



NOBLE-HEART LOVE CLINIC PUBLICATION

Attracting A Suitable



SOULMATE

How not to waste your precious time on a wrong relationship.

JEFFERY E. MARTINS

Book Title

ATTRACTING A SUITABLE SOULMATE

*How not to waste your precious time on a
wrong relationship*

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ABOUT NOBLE-HEART LOVE CLINIC



Our NOBLE-HEART LOVE CLINIC, a place for building Healthy Relationships!

Our Motto is; LOVE IS NOT just feelings but a CHOICE

The Vision is to help young people and godly singles/ married couples enjoy a healthy relationship.

Below are what we believe & stand for:

1. Relationship Mentoring: we believe in mentoring people, thereby helping them enjoy and not endure there relationships.
2. Relationship Advice (don't fight in silence): one of our core activity is to advice accurately on issues/matters of

concern. That's why people are encouraged to drop issues of concern in our various groups or email for adequate/ vast advice. Our lead adviser is our Lead Coach- Dr. Noble-Heart (Jeffery E. Martins)

3. 3. Finding a Suitable Soulmate: we believe in online platform for meeting someone special irrespective of location. That's why we have a special day for love networking. However, wisdom is profitable to direct.
4. 4. Rehabilitation of all kinds of Addictions: we believe solely in the ministry of the Holy Spirit, that's why we are convince on rehabilitation of any sort.
5. 5. Self & Inner Conflict: irrespective of what the conflict is, a good counsel helps reshape things.
6. 6. We help Young people build a healthy self-esteem. We believe that self-esteem controls 80% of all we do& think. That's why we help boost people's self-esteem.

We love to have you join our numerous WhatsApp groups, were a weekly seminar takes place for proper edification. To join kindly send a message to +2348064987314.

INTRODUCTION:

It is a privilege for me to share with you some vital principles on how to attract someone suitable for you. One question young people often ask me is ***“how do I know if he/she is the right one?”*** Most relationship counselors speak more on steps to identifying someone right for a life partner, cool! But after the discovery; what next? It's one thing to find 'the right one' and a different thing altogether to attract him or her. So, allow me show you how to nail that person you **like to like** you.

Attraction is not something that occurs on a surface level, getting the person you're attracted to, to like you or be attracted to you in no distant time requires skills, knowledge and experience. Men and women operate and think differently, that's why it's very important to learn and then master this skill required.

In this book, you will discover few ways that will help you get that person you like or want to feel and desire you in too and in no distant time. You will also understand how attraction works closely with compatibility. I advise you read this book in a single sitting, with a pen and a writing material, so you can jot down key instructions.

Chapter 1

DEFINITION OF KEYWORDS

Let's start with a definition of **Attraction**? Attraction means different things, but for the content we want to use it, we would define it this way.

1. Attraction is simply a feeling of interest for the **OPPOSITE SEX/GENDER**, which can be mutual, romantic or out of admiration. There are various forms of attraction; attraction out of admiration, status, charm or money and achievement. It all depends on which tickles your fantasy.
 2. A magnetic power which draws or compels you to someone which pleases you and is of interest to you.
- **Suitable:** having a partner with the right qualities, needed and appropriate for a lifelong relationship.
 - **Soul mate:** A soul mate is someone who completely appreciates (privileged, adores, admires, value) you, understands you, respects your beliefs and opinions and is willing to sacrifice for your emotional and healthy well-being.
 - **KEY FACTS:** Someone once asked, "What's the difference between a soul mate & love of your life?" the answer is; **one is a choice and one is not.** Kindly read these scriptures- Ezekiel 37:7, Isaiah 34:16

(2) A lover brings happiness but a suitable soul mate brings fulfillment of purpose, dreams and life's set goals.

–the bible in Psalms 128:3 makes it crystal. There's an alignment with both of you in spirit, body and soul.

(3) You search for a soul mate while you attract a lover who in turn ends as a soul mate or just another date. Proverb 18:22.

Your Relationship Plan agenda is in Gods Book: Gen 24:1-23
(quote)

The place of Sacrifice & Character

Let's establish a fact here that a suitable soul mate is not cheap talk, it will demand a quality character from you, and a character built on sacrifice. Wishful thinking or fantasy will not, I repeat will not replace the demand that will be place on your character.

I will share this fascinating true life story; it will help establish the emphasis I'm placing on a good character built on sacrifice. There is this man who shared an insight to the secret why he and wife have never argued or fought. He is cautious of what he says to her and she had some level of authority in their relationship that when she says something to him, he quickly adheres.

STORY

While he was still chasing her (wife) back then in Benin, the Lady comes from a royal family and they were wealthy. Actually, she was the princess and during that time, he had no money. On this particular day; there was a party and he wanted to attend the party with her. He invited her and she accepted to join him to the party. He got on his bicycle with his friend, heading to her house to pick her, unfortunately, it just rained and everywhere was muddy, on the way there, they hit a pot hole that landed both on the dirty mud. By the time he got to the house, there was a car parked outside. The other guy that was chasing her had come with a car to carry her to the very same party in a car. Meanwhile, the family of the girl were persuading saying "your friend with a car is here, wouldn't you go for the party." And her response was "there is somebody I'm waiting for, I will go with him when he arrives." So the entire family was waiting for this gentleman. (NOW THERE CAN BE NO REAL BONDING WITHOUT SACRIFICE OH!). Finally, the bicycle man arrived, and she said "this is him" he came wet, dirty and to make matter worse on a bicycle! She then took him to the back of the house, took water and cleaned him up. Came out with him and in front of her family and the rich guy with a car, she got on the bicycle and rode with him to the very same party.

