

## Awareness Practice: Paths to Creating Your Succulent Wild Relationship

If you want a love relationship, start here. If you're already in a love relationship, see if this section resonates with you. You may find things you can use to feel more love more often in your current relationship.

Look at the list of fears and resistances that came up when I thought about how I could create the kind of relationship I wanted — all the things I didn't want to do — and make a note of any items that you relate to. Do the same with the IFs I listed.

Now look at the section on why I wanted a love relationship, and do the same. See if you can allow more whys and fewer hows, and allow yourself to feel your desire for how you'd like your love relationship to be — whether you are in one or not.

In the previous chapter, "Longing For A Great Love: SARK's Covert Love Operation," I talked about looking for love mentors. I asked friends to support me in creating my great love relationship. I chose people who either had great relationships or great attitudes about relationships. We met and talked informally, and I requested that they hold me accountable to my vision — to my whys — and remind me of that when I started experiencing my hows and hearing my inner critics. Each person did this magnificently. You could also consider doing this to create an even better version of a relationship you might already be in.

Respond to the visioning questions below, and if it feels supportive, talk about them with a love mentor or friend who loves you and will support your love relationship vision.

1. If you could create anybody to be in partnership with, what would they be like? Can you imagine the type of person who would be your ideal soulmate? How would being with them feel? Focus on the feeling sensations in your body, your emotions, and your thought processes.

If you can picture and feel this person, that's wonderful. If you can't get a clear picture, come back here after learning how you can create a Succulent Wild Love relationship in the following chapters.

2. When you imagine your ideal soulmate, can you picture them accepting you and wanting you exactly as you are? If so, that's wonderful. If not, write down the qualities in yourself that you think need to change for your soulmate to choose you.
3. Some people picture someone with many desirable traits and don't believe they have sufficient status or qualities to be attractive to someone like that. They expect that anyone who would actually want them would be somewhat undesirable.

An acquaintance of mine, a successful physician, often mentioned that she could never find a man with whom she was satisfied. It turned out she was attracted to two types of men: With men who were financially less able than she was, she felt strong but didn't respect them. With those who were financially at her level or made more, she felt vulnerable and insecure.

Had she made the effort to imagine some different possibilities, she could have dissolved this barrier. For example, she could have pictured a man who didn't have much money but had other outstanding qualities that she respected equally or more. Or she could have imagined someone who had money but was so delighted by her other qualities that he held her in high esteem.

What qualities do you have to contribute to a partnership? In any relationship each partner has specific things to contribute, such as money or beauty, or even cooking skills or the ability to maintain a lawn. What can you contribute?

4. Focus on what you can give to a relationship and adjust the qualities you're looking for in your soulmate until you feel it is a fair and realistic match. The key is to picture someone who has the qualities you desire, knowing that you have things to contribute too. Though the qualities may be different, overall they feel equivalent.
 

If you have difficulty with this, come back here after reading chapter 9 on inner critics. The soulmate you're picturing sounds like they could be representing your inner critics.
5. Ask yourself what is attractive about someone who wouldn't choose you. Often they represent qualities that you feel you lack, qualities that you believe someone else needs to provide for you to be happy. Some examples are financial security, emotional support, the ability to be social and make friends easily, someone who would impress your parents or friends, or someone to help parent your children.
 

Can you provide these qualities for yourself or live a happy life without them?
6. As discussed in the previous chapter, do you have negative beliefs about relationships in general? Can you imagine living daily life with someone and being happy?

To continue along the path of creating your Succulent Wild relationship, go to:  
[SucculentWildLove.com/Creating](http://SucculentWildLove.com/Creating)