



The Women Masters Interview with Arielle Ford

AMY: Welcome, welcome everyone, one and all, to the Women Masters Summer Teleseminar Series expert call with Arielle Ford. You are in for a treat. I'm so thrilled to have her. I hope that you're ready to get inspired. As most of you already know, my name is Amy Ahlers and I'm the creator of the Women Masters, and also the Wake-up Call coach. My vision for this series is to allow people from all over the world access to the most respected women experts of our time, so that they can be inspired, stay inspired, and manifest big love. I want everyone on the call today to set the intention to manifest more love in their life than they've ever experienced before, and with that I'm going to introduce Arielle Ford.

Arielle has spent the last 25 years—wow—living and promoting consciousness through all forms of media. She is one of the founding partners of the amazing Spiritual Cinema Circle, a DVD club dedicated to providing movies about love and compassion, and I have to tell you guys, there's links in the reminder e-mails to this. This is an amazing club. Ditch your NetFlix subscription and subscribe to this instead, so that you can really see movies that are about love and compassion. She is the author of seven books, including Hot Chocolate for the Mystical Soul series and her newest book, The Soulmate Secret: Manifesting the Love of Your Life with the Law of Attraction. She lives in La Jolla, California with her husband and soul mate Brian Hilliard, and their feline friends. Her websites include SoulmateSecret.com and EverythingYouShouldKnow.com. I really want to encourage everyone on this call to go to SoulmateSecret.com and subscribe to her e-newsletter. It's a fantastic and just beautiful e-newsletter, delivered right to your inbox, fantastic, and of course, go and pick up a copy of one of her seven books, especially The Soulmate Secret. With that, welcome, welcome, welcome to the call. Welcome, Arielle.

ARIELLE: Thanks, Amy. Hi; hi, everybody.

AMY: Yay! Alright, so we have hundreds of people already on the line, people are continuing to dial in, so let's get down to it. Let's start with just having you tell us a little bit about how you would personally describe a "soul mate."

ARIELLE: Okay, good question. For me a soul mate is somebody that you can completely be yourself with, somebody that you love unconditionally and they love you unconditionally, and when you look into their eyes you have the experience of being at home.

AMY: Oh my gosh. Okay, I just got goose bumps, I have to tell you, because in my husband and I's wedding vows; that was the way that it was opened, that basically, as we looked into each other's eyes, we had found our home.

ARIELLE: Oh, that just gave me goose bumps.

AMY: Yes. It was such a profound experience to meet my husband, and I couldn't agree more. That's the perfect definition of a soul mate.



ARIELLE: Yes and the thing I want to let people know is that somebody a long time ago started a really terrible rumor that you only get one big love in life, and it's not true. It is totally not true, so if you thought you had your soul mate and then it didn't work out, you broke up, you divorced, they passed on, whatever, it doesn't mean there isn't another one for you, or maybe even two more, so it's not true that you only get just one. You get as many as you need.

There's different kinds of soul mates. For instance think about Oprah and Gayle King.

AMY: Right.

ARIELLE: For me they're the perfect example of best friend soul mates, and anybody who's an animal lover can attest to the fact that there are dogs and cats who can be soul mates as well, and there are some mothers and fathers who have a particular child they feel a soul mate connection to, so you get to have more than one, and you get to have different kinds, all at the same time.

AMY: I love that. I love that you said that and I just, again, couldn't agree more, and I just want to invite everybody that's on the call today to just think about who is one of your soul mates, because I bet everybody on this call, whether it was a pet from childhood or a dear, dear friend, or your marriage partner or romantic partner. I bet everybody on this call feels like they have at least one soul mate. Let's give some gratitude for that; oh, I love it.

ARIELLE: Right and you know, one of the things you want to do, if you say you want more love in your life right now, and you're yearning to have a romantic partner, one of the best things to do is start by giving love to the people that are in your life today, and I mean everybody—your neighbors, your co-workers, your friends, your family. Start having this gratitude for the love that you already have, and start thinking, you know, where can I give a little bit more. There's a favorite line I have from a course in miracles, which says, the only thing that can be lacking in any situation is that which you are not giving.

AMY: Oh, say that again.

ARIELLE: The only thing that can be lacking in any situation is that which you are not giving.

AMY: _____ the full responsibility?

ARIELLE: Yes, just a little responsibility, so if you want more love in your life, you can have it, and it starts with you. How can you be more loving to yourself right now? Could you give yourself a break from thinking that something's wrong, that you don't have this special person in your life right now. Could you give your ex a break from making him or her wrong, that it was all their fault, because the place to begin manifesting a soul mate is with forgiveness, forgiveness for yourself and forgiveness for all the people that you feel have wronged you in your past. When you want to manifest big love, you want to start from clean ground. In The Soulmate Secret we start with forgiveness, and for a lot of people forgiving themselves is the hardest part.



AMY: Absolutely, yes; that is so true. I think especially if we've had any relationships in our lives, whether it's romantic or friendships or partnerships of any kind, when they're in that ex status, when they haven't worked out, there's that piece of you that feels like, how could I have even fallen for that? How could I have even been involved with that, and so that self-forgiveness piece is so huge, so huge.

ARIELLE: Right. Now Amy, when your computer breaks down, what do you do?

AMY: I call a tech person.