Today, this man is a multi-millionaire... but you will know that that ladies voice has some level of authority in his life. If she has an opinion about something, that sacrifice will come back to mind of the man and an approval will be stamped upon her voice.

The first quality or virtue require in the quest for a suitable partner is a heart that scarifies and a good character. Character reflects your virtues and inner personality before others. Character tells people your worth.

❖ *Character Check. Gen 16:19*

By character check, it is not just about how a person treats you but how they treat those that they perceive to be less socially than them, it dependent upon them that give you an indication of the true character of that person.

- So meeting someone for the first time acting all nice is not the catch, because he/she is trying to impress you. Watch how he talks to those around, his conversations with the waiter or stewards.
- Gen 24:21;

In finding a suitable mate- you're not looking for somebody who is perfect but somebody who is perfect for you. Which means your imperfections fits the perfections of the person. (Quote)

❖ *Identify the family background of the person you want to get yourself involve with.*

Gen 24: 3-4, Jeremiah 16:2, Hosea 1:2 (in those days our parents often send people to the community of the proposed spouse to find out some facts about them health wise, religion, strength, lingering curses that exist or once did in the family. We never knew the significance of these primitive actions not until recently when revelations broke out. We then found out that whom you follow determines what follows you. You don't just marry an individual but rather, you marry him/her together with the blessings they carry.

- ❖ There must be a fun of willingness on the other half (person) to get involved in that relationship and that willingness must be proven by sacrifice. Gen 24:5

“Every form of bonding in life will involve a measure of sacrifice.” (Quote)

The man too must be willing to sacrifice; else at the bed rock of that person lies self-fishiness, therefore there can be no bonding.

“In any given relationship, you have to prove it by sacrifice.”

- ❖ You must not sacrifice any progress you have made in your work with God in order to get into any relationship. Gen 24:6

Dating someone who insist on something like having sex, smoking, stealing or any ill-secret habits; if you use to be involved in such in the past but stopped and this person is trying to bring you to such an experience you have come out from. Is an indicator that there will be real problem in the future.

In your quest God can send you an Angel that will help you locate that right person but you must consciously raise a prayer of clarity. What you don't define in your heart, the Angel of the Lord wouldn't find for you. It's therefore, your sole responsibility.

Chapter 2:

BASIC PRINCIPLES TO COMPACTIBILITY

PRINCIPLE 1

CLARITY OF WANT -

"The law of attraction works faster when you're clear about what you want and also commits yourself to the demands for receiving it."-Jeffery Martins

Each "failed" relationship has given you clues about what you want in your ideal partner. The problem is; most heartbroken relationship practitioners focus on the negative instead of the positive. For example, by saying that you don't want a man who ***"puts his work before the relationship,"*** you are focusing on a man who puts love before work and that is the desire you are unconsciously sending out through your energy.

The good news is; if you know what you don't want, you know what you do want. Your power to create lies in your ability to choose thoughts that are positively clear so that you can tell the universe exactly what you desire. ("I want a man who puts me first and loves me unconditionally.")

Once you're crystal clear about what you want (type of partner), you attract the force of nature that is in possession of your desire. I suggest that you have a written detail of your desired soul mate on paper and place it on your mirror or somewhere, you access daily.

PRINCIPLE 2:

FALL IN LOVE WITH YOURSELF-

"Self-love is attractive and attracts potential mates."

You want someone to love you completely? Let that "someone" first be **YOU!** Fall in love endlessly with yourself first. You can't expect someone else to fall in love with you if you are not in love with yourself. When we judge or criticize ourselves, we send out energy that repels others. Self-criticism is a negative energy that will repel potential mates.

On the other hand, self-love is attractive and attracts potential mates. Make a list of ten characteristics you love about yourself and put this list where you can see it every day. It doesn't really matter what is on the list as long as it easily generates good feelings that you have toward yourself.

The more you focus on what you love about yourself, the more self-love you will experience. Others will fall in love with you, too, simply because it feels great to be around people who love themselves.

PRINCIPLE 3:

UNDERSTAND YOURSELF –

"You will only have knowledge of your mate when you have understood yourself."

How can you share your heart if you don't know what is in it? The first secret to attracting your man is, 'understand yourself'. That's the magnet, the vibration that brings your man to you.

Look at this: "None of these will be missing, not one will LACK HER MATE..." you will only have knowledge of your mate when you have understood yourself. Understanding brings change!

Take time to discover yourself; the good, not so good & your weak areas- make a vivid list of what you uphold: religious beliefs, social ideology, etc. What are the stuffs you cannot stand or live without? Write down those thoughts expressing your marital dreams and expectations, and then conduct a temperament test on yourself.

