

How to manifest and attract Your Soulmate

ourrisingacademy.com

FYSM - WORKBOOK 04/2022 Taple of onlens

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COURSE OVERVIEW

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Ucim volent ommoles venis et aliquiatus, corro tem faccatist, nusam Hello, Jam



TUI TE KIRI, YOUR HOST AND MENTOR

Over the decade of working with clients 1:1 as a Psychic Medium I have seen all the different shades of love. I too have loved & lost I understand the frustrations of just wanting to find the one! I took a journey with Spirit to find the key to manifesting and attracting your Soul mate - I found mine and now I want to help you find yours!

I am a hopeless romantic at heart and I am so excited to share the tools and 'secrets' of finding and attracting Your Soulmate

You have come in perfect living



This is MY PROMISE

By the end of the program, you will clearly understand:

Where you could be going wrong
What you're looking for
How to align your divine feminine or
masculine to attract your partner.
Insight into what your soulmate is looking for
How you may find them.
How to manifest and attract your soulmate

You'll hear from people who have met their own soul mates and the common misconceptions about long term dating. Plus so much more!

> See you in class! Tui Te Kiri

Founder of Our Rising Academy





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Thanks for being here, your Andrea Smith

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You're looking for love



You'd like to understand how to attract your soul mate



You want to understand how to manifest with the universe



You want to break old dating cycles



You're tired of accepting less than you deserve



You need support in your dating boundaries



The Soulmate Explained

What you need to know about your Soulmate



Understanding Soulmates

SO YOU WANT YOUR SOULMATE? ARE YOU SURE YOU UNDERSTAND WHAT YOU'RE ASKING FOR?

Here's a long story short, a Soulmate is someone who comes into our lives so that together we can support each other's individual growth. Their impact is so deep that often the memories are recorded deep within our soul. This is why some Soulmates can feel familiar, even when you've never consciously met them before.

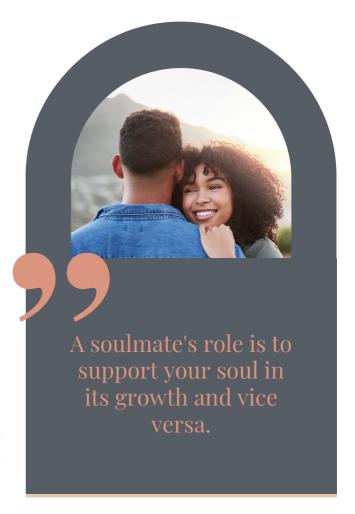
Both soulmates have chosen to connect with the intention of supporting one another.

Here are some truth bombs you may not want to know but are fabulous for your awareness.

Truth is not all soul mate connections are pleasant. Not everyone choose to grow through pleasure. Some of these connections can turn toxic if either party is not ready for growth. We'll provide some tips to let you know if YOU could be the toxic one in the relationship too.

Believe it or not just because you're ready doesn't mean they are.

What if you're still yet to experience your first love? Your first relationship. Well, you may be the soulmate your partner is waiting for but you're still yet to break your own internal battles to see/receive them.



Contrary to what most people believe, we can have as many as SIX Soulmates in one lifetime! As our human years are extending, that number is increasing!

This is because we are moving through lessons quicker than ever. Thanked largely to the internet and people speaking out; making it much easier for people to consume content and find their soul tribes much faster.



