot of time with me, be a true partner to me. I knew that would make my heart sing as opposed to having somebody who's a captain of industry running a Fortune 500 company that works 12 hours a day, may makes gobs of money but has no time to be interested in who I am and what I'm up to.

You know, you could say, "I want somebody who's tall, dark and handsome and rich." And you could get that person and be completely miserable. Or you might know that you're sort of a shy, introvert, couch potato who loves to stay home and play board games and you may be looking for a companion with whom you have sexual chemistry but also likes to hang out and not do the party circuit. So it's a process of getting to know yourself first and then figuring out what your perfect life

partner is. Not a perfect person but someone who's perfect for you.
And then making the soul mate wish list.

Chris: Arielle, what are some of the limiting beliefs that people have a lot of times when they're single and they're trying to find their soul mate?

Arielle: The ones I hear most often is, "I'm too old," "I'm too fat," "I'm too damaged," and here's my favorite, "All the good ones are taken." So there are now six and a half billion people on the planet. Approximately half of them are single. You only need one out of 6.5 billion. The odds are in your favor.

Chris: Those are pretty good.

Arielle: Age has nothing to do with it. This system worked for my 80 year old mother-in-law. It's worked for lots of men and women 50, 60, 70, 80 years old. I get the emails and Facebook posts every day from readers of my book who are now happily engaged or married. It works for gays, it works for straights. It works equally well for men and women. So regardless of your age, your height, your weight, your income level, none of those are really excuses.

Now, you can make them excuses if you'd like. But, you know, I have one friend. She's absolutely stunning and beautiful but she believes she's too fat. She keeps saying, "When I lose 15 pounds then I'll work on finding a boyfriend." This is just a wall that she shows up. Because if I showed you her picture you would go, "Oh my God, she's a ten." But in her mind, because she had a bad divorce 20 years ago, she is holding this up as, "I can't find love until I lose 15 pounds." And on some level that's a conscious choice.

This is why God invented therapists and coaches. If you have blocks and you have emotional issues, go get some help. Or know that you're just choosing to use this as an excuse not to have love in your life.

Chris: There's a lot of confusion about the career versus relationships. I think women and men often put those two things in different camps. Why do you think people do that?

Arielle: It is something that you have to learn to navigate, especially women. When we're working and when we're immersed in our career we're in our masculine energy. And if you want to be with a masculine man you have to learn how to segue out of the work head into the feminine head. It's not something we were taught how to do.

I actually studied this for a while because I'm an entrepreneur. I run my own businesses. I'm used to calling the shots and making the decisions and being in charge. But my husband's a very masculine guy. He doesn't want to be with another guy. He wants to be with a woman. So I created these sort of rituals for myself that at the end of the work day I go either for a walk or I dance or I do some kind of a meditation and then I take a bath. I change clothes and I put some makeup on. I work from home so I pretty much look like a slob all day. And then we go to dinner or we go to dinner together.

I don't do this every day, but when I'm conscious of it it's like, "Oh, I need to get out of my work head and be more feminine so I can interact with my husband." It's really a fun process once you create rituals for yourself that you enjoy doing. And vice versa. Sometimes men, if they're healers, they're in their feminine energy all day. They may need to create some kind of ritual to get into their masculine energy. And that's a longer subject for another day.

You have to be conscious. I think that's sort of where we're looking at. To have a great relationship, to manifest a great relationship requires a level of emotional maturity. So when you're stuck in your victim mode - I'm too old, I'm too fat, I'm too damaged, all the good ones are taken - we need to know that A, that's not true and B, when you're choosing to believe that you have to own that you're being responsible from keeping yourself from having the love you say you desire. No one's going to do it for you. The right person is not going to land in our lap and say, "There, there, honey. You're no longer a victim. I'm here to rescue you." That's the Cinderella story.