The above helps you attain a comprehensive knowledge about 'yourself' also, to know who your idea partner should be.

PRINCIPLE 4:

UNDERSTAND YOUR KIND –

"If you can explicitly define him/her; you can easily attract him/her."

Everything you are seeking is equally seeking you. The best way to attract what you are looking for is to be what you are looking for.

Adam actually had a vivid understanding of what Eve should look like, so when God brought her- he exclaimed "Finally! Bone of my bone, flesh of my flesh! Name her woman..."(Gen 2:23-Message Bible)

Defining your dream man/Lady is very important; it is a doorway to marital bliss.

I once asked a young spinster, "what kind of man do you wish to have?" her reply was: "anyone that God brings or a God fearing man." this is a big fallacy, a misleading religious answer, very unrealistic answer: there are dirty God fearing men, lack of vision God fearing men, arrogant and selfish God fearing men. There are also, lanky, handsome, tall & worthy God fearing men. The big question is, which of these **God fearing men do you want? Be very comprehensive.**

PRINCIPLE 5:

STRATEGICALLY POSITION YOURSELF –

"The universe does not respond to wishes but obeys demands!"

To find your dream man, you have to seek. Many people will tell you that love will find you and you will find love when you are not looking for it. But in today's generation where a lot of single people are out there looking for their Mr. Right, can you just wait and not do nothing about it? In life, if you want something, you have to work for it.

For instance, if you want a job, you will contact a recruiter and prepare your resume. You cannot find a job if you will not seek and do something about it. Seek if you want to find the man of your dreams. Finding and attracting your dream man can be really difficult if you will just sit at home or spend time with people you normally go out with.

In the olden days, life was much simpler and dating was less complicated. Men and women got married at a very young age and there seemed to be someone for everyone. Today, things have changed. Dating or connecting with someone can be really challenging as people are too busy working and attending to the daily challenges of life. If you will not do something to meet new people, you will end up waiting all your life for a prince who may never come. Expand your network of friends and go out to meet new people. ***Seek and you will find.***

PRINCIPLE 6:

DON'T GIVE UP!

"Perseverance is more powerful than gifts (talents)." -Jeffery Martins

The number one reason the law of attraction doesn't appear to work is that people give up before their wish becomes a reality. It's like ordering a delicious meal and walking out of the diner or restaurant before your order arrives. The order is on its way, but if you are no longer in alignment with it, you will miss out.

When it comes to love, people get disappointed when their dates don't meet their expectations (read Noble-Heart Love Clinic Devotional- April Series -**FIRST DATES 101**) and they don't see evidence that true love is coming. Out of disappointment or fear of being disappointed, they give up, never knowing what they missed. The key to the law of attraction is that once you specific about your desire, you must commit to it for as long as it takes to manifest in your life as a tangible reality.

PRINCIPLE 7:

BECOME THE FUTURE YOU! –

"A woman who creates a full, happy life on her own is a lot more inviting than one who looks to a man to create it for her."-Mandy Hale

There is a current "single you," and a "future partnered" or "married you." One of the best ways to use the law of attraction to attract your perfect guy or girl is to become the person who is already in the relationship.

This is how it works: think of yourself now and think of yourself in your perfect relationship. How are you different? Who do you become once you are in the relationship? Maybe your answer is, "I become relaxed, confident, loving and kind." Your answer is your clue to who you must become now.

Don't wait for the relationship to manifest; you must first become the person who already has these qualities. This includes preparing your space for the partner of your dreams: Clean out your closet, empty a draw or replace that worn-out wallpaper. Think of all the ways in which you can prepare yourself and your life to be in perfect alignment with your perfect mate.

PRINCIPLE 8:

DON'T GIVE IN TO DOUBT-

"Doubts kill more dreams than failure ever will..."

We live in an obliging universe where it is possible to experience all our dreams and desires. One of the biggest obstacles in manifesting what we desire is doubt. We want something, but we doubt if it's possible. It is actually the doubt that keeps it from coming.

Know that; there is a positive energy which opens the door for attraction. Doubt is a negative energy and closes that same door. When you are in alignment with attracting your perfect mate, there is a sense of knowing he/she is on their way.

Doubt limits your capacity to attract a suitable partner because what you believe is what you become and what you don't believe, you don't have capacity to become. Instead of doubting *"if there are anyone out there for you?"* focus on making yourself someone for another.

PRINCIPLE 9:

DON'T QUESTION HOW IT WILL HAPPEN –

"Just because something isn't happening for you right now doesn't mean it will never happen."

Your job is to clearly and positively define what you most desire and to get in alignment with your desire through all the ways earlier mentioned. Your job is not THE HOW. Don't get caught up on how it's going to happen.

We live in a magical universe that can bring you exactly what you desire in the most amazing and even unbelievable ways. Getting caught up in the how can actually impede the law of attraction. If you are trying to control the how, you are likely getting in the way and making it more difficult than it has to be. Instead, let go of any ideas about how it has to happen and allow the universe to do its magic.

This doesn't mean you sit home and do nothing. The difference is that you await inspired action. Inspired action is that sudden feeling you should go the coffee shop even if you are not thirsty, or you should get gas on the other side of the street, etc.