ARIELLE: Right, exactly, so for those who are on the line who have a broken heart or who have negative relationship patterns that haven't magically disappeared, this is why God invented therapists and coaches. We know that we don't know how to fix our computers and we don't think twice about calling an expert. But there's so many people out there resisting calling an expert if they have issues around relationships. Now I'm not a shrink, I'm not a therapist; I can't necessarily fix your issues. I can tell you the therapy I used and how it works for me, but what I can tell you with 100% certainty is I know the steps to take to manifest a soul mate, but if you know you still have a broken heart from the past or you have a repetitive issue that you haven't cleared up, please get some professional help before you try to use these techniques, because they're very powerful and they do work, and in order to get what you say you really, really want, you need to start from a very healthy place.

AMY: Great, so clean house and start from that clean slate before you launch into the steps that you're about to outline for us.

ARIELLE: Exactly.

AMY: Great, so let's go there. Tell us what are the key steps to manifesting a soul mate?

ARIELLE: The first step is one of the most important, and that is making a soul mate wish list, and it's more than just writing down I want him to be tall, dark and handsome. It's much more specific than that. You want to think about what are the traits and qualities I want this person to possess, and what will our lifestyle look like, and if you're straight then you want to specify you want somebody straight. If you're gay you want to specify you want somebody gay. If you live in San Francisco and you want to continue to live in San Francisco, put that on there, that you want somebody who already lives in the Bay area or is willing to move. All of that's really important.

Start looking at your life. Let's say you're a very active, athletic, go, go, go kind of person. You like to hike, bike, run, swim, whatever. You want somebody who enjoys those things as well, because if you only put certain things on there but you don't specify lifestyle, you can end up with a couch potato.

AMY: Right.



ARIELLE: I had one girlfriend who made a very specific wish list before I met her—at least she thought it was specific enough—and she found her soul mate, and they moved in together, and they got engaged, and Jill is a vegan, ultra green, yoga pose, animal rights kind of person. Her fiancée is a hunting, killing, meat eating, beer drinking couch potato, and yet she loves him and he loves her, and he's very good to her, and this vegan ended up cooking steaks for her fiancée now. Could it have been a different story? I say it could have been.

AMY: Yes. It sounds like getting really specific, and I love this because as we said in our e-mail reminder to everybody, that you can apply this step especially to any area of your life.

ARIELLE: Absolutely, so if you've already got your soul mate, everything we talk about, use it for whatever it is you want to do. The list is really critical. Let's say you've made your list and you have 37 items on it.

AMY: Let me just clarify—I'm sorry, before you launch in there—do these need to all be things that are deal breakers for you?

ARIELLE: No. I think maybe you want to have your top ten that are deal breakers, so if non smoking is really . . . that's a deal breaker, then you want that in your top ten. I'm allergic to tobacco smoke, so for me I can't be around it; it makes me ill. Those kind of things, yes, if you want somebody who just has the greatest sense of humor and wakes up with a smile on their face, because you tend to maybe be a little depressive, like I, historically, was a little depressive, so I wanted somebody who was happy. My husband smiles in his sleep. I didn't even know that was possible. I got more than I asked for.

AMY: I love it.

ARIELLE: Being around him for twelve years, I'm a happier person now. I've developed his point of view. Everything I'm going to tell you today isn't a black and white, do it this way or you're doing it wrong. Take whatever I say and use that parts that feel good to you, because there is really no wrong way. What I did was I wrote a book based on what worked for me, and a dozen of my friends, so we have proof that this works. You don't have to do everything we talk about, like I have one friend—I'll tell you about him a little later—named Sean. Sean only did one thing in the book, but he's now engaged.

AMY: I love it; I love it. Okay, so step one is the soul mate wish list.

ARIELLE: Right, and then you want to sit down with your best friend and review the list with them, to make sure you didn't forget anything important, so I'll give you an example. I'm a cat lover. I've had cats my whole life. I plan to have cats until the moment I die, and I had previously dated somebody who was allergic to cats; real problem. I needed to put cat lover on my list, but that's something you might forget about, so that's why you want your best friend to look over the list. It could be something so obvious that you didn't think of, that ultimately could be a deal breaker.

AMY: Great.



ARIELLE: And there may be things on your list that aren't that important, that you could take off. I have one friend who wants to manifest somebody who has a G5, which is a very expensive, multi million dollar Gulfstream jet, and I'm like, why is that going to be a deal breaker for you? There's maybe 200 single men on the planet, if that many, that own that kind of jet. Why would you limit yourself in this way? So that's why. So you have your friend look at the list but then what you want to think about doing is creating a ritual to release this list to the universe, and here's why you want to do this: it doesn't do you any good to obsess about something. You don't want to be looking at this list every day, going where is he, where is he; where is he. You want to tell the universe—or God, or Goddess, or Jesus, or whoever it is that you believe in—I trust that my wishes will be fulfilled, and that they're already in the works, and I'm going to surrender this list. I'm going to give it up to the universe.