Manifesting Simplified

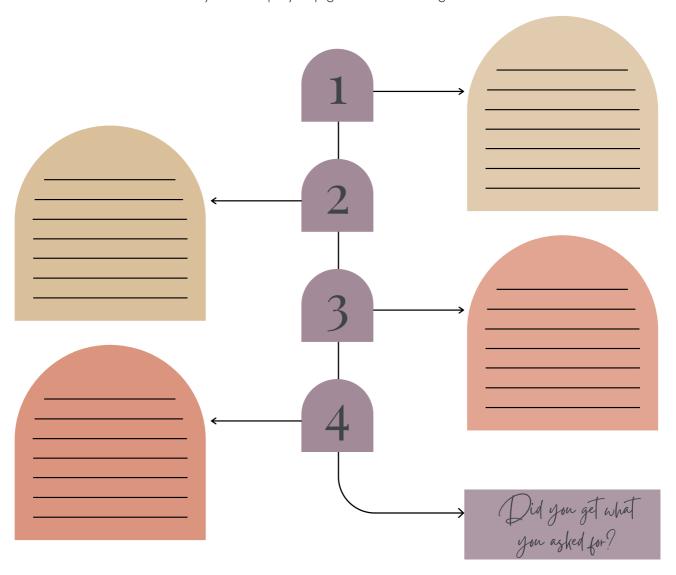
Get clear on where you could be going wrong and transform confusion into clarity so you know exactly what you want. From here we can get clear on where to go next!



Manifesting ROAD MAP

Everyone approaches manifesting differently.

Let me teach you the step by step guide to manifesting with the Universe



Manifesting Ditalls

If you don't think you're worthy of what you're asking for, it's likely going to take you a long time to manifest it.

Simultaneously if you 'fail' the second test of shadow work and aren't willing to do the work internally to make the necessary shifts, you likely won't manifest what you desire.

Manifesting SUPPORT

Lets make sure you're completely taken care of beyond this program! Here are a few questions to support you any potential manifesting pitfalls!

Decide

Am I clear on exactly what I want? Do I even know? Start with what you want to feel and get more clear on that.

Perhaps you got a taste of what you wanted and realised you need to get even more specific 2 Place The Order

Am I asking too much? Ooph I don't know if I'm allowed to ask for that?

People negotiate what they don't truly believe they deserve. Do not settle and if you do don't blame the universe you weren't courageous enough to ask for what you actually wanted.

3 Cost, Exchange or Investment

> Is the cost too high for me? Am I willing to pay for exactly what I want or am I happy with a different outcome? What work do I need to do to receive what i want?

L Receiving

Is this what I actually wanted?
Have I already evolved from this and want more?
Where do I need to add more specifics in my next order?



Finding Clarity

Lets get down to business



Getting Crystal Clear

There are so many ways to get crystal clear that I'm going to show you a few techniques to understand how to define that with the universe.

What am I not looking for?

What am I looking for?

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What am What am I not looking for? I looking for?

Manifesting MY SOULMATE

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Manifesting MY SOULMATE

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Closing the Gap

Now that you're a little clearer on wha you're looking for. What are you willing to do to get it?





THE QUESTION
ISN'T WHO'S GOING
TO LET ME; IT'S
WHO IS GOING TO
STOP ME?

This is where people get stuck more often than not when manifesting. You want what you what, but what are you willing to exchange/commit/let go of to have that

Many conscious practitioners will tell you to visualise what you're manifesting as if you already have it, and YES, that absolutely works. Essentially it's the idea that you believe it, see it, and so it will happen. You will attract that towards you.

More often than not, this style doesn't work for everyone because people feel phoney. They have a conflict between their head and heart, disrupting the energetic flow of manifestation.

I will teach you how to counteract that common problem with these next steps.

99

A good woman isn't interested in "dating" just for the sake of "dating".

She dates with a purpose. In her eyes, her time is precious and she see no value in dating a man who has no purpose.

- unknown

Owning Your Actions WHO DO I NEED TO SHOW UP AS

Showing your authentic self when chatting or in your first few dates can be difficult. Especially if you've been hurt in the past.

What if you already knew what your soul mate was looking for? What if you could sift through the crowd and find them more efficiently and more effectively?





WHO IS YOUR SOULMATE looking for?

Now that you're clear on who you're looking for. Let's take a dive in and see the world from their eyes for a minute.