The law of attraction communicates to you through your intuition so make sure you are listening and following those gut feelings. More importantly; be open to all possibilities — you never know how the universe will deliver.

The above are what I call the ABC... of the laws of attraction. Attraction doesn't just happen on a surface level, some pillars must be in place to pioneer and suspend it.

CHAPTER 3:

COMPATIBILITY AND ATTRACTION FORMULAR

In this chapter, we would do some plus and minors on attraction and compatibility.

ATTRACTION FORMULAR

- $\text{ATTRACTION} - \text{COMPACTIBILITY} = \text{LUST}$ (When there's attraction but no compatibility, what's happening is lust).
- $\text{COMPATIBILITY} - \text{ATTRACTION} = \text{FRIENDSHIP}$ (when there's compatibility but no form of romantic attraction, what's happening is mere friendship).
- $\text{COMPATIBILITY} + \text{ATTRACTION} = \text{SOULMATE}$ (In this case, both are compatible and share equal attraction then, a suitable soulmate is found).
- $\text{GOD'S DIRECTION} + \text{SOULMATE} = \text{MARRITAL BLISS}$ (Having a suitable soulmate and Gods approval).

A-C=L:

When this happens, there will be no union of souls but union of bodies. In most cases, the woman in such a marriage will feel like a prostitute on bed. The man will involve her less in all of his business associations. Verbal communication will be very poor.

There will be high demand for sex (since it's the only exciting thing to do) and sometimes they will have sex in a very

degrading manners. A lack of compatibility at someone you are attracted to, will lead to lack of communication at its deepest levels. In essence, it's good to be attracted but once both of you are not compatible (education, spiritually, family and self-values, dreams/ambition, medically etc.) it's advisable not to plan a long time relationship.

Somebody that's not compatible with you will not share their thoughts with you at the deepest levels but within one week of that relationship, you guys will be touching at the deepest levels. (Quote)

C-A=F (friendship)

Here are two individuals that are highly compatible but there exist no real form of attraction between them. If one party is attracted and the other is not, then there will be resultant pain. If left unaddressed.

- Relationship deals in the williness between two parties... NO BE BY FORCE!
- A MAN can still press on and eventually win because women sometimes emotionally grow to like a man. But men, if they don't like you at the beginning... forget it!
- A woman thinks a man is thinking like her and a man thinks a woman is thinking like him.

You went on a date with a man; got back home no call and the phone does not ring, next day, still has not rang... don't define yourself by it; it's not rejection but lack of attraction. **A man says everything in a statement- he doesn't repeat it.**

Below are few characteristics of attraction:

- Attraction is a gift from God.
- Women fall in love with a man in his presence; a man fall in love with a woman in her absence. Example: Jacob and Leah and Rachael... when a man is not attracted to you; you are dragging his body not his heart. This is a mistake most women keep repeating over and over again.
- Attraction is a choice which most often is won effortlessly. Don't go the extreme in the bid to win ones attraction. You can engage in impressing him/her but don't engage in degrading activities to win him/her over.
- In finding your soulmate therefore; you must avoid undefined emotional entanglement. Don't assume, seek clarity of what is existing between you both. Most people hang around for long with someone with a well define relationship.
- Those with platonic relationships do better in their relationships. People get easily attracted to people that they are familiar with. That's why most advertising agencies spend so much money on celebrities people are familiar with in advertising their products.

One of the major reasons of broken marriages is this; PEOPLE PROLONG RELATIONSHIPS THAT SHOULD HAVE ENDED EARLIER BECAUSE NONE OF THE TWO PARTIES HAD THE COURAGE TO BREAK UP THE RELATIONSHIP WHEN IT WAS OBVIOUSLY HEADING IN THE WRONG DIRECTION.

- Truth is always easier to handle early, and the outcome will not be as bad as you think. If you leave it, you legitimize it.

CHEMISTRY AND COMPACTIBILITY

To be compatible with your partner means that: you both have enough shared core trait and core values

Most times, not having enough of these traits or core values can smell doom at the end of the road.

“People go into relationships based on the attraction that they feel towards each other.” (quote)

Chapter 4:

The Five Categories of Attraction

The start point of attraction towards another can be categorized under five key areas:

1. APPEARANCE
2. CHEMISTRY
3. FRONT END PERSONALITY
4. STATUS OF THE PERSON
5. SENSE OF HUMOUR OF THE PARTICULAR PERSON

The above list and more makes people feel that they have butterflies in their tummy. On another times people break relationship with people they feel they are not well compactable with; not knowing that some areas can be worked on. While some areas like believe system, perspective about life etc. can be worked on. Some character traits are better left as they are. Few examples are:

Example: 1. an unrepentant liar- once the guy is a continuous liar, pack your bag and go no matter the butterflies in your tummy.

2. Anger; somebody who gets angry at any time and shows tendencies to hit you- walk!

" Nobody can be suitable for you if you have not attracted them." (quote)

DETAILS OF THE FIVE CATEGORIES OF ATTRACTION

Appearance: this is how; he/she looks or dress sense. Pay very close attention to your appearance, whatever you can work on-work on.

