



DR. KEESHA EWERS: Welcome to The Woman's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha Ewers, your host, and I am delighted to be interviewing Arielle Ford today for this session.

Arielle has spent the past 25 years living and promoting consciousness through all forms of media. She's the author of the international bestseller *The Soulmate Secret: Manifest the Love of Your Life with the Law of Attraction*. Her latest book *Turn Your Mate into Your Soulmate* offers a groundbreaking shift in perception showing couples how to have a deeper, more loving and more fulfilling relationship. She's been called the cupid of consciousness and the fairy godmother of love and lives in La Jolla, California with her husband and soulmate Brian Hilliard and her feline friends. Welcome to the Summit Arielle.

ARIELLE FORD: Thank you Keesha. How are you?

DR. KEESHA: I am very good. The Summit's name is Woman's Vitality: Caring for Yourself, Body and Soul, and I think one of the biggest drainers of female vitality when a woman is in relationship can be dissatisfaction in relationships.

I think that for women – and men likely too, but I've studied women my whole life; my research is based on women's sexual desire – the biggest cause of low libido for women is relationship dissatisfaction. So I love having you on the Summit to have this conversation because I think this is a big cause of stress. Loss of vitality for a lot of women is when their relationships are not fulfilling to them. Would you agree?

ARIELLE FORD: Oh 100% and really so much of the problem is that women are constantly seeking the impossible, which is perfection.

They tend to be heat-seeking missiles when it comes to judging and criticizing their partner and themselves. I would say they judge themselves more than they even judge their partner. There's a way to really change that and shift that if you understand that most men in a relationship, the only way they can be happy is if you're happy. But most women don't have the skills to actually convey what it's going to take to make them happy. They rely on bitching, moaning, complaining, nagging, threatening, harassing, none of which works.

DR. KEESHA: This is something I really want to make sure people hear: your partner cannot read your mind, ladies. He cannot read your mind. You have to be able to understand what makes you tick, what makes you happy, what your wants are before you can convey them to another. Often I hear women say "Well, I don't even know what I want, but if he loves me, he would know what I want."



ARIELLE FORD: Right. I think in your field they call that magical thinking.

DR. KEESHA: Yes.

ARIELLE FORD: And it doesn't work. What you just said is so true. In order to have a great relationship, we first have to become emotionally mature adults who are personally responsible for our own happiness. Once we know what makes us happy, then the communication skills to convey that are unbelievably simple and easy. Stupid simple and easy! But if you don't know what you want, you're going to keep getting what you always got, which is more of the same discontent, unhappiness and everything else that goes with that.

DR. KEESHA: I can't agree more. One of the things we talk about is the premises of the law of attraction. When we start talking about the law of attraction, you have to be crystal clear about what it is you want to attract. If you're not crystal clear – which means being crystal clear inside of yourself first – then you're going to get a mishmash because you mishmashed yourself and you'll just attract that to you.

ARIELLE FORD: Yeah. It's like I always tell people: imagine you walked into Starbucks and you were standing in front of the barista and all you said was "I'm thirsty."

DR. KEESHA: Oh that's a great analogy.

ARIELLE FORD: "I'm thirsty." Now they would probably just hand you their favorite drink because you haven't said what you want. Now if you said "I want a grande half-caf, half-decaf almond milk latte with a spritz of foam on top" then you know 90 seconds later they would hand you the drink that says Keesha on the side of it and it's exactly what you ordered.

That's how the law of attraction works. When you're clear and you send strong clear messages out to the universe, the universe can say "Yep, got it. Give me a minute. I'm going to deliver it for you." But if you just go with "I'm thirsty" well, you know, it'll try and send you stuff but it may never be the right stuff.

DR. KEESHA: That's such a great picture in my mind. Just to be clear, I would never walk in Starbucks and order anything like that, I'm really clear about what I want and it's not coffee and it's not sugar. That's really, really good.