Here's how I surrendered mine. I am a big fan of moon cycles and the new moon is the perfect time to start a new project, so I knew that I wanted to release my list on a new moon, and I also happened to really like Fridays—a) they're the end of the week, and b) it's the day of Venus, of the goddess of love and beauty. I found a Friday with a new moon—I just lucked out, like the next Friday coming up was a Friday of a new moon—and I took my list down to the beach and I re-read it and I said a prayer over it, and I thanked the universe for fulfilling my wish list, and then I burned it, and I scattered the ashes into the ocean. Since it was high noon when I did this, I then took myself out to lunch, I ordered a glass of champagne, and I toasted my soul mate. I spoke to him in my head and I said, thank you; the cosmic welcome mat is now there; feel free to appear at any time. If that sounds really weird, and I know to some people it does, here's other ways you can release the list. You can write it out and then fold it into the itty, bittiest, tiniest little ball and put it inside a pink or red helium balloon, and release it to the heavens that way. I had one friend who wrote it out on a beautiful piece of stationery, put it in an envelope, stuck it under her mattress. I knew somebody else who had a sacred altar in her home and she put it on her altar, so whatever works for you. If you have a favorite Bible you can place it in that. It's just a sacred act of saying I trust that my wishes will be fulfilled, and I'm letting go of it. That's the first step.

AMY: Great.

ARIELLE: Then the next thing you want to think about doing is creating a treasure map or a vision board, and I'm sure you guys are familiar with that. Take a piece of poster board, cut out photographs, words and images from magazines, and then collage them together in a way so that it reflects the future you're creating. Let's say you have a dream that you want to have a big wedding and a white dress, and you know what kind of flowers you want. Some of that could be on your board. Then you want to have pictures of couples, maybe walking hand in hand on the beach, or having a romantic dinner, or doing the kinds of things that you want to do. If you want to have a lot of children, pictures of families. You don't want to have pictures where you can clearly see the faces of these people, because you're not trying to manifest a male model or George Clooney. This is something that gives you the perspective of what you're looking to do. This treasure map is not for public display. This is just for you to look at a few minutes every day, so with mine, when I was working with it, I had it in my bedroom. I had my home Feng Shui'd, so I knew where my relationship corner was. I had it propped up in the bedroom with two beautiful pink candles, and some crystals, and I had a little statue of



Krishna and Radha—they're the Hindu god and goddess that represent the lovers—and I was able to look at it every day. If I knew somebody was going to be coming over and I didn't want them to see it, I just stuck it under the bed, so the treasure map's a nice item to have, and I did mine, obviously, a long time ago. It's thirteen years ago now, but if I were to do it today, the other thing I would do it take a photograph of it and make it the wallpaper on my PC.

AMY: Right.

ARIELLE: So that it's always visible to me or other people won't be looking at it, so that's another thing that you can do.

You also want to clean your house in a really big way. You need to remove all the clutter. Remove the photographs of you and your exes from public display. You don't have to throw them away, but they don't need to be standing out for future dates to be looking at. If you have been living with somebody, either in a marriage or a living together situation, if you can afford it, get a new bed. At the very least get new sheets. You want to energetically get them out. If you have their clothes, their mementos, send them back or give them away. You don't need their clothes hanging in your closet unless you're planning to bring them back into your life.

You want to get their energy out of the house, so you can do this a couple of different ways. You can hire a professional. Most Feng Shui masters do energy work and they can do it, or you can do a smudging technique, which is a Native American technique of getting some sage and smoking it, and taking the smoke over all the door jambs and window jambs, and purifying the house. Or the simplest technique is on a nice, sunny day, open all the windows, open all the doors, take a broom and imagine you're sweeping their energy out the front door and out the back door. Because while energy is energy, just the act of sweeping it out and saying thank you, I bless you, goodbye is a big move.

AMY: Yes.

ARIELLE: Now the next part most people probably haven't tried before. Not only is there energy still in your home, but it's on you, so if you've been intimate with somebody, their energy is inside of you, and there's lots of different ways to unhook that energy, but one of the easiest, fastest ways is by taking a salt bath. You fill up the bath tub with warm water and take an entire container of table salt, like the Morton's table salt, and put the whole container in the bath. Not Epsom salts, but table salts, and soak for twenty minutes, up to your shoulders, and then pull the plug, and let the water drain out while you continue to sit there. As the water's draining out, imagine whatever energy, remnants of energy were in you or on you, are now going down the drain. Then stand up and take a long, hot shower, lots of soap and shampoo, and voila, you're clean.

AMY: Wow. This is really intense. I'm loving this, and I know that so many people on the call that are ready to meet their soul mate, especially in a romantic way, just to have these actions to take, will feel so good for them.



ARIELLE: One of the things we haven't talked about yet are what I call feelingizations. Now I know you're familiar with visualizations, but visualizations don't work unless they're tied to emotion. So you can walk around all day saying I'm loved, cherished and adored; I'm loved, cherished and adored, but if your internal feeling is I'm a loser, nobody loves me, nothing's working. So I created a series of guided visualizations, which I call feelingizations, that you can do to release old beliefs, to unhook past lovers, to turn on your heart light, to get clear about what you're doing, and they're really fun, and they only take a few minutes, and if you go to SoulmateSecret.com there's a section called Great Stuff, and then there's another section called Free Stuff. You can download the feelingizations for free.

AMY: Oh my gosh; that's so great. So that's at SoulmateSecret.com, and then click on Great Stuff and Free Stuff.

ARIELLE: Yes, Great Stuff and Free Stuff. There's lots of cool things to do in there. One of the other things I want to tell you about is a section of the The Soulmate Secret, which is called feathering the nest.

