

THE STAY AT HOME PLAN TO MANIFEST

YOUR SOULMATE

10 Easy Tips



THE STAY AT HOME PLAN TO FIND YOUR SOULMATE

This is called the STAY AT HOME PLAN because you can do most of the tips without leaving the house, and if you do, it'll take little effort and practically cost you nothing.

What does it mean to “stay at home”?

Staying at home means you have let go of the attachment to search for a man. You have let go of the need to “be there” just in case your soulmate is there, too. You have let go of the uncomfortable feelings and fear of being alone again on a Friday night. You are embracing your loneliness without feeling alone. Staying at home is peace. It's rest. It's a safe place you can lay your head. Just like marriage would feel. Magical things can be created from your home.

Many women hurry around for the quick fix to their love lives. Only to find that the answer is within them. With one flick of the right inner switch, your blessings are set loose. Your ships come in over a calm sea. Alpha females, are women used to controlling their lives and circumstances, but love is one of those areas that present a challenge. But does giving up control, mean giving up? Not at all. It just means that you are finally giving up control and handing it to your higher self. The self that knows better, that is more secure, and can trust. This builds faith. Faith brings rewards and sudden shifts that can change your life overnight.

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The following tips can be used in any order. You can put them to use right away, tonight, today! It's a true testament to the fact that you have everything you need to manifest love. All you need is the right amount of energy, not necessarily more time.

TIP 1 Take A Risk

Do something big, bad and bold. When was the last time you took a vacation alone? Or crash a party of complete strangers? What about walking through the hallways of a hotel and eavesdropping on the rooms you walk by? Taking risks stirs your world. It brings in a flux of new energy, people, and events. It's also instantaneous. The rush you feel through your veins, the images that pop in your mind as you anticipate your outcome, all dispense positive energy that can bring you luck.

If taking a vacation alone isn't your thing, then take an emotional risk. Tell someone something you never would. Do you think your friend is just the best person in the world? Tell them. Do you harbor feelings of desire for a close friend? Tell them. Do you want someone to know how much you really care? Tell them. Don't be attached to the answer, be attached to the freedom of speaking your mind. You are only opening up more possibilities.

TIP 2 Say Yes More

You see all those event invitations in the mail, inbox or Facebook page, go to one, or two. Maybe more! Instead of automatically clicking "no", click yes, or maybe. Keep your options open. Just because you may never have said yes before, doesn't mean that can't change. Check out "[Yes Man](#)" starring Jim Carey. It's funny, life changing and will leave you in a good mood. You'll want to pick up the phone and say YES!

TIP 3 Don't Go Online

Yes, I said it! Don't do it. At least for a week. Don't use it as a conduit to find love.

Those Eharmony commercials are enticing, but online dating should be part of your plan, not the only plan. It's like a 401k. It works while you're working on other stuff. For now, turn inward, use your inner resources to find love. You have everything you need! Also, getting off the Internet will compel you to be more social. You'll also read more, exercise more, and use the time in more positive, self esteem lifting ways. You want the energy to move not get stagnant.

TIP 5 Run

Whether you run or hit the gym, any kind of exercise will get your mind moving in the right direction. You'll feel inspired. You'll start (or keep) looking great! You'll also feel like anything is possible. Running is one of my preferences. It clears the mind, rushes the muscles with blood, and is one of the most peaceful experiences of listening to your breath. You can repeat affirmations in steady successions as you run without worrying about reps. You can also meet fellow runners and join running clubs. It's a whole, new world that can open your social sphere, and let love in.

TIP 5 Vision Board

Gather some magazines and newspapers. Clip out images and make it all about love.

Get a nice piece of oak tag. Clip out photos of what your lover would wear, eat, travel,

drive. What do the two of you look like together? Are you two social? Are you spending most of your time alone or indoors together? Have as much fun with this as you can. Lose yourself completely in it. When you look at the vision board it should make you tingle. If it doesn't keep working on it.

TIP 6 Imagine

Write out a series of letters or emails of an imaginary conversation with your lover? What are the two of you talking about? What do they say? Do they call you a certain nickname? It can be a conversation about anything. Maybe a problem you are having, or an issue you are examining. It can also be about nothing or just sweet talk. I've known several women who've tried this. A few of them told me, when they met their soulmate they knew instantly because remnants of what she wrote down popped up in the conversations. Real-life conversations. Have fun with this! It's also pointed energy, like the vision board, running and other methods, it keeps your thought on one purpose, channeling throngs of positive energy to manifest. Try it.

TIP 7 Ask Friends To Set You Up On Dates

Write an email to your email list. Tell everyone you want them to set you up. Call it a research project for a book or whatever. But the point is to get them to hook you up with at least one person. You can even give a cash reward and make it fun. The cash reward will entice strangers on your email list, but family and friends should be happy to oblige

without it. But either way, offer something. It can be your own experiment to see how many dates you can be set up on. Have a goal. 10? 20? 50? You can't be shy about this. This is your life. Most people have no problem asking for a job referral, and they should have no problem asking for a love referral. What do you have to lose?

TIP 8 Hope Chest

Creating a hope chest is one of my most popular tips. It's actually a practice from the old country with all sorts of myths and superstitions. A hope chest is a place where you put your desires. Photos, trinkets, tickets, dolls, names, or anything that is a reflection of the relationship you want. Perhaps you see yourself living in a house with your soulmate. Drop a set of keys in your hope chest. Perhaps, a photo of a couple in front of their home. A hope chest doesn't have to be a chest, it can be a pretty shoe box, or a jewelry box. You can find these at any discount store or around the house.

TIP 9 Make Meals for Two

Hey, at least you'll have leftovers. But start to learn and feel comfortable cooking for two. So no more cooking 1 piece of chicken and 1 serving of veggies. Cook more servings. No more 1 cup of tea, but take out an extra cup. It's symbolic of being in a partnership. You want to embody that feeling. Once you feel it, it can BE it.

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TIP 10 Buy Extra Soap, Towels, Domestic Supplies

When I was single, I had stacks and stacks of soap and bathroom tissue in my linen closet. I never ran out of anything. When guests came by they envied all my supplies. It already felt like I was living with someone. That's the feeling you want to go for. You want to choose abundance and supply, not lack. You don't want to resent your partner before you even meet them. If you are holding out on buying extra towels or even a better mattress until he comes along, then you are harboring resentment. You'll only keep him away. So, stock up!

What's the next step?

[The 9 Tuesdays Let Go Plan](#). It will set the course for a new relationship in a self empowering way. [Download](#) instantly!