Regardless if you're 45 or 65, and you've been divorced three times but you desire to have a life partner, it's not that hard. I mean, I got married for the first time at 44. I have those issues. But I found therapists, I found coaches, I worked on myself, I acknowledged that I had issues. And it didn't take that long. While I had dated a lot of what I call "super toads." They were guys that were just all wrong for me. Part of it was my fault because I wanted these super-hyperactive, type A, powerful, captains of industry types that had no time for me. And they were commitment phobic.

I was always pointing the finger over there saying, "They're the problem. If only they would do such and such and such." I was constantly trying to negotiate with them, "Okay, you need to call me three times a day and we need to spend this much time together and you have to give me so many vacation days a year." It was like this business transaction trying to get what I needed from them because A, I wasn't self aware enough to know that I was the person with the

commitment issues, which is always the truth. It may look like they're the problem. It's you. I was the problem. And B, I was looking in the wrong place.

For more interviews on health, mind, body and spirit go to Michael Senoff's www.HardToFindSeminars.com.

Arielle: So, you know, I did the inner work and I finally got real with myself. What is it that I need to make me happy? Who's going to make my heart sing? Am I willing to face some of my demons, to eradicate them so I can then be available for what I call big love? You know what? The thing that I want to let people know, most of the processes in *The Soul Mate Secret* are fun. They're really enjoyable.

Yes, there's a little bit of processing to do and a little bit of inner work, but it's balanced out with stuff that's really fun and enjoyable. And it's not that hard. People think, "How am I going to do this?" Take the first step. Take the first step, that's it. Take the first step. If you go to Amazon right now and look up my book, *The Soul Mate Secret*, it costs like \$10.

Even if you need a few coaching sessions if you're stuck, it's a good investment. We're talking about the rest of your life. We're talking about the difference from you living in a state of, "I'm not good enough, no one's ever going to love me," to being happier beyond anything you can even imagine. Now, if you're not going to invest in that, what are you going to invest in? New shoes?

I made my soul mate wish list. I released it with a ritual. The ritual I created was I wrote out the list on a beautiful piece of stationery. I took it down to the ocean. I said a prayer of gratitude thanking the universe for sending me my soul mate. I then burnt the list and I scattered the ashes in the ocean. Then I took myself out to lunch and I ordered a glass of champagne. I silently toasted my soul mate. I said, "Wherever you are, whatever you're doing right now, I'm ready for you. The cosmic welcome mat is open."

I then went home and made a vision map. Some people know them as a treasure map where I cut out pictures and images and words from magazines and I collaged them onto a piece of poster board and made it a visual representation of my life with my soul mate. It was really, really beautiful. Then I created an altar to put around the treasure map. I had two beautiful pink candles, because you always want things in pairs. I had a statue of a Hindu god and goddess, Krishna and Rada, who represent love. I had fresh flowers and things like that.

Every day I would sit in front of my love alter and I would meditate and I would have a silent, internal conversation with my soul mate. I would talk to him as if I already knew him, as if we were already together. Because that's part of the process, I call it, "Living as if." Then somewhere between three and six months later we actually met. I don't know the exact time because when I was doing all of this 14 years ago I did not have the idea that it would someday become a book. I wasn't tracking my progress so I can only tell you in generalities. It was somewhere between three and six months.

I ended up meeting Brian through some business things that happened. We recognized each other as soul mates the very first day. Three weeks later we got engaged and a year later we had three weddings. We'll have our 13th anniversary in a couple months. I was the publicist for his business partner. So I had talked to Brian on the phone a few times. I didn't really know his name. I didn't know anything about him. I never really thought about him except that sometimes he answered the phone in Nick's office.

I called to say I was coming up to Portland to supervise a television shoot for his partner, and Brian said, "Oh, no problem. I'll pick you up at the airport." Really the moment at the airport where we met, we knew. I thought I was going crazy. I didn't even know his last name. I didn't even know if he was married. But I was already having thoughts that he's the one. He had been dreaming about me for weeks prior to meeting. He'd actually seen me in his dreams, so when he met me at the airport he totally freaked out because I was the woman literally of his dreams.