AMY: Yes.

ARIELLE: We talked about clearing the energy out and changing the sheets, or getting a new bed, but the other thing you want to do is create space in your closet, literal space, empty space, and then you want to clean out a drawer in your dresser, totally empty, and clean out the nightstand on their side of the bed. If you're feeling resistant to this, saying, I don't have enough room for me, I'm never going to live here with them; that's not the point. The point is to create a vacuum, to create the space, because it's saying to the universe, I'm not only ready for my soul mate, I have literal space in my life for them, because when they do come into your life, you are going to have to share your space. Even if the place you're living in now is 300 square feet and you know you're never going to live there with somebody, find a way, even if it's a tiny little way, to make an empty space that belongs to them. If you do have lots of space, let's say you create six inches of empty space in your closet, you might even want to buy a brand new bathrobe, men's bathrobe or women's bathrobe, depending on what you're manifesting, and hang it there with the tag still on it, and when they get there and they say, well who's that for, well it's for you; I've been manifesting you.

AMY: That's great.

ARIELLE: Yes, so that's a really fun thing that you can do. Now the next part of all of this is living as if. This is one of my favorite things, and you can do this with any area of your life. Amy, did you see the movie Conversations with God?

AMY: No I don't think I saw the movie, but I did read the book.

ARIELLE: You read the book, okay.

AMY: A long time ago, but yes.



ARIELLE: The beginning of the book is Neale's talking about how this all came about because he was angry at God and he yelled and God, and he said, I just want my life back, and God answered him and said, you can't have anything that you want. What that means is that when we're in a place of wanting, the only experience we get is more wanting. If you want big love in your life, you need to get to the place of gratitude and trust, and knowing and feeling in every cell of your body that what you're asking for is already yours. Of course people always say, but how do I do that?

AMY: Right.

ARIELLE: Can I take five minutes to tell them how to do that?

AMY: Oh my gosh yes, please.

ARIELLE: If you're sitting somewhere and you're not driving, close your eyes. If you're driving, keep your eyes open. Just take a slow, deep breath, and drop your shoulders, get them away from your ears, and take another slow deep breath, and I want to gently put your attention on the area around your heart. Just let your attention focus on the area around your heart, and I want to tell you, there's no wrong way to do this. As you take your next breath, with your attention on the area around your heart, look into your past and find a memory of a time that you remember feeling love, appreciation or gratitude—any kind of experience where you felt love, appreciation or gratitude—and it could be something as simple as looking into the eyes of a baby or a pet, just some easy, easy past memory experience that you can tap into.

Now see that experience; relive that feeling experience of what it felt like to have this sensation of love or gratitude or appreciation, as you keep your attention on the area around your heart, and relive that experience through your heart. Breathe through your heart and just gently notice the memory, the sense experience of the love or appreciation you are feeling. How do your arms feel? How does your body feel? Feel the softness, the . . . I can breathe. It feels good to experience this love or appreciation. This is how we start the feelingizations, to get us back in the experiential moment of love or appreciation. When it's here, when you're in this state, then you drop in the memory, even though it's a future memory, of what it's going to feel like when you're with your beloved and you wake up in the morning, and you roll over and look into their eyes. In this moment you know with certainty that this person is on the way to you. It's not your job to know how. It's not your job to know when. It's only your job to rest in perfect awareness that on some level in some dimension right now, in this moment, you are already connected to them. They cannot not come to you. They're on the way, and you can go to this place every day and speak to them. You can say, I'm so excited you're coming; I'm looking forward to your arrival, and keep trusting. Now take one last deep breath and when you're ready, gently open your eyes.

This is what I feelingization is, and by doing this a couple of times a day, or once a day, whenever you remember, you can bring yourself back to the place where you know what's so for you, because you wouldn't have the desire to have a soul mate if one wasn't already promised to you. We as humans find lots of ways to get into our own way, and if we're in obsession—I've got to have it; I've got to have it now—all we're doing is repelling love, not



magnetizing it. Love attracts love. We all know the basic Law of Attraction is people, places and experiences that match our state of being are what come to us. The more time you spend loving yourself, loving those around you, trusting and knowing big love is on the way to you, the faster it will happen.

AMY: Great.

ARIELLE: That's part of living as if, and the other part of it is if I told you I am the world's greatest psychic, and I'm speaking to all of you right now, and in 72 hours your soul mate is going to ring the doorbell, would you be ready? If you're not ready, what are the things you need to do to be ready? What's the forgiveness processes? What's the cleaning you need to do? What's the preparation, and maybe you don't have any. I had one guy, when I asked him this question, he said, oh, the only thing I need to do is refill my prescription for Viagra. And if you knew, if you really believed they were on the way and you've been spending your time having casual sex with an ex, or a buddy, wouldn't you stop doing that?

AMY: Yes; right.

ARIELLE: Because a lot of times we may be having casual sex because we may think it's our last chance, and if you're living in, this may be my last chance, what message is that sending, as opposed to, I love myself enough, and I love my future soul mate enough, to trust that at the right time, they'll be here to touch me.

AMY: That's so great. I love that question: if your soul mate rang the doorbell, would you be ready? I love utilizing that question in every area of your life, whatever it is that you're wanting right now, to really just . . . if that thing showed up, right on your doorstep, would you really be ready?