I think that one of the delightful aspects of speaking to you for me is to help women get this language – really stupid simple, as you said. You said communication: once you know what you want, can be stupid simple. So give us some examples of that.

ARIELLE FORD: Well, before we do that – because I want to definitely do that – let's just start with a basic, basic thing so that we're on the same page.

We're talking about love, but most people don't really understand what love is. They think that love is a feeling. "I know that I love you because I feel it. That's how I know that I love you or I'm in love with you."

But the truth is, yes love is a feeling, and when you're in love it's what I call the socially acceptable form of insanity because your brain is just cascading with dopamine and adrenaline and oxytocin and it lasts for 6-18 months and then it's gone. But real love – real emotionally mature adult love – is first and foremost a behavior. It's a practice. It's a decision. It's a commitment. "I'm choosing to love you, all of you, all the time, because I say so. There are going to be plenty of days when not only do I not feel the love, I might actually hate you." What we need to understand is that this is normal; that we don't feel the love all the time, but it doesn't mean that we don't act lovingly.

So the first step in really healing a relationship is to make a clear choice: "You know what, you're my mate and I'm going to love all of you, even if it takes a little bit of extra work on my part, or even if we have to have some hard conversations."

DR. KEESHA: Beautiful. I think it's really important that people do understand that, yes, even when you love somebody, you can hate them at the same time.

ARIELLE FORD: Yes, and there are so many ways in which people bought into the happily-ever-after myth: "Well, if he's really my soulmate, then he would know how to make me happy. If he's really my soulmate, it wouldn't be this hard."

I'm sure you're familiar with the work of Dr. John Gottman who has proven in his marriage lab that every couple has about 9-12 irreconcilable differences. These are things they're never, never, ever, ever going to agree on, and yet we're expected to lead a long, happy life with them.

The way we do this is by learning to love and respect the person's otherness, their differences, and then being creative and learning communication skills so that we can come up with creative solutions because you're not going to change and they're not going to change, but you are going to be living together with these very differing point of views.

DR. KEESHA: I think that the statistic that Dr. John Gottman says is there are up to 64% of things that you won't agree on. It's pretty high.

ARIELLE FORD: I haven't heard that, but it doesn't surprise me. It really gets to what is the real purpose of marriage? What is the real purpose of soulmate love? According to my other

favorite expert, Harville Hendrix, it is to heal our deepest childhood wounds so that your soulmate – this person who you're madly in love with, who you feel this unbelievable connection with – comes with a playbook on how to push all your buttons, and that's also normal.

I think that if you start to understand that (a) it's not always going to be easy, and (b) conflict is a normal part of the thing, then you can begin to have more fun with it and have more ease with it.

You were asking what's an example of how to ask for what you most need? One of my favorite examples is about garbage. For you listeners out there, how many times have you asked your husband to take out the garbage – maybe the garbage goes out every Sunday night – and it doesn't happen? It doesn't happen until you're shrieking or carrying on or you do it yourself. It's just this ridiculous but crazy thing that makes you nuts. It's highly annoying especially if it's been going on for decades.

Here's the solution to that: the next time it's Sunday night and the garbage still isn't out and you've had to ask for the 10th time. When he finally takes the garbage out and he walks in through the back door, walk over to him, give him a hug, and then whisper in his ear "You are my hero. Thank you so much for taking out that stinky, smelly garbage. Because you took out the garbage, I don't have to think about it anymore and I don't have to get my beautiful princess hands dirty touching it. I love you, you're an amazing man, I'm so grateful you're in my life" and walk away. That's all there is to do.

If you do that once, chances are he's never going to forget it, and he's not going to forget to take out the garbage. Why? Because (a) you weren't bitching at him, (b) he was acknowledged, he got to win, and (c) you finally explained to him why it's so important to you. You just don't want to have to touch that shit, you know? Who does?

