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SOUL MATCH

PREPARE YOUR BRAIN WITH HYPNOSIS TO FIND SOMEONE
WHO'S REALLY RIGHT FOR YOU

KURT GASSNER

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BY
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A Note From The Author



As you dive into the pages of this book, you'll realize that the focus is on hypnotherapy. Why? Well, let's break it down. The unconscious mind holds all our inner treasures, responsible for 95% of our mindset. This means that our unconscious mind is incredibly powerful in all that it can offer us, dictating the way we perceive life, the way we perceive others, and, most importantly, the way we perceive ourselves. However, the challenge is often learning to unlock the treasures that our unconscious mind contains. Too many of us often feel like we're following a treasure map that leads us nowhere. But with the right tools and the right approach, our unconscious mind can become accessible, making the possibilities we face limitless.

And so, when we consider this concept alongside the idea of finding a soulmate, we begin to see an interconnection. To find a soulmate, attract the right people, and be confident in who we are and what we bring to the table, we can employ hypnotherapy strategies that can lead us to a sense of inner freedom and happiness, attracting those with positive mindsets, goals that

align with ours, and mindsets that are just as powerful as our own. This is what I did, and through this process, I uncovered that I am capable of much more than I ever expected—all I had to do was unlock that part of my mind. And so, since the unconscious mind holds 95% of our mindset, we cannot ignore the importance of tapping into this source to find true love, our soulmate, and our life partner. These pages will teach you how to do just that.

Prologue



Upon meeting your soulmate, every part of your mind and body will recognize that this is the right person for you. My goal is to share my personal story to demonstrate the wonder and blessing that I hope you will one day encounter. I hope one day, you can also share how you met and discovered your soulmate.

My story began when I met my wife, whom I have been married to for 37 years now. I met her at a Kitzbüheler Alpen ski cabin. She mocked me the very first interaction we had, as she had initially mistaken me for someone else. I was waiting on a chairlift when I observed her with a friend and invited her and her companion to meet me at the next hut. After they agreed, I skied down effortlessly. The two ladies came minutes later, and I had a lovely talk with both of them. Since I needed to return to Munich later that day, I arranged for a taxi to pick me up shortly after our conversation. But before I left, I asked her for her phone number and scribbled it down while I sat in the backseat of the cab.

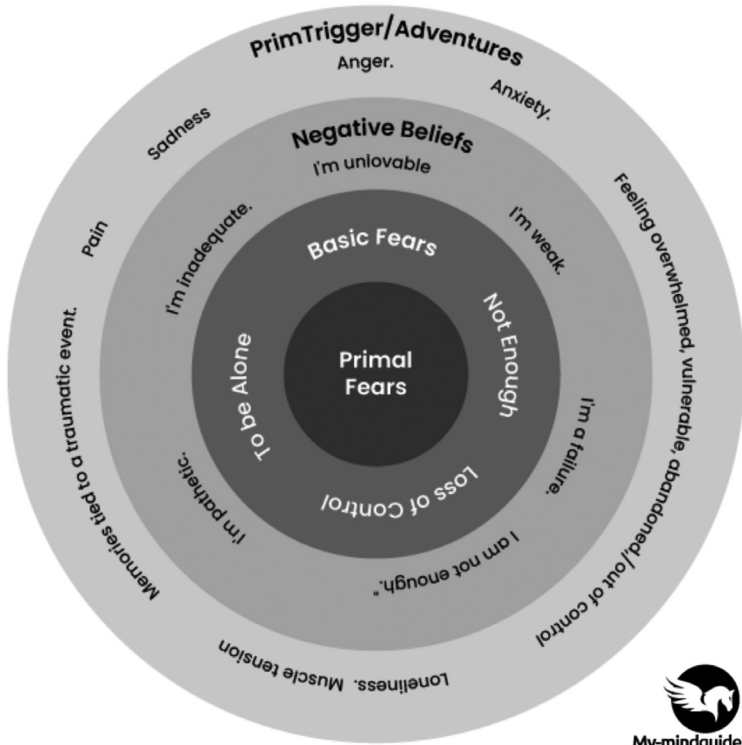
“You’ll remember 2211,” she smiled.

On Wednesday of that same week, I found myself swamped with work at my advertising agency, so I called her in hopes of relieving some of the stress I was experiencing. I curiously invited her to a business meeting with essential clients scheduled for Friday at 7 p.m. She agreed. On Friday, I met with my clients, who were all men, followed by the arrival of Annelise, who was beautiful, sporty, and sophisticated. Everybody’s eyes were glued to her. We talked as though we had known each other our whole lives, similar to the kind of first dates you’d see in the movies.

As we sat down for supper, we found our feet gravitating toward one another beneath the table. We left immediately following finishing our dinner and having impressed the client, too. Annelise walked into my car without saying a word, and we immediately began kissing one another with a passion that seemed to be couped up inside us our whole lives. We then made our way to her vast estate, where we spent the night together. I discovered the following morning that she was married to an English gentleman and lived in the United Kingdom.

There have been numerous obstacles and hurdles in our way, but we’ve overcome every single one; we’ve been together ever since, and we have two beautiful children, a grandchild, and 37 years of memories in our beautiful marriage. Despite all, we remained united. She abandoned a life of luxury, including a beautiful mansion, and embarked on a new path of hard work just to be with me.

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Chapter 1

How Does The Soul Match?



What do we understand about the arcane term *soulmate*? First, let us consider what a soulmate *is not*.

A soulmate is not someone with whom you share everything. While you must agree on critical principles and attitudes on life, the misconception that your personality and hobbies must be a perfect fit is untrue. Indeed, sometimes contrasting personalities foster the best partnerships, as they counterbalance one another. However, this is not always the case, and should not make or break the deal when you meet someone you feel could be your life partner.

A kindred spirit is not someone with whom you always agree or disagree. On average, soulmates have as many disagreements as any other human relationship; the difference lies in how they resolve these disagreements and prevent them from devolving into something unpleasant. This is much easier to do in a soulmate connection, as soulmates can understand each other's emotional and psychological concerns more clearly, realizing that their disagreements are insignificant compared to the