3 golden tips

to understand what your Soulmate is looking for

1

2

3

Jon hink about yourself

Believe it or not, how you are choosing to show up right now may not be what they're looking for. It is likely the reason you haven't met them yet. They have their own list too.

Befref

If you do not believe you are worthy of someone or believe someone could meet your soul mate criteria then is that the person you're really looking for? or are you simply safe guarding yourself to stay in your comfort zone a little longer.

Have

Before you start this process put a very clear intention that you're wanting to understand more of what your Soulmate is looking for. Your ideal Soulmate is looking for you so help them and yourself in setting a clear intention.

Your Intention

For eg. I am worthy and ready to manifest my Soulmate. I ask to clearly sense what my Soulmate is looking for so that we may meet more effeciently and effectively.

Getting Crystal Clear

Most people find it really hard to put themselves in someone else's shoes. Especially when they have their own needs and wants in mind. If you find this challenging know if it wasn't you'd likely have your Soulmate already. You're here to stretch and grow - it ain't always easy but your Soul mate is worth it - I promise! You are worth it!

What are they not looking for?

What are <u>they</u> looking for?

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What are What are they they not looking for? looking for?

What is MY SOULMATE Looking for?

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ALTERNATIVELY HERE ARE SOME OTHER PROMPTS TO HELP SHIFT

YOUR MINDSET

QUESTIONS **ANSWERS** If my Soulmate valued (insert that values you think your soulmate would have) _____, _____ & ___ then they would be looking for someone who is... If my soulmate has ____ lifestyle then they would be looking for someone who... If my Soulmate has experienced hardship in their previous relationships then they would be looking for someone who is If my Soulmate is still learning and developing then they would be looking for someone who is or values....

If this prompting tool helped try fill out more things in the lists of what they are and are not looking for.

99

The same energy used to point out someone's flaws, can also be used to work on your own.

- Mark Sutton



Can I share my thoughts with you?

I feel like so many people want and sometimes demand that their Soulmate or perfect person has their 'shit' sorted before we step into their lives as if we are already perfect as we are.

Truth is no one is perfect. You may have discovered that there are somethings on your Soulmates list that you don't yet measure up to.

Well this is your wonderful opportunity for you to roll up your own sleeves and do the work necessary to manifest exactly what you're looking for.

Not everyone will need to do more work on themselves. Some people are ready, exactly as their Soulmates want them to be. All they need to do is rip off the bandaid and start digging through the singles to find them provided you're not looking for a polygamous partner in case go for gold! If that 's what you're manifesting.

CLOSING THE GAP

Use this tool to write down the key differences between where you are at and where your Soulmate needs you to be. Know that the universe will be teaching them this same lesson in the way that suits your Soulmate best.

WHAT DO I NEED TO WORK ON? WHY IS THIS IMPORTANT FOR ME?
WHY IS THIS IMPORTANT FOR ME?
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CLOSING THE GAP

WHAT DO I NEED TO WORK ON? WHY IS THIS IMPORTANT FOR ME? ACTION STEPS ROAD BLOCK oi02 03 04 05 06 REWARD 09 DEADLINE DONE

was not ready for my Soulmate



I was 31 when I met my man and I 100% was not ready for him any sooner. Truth be told, he wouldn't have been ready for me either.

When I wrote the list of the woman he was looking for, I knew I had already ticked every box he needed.

I had to be open to accepting the invitation to date men when the time came. Understanding his list gave me so much confidence and supported me in knowing how best to show up when we met. I knew my Soulmate wanted to take care of my heart and live a life of fulfilment with me. What was scary about that? Once I understood his motives, I did not need to feel scared.



Getting to the stage where I could accept and thrive in the love I have now was years in the making. I had done some next-level Soul searching. It took me to embrace myself and pursue my Soul Purpose.

For me, it took me to a path where I could do my healing and hit some goals I wanted for no one but myself. It took for me to know I was capable of raising my girl on my own and providing a life where I could feel confident that no matter what, we were going to be okay. As I pursued my Soul purpose I found him!