They're easy. Somebody said to me "It sounds like you're teaching us how to train a dog or a dolphin" and in some respects, that's true. Men want to do three things: they want to make you happy, they want to win, and they want to know why you want what you want. They need to understand what's good about it; what it is going to fulfill in you. And if you've given those three things at the right time and with the proper tone of voice, you can pretty much have anything that you want.

Now the tone of voice thing is crucial, really critical. If you've been saying "Well, I tell him all the time what I want" but you're rolling your eyes, you're sarcastic or you're mean or you're bitchy – you've been tuned out. You're big mama. You're the big pain in the ass woman who's trying to tell him what to do. You're never going to get what you want.

If you say to him "Hey listen, I have this little problem that I really need to talk to you about. I need your help with it. Do you have ten minutes sometime today to talk to me?" Then let him tell

you when. Then when it's your time for your ten minutes, make sure you're in a neutral place. Don't show up pissed off. Show up in a really nice, neutral place and say "I know how much you love me and I know how much you really care about my happiness. Here's what my issue is and this is what it's about. Do you think we could come up with something creative that works for both of us?"

DR. KEESHA: I think I was the one that said about training the puppy when I interviewed you on my radio show!

ARIELLE FORD: Well, I love that.

DR. KEESHA: I know. I think it's so true that you don't want to shoot the dog when it misbehaves. I'm coming from a place where dogs are unconditional lovers and, really, 'god' spelled backward. So anybody that's offended by hearing that I'm comparing my husband to a dog, my husband would be very honored to be compared to our dogs, believe me.

But I see it when I train a new puppy that comes into our family, I see that. I don't want to beat them with a rolled up newspaper. I've raised four children and it's the same thing that you don't rub their noses in the sheet when they wet their bed. What you do is you catch them doing what it is you want them to do and you praise it. That's positive reinforcement and I believe that we, as couples, are training each other all the time. What's your method of training, is it negative reinforcement or is it positive reinforcement? People chafe under negative reinforcement, so what's your partner going to do if you're doing it that way?

ARIELLE FORD: Yeah, Harville says that there is no such thing as constructive criticism; that all criticism is a form of violence. In his workshops he makes people take a vow not to criticize each other. Imagine that. Imagine that your vow is to love and support your spouse.

DR. KEESHA: Yeah, I love Harville Hendrix. He and David Schnarch and John Gottman are all very pivotal in what I do and when I work with couples. I think that this is a really important thing that we're talking about.

If you talk about love languages, some of the work that Gary Chapman did, a lot of people have a love language of words of appreciation. My husband: he'll hear everything as criticism if it's not positive, so I have to be really careful about how I approach him and how I speak to him, otherwise he's going to feel like his love tank is completely empty.

ARIELLE FORD: Yeah, I love Chapman's work and anybody who doesn't know The 5 Love Languages, just Google it. You can take a free quiz online and find out what yours is and what your spouse's is. It will alter everything. If you're somebody who only feels loved when somebody buys you a big, fancy present, and you're with somebody who wants words of love or



they want touch, and you keep buying them presents, they're not going to feel loved, because that's not meaningful to them. It's meaningful to you, but it's not meaningful to them. So learning the love languages, I think, is critical to a good relationship.

DR. KEESHA: I do too. When I interviewed you on the radio, you said that you and your husband have similar love languages. My husband and I are opposite. So we've had to learn each other's love languages.

It was very freeing and very empowering to do that because it was a big epiphany, like this big light bulb went on inside of our relationship. "Oh, so when I do this, you don't even recognize that as an act of love?"

The way that you can tell outside of that quiz is you can actually look and see what do you do for your partner to help them feel loved because that's the thing you want back. We're experts at the love language that we want. So you can observe yourself and how you are.

ARIELLE FORD: That's so true. So true.

DR. KEESHA: So rose-colored glasses is basically what you're talking about here.