- A friend of mine used to dress somehow (she dressed like a tomboy). So I told her, “listen! Listen oh, a man doesn’t want two men in the house, employ me as your fashion coach and in two months- you will tell the difference.
- If you dress in a lustful way, you will spark a lustful man who can identify (you understand that?) because it is said that in a congregation; if one person is sexually active and the other person is sexually active- they have a way of meeting themselves.

Front End Personality: are you good to be around with? Are you positive and happy? Do you make others feel comfortable and pleasant or are you angry at life? Can you engage someone in a quality conversation that ends up inspiring another?

Status: if you’re too lazy to change your status through education or handwork... then learn to settle for what you can attract and stop the painful exercise in exercising yourself in matters that are above you. Your status talks about your socially, spiritual and family relevance. It’s your value worth!

Sense of Humor: if you can’t make people laugh, you just can’t! So don’t kill yourself. However, people who smile always are seen as more attractive when compared with those who don’t. Stop carrying a moody face always, learn to wear a smile even in the midst of difficult challenges.

Chemistry: this is the period of extreme excitement. Chemistry talks about the emotional spark you both share. Chemistry can be likening to electricity; it powers your emotions and triggers your love tank. However, every chemistry between an opposite sexes must be check on the scale of compatibility.

Compatibility is the difference between a relationship that starts and the one that last.

- Without compatibility a relationship of chemistry is the one full of sadness at the end.
- When people meet people they are attracted to, the next action is that; they set out to impress them. Instead of checking if they are compactable. (Gen 24: 16-21) if you watch closely from this verses; he did not bring out the gold and fine things immediately but made her to undergo some process first.
- The challenge with most people is that, they rush in to a relationship and after the sex and all; their minds flips to the other side and suddenly; they begin to see the faults and errors they didn't see when they were trying to impress.

Most times, when people say "I love you" the real word there is **"I'm attracted to you"**.

Chapter 5:

Identifying a Waste of Time Relationship

Let's face it: Relationships are great, but it's better to be single than in a relationship that isn't right for you. In the beginning, it's easy to regard everything as being perfect, and to brush off any flaws we may come across.

But, once you get serious about your relationship and start to think carefully about all it is and isn't, you'll realize there are some issues you just can't ignore.

Some relationships start out sweet and then turn sour; whereas, others just don't feel right from the beginning. You ignore all the red flags because it's difficult to admit the person you are with is not suitable for you.

Even if you tell yourself repeatedly this person is the one for you, your body will not let you deny the truth. When you're with the wrong person, the strain of it will not only be emotionally taxing, but also physically.

Sometimes, a relationship can be good, but the fact remains that something doesn't feel quite right and you can't figure out what it is.

If you ever find yourself doubting the relationship you're in, it's probably because you shouldn't be in it. Here are a few obvious signs you are dating the wrong person and may be wasting your time:

➤ **YOU HAVE A FEELING SOMETHING ISN'T QUITE RIGHT.**

This might be the most complex of the signs. It's the red flag you can't avoid feeling, but the one you ignore the most. The habit of quieting these relationship doubts may end up being a huge regret later on.

You could give it time to see if it passes because you might just be afraid of actually giving your all in a relationship, but if the months pass and you can't shake that feeling in the pit of your stomach, it's probably time to start reflecting on whether you're with the right person.

When you really think about it, you knew the whole time, but just decided to ignore it for whatever reason.

➤ **YOUR PARTNER WON'T LET GO OF THE PAST.**

Most of us suffer from past mistakes and failed relationships and the last thing we need is someone who won't let us forget it. A failed relationship not only hurts us, but also does severe damage. It leads us into a world where our ability to love and to live better lives is tarnished.

Afterward, we end up either falling for someone who's incompatible with us or we sabotage good things out of fear.

When you try to move on from the past and change for the better, you need someone who will help you live new and better experiences instead of giving you constant reminders of your past mistakes.

This is one of lowest and cheapest attacks a person can make against you.

It's as if he or she wants you to believe you haven't changed or moved on, and no one needs this type of negative energy in life. If you have someone who can't let go of your past, it's a good enough reason to find someone who will.

➤ **YOU MAKE EXCUSES TO STAY.**

You are at this moment where you already know that you're in the wrong relationship, but you always come up with some excuse to put off the breakup.

You've been together for a while and your family and friends seem to like your partner, so you don't want to go through the complication of finding someone new. Your best friend's wedding is coming up and you prefer not to go alone or you planned a trip and decided that maybe, when that's over, you can end it.

Sure, all of these sound great and you'll probably keep experiencing wonderful moments together.

Then, one day, you'll realize all the days/months/years you wasted with someone you didn't even like that much. You can't take time back, but you can stop making excuses.

➤ **YOU WONDER WHAT YOUR PARTNER IS UP TO WHEN YOU'RE NOT AROUND.**

Hello! Trust issues? No, you can't go on into a relationship if you keep having doubts about what he or she is up to when you're not there.

Having a hard time completely trusting someone, whether it's about him or her being faithful or about telling you the truth, it's not really a way to have a relationship.

You want to be able to go out and not worry about whom your significant other is texting. You want to be able to not care about why he or she has his or her phone on silent whenever you're around.