Yes, my daughter pushed me to date, but my journey supported my growth to be the woman my Soulmate was looking for. Fun little fact: my Soulmate wrote a list for me too, and he still tells me to this day that I hit every one of his boxes.

When we met, I was actively telling people, "I'm going to find my husband" in fact, I knew where I would find him and when we did meet, I didn't realise it was him. I thought he was hot, but I was looking for a white guy! And as you can see from our photo, that clearly wasn't one of my non-negotiables.

He told me when he met me, there was something that drew him in. He even told his mother within the first few days of meeting me that he was going to marry me one day! We hadn't even spoken outside of the event we met at.

When I said, "I'm going to find my husband," he told me he had a knowing it was him.

Now it seems like a beautiful love story! The way you want all love stories to start and it most definitely was that magical.

He still captures my heart and we still love one another incredibly. But that honeymoon period does wear off and what has captured the long-term affection in each other most definitely comes down to our selection criteria.

Above all else, we genuinely want the best for one another. Our connection and common values pull us deeper together when times get tough. We communicate and have tough conversations but most of all, we are committed because we are everything we both wished for ourselves. I want that level of love for you, and I know you're worthy of it.



'What is a soulmate?'

It's like a best friend but more. It's the one person in the world who knows you better than anyone else. That someone who makes you a better person. No, actually they don't make you a better person. You do that by yourself because they inspire you.

- Dawson Creek



Jon are worthy of everything you are looking for I hope my story inspires you, gives you hope but most of all gives you permission to take your time if you do need to take your time to close the gap.

Know that you can choose to grow and have your soulmate too, just know that they may be on their journey to growth as well. May you want to tweek your list that you ill grow together. if that is to be the universe will bring you both together but you must focus on your first.

May your Soulmate inspire you to be a better person for vourself first and foremost.



Finding Your Soulmate

The only impossible journey is the one you never begin. Let's create a dance between desire & fear.



Brainsforming Support Where could I look?







Dating sites

Facebook singles

Online programs and events

Likeminded online communities

Virtual speed dating

Online Trivia Events

Virtual book clubs

Change your routine so you're forced to mingle in different environments.

Hobby groups i.e. walking groups, in person classes like the gym, yoga, painting

Volunteer groups

Speed dating

Music Festivals

Local Events or Markets

Meeting someone Meeting someone out & about through others

Host a singles only dinner (maybe a nonnegotiable is bring a single friend to meet someone else)

> Ask friends/work colleagues to play cupid

Openly tell people if they ask how you've been that you're trying to meet someone. Your list helps them keep someone in mind.

Reconnect with old friends - even

FYSM - WORKBOOK

Brains Johning Support Finding My Soulmate

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Meeting someone through others

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Brainstorming Ideas

Your next three goals

Using your brainstorming ideas select three that dance between comfort and fear to implement as soon as possible

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My Dating Rules

What are some unspoken rules you have when it comes to meeting/dating a love potential

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Dating Support

I'm not the type of person that's just going to show you how to Manifest your partner and not take care of you on your dates. So here's a little support guide to help you out.



Jour personal heatsheet Important do's & dont's for your new connection

Example

DO'S

DONT'S

- Give yourself time to get to know them for who they are.
 Are their words matching their actions?
- Do not punish them for some thing they have not done. They are innocent until proven guilty.
- Acknowledge red flags for what they are and make appropriate decisions with my best interest at heart.
- I will not rescue anyone. I no longer want a fix me up. They must show me they are working on themselves.
- I will present my best self and live in my authenticity at all possible times.
- I will no longer date anyone who believes I do not deserve them at their best when possible.
- I will own what flaws I bring into the relationship and acknowledge where I too need to grow.
- I will not dismiss my partners flaws and name them as my own. I have the strength to know my Soulmate always wants the best for me.