ARIELLE FORD: Yeah. The research has been done. Couples who consciously choose to wear rose-colored glasses have longer, happier, more satisfying relationships because they're always looking for what's right instead of looking for what's wrong. I don't know which one of our favorite experts said this, but somebody said you should be giving your spouse five appreciations every day. Really start to notice things like "Honey, I saw that you were helping little Johnny with his math homework. That was so great of you, and by the way, thanks so much for taking the dog to the vet the other day. I just haven't had time to do it" and "When you noticed how tired I was and you started to rub my feet on the couch last night, I can't tell you how grateful I am that I have such a loving, adoring, devoted husband."

You start sharing stuff like that every day, you're going to not only get it back, you're just going to be building all these little new heart crystals between the two of you because people want to be acknowledged and appreciated.

DR. KEESHA: It's true. Often we'll scream about not being appreciated when, at the same time, they're not doing much appreciation.

ARIELLE FORD: Yeah I know, especially if you're caught up in the cycle where you haven't been getting along for a really long time and there's all this built up tension and disappointment. It may be hard to think about "Well, I don't have anything nice to say at all."

One of the practices I think that's really great for that is to sit down and write them a letter of all the things that you haven't said that you want to say. But you're never going to give them this letter, just purge it. Just get it all out and then burn that little sucker. Then sit down and write another letter where you start to remember all the wonderful times you had in the early days when you first got together: the things you did and saw and appreciated about them. As you write that, see if you can turn it into a really gushing love letter and put it in a really pretty "I love you just because" card and then leave it somewhere for them to find when you're not around. That will begin to open the door to a new love connection.

DR. KEESHA: This is one of the assignments I give when couples come to me for therapy. I ask them to write down the reasons that they got together, the things that they adored about their partners, and to really try and reclaim some of those memories. It's a way that I can tell how close people are to the precipice. I don't believe every relationship should be saved, so I can tell where people are at inside of that relationship cycle and their willingness to stay together and to make it work. If they're unwilling to do that very simple exercise, then that tells me some very good information.

ARIELLE FORD: Yeah. Some relationships definitely come with an expiration date and it doesn't mean that they weren't your soulmate or that everything was bad and wrong. It's just over. People don't know how to end a relationship without conflict: there's got to be a good guy and a bad guy, a right and a wrong, when the truth is it just may be over. It just may be complete.

DR. KEESHA: Right. You had a contract, you taught each other what you're supposed to do and it's time to move on. I think you're right: blame and shame is what has to get into the middle of it in order for it to dissolve in the way that we do things in our culture. If you can move beyond that and do this in a way that honors and respects each other, if there are children involved, particularly, this is the highest ground that you can take when it's time to move on because it leaves very little damage to your children. But, boy, when you start tearing your partner apart to make yourself feel okay about leaving them, that's a very immature way of dissolving a relationship.

ARIELLE FORD: Wow! Painful for everybody.

DR. KEESHA: You talk about Wabi Sabi love. Let's hear more about that.

ARIELLE FORD: Wabi Sabi is an ancient Japanese aesthetic that honors all things that are old, worn, imperfect and impermanent, and it seeks to find beauty and perfection in imperfection. For example, let's say you had a big, mean vase and it had a long, crooked crack down the middle of it. The Japanese would take this broken vase, put it on a pedestal, and shine a spotlight on the crack. So in Wabi Sabi love, we look to honor and find beauty in our own cracks and especially those of our mate.

For example, there was a woman I know who came to me once and said she was thinking about leaving her husband of 16 years because he was just such a messy slob and she was a perfectionist and she liked the house clean, neat and orderly. No matter what she tried he was still a slob and the only thing that was keeping them together was that he was out of town two weeks of every month. While he was away she could have her perfect house, but then within hours of him getting home, things were a mess again. As much as she thought she still loved him on some level, she didn't know if she could live with a messy husband.

So I asked her "Do you have a dog?" She said yes. I said "Does your dog shed?" She said yes. I said "What do you do when the dog sheds?" She said "I vacuum up after him." I said "Do you love your dog?" And she got really quiet when she said "Oh my God! My husband sheds." She really got in that moment that just like the dog can't help shedding, neither can her husband.