ARIELLE: Yes, because if you've been asking for something for a really long time and it's not coming, there's just two answers. Either it's divine timing and it's not the right time yet, or there's a part of you, maybe not a conscious part, but there's some part of you that is not quite ready yet. Another good reason to find a therapist or a coach.

AMY: Right.

ARIELLE: And I'm a big believer in this stuff, if you haven't figured that out already, because we just can't see ourselves. Just like we don't know how to fix a computer and we know that we don't know how to fix a computer, we weren't given the gift of fixing our psyche. Now some people get lucky and they do the right prayers and spontaneously they have a healing, but most of the happily married soul mate couples I know, one or both of them did some kind of therapy at some point.

AMY: Absolutely. Absolutely, and when you think about the person that you want to attract into your life, I'm sure most people on this call would think about a person that had dealt with their stuff on some level, and so if that's the type of person you want to attract, you've got to be that person, too.



ARIELLE: Exactly, exactly. Somebody wrote to me once, oh, I found my soul mate, it was great; I did everything in the book and it worked, but we're having some issues, what went wrong? It's like, I never promised you no issues. That's the nature of relationships, the difference is when you're in a committed, soul mate relationship and there's an issue, nobody leaves the room. There's a commitment to the health of the relationship, that we're going to find a way to work this out. It's not that you get a free pass if you don't drive each crazy at some point.

AMY: Yes and SARK, who's just one of my favorite authors, who's been in Women Masters, as well . . .

ARIELLE: Oh, I love her work.

AMY: She's so yummy, but in one of her books she says, I'll never have an unsupervised relationship again. She just so fully believes in having a relationship coach, a relationship therapist of some kind to just supervise it. Why wouldn't you be seeking help and support for the most important thing in your life?

ARIELLE: Yes, of course, and that's what they're there for, and you do get to a point where you know each other well enough and you learn not to piss each other off; you make other choices. It like, oh, I could do this, but here are the consequences of it. We're human. We all have our buttons and we know how to push each other's buttons, but when you're with your soul mate, their happiness is your highest concern.

AMY: Yes.

ARIELLE: I want to read you something that's in the book; let me find it. You should see this little beat up book I have, with little tabs everywhere to try to find stuff. There was this great movie with Richard Gere and Susan Sarandon called Shall We Dance, and there's this great scene where Sarandon's character is describing why she loves being married to her soul mate. She's sitting at a bar, waiting for Richard Gere, and she says, 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, your life will not go unnoticed because I will notice it. Your life will not go un-witnessed because I will be your witness.

AMY: Wow. One of the things that I love so much about your work is just the depth. Every other thing I'm getting goose bumps because it is, it just so resonates to the human experience and to what all of us want to be feeling.

ARIELLE: Really I believe right now, this time on the planet, it's all of our jobs to become more loving people, and to find our partners, and to share the love a partnership can bring with the other people who don't have it, and that need it. We are in really trying times, and things are going to get worse before they get better, and that's just a reality. It's just how things are. How can you be one of the safe people on the planet? Find the love within yourself and share it with other people. I never meant to write this book. If you had told me, even three years ago, I



was going to write this book, I would have said, are you out of your mind? This book was never planned. What happened was I did all these things thirteen years ago. I manifested Brian, we got married, we had our life. About two and a half years ago my sister, Debbie Ford, who's a bestselling author, we were going on a cruise with her and 200 of her students, and Debbie said to me, why don't you spend 45 minutes talking to my people about how you manifested Brian? I'd bet they'd really enjoy that story. I thought, wow, I haven't thought about that I ten years. I sat down and I made nine pages of notes, of all those things I consciously did to manifest him, and I gave this little talk. When the talk was over they all came up to me and said, wow, when's the book going to come out? I said, oh, no, no, I'm done writing books; I'm not writing a book. They kept e-mailing me, so finally I thought, well I'll just create a little internet product about it, which I did. Then Harper Collins saw the internet product and made me an offer. I was a literary agent for twelve years. That's not how the system usually goes. They were, like, throwing money at me. I said okay, well if you really want me to write the book, and since the product was done I just had to revise the product, so that's how the book came to be. This book had to come out. It wasn't a planned baby.

AMY: Right. I love that story, I love it, and I love it when the world is hungry for something, and it is just relentless and says, no, you will create this, sweetie; it's going to happen. That's great.

ARIELLE: Yes, but it's been a lot of fun sharing it with people because it's not just my story. In The Soulmate Secret there are twelve stories of my friends who have used one or more of these techniques to manifest their soul mate, and they're really fun stories. One of my favorite stories—well, I have two—and they're both by two different women named Peggy.

My mother-in-law's name is Peggy and she was married for 55 years, and then she was a widow for five years, and then at the age of 80 she called us up and she said, I'm ready for another relationship. It's like, what? Then she said, come on, tell me, explain this Law of Attraction thing to me, so we talked to her for a while. Three weeks later she calls us up and she says, I have a date. It's like, wow, how did that happen? She said, well, you know, my friend June, the real estate agent, and June's like 30 years younger than her. She said, well June came over the other night and we went online to this thing called Match.com; have you ever heard of that? I said, yes, I've heard of Match.com. She goes, well there were three men in my age group, and one of them is named John, and John's a widower and he's a retired lawyer like my dear, departed Wayne, and I e-mailed him and then we talked, and we're having lunch next week. To make a long story short John and Peggy fell madly in love, he proposed, she said no—she said no, I've already been married—they're now living together in a cottage in the grounds of an assisted living facility in Vancouver, Washington, crazy about each other; couldn't be happier.