A DECLARATION TO MYSELF

I solernly swear that I will now date with my highest intentions at heart. I no longer choose to select partners that bring the worst out of me because I deserve to live my best life. I will no longer fall in love with someone's potential and deserve to manifest the type of love they stories about. I promise to show up as my best with no expectations because we deserve that.

Jour personal heatsheet Important do's & dont's for your new connection

DO'S	DONT'S
	×
	×
	×
	×
A DECLARATI	ON TO MYSELF

FELLING NERVOUS? DOUBT? SCARED?

So you're more clear on what you want and you're more clear on what they are looking for? But what do you actually want? If you're feeling nervous about dating then hopefully these questions will help you with your Soul searching

l	Remind yourself: What am I looking for?
2	Am I willing to do the work needed to get it?
3	What is holding me back from taking the next step towards love?
4	If nothing else changed in my life right now, would I be happy for the rest of my life? Or I live in regret not giving myself a chance to find exactly what I'm looking for?

How to fool proof your dating potential

Here are some prompting questions for when you're ready to date to see if they are actually worthy of your valuable time. Use this tool as a guide to support you to make dating more efficient and effective.

01	What attitude do I need to have?	04	If what this person is showing me is the best of their best could I be happy or do I need more?
02	What questions do I need to ask to know if this person meets my Non Negotiables?	05	Are there things on my list that I need to tweek, delete or add?
03	Is this person ready for a long term relationship?	06	Am I falling in love with their potential or am I seeing them for the person they are right now?
			the person they are right now:



Meed more support?

We've got you! Dating your soul mate or even double checking if they are a Soulmate can sometimes feel a little confusing in the beginning. That pressure can be a lot! We've got you either way!

Self Check in for during / after date

Okay so you can have these questions in your pocket or review them at home which ever you like but this is a healthy self awareness check in.

Could/Can I be myself with them? If yes enjoy!

If not:

2

Is it because they reject some parts of me that I showed them?

If no move to the next question. If yes this is not your soulmate. Be kind and thank them for their time. Be gracious and humble.

If not, Is that because you are struggling to be who you are on own? Are you fearful if letting your true self out?

If yes, just remember your Soulmate will love who you are. You not sharing who you are is you acknowledging you may need to do more work on yourself. There will be a limited mindset or belief you need to overcome. You have a choice now to show up as your authentic self or not.

Ultimately, if you choose not to, save this person and yourself the potential heartache because nothing good will come from it.

Go back to closing the Gap

4

First Date

So your date is over. Let's track your impressions so you can set yourself up for success. Love is not always enough for long term success. You may not learn all of these questions after the first date but you need to find them sooner rather then later because you both deserve to have the best and that may not be each other. If you answer 'No' then say farewell and keep hunting!

l	Does this person meet ALL of my non negotiable? If NO you MUST walk away before you get hurt. Your soulmate is waiting for you too.
2	Can they make you happy? Do you have enough in common of the good stuff that this can be sustainable?
3	Are they willing and looking to commit to someone longterm and can you see similar long term goals?
4	Am I able to fall in love and accept the person I am dating right now even if it did not change or grow one bit?

Pages to review

17,18

MANIFEST MY SOULMATE

29

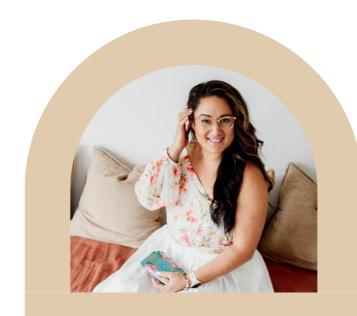
CLOSING THE GAP

38

DATING RULES

39

ALL BONUS CONTENT



I'm proud of you!

There is nothing scarier than opening your heart willingly, especially when you could get hurt.

This program teaches you to be vulnerable and safeguard your heart for minimal damage.

I'm proud that you're actively pursuing love. It is the greatest gift on Earth.. Enjoy it! You deserve nothing but the best!

Tui Te Kiri