Now, that doesn't happen for all soul mates because sometimes it could be someone you've known for years or it could be a good friend of yours. Then something changes and you start dating and six months later you start to see, "Wow, I could spend the rest of my life with this person." So if you don't recognize them instantly, don't have it mean that they're not the one.

There's a little story in my book that came from the movie *Shall We Dance* with Susan Sarandon and Richard Gere. I don't know if you ever saw that movie. Jennifer Lopez was in it, too. And in this scene Susan Sarandon is at a bar talking to some guy. She's talking about how much she loves being married and the guy is sort of like, "Why? What's so great about being married to your soul mate?"

This is what she said. She said, "We need a witness to our lives. There are a billion people on the planet. I mean, what does any one life really mean? But in a marriage you're promising to care about everything.

The good things, the bad things, the terrible things, the mundane things. All of it, all the time, every day. You're saying that your life will not go unnoticed, because I will notice it. Your life will not go unwitnessed because I will be your witness."

I just thought that was such a beautiful description of what a soul mate marriage is. So some people think, "I married my soul mate but things aren't going so well right now. Did I marry the wrong person?" Just because you're with your soul mate doesn't mean it's always going to be easy. Sometimes with your soul mate it might even be a little bit harder because we're mirrors for each other. We're here to love each other, to teach each other and grow with each other. If your soul mate's not going to be straight with you about your behavior, who will be?

So it's not always going to be easy but there will be a deep bond and a deep connection and a commitment. One of the things Brian and I decided early on in our relationship was that we decided that the relationship would be the number one priority for the both of us. So choices and decisions weren't going to be made out of, "What does Arielle want," or, "What does Brian want?" It was going to be made out of, "What is best for the relationship?" And when you can tackle it from that perspective, it makes it a lot easier. It sort of gets the egos out of the way.

And sometimes soul mates do get divorced. It has happened. I mean, it's not often but occasionally - like I know this one soul mate couple. They were married for 25 years. And then it was kind of like the relationship was complete. It was friendly, it was amicable and now they're both remarried. And then sometimes your soul mate dies and then you get another one. I know one woman who's a soul mate coach. Her first two soul mates died. She's now living with her third one.

Which gets to the question that they say you only get one big love in each lifetime. That is such a lie. It is completely not the truth. You can choose to believe it if you want to suffer, but it's not true. There are multiple people who could be your soul mate at any given time. There isn't just one. And if you get one and you lose them, you get another one.

Chris: The other thing on SoulMateSecret.com, you have a lot of very famous couples - Nancy and Ronald Reagan, Mavis and Jay Leno, Joanne Woodward and Paul Newman, Michelle and Barack Obama. Why are these soul mates?

Arielle: You know, I think when you observe their relationship, their connection, the respect, the love, the length of their relationship, the interactions that they have, I'm guessing that they're soul mates. Do I know for certain? No. But based on what I've read and seen and observed, in my mind they are soul mate heroes to me.

I mean is there anybody on that list you would say, "I don't think they're soul mates?" There's a bond between them. The love they share is really evident. You can actually see it. You don't think of one without the other. They're truly a pair. I don't know if I can describe it any better than that.

Chris: First of all I want to ask you before we go, what would you say to all the lonely soul mate-less people out there?

Arielle: I would say to get my book. Everything I know about how to manifest a soul mate is in the book. You can go to Amazon.com, type in *The Soul Mate Secret*. It's like \$10. If you don't have \$10, go to my website SoulMateSecret.com. Look under the section called "Free Stuff" because there's lots of information on how to do it. I've done lots and lots of interviews and podcasts. You can listen to them for free.

But take the first step. Decide, "Yes, I want to have love in my life." Take that first step and then follow *The Soul Mate Secret* and love will be yours. The first step is forgiveness. Forgive yourself for anything that you've done wrong or you believe you've done wrong in the area of relationship. And forgive anybody you're still holding a grudge against or are judging as having harmed you.

Chris: Thank you so much for sharing with us today.

Arielle: Oh, thank you, Chris. It's great talking to you.

Chris: Great talking with you.

That's the end of our interview and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).