About a year after this happened, I called her because I wanted to find out if this was just a momentary 'aha' moment or whether something shifted. I asked "How are you doing, how are things with your husband?" She said "They've never been better. In fact, things are so good he quit his job and he started a home-based business so we can be together 24/7." She added "Yes he's still a slob, only now it doesn't bother me anymore."

DR. KEESHA: That's great.

ARIELLE FORD: That's true Wabi Sabi, right?

DR. KEESHA: That's Wabi Sabi.

ARIELLE FORD: Yeah. He didn't change. She shifted her perception about his behavior.

DR. KEESHA: That is so wonderful. I need to think of that as my husband shedding. The way that I did this shift in perception – and I've told you this story before – but I realized one day when I was getting grumpy about seeing his coat on our dining room table, yet again, and his shoes in the very center of the door where no one could come in or out. I was going around picking up after him and I thought "The minute that I don't have this obstacle in front of me, my husband is dead. Something's happened and he's out of my life." And I thought "That's not what I want. I love him and so I'm just going to keep this as a reminder of this companionship and presence and love that I have in my life and not get so grumpy about it." Does that mean I don't ask him to clean up after himself? No. But I'm not grumpy about it any longer. It doesn't actually alter my mood anymore when I had that moment that this means that I have this beautiful presence in my life. That's how I came around to it.

ARIELLE FORD: Yeah, Brian did that with me because I'm the messy one. He was constantly asking me to move this and change that. Then one day he just said to me "You know, I realize you have a blind spot when it comes to this and that and I'm the one who's having the problem with it, so I'm just going to clean up after you." And that's what he does. He does stuff that I don't like, like leaving the refrigerator door slightly ajar – always. I used to say something to him, that it used to drive me crazy, but then I thought, you know what? It takes me one second to push it shut. I always leave drawers slightly open, which drives him crazy, so he just closes them after me.

I mean, it's just this little stuff. It could have a big meaning and make us crazy, or we could choose to get over it and pick our fights. Some things are not worth fighting about.

DR. KEESHA: Exactly. I think that's the important thing. It's the same with raising children. It's the same with working for somebody or if you have employees. You have to pick your battles. It's the same with your mate. You have to learn to pick your battles. What's really, really important to you that you want to really go to the mat about and discuss in depth, and then what can you let go and shift inside of yourself?

ARIELLE FORD: Right, because the truth is everybody's really doing the best that they can. Nobody woke up this morning – your husband didn't wake up this morning – thinking "How could I make Keesha crazy today? What could I do to really piss her off?" But we live like people are operating that way. The truth is they're not. They're not trying to make us crazy, they're just responding to life the way that they do, just as we are.

DR. KEESHA: Okay. Actually I have operated in a different way than that before, and I see couples doing it. David Schnarch calls it normal marital sadism, where you know exactly what makes the buttons of your partner go red, and if you are feeling hurt, unnoticed, unwanted, invisible, or whatever, and you get into that immature way of tit-for-tat, then normal marital sadism says you will push a button intentionally to drive your partner crazy.

So I think that that does happen. I do want people to hear that; that sometimes your partner is not doing the best they can. Sometimes they are intentionally driving you crazy. If that is happening, there's some hurt on their end. So it's time to sit down and have a communication about it.

ARIELLE FORD: And you can just ask them "Are you doing this on purpose? Are you actually trying to annoy me?" Try to do it with a light tone of voice. "Am I driving you so crazy that you purposely now want to drive me crazy, or are you just unintentionally driving me crazy?"

DR. KEESHA: Right.

ARIELLE FORD: Everything doesn't have to be World War III.

DR. KEESHA: Exactly. I told you before that my husband and I invented accent therapy. We do the light part of that by talking in a different accent and it helps so much. When I move into my British Cockney accent, then he knows and he responds with an Indian accent and we can actually talk out some fairly gnarly things if we are in that space.

