

## **Our Heart's Desire as a Guide**

The desire for a deeper, more fulfilling relationship calls us to be more authentic, present in the moment, and “partner ready” than we have ever been in the past. This desire is our North Star, guiding and lighting our way toward our own compelling vision. It shows us the excess baggage we are carrying from the past and how our ideals of a fantasized future can get us off path. It asks us to recognize our gifts and passions as the essence of who we are and as our fuel for moving forward. This beacon illuminates the skills and tools we may want to gather to empower us along the way. It inspires us to live in authentic, proactive ways that are in alignment with our deepest heart's desires.

Our authenticity is our wholeness. It is a conscious act of reclaiming what we knew as children about ourselves: that we are naturally vibrant, healthy, playful, expressive, soulful, happy. It involves accepting and loving all parts of ourselves. In doing so, we give ourselves and others permission to fully express more of the Love We Are. It means living with awareness of our core values and appreciation for who we are. The depth of our ability to relate is a function of our wholeness: our willingness to stand naked before the world, exposing both our strengths and our perceived weaknesses, which in fact are the fabric and texture of our true beauty. This beauty is not diminished with age but becomes more compelling.

Being present in the moment is a vital component of manifesting a deep desire and being able to receive it. To be in present time, we must get complete with our past as well as with fantasy futures and unattainable ideals. It entails working to release old emotional attachments, longings, and regrets, and neutralizing our grudges and complaints in order to restore hope and generate more space in our lives for new possibilities. It also means relinquishing a fantasy future in favor of generating something more authentic, something anchored in our values, skills, and true desires. Rather than being wistful, we are now actually manifesting something tangible and meaningful.

When we are more authentic and present in the moment, we are laying the foundation to be “partner ready.” Our next step is to develop and hone our skills in relating. To do this, we start noticing and appreciating couples who interact in loving and honoring ways. We find people who can help us develop our ability to communicate and connect, give us new insights and wisdom, and teach us tools to relate in new and exciting ways. In then practicing these skills everywhere we go, with everyone we meet, we are gaining more confidence and comfort in relating and begin attracting more quality interactions. We are fully on path toward our North Star.

Are you ready to embark on this Path to Love? If so, we invite you to attend our workshops or schedule a personal consultation with us. We look forward to supporting, serving, encouraging, and celebrating you and your journey!

*Tim and Eileen Murphy*

*In our work, we offer workshops and counseling to support people in clearing out the past, discovering who you authentically are, being present for life's experiences, being partner ready, designing and stepping into your life work, and in attracting the relationship you most desire. We are also Matchmakers with Operation Soulmates, an organization dedicated to connecting singles with others desiring a quality relationship.*