

ARE YOU WEARING MATE REPELLENT?

I was lonely. I knew that if I could just find the right sweetheart, out there in Singleland, everything would turn out fine. Decked out with some new clothes, I went a-hunting.

There she is! My lifemate. Yes, I could spend the rest of my life with her. The woman who will bear my children. I ask her to dance. She offers me that kind of half-smile especially reserved for social lepers, and says maybe later. Right. Christmas, perhaps.

Undaunted, driven by hormones and some kind of love vacuum, I forge on. The next three attempts meet with similar rebuffs. And it's off to the rest room to regroup. Poised in front of the mirror, I review my check list:

Hair combed?...Check.

Shirt tucked?...Check.

No foreign objects hanging from my nose?...Check.

Ah-ha! Now I see the problem. It's those big red letters stamped on my forehead, "Caution, Ladies: The surgeon general has determined that this male specimen is in desperate need of companionship. Any form of kindness shown, may result in being emotionally smothered, and will most certainly be hazardous to your emotional health."

So what's going on here? The greater my need for a partner, the less I'm likely to find one? Don't tell me dating is like borrowing money; you only get the loan if you can prove you don't need it. I mean, what's the deal here? Is this some kind of sick cosmic humor?

No. It's just the universe reminding me that I have to find love in my own heart, before I can find it in another. The instant I attribute my joy and wholeness to another human being, I create a dependency on that person. The recipient of this dependency usually feels clinged to...smothered. And most people don't like to be smothered. Most people hate it. Conclusion?

Desperately needing companionship, is the world's most effective form of mate repellent.

That deep yearning for another, that intense loneliness, is indeed a warning sign that something is missing from life. But what's missing doesn't come packaged in a mini-skirt or three piece suit. What's missing is self-love. What's missing is a deep experience of self-acceptance and self-appreciation.

When we can create in our hearts the genuine willingness to be alone, and to be alone forever, what we are left with is our relationship with self. So how do you want to relate to you?

Consider the possibility that when we bring our joy to a relationship, instead of trying to get joy from a relationship, the desperate urgency for another falls away. We start to have fun again. And of course, that makes us incredibly attractive.

**To purchase the entire book
'Outrageously Fulfilling Relationships'**

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