What I've realized in neuroscience is it trains a different part of the brain than the hippocampus, which has those memories that are sending me into my fight-or-flight response. In fight-or-flight I can't pull up an accent. The place where I have to actually go into an accent in my brain allows me to use my adult self to communicate. It's just fascinating. So he'll do his Indian accent and I'll do a sassy British girl and we can discuss some things that would ordinarily maybe trigger one or the other of us. We've developed this way of being light and it's very funny.

ARIELLE FORD: It sounds like it would make it so much easier to get through stuff faster as well.

DR. KEESHA: Oh yes. Oh yes. Let's talk about a favorite subject that you write about, and that's the topic of soulmate. Let's define what that means.

ARIELLE FORD: I believe a soulmate is somebody that you can completely be yourself with, somebody that you share unconditional love with, and when you look into each other's eyes, you have the experience of being calm.

That's sort of a generic thing that would also cover kids, parents, siblings, coworkers, best friends, dogs, cats – these can all be soulmates. When you add in the romantic part of it, then you want somebody with whom you have all of that but that they also have the capacity to be your life partner.

You could have these "I've been with you for many lifetime feelings" but that's not an indication that they can be your soulmate life partner because every great relationship needs more than just the chemistry. Chemistry is great, but you need the connection, compatibility, communication, and also, most importantly, a shared vision for the future.

You've got to be on the same page when it comes to where you are going to live, how you are going to spend your leisure time, do you want kids or don't you want kids, that sort of thing. You don't have to do everything the same, but if you've got a picture that you're going to spend the rest of your life living in San Diego and go walking and hiking as much as possible, you don't want to be married to an agoraphobic who wants to live in the Northeast, or some dark, rainy place.

DR. KEESHA: This is really important and I think you're right. In our culture, because of the movies and the media and books and things like that, I think there's this idea that the first flush of chemistry is the sign of love, that this person really gets me. Of course, Harville Hendrix would say "Yeah that person gets you, because you're wounded at the same place."

ARIELLE FORD: Yes.

DR. KEESHA: Studies have been shown that you can walk into a bar and within ten minutes you've picked out the person that's going to get you. That means that they also have kind of that same level of wounding. But investigating further is so important, like what you're saying with compatibility, dream, vision and what you want to be up to in the world. I see a lot of people in my therapy office who didn't have that conversation before they got together.

ARIELLE FORD: Yeah, they get married too fast, too. If you're in a committed relationship with somebody, thinking about marriage, make sure you spend at least a solid year with them and meet their family and meet their friends and really investigate. Go traveling with them. People's core being really shows up when they're traveling. Get to know them and see if you feel emotionally and physically safe with them. Look at your bucket list. Are there some really core similarities there? And are you willing to be with them on the days that you're not really feeling it? Do you like them enough as a human being to work through the tough stuff, which will eventually show up?

DR. KEESHA: I heard a thing on NPR one time that you should always make sure that you see the person that you want to be with, potentially for the rest of your life, drunk and in an international airport terminal with your baggage lost. You really get to see them when they're under duress. They had five different things that you ought to make sure that you do. I remember those two because, first of all, I don't drink – I've never been drunk – so it stuck in my head. I thought "Well, no one would ever be able to see that in me." But the travel thing I do all the time. And, boy, I think about how a travel companion is in those stressful situations when things don't go as planned, you really need to investigate that if you're a traveler.

ARIELLE FORD: Yeah. Although, I have one friend who's married who is so bad when things go wrong while he's traveling – his name is Neil – that his nickname for himself is Airport Neil. He readily knows when Airport Neil shows up! He's mean, he's nasty, he's cantankerous, and he later apologizes. But his current wife saw early on Airport Neil, and he forewarned her. He said, "When things don't work out at the airport, I turn into a nasty guy. I'm really sorry, but it's just how it is."