➤ **YOU CAN'T IMAGINE A FUTURE TOGETHER.**

If you could see me, I'm waving a big red flag right now. If you're looking for a long-term commitment, how is it possible that you can't see your future with your significant other?

Some people might be great and you might even love hanging out with them, but if you try to picture what your relationship could look like in five years and you come up blank, need I say again that you're with the wrong person?

When you start planning events for the future and you say, "If we're still together..." you should start looking for the exit sign.

It happens all the time: You meet a person with whom you feel you have great chemistry, but sometimes, that spark doesn't always ignite for the right reasons.

Somewhere down the road, you realize how incompatible both of you are, but for some reason, you fight to maintain the relationship.

Maybe this happens because of all the effort you already dedicated toward it or maybe because you feel you should try because of what you once were or maybe you just don't know how to end it because you don't want to hurt the other person.

We relive this pattern time and time again of fighting for a relationship that is just not right for us for so many different reasons and excuses.

I'm a strong believer that every relationship you have should be the best one ever. If the one you're in now makes you doubt that feeling, something is wrong.

Trying so hard to keep a relationship that feels wrong is just a waste of your time. You could, instead, be with someone who could be the right one for you.

35 Signs You're in a Toxic Relationship

IN ADDITION NOT TO WASTE YOUR TIME WITH SOME RELATIONSHIP; **here's how to tell if you're in a toxic relationship. If any of this sounds familiar, it's time to make some big changes.**

No relationship is perfect, in the personal or the business sphere. But for the most part, a good relationship makes you feel secure, happy, cared for, respected, and free to be yourself.

On the other side of the coin are toxic relationships--the ones that make you feel drained, depleted, and sometimes even distraught.

Whether you're running a business, working with a partner, leading an organization, or managing a team, the last thing you need is a toxic relationship.

Quickly, what are some signs to help you recognize a toxic relationship?

1. All take, no give. Any relationship in which you experience withdrawals of energy without deposits will leave you in the negative.

2. Feeling drained. If, instead of feeling happy and productive, you're always mentally, emotionally, and even physically drained, it's time to re-evaluate.

3. Lack of trust. A relationship without trust is like a car without gas: You can stay in it all you want, but it won't go anywhere.

4. Hostile atmosphere. Constant anger is a sure sign of an unhealthy relationship. You should never be around hostility because it makes you feel unsafe.

5. Occupied with imbalance. A one-sided relationship can never run smoothly.

6. Constant judgment. In judgmental relationships, criticism is not intended to be helpful but rather to belittle.

7. Persistent unreliability. Mutual reliability is important to building trust and is at the core of any good relationship.

8. Nonstop narcissism. If the other party's interest in the relationship is really just a reflection of him or herself, it's impossible to achieve any kind of balance.

9. Loaded with negative energy. It's almost impossible for anything positive to come out of a relationship filled with negativity.

10. Lack of communication. Without communication, there is no relationship. Period.

11. Continuous disrespect. Mutual respect is the first requirement of a good partnership.

12. Mutual avoidance. If you spend your time avoiding each other, that tells you all you need to know.

13. Insufficient support. If you cannot turn to each other, is there a reason to be in the relationship?

14. Ceaseless control issues. If one person is in control, or a constant tug-of-war is going on, you're probably spending too much energy navigating the relationship.

15. Never-ending drama. Good relationships improve your life; they don't make it messier.

16. Persistent self-betrayal. If you find yourself changing your opinions to please someone else, you're in a damaging relationship.

17. Constant challenges. All relationships go through challenges, but good relationships work through them.

18. Feelings of unworthiness. It's an insidious thing negative relationships do: They leave you feeling you don't deserve any better.

19. Vibes of entrapment. Is the other person a positive force in your life, or are you there because you don't see any way out?

20. Always undermining. If a relationship can't be reassuring, it's failing a crucial test.

21. Empty pretense. Smiles don't always mean everything is OK.

22. Packed with uncertainty. When nothing is sure, forward movement feels impossible.

23. Brimming with envy. Partners are never equal in all aspects, but that should be a source of strength, not of a source of disruptive envy.

24. Shortage of autonomy. Anyone in any relationship should have the right to say no.

25. Permeates victimhood. You can't move onto the future if you're tied to someone who's still stuck in the past.

26. Diminishes your self-worth. When you're in a relationship with someone who doesn't acknowledge your value, it can be hard to see it yourself.

27. Laced with dishonesty. Every lie between partners undercuts a little bit of the relationship.

28. Makes you unhappy. If someone is constantly making you unhappy, you owe it to yourself to let that person go.

29. Feels uncomfortable. Sometimes your mind needs more time to discover what your heart already knows.

30. Lowers your high standards. Toxic relationships can cause us to slowly begin accepting what was once not acceptable.

31. Senses stagnant. Growth and learning are vital, and you can't afford to be cut off from them.

32. Cuts corners. Nothing is ever worth cutting corners, or accepting anything that is second rate.

33. Filled with criticism. A nonstop barrage of criticism never helped anyone improve; it's not about making things better but boosting the critic's ego.

34. Brings out the worst. If you are constantly being your worst, you cannot be your best self.

35. Cannot do anything right. If you cannot do anything right, maybe the relationship is all wrong.

Relationships are important, and a toxic relationship can cost you dearly in time and energy that you could be putting to much better use.