AMY: Wow.

ARIELLE: And John was 84 at the time.

AMY: Wow. Well if that story doesn't inspire anybody that has that ridiculous lie going on, of I'm too old, I mean, hello.



ARIELLE: I'm too old; I'm too fat; I'm too broke; I'm too this; I'm too that. The only thing you're too-too is too attached to a bad story, and there's a picture of Peggy and John at SoulmateSecret.com. There's a section called Our Soulmate Couples, so you can see what they look like; they're really cute.

AMY: That's great.

ARIELLE: My other favorite Peggy story is my best friend and mastermind buddy, Peggy McColl—you might know her, Amy—and Peggy is a big Law of Attraction coach in the money field. She has a website, Destinies.com. She was divorced, single mom, working at home, living at the suburbs, didn't get out much.

AMY: Talk about isolation.

ARIELLE: Isolated, right? One child and two dogs. She decided she was going to manifest a soul mate and because she didn't get out much, part of her plan was that he would find her, and she was certain this would happen. One morning, at eight in the morning, her doorbell rang, and this very attractive man was standing there, saying—they're in Canada—hi, name is _____ Denny, I'm new to the neighborhood; my dog sitter hasn't arrived and I have to go to work. Could you please baby-sit my dog? They're now very happily married.

AMY: Wow.

ARIELLE: Part of my story, a long time ago, was that I was working from home, on top of a mountain in an isolated area, and I had four women who worked for me, and the only men I ever saw was the FedEx guy, the UPS guy, the Sparkletts water guy and the mailman, and all four of them were married.

AMY: And you had looked!

ARIELLE: Right, I talked to all of them; I still talk to some of them. I was like, okay, I'm clear that I don't know how this is going to happen, but it did. It wasn't up to me to know.

AMY: I know that you have a story about a woman who used crayons to manifest her soul mate. What's that story?

ARIELLE: I'm trying to think of her name. Oh, I hate when that happens; you forget one of your good friend's names. She was living in Chicago and when she was 24 she went to see an astrologer because she wanted to . . . oh, her name's Gail. She wanted to find out when she was going to meet her soul mate, and the astrologer gave her a homework assignment. She handed her a mandala and for those of you that don't know, a mandala is like a Tibetan piece of sacred geometry, so it's a circle with lots of little geometric shapes inside of it. She handed her the mandala and said, I want you to go get the big box of crayons and color in the mandala. Each time you color in a different section I want you to speak out loud the trait or quality you want your soul mate to possess. She sat down and she got out the purple crayon and she colored in a little section, and said, my soul mate will totally get my sense of humor.



Then she took the red crayon, colored another section: my soul mate will be kind to strangers. Took the yellow crayon, did another section: my soul mate will love animals. Went on and on; there were probably 40 different sections to color in, and when she got down to the very last section to color in, she thought about it for a long time and she finally picked up the green crayon and colored in, and said, my soul mate will have a very cute butt. Now, remember, she was 24; this was important to her. Later that day she decided to give herself one of those clay mask facials, you know the kind that go on wet, they dry like cement, and then you chip them off?

AMY: Yes.

ARIELLE: At 9:00 at night she chips off the clay mask and her face is all red and blotchy, and her hair's a bit greasy, but she decides, oh, I need a workout; I'm going to go to the gym; nobody will be there at 9:00 at night. She goes to the gym, nobody's there, get on the exercycle, peddling away. Suddenly a really cute guy sits on the bike next to her and starts talking to her, and she's horrified—splotchy face, greasy hair. She gets off the bike and goes into another room and starts doing her yoga routine. Now she's in downward dog, door opens, it's the cute guy; he starts talking to her again. Finally he asked her out on a date, for a couple of nights going forward, and she says yes, they exchange numbers. Four nights later they go out to dinner to a Mexican restaurant and soon into the dinner, she notices that he's really nice to the waitress. Then he starts talking about his dog and how much he loves his dog, and he's laughing at all the weird things that she's saying, and she's realizing, oh, he really gets my bizarre sense of humor. The date goes on for four hours, they have a great time. He walks her home, walks her to the front door, asks her out on another date, gives her a big kiss, turns around and leaves. As he's walking away she notices he has a very cute butt.

AMY: Right.

ARIELLE: They've now been married for 25 years, they couldn't be happier, and anybody who would like a mandala to color your own mandala, at SoulmateSecret.com/mandala, or in the Free Stuff section, you can download a mandala and use it for soul mate or anything else.

AMY: Oh, I love it. Oh, that's so fun. You have given us so many tools. I just want to actually review for everyone the steps that you outlined, real quick, because I know there's people coming on the call, people having to jump off, people coming on the call, and I really want to make sure that people get these.

ARIELLE: Okay, I'll go through all of them, but I just want to say this. For \$20 you can do everything. If you go to Amazon.com and get the book, The Soulmate Secret, it's \$16.31. A piece of poster board is about \$2.50, and a glue stick's about the same thing, so really, for under \$20 you can take yourself through the whole process, step by step.