DR. KEESHA: Well I suppose if your alter-ego is known and shows up beforehand, there's fair warning. The partner gets a chance to say "Do I want to be around this alter-ego or do I want to just say forget it, I can't handle Airport Neil?"

ARIELLE FORD: Yeah. I'm hypoglycemic, so if I get hungry, it's like Brian knows instantly. He goes "You're really hungry, aren't you?" Because I just get cranky and short-tempered.

DR. KEESHA: Hangry.

ARIELLE FORD: I get hangry and it's not pretty. I feel out of control because I start getting dizzy and lightheaded. It doesn't happen very often, but when it does, it's like "Oh, we gotta get you food right away." So he doesn't take it personally, he doesn't go "Stop being a bitch!" He just gets it, like "Oh, you need food."

DR. KEESHA: There's an Ayurvedic precept about your body types and there's a saying that you never get between a Pitta and the dinner table, because if they're hungry, well you don't want to see hangry.

ARIELLE FORD: Yeah, when I was younger, I was Vata-Pitta, and the older I get, the more Pitta I get. I had a friend and we had a nickname for her – Vata-ness. It was just like out of control Vata. She was just such a worrywart.

DR. KEESHA: Back to the subject of soulmates. I think there's also a myth that there's only one mate for you that will show up in your lifetime. This is your soulmate and if you miss the ship as it sails by you, then you're just screwed.

ARIELLE FORD: Yeah, I don't know who made that one up. It's really a terrible one. But there are hundreds of thousands of potential soulmates for everybody. That whole thing that we each only get one big love in a lifetime is just a story. It's just something somebody made up. It's absolutely not true. In fact, I know several people who've had three or more soulmates in their lifetime. One woman outlived the first two. Another divorced the first two, but she's still friends with them and she's now married to her third soulmate. So just like there's no shortage of air or water or gravity, there's no shortage of love in the world.

DR. KEESHA: I couldn't agree more. I just had the blessing, the privilege and honor of officiating my daughter's wedding last summer and people remarked about the closeness of my four children's father and myself – my co-parent, I call him. As a parenting partner, he will always be somebody I love. I adore his family and I value him. I love his wife, she's just amazing. I've pulled all of these people into my life and kept them and it's been so wonderful for my children because they not only have their parents, but also their parents' spouses that love each other.

We talk about going on vacation together and we hug and we kiss each other and really respect one another. He's definitely a soulmate of mine. We had an expiration date and so I think that

this really important: it doesn't have to be nasty or ugly, using the children as pawns. It's just, I think, an understanding that there's more than one love out there for you in different phases and evolution of consciousness that you're doing while you're on the planet.

ARIELLE FORD: Yeah. I'm glad you raised that because one of the things I come across, especially in my workshops, is women who are still hung up on an ex and don't feel like they can move forward with a new relationship. It's really good to remind people that you can still love your ex. In fact, if you love them, you may never stop loving them, but you need to stop obsessing about them.

Find a small corner of your heart where you can still love them and still have a connection with them, but open yourself up to more love. To say to somebody "I can't move on until I no longer love this person" is like trying to cut off an arm. They were a part of your life. They were an important part of your life. Things may have gone sideways and they may have done some horrible things. You can still love them as a human being, just let them go. Don't obsess about it. At the right time in the future, maybe you'll be friends again, maybe not, but quit trying not to love them.

DR. KEESHA: Well, anyone that has more than one child or more than one dog or more than one cat knows that once you have another child or another pet come into your life, you don't divide the love inside of you. I remember being pregnant with my second child and looking at my first one and thinking "I don't know if I can love anybody in the same way I love Cameron...I just don't know if I've...oh my gosh..." and just really worrying about that. Then after Colin was born, saying "Oh I get this. It multiplies!" I think it's the same with your loves in your life as adults too, understanding that there are different kinds of love. The kind of love that you have for your children is different than the kind of love you have for your partner. You just shift that love that you have for an ex-partner into a different category. It works really well if you can manage to keep that in that mature place instead of the child that feels rejected or any of those triggers and beliefs that occur that are from childhood wounding.