Stay true to yourself and your values, listen to your heart, and be strong if you need to extricate yourself from a toxic relationship.

Chapter 6:

The God factor – A Spirit Guided Relationship

Anchor scriptures: James 1:22-25; 1Kings 2:2-4.

A lot of people want to have the methods of relationship; things like “5 things to do in relationship”, “7 ways of love”, “101 Questions to ask love”, etc. These are good but to sustain a relationship, you need something more than these.

To be a good spouse, you need to be a good and committed Christian. Of a truth, what you need to be a good spouse is the same thing you need to be a good devoted Christian. Some Christians started their relationships and ended shamefully. They ended up fooling themselves. This suggests to us that it is not all about listening to the counsels from Christian messages in Church or reading the Word of God, but more of doing all that He says to us. If you want to be successful in marriage and sustain your relationship, you must be ready to absolutely obey God and fully adhere strictly to His words and commandments. God initiated marriage. Genesis 1:27; 2:18-25. When you are going into a relationship or courtship with a view of marriage, you need to understand that God is the Manufacturer, the Author and the Architect; and only He has the manual to guide on how to go about it as such to maximize it to optimum benefit. Therefore, you need to put

God first before setting out and stating your choices or desires of your intended partner or spouse.

You cannot judge a man by his past; you need to look into his future (with future scope) to appropriately assess him. Marriage is a spiritual relationship, not just a physical one. Its challenges can only be fully dealt with and met by two genuine spiritual people using genuine spiritual principles, ideas, philosophies and guidance. Christians are spiritual beings because we have the same image as God. John 4:23-24.

God is the Initiator of marriage relationship and He is the only one who joins two people together. Matthew 19:6; Ephesians 5:22-23. In the Scriptures, anywhere issues of marriage relationship are mentioned, God is mentioned too. This ascertained the truth that God is the Initiator of marriage relationship, as a result of this, it can only be sustained in Him through His Spirit; not by human efforts, natural instincts, strength or sagacity, "...for by strength shall no man prevail...", "...not by might nor by power, but by my Spirit says the Lord Almighty." Zechariah 4:6.

The God-factor is very important in any relationship.

Don't decide on who you are going to marry outside God's counsel, that is, in the flesh by mere observing and prioritizing the physical appeals than to the spiritual contents. There are beautiful witches and handsome devils. You need to see the "Corpse Bride" to indisputably

understand this. Let God influence your decision and choice.

The person you date or court at the time you enter into a relationship is a function of the level of your spiritual life, that is, your relationship and daily communion with God (and His Spirit).

Genesis 3:1-13. God started marriage relationship with Adam and Eve in the Garden of Eden and they were in the bliss. But Eve lost her spiritual senses when she chose to see with her physical eyes and perceived with her mind only. The devil took advantage of this and cunningly deceived her. She also went ahead to persuade her husband Adam. They both were derailed having deceived into disobedience and failure to heed to God's commands given to them in the Garden. They also neglected the bidding of the Holy Spirit and followed their instincts, personal judgment, perception and logical reasoning which were manipulated through deception by the devil.

Whenever you leave the spiritual realm in your relationship, you begin to move from bliss and peace to kiss (a deceptive sign trying to reassure love), quarrel, misunderstanding, miscommunication, egoism, etc.

Whenever you disobey God's instruction on how to go about your relationship, you will become naked, naked to the wiles and schemes of the devil (your chief enemy); become ashamed and disgraced.

If you want a good relationship, you need to submit totally to the Holy Spirit. He will give your life and peace. Ephesians 5:18.

You need to be filled with the Holy Spirit. If you are not filled with Him when you are in a relationship, unwholesome and bitter words will come out of your mouth in response to offence or hurt instead of forgiveness. Marriage is two perpetual forgivers leaving together. You need to watch what you speak to each other in relationship; do you speak bitter words or better words? Words that build or that which destroy? Graceful words or demoralizing words?

Whatever controls you will definitely control your relationships. What controls you? Is it the Holy Spirit of God, natural instinct or selfish desires of the old man? It is absolutely impossible to love, respect and submit to each other except you are filled and guided by the Spirit of God. I love to remind you that, the same principles you need to be a good spouse/partner is the same principles you need to be a good and devoted Christian. Can you imagine dating someone who is always at war within him/her as a result of not been filled with the Holy Spirit? Such a person can only give you what he/she has within, like troubles, struggles, stress, hot-temper, selfishness, anger, hatred, quarrels, jealousy, envy, etc., all of which are manifestation of the flesh. You can only give what you have; you cannot give what you don't have. Galatians- 5:19-26.

Let the Spirit of God guide your life. Note that, the desires to do good intentions is the Centre issue. One of the works of the Holy Spirit is to guide you to rightly desire and do good things. Life is full of desires, for this reason, life is all about control, and about what controls you.

You can only manifest what you consistently meditate on. There is power in daily meditation. When you are in the Spirit (praying in tongues and meditating on the Word of God), it will be almost impossible for you to commit sin and you will be able to judge all things rightly. In fact, you will respond to every situation with love easily because the Holy Spirit, the Spirit of love is in control of you. "He will keep you in perfect peace whose heart is stayed on Him..." Isaiah 26:3.