What we've covered so far is we've

AMY: I love it. Just before you say that, a reminder, SoulmateSecret.com, and I'm sure there's links to buy the book right from your website, right? Also, what I always encourage



everybody on these calls to do is buy one for yourself and then buy one for your friend that is trying to attract someone, that's probably not on this call today. What a gift because, believe me, I've been coaching for nine years now and people that are looking to attract their soul mate, they always are, like, I don't know what to do, I don't know what to do, and this is a huge list of things that they can do to actively create this in their life, and I just love that. A lot of people will be like, well I'd love to meet my soul mate this year, but I'm not going to put that on the goal sheet because I can't do anything about it. Get out of the victim mode and get into the manifestation mode. Please, buy one for yourself, gift someone, and then gift a stranger, someone that you notice . . . your mailman that you know isn't married, whatever; gift someone. Buy three of them and you'll bring so much joy into your own life and other people's lives. That's SoulmateSecret.com and I know that you're also going to give away one of your books as well.

ARIELLE: Absolutely; happy to do that.

AMY: I want to tell people how to do that, so they can e-mail admin@WakeUpCallCoaching.com and why don't you go ahead and pick a number between one and 50.

ARIELLE: Thirty-two.

AMY: Thirty-two, okay, great. Lucky number 32, so go ahead and e-mail us if you'd like that book, and you can put Soulmate Secret in the subject line, and number 32, we will contact you and let you know that you're the lucky winner of the book, and for all the rest of you, please go out and buy this book. This has just been . . . I mean, I'm just blown away by the tools that you've given us on this call today. Let's go ahead and just review some of those steps, just for everybody to lock it in, if you don't mind; that would be great.

ARIELLE: Sure. Forgiveness: first and foremost, forgiving yourself, forgiving your exes; don't discount how important that is. Creating the soul mate wish list: what are the traits and qualities you want this person to possess, and what is your lifestyle going to look like? Really important. Releasing your list: create a ritual to release your list. Then let's clear out the clutter: clear out the clutter, feather the nest, get a new bed or get new sheets. Make space in your closet; empty out a drawer, empty out the nightstand. Open all the doors and windows and clear out the old, negative energy, and then take a salt bath, and release the negative energy from your body, from your past love. Then start living as if: living as if you know and trust, with every cell of your body, that what you've asked for. Not that it's coming someday; that it's already yours and you just don't know what day they're going to show up. One of the things you can do to live as if, would be to buy some greeting cards that you're going to give them some day. Buy tickets to a concert or a play six months in the future, that you really want to go to, that you can attend with them. Worse thing happens, if they haven't arrived yet you'll take somebody else. Start thinking about if they were going to arrive in 72 hours, am I really ready? If the answer's no, I'm not ready, that's okay. If you're a single parent with multiple kids and two jobs, this may not be the best time for big love. You have other commitments, other people who need your attention right now, so it maybe something you wish you were ready for, but be realistic. Maybe today isn't the day. But that doesn't mean you can't start



being clear about who this person is, and that you want them, and that you can talk to them on other levels. All of that is possible.

AMY: Yes. I think that one thing—I'm not sure if you hit this or not—was creating that treasure map, as you called it, the vision for the treasure map.

ARIELLE: Oh yes, we forgot the treasure map; right.

AMY: Yes and I love thinking of it as a treasure map, and I loved your idea of taking a picture of it after you've created it, and having it be your desktop on your computer, so it's something that's just getting imprinted on your conscious and subconscious mind all the time; hugely beneficial.

ARIELLE: Yes. My friend Sean, who I mentioned earlier, is a big software developer, big hotshot, travels all over the world to speak, and we have lunch a couple of times a year because he's rarely here. We were having lunch and I said, well Sean, how's your love life? He's like, oh god. He goes, nobody wants to put up with my travel schedule; I'm just having the hardest time. I had the manuscript of my book and I said, well why don't you read my book, it's coming out next year, and he just looked at me and he went, oh god Arielle, you and your mumbo jumbo; you know I don't believe in any of this. I said, well, Sean, do you set goals for your business? He said, well of course I do; how do you think I got so successful? I said, well just think of this as goals for your love live. Don't think of it as weird, Arielle mumbo jumbo. So two months later I saw him and we had lunch, and I said, well, did you read my manuscript? He said, yes, it was kind of interesting; I like that treasure map thing. I actually made a treasure map. I said, well good for you. He goes, yes, let me tell you what happened. He said, you know, I travel all the time—and here's how I got the idea to take a picture of it—he goes, so I took a picture of it; it's the wallpaper on my cell phone and my laptop. He said, the biggest picture on the treasure map shows a man with dark hair—and Sean has dark hair—with a two year old little boy on his shoulders, and you can't see the man's face; you just see his body type and the little boy. He goes, that looks a lot like me, and that's definitely where I want to be some day, so that was the biggest picture in his treasure map. He said, I was on a flight from Australia to Orlando last week and there was this problem, and this whole ruckus erupted, and I jumped out of my seat to defend the flight attendant, and when everything calmed down, the other flight attendant said, well, we need to reward Sean; let's give him Pia's phone number, the woman he helped, as his reward. He said, we went out on a date and it felt pretty good. Anyway, I saw him two months after that. I said, how's it going with Pia? He goes, oh, it's pretty serious. We're really getting along. It's really great; she's just perfect for me. She's a flight attendant; she doesn't mind my travel schedule. Then on December 26th, last year, I got an e-mail from Sean that says, I woke Pia up this morning at 5 a.m. before dawn and I took her on a hot air balloon ride over the desert; we're in Dubai. We rented this hot air balloon and then the hot air balloon landed in the desert and I had a Jeep pick us up and take us to a desert resort for breakfast. Then I had a helicopter pick us up and we flew over Dubai to see the whole city. Then the helicopter landed on the top of the Burj al Arab Hotel, the tallest hotel in the world. We landed on the top of the hotel; I got special permission from the Sheikh. When we got out of the helicopter I got down on one knee and proposed to her, and she said yes.