ARIELLE FORD: Yes, that we like to hold onto and have those big pity parties around.

DR. KEESHA: Right. You talk about universal law and how it can be used to find a soulmate.

ARIELLE FORD: Yeah, which is the law of attraction. The law of attraction states we draw to us the people, places, and experiences that match our state of being. So if our state of being is "I'm loved, I'm lovable, love comes easy to me", then that will most likely be the experience that you're having. If your state of being is "I'm unlucky in love, I'm too old, I'm too fat, I'm too damaged, all the good ones are taken, no one's ever going to love me again, I live in the wrong

city", then you're going to get to be right every single day. You're also going to spend the rest of your life alone because you're believing these thoughts that are not true.

Wayne Dyer had this great line he always said "Don't believe every thought that you have." But people do that. "Oh yes, I'm too fat." Who says? My grandmother said there was a lid for every pot and that is so true. The average size wedding dress sold in this country is not a two or a four or a six, it's a 16. There are more overweight people than skinny people in this world and most of them are married. So you can keep coming up with excuses like "When I lose weight, then I'll be ready to get married."

I had one woman in this workshop who had \$100,000 in graduate school debt and from a startup that failed and was on the verge of filing for bankruptcy. She kept insisting she was never going to meet somebody. She had all this shame and guilt about all her debt. Well, she ended up meeting this guy, and on the day she felt like she had to confess that she came with all this financial baggage, the guy was so great to her. He said "I'm in the tech world and with startups, if you don't have at least one bankruptcy behind you, you're a failure, not a success." He said "My last wife came from a lot of money. She never did anything on her own. I'm so proud of you for how hard you've worked and I'm going to help you pay off your debt."

DR. KEESHA: Wow! I got goose bumps from that.

ARIELLE FORD: Yeah. He loved and appreciated her for who she was, and here she was, this strong, compassionate, enthusiastic, hardworking woman who went out there and had this issue, and he helped her clear up her debt.

DR. KEESHA: That's beautiful. He recognized that she was a dynamic go-getter and if you're going to play in the game of life, then sometimes you're going to fail. Then you take that failure and say "Okay, that's my next stepping stone towards learning and success." I think that that's really important. That story is very valuable for a lot of our listeners, I'm sure. This is really an important precept you're saying.

ARIELLE FORD: The other thing I always tell people is whatever it is that you think is your biggest stumbling block, I always say, "Out yourself first." It's not like this is some horrible thing. It's like "You know, I'm a slob. That's what's true about me."

DR. KEESHA: Airport Neil.

ARIELLE FORD: Exactly right. It's like "Hey, here's the stuff you need to know about me: make sure I get fed every three and a half hours. Here are my weak spots: I get really defensive if I think I've done something wrong. When I get defensive, don't yell at me. Just explain to me that I haven't done anything wrong."



Whatever it is you think isn't lovable, out yourself. If they can't be with it, might as well find out really early on than invest three months into a relationship only to discover they have no tolerance for whatever it is you think is wrong with you.

DR. KEESHA: It's so true. Alright, we are at the end of this very lovely conversation. It's been a delight to have with you Arielle. What last little pearl of wisdom would you like to leave for our listeners?

ARIELLE FORD: If they want to get the first three chapters of *Turn Your Mate into Your Soulmate* for free, you can pick them up at SoulmateSecret.com. It's a really fun book that has 16 easy, simple exercises for getting your relationship back on track, or what you need to know before you get into a relationship.

DR. KEESHA: We have that on The Woman's Vitality Summit speaker's page for you also, for the bonuses. So, either way, we'll get you to that bonus and how to find Arielle. Thank you so much for sharing your wisdom on this wonderful Summit.

ARIELLE FORD: Thank you. It was really fun talking to you.

DR. KEESHA: Remember everybody to live, love, laugh, learn, and be the most fantastic version of yourself, until next time.