CONFESSION

I believe by now you must have assessed your life to see if you have been led by the Spirit of God or by your lustful desires. You can only be led, guided or controlled by the Holy Spirit when you give your life to Christ to become the Son of God. "For as many as are led by the Spirit, they are called the children of God..." Romans 8:14-16. Ephesians 1:13-14. I therefore invite you to accept Jesus Christ into your life today if you are not saved yet, that His

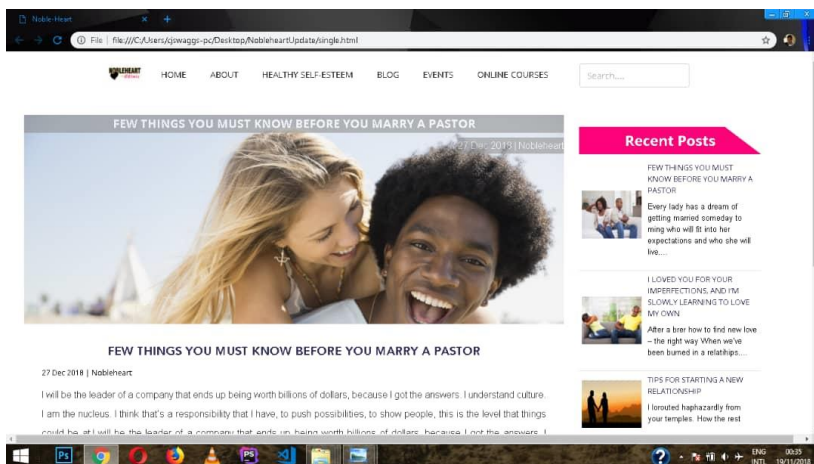
Spirit may come and abide in you. If you are deciding for Him today, just say this prayer:

“Lord Jesus, I am a sinner. Please come into my life and forgive me all my sins. I believe You died for my sins and rose from the dead. Now, fill me with Your Holy Spirit and guide me from this day forward. Thank You Lord for loving me. Amen.”

IF you prayed that prayer sincerely from your heart, I want to congratulate and welcome you to the family of God. God is our Father and He loves us endlessly! So quickly, to grow in faith and to understand more of the Fathers love, please join a bible believing church in your locality, approach the pastor or the priest letting him/her know the decision you just made.

Put God first place and you will be amazed at the places He would take you to!

No doubt this book **“ATTRACTING A SUITABLE SOULMATE”** has boosted your understanding about relationship. I like to hear from you personally, so I will give you an email to write to me directly, I will be delighted to see your mail soon. Email me at nobleheart630@gmail.com



Subscribe to our website so you can enjoy continuous relationship teachings; www.nobleheartloveclinic.com



PROJECT HEALTHY SELF=ESTEEM

We believe that Healthy Individuals births a Healthy Nation.

Self-esteem, which is the feeling of self, oversees over 95% of all an individual does or thinks. This in general, affects the productivity in our society. A state assembly man John Vasconcellos believed that low self-esteem was the cause of crime, teenage pregnancy, and drug abuse and school under achievement. He believed that boosting young people's Self-esteem could be seen as a social vaccine.

One of the things Vasconcellos argued was that money spent on problems plaguing modern society would dramatically reduce if self-esteem improvement was initiated.

Everyone have an exclusive right to Healthy Self-esteem. For these reasons and more, the campaign for a HEALTHY SELF-ESTEEM was flagged off; our goal is to build a Healthy Self-esteem in over five million families all over the globe. To achieve this, we put together, steps by steps plan on how to clearly attain the height we seek. They are:

- i. Awareness creation
- ii. Going global
- iii. City workshops
- iv. Healthy nation campaign (five million families fully trained)

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Community: church, school or conference for the Six
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Email: healthselfesteem4@gmail.com

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NOBLE-HEART LOVE CLINIC

Noble Heart Love Clinic is an online rehabilitation, healing and illumination centre born of Love. At Our Love Clinic, we help restore relationships, provide counsel for healthy marriage, parenting and teenage mentoring. Rehabilitate and restore those engaged in deadly habits and addictions. We help heal hurts of any kind.

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About The Author

JEFFERY EMEKA MARTINS is the founder and president of **Noble-Heart Foundation**, Host of Noble-Heart Love Clinic, Noble Kiddies Upsurge and Project Healthy Self-esteem Campaign.

He is honest, trust worthy and hard working. Through the Noble-Heart Love Clinic platform, he helps thousands of people enjoy a healthy relationship by coaching/mentoring them in the right direction.

He is also the author of **“Building a Healthy Self-esteem”** – a book that helps’ teenagers and Youths combat low self-esteem. He is the convener of **“DEEP CONVERSATIONS CONFERENCES”**

an annual conference where hundreds of university undergraduates are taught how to enjoy a healthy, moral relationship with others, also to combat low self-esteem and addictions. Mr. Jeff as he is fondly called is a personnel developer and a real estate consultant.

He lives with his family in Port-Harcourt, Nigeria.

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