Then a few days later they get back from Dubai and I finally get to meet Pia, and I said, okay, Pia, I've got to ask you, when did you know that Sean was the one for you? She said, on our second date he showed me his treasure map, and when I saw what he wanted his life to look like, it totally matched my life, and that's when I knew I'd marry him.

AMY: Get out!

ARIELLE: Sean only did one thing. He didn't even believe in any of this. He just made the treasure map and look what happened.

AMY: Wow. Oh my gosh, that's so inspiring! I'm tearing up over here; my goodness. Wow, that is fantastic. What a great story; my gosh. Thank you so much for the call today. I've just been blown away from the information, and I know that you've given a lot of it, and one of the things that I'd like to ask all of my Women Masters is if people just take one takeaway from the call today, what's the one thing you want to make sure really gets taken away for everybody on this call?

ARIELLE: It's simply this: big love is possible for anyone at any age. I know that for certain. I have so much evidence that that's true, so whatever your situation is, whatever it is, I can give you a story of somebody in a worse situation that manifested a soul mate, so don't use it as an excuse.

AMY: Great, so just that it's possible. Everybody just breathe in that takeaway, and know it in your heart and your soul, for yourself, for this area of your life, for all the areas of your life. Really breathe that in, that it's possible for you to manifest and create whatever it is that your heart's desiring, in every aspect of your life.

With that, please give our listeners an inspiring homework assignment. I know that maybe there's three things; I know that you like to do three things that people can put into practice, with all these principles that we've been discussing.

ARIELLE: Yes. Make a list of who you need to forgive and then forgive them, and if you don't know how to forgive them, read my book; there's simple steps in there.

AMY: Good; yes.

ARIELLE: Start making your soul mate wish list, and make space in your closet.

AMY: Great. Forgiveness; what you want to be attracting, that soul mate wish list, and then making literal, physical space in your life for this new person.

ARIELLE: Yes.

AMY: Excellent; thank you so much, and thank you to everybody for being on the Women Masters call today with the amazing Arielle Ford. What an outstanding call; I'm so thrilled. Her



website, again, is SoulmateSecret.com and EverythingYouShouldKnow.com, and also, just wanted you to do a quick plug about the Spiritual Cinema Circle DVD club.

ARIELLE: Oh, I'd be happy to do that.

AMY: Could you do that real quick?

ARIELLE: Yes. Spiritual Cinema Circle is a DVD club that specializes in inspiring, uplifting movies. In the past we've had movies like The Secret, but we've also had all kinds of feature films. Right now we're shipping a great collection that has the documentary 2012: Science or Superstition, that has experts and scientists and shamans talking about the 2012 phenomenon, and that comes with three short films, one of which is called The Wednesdays, which is one of the coolest short films I've ever seen. It's from Ireland. You can try it for free if you go to SpiritualCinemaCircle.com, there's a free trial offer, which means we send you four films for free. You get to keep them; you just pay \$4.95 shipping, and then if you don't want to stay on you can cancel at any time.

I do want to tell you the upcoming films we have. In August we're going to be sending out the Michael Beckwith film, Spiritual Liberation.

AMY: Oh, great. I just heard Michael speak over the weekend and he is so amazing.

ARIELLE: Right, and that goes out with a feature film called Outsourced, which is a romantic comedy about a call center in India, and two short films. Then in November we're going to be shipping the Wayne Dyer film, The Shift, with three short films, so there's great stuff coming up. The regular membership fee is \$21.95 a month, but like I said, there's a free trial offer to give it a try, and I've been involved with them for six years and it's just really fun to get to see movies, many of which you never get to hear about. These are movies that we find at film festivals all over the world that never make it into your local cineplex.

AMY: I love it, and I love thinking of everybody, as they're going out manifesting their soul mates, having these movies, this whole big stack of movies about love and compassion and inspiration to watch with their new soul mate that they're going to attract.

ARIELLE: Right.

AMY: Yes, that's great, so make sure, everybody, to check that out as well. With that we'll wrap up the call today. Next week: Lisa Nichols everybody! I'm so excited to welcome Lisa Nichols to our call next week. She's our next Women Master, she's going to be fantastic; teacher in The Secret, author in the book No Matter What, she's great; you're going to love her if you don't already love her, and with that I'm going to go ahead and let everybody say goodbye and thank you to the amazing, outstanding Arielle Ford. I'm going to go ahead and un-mute the phone lines, so please give her some love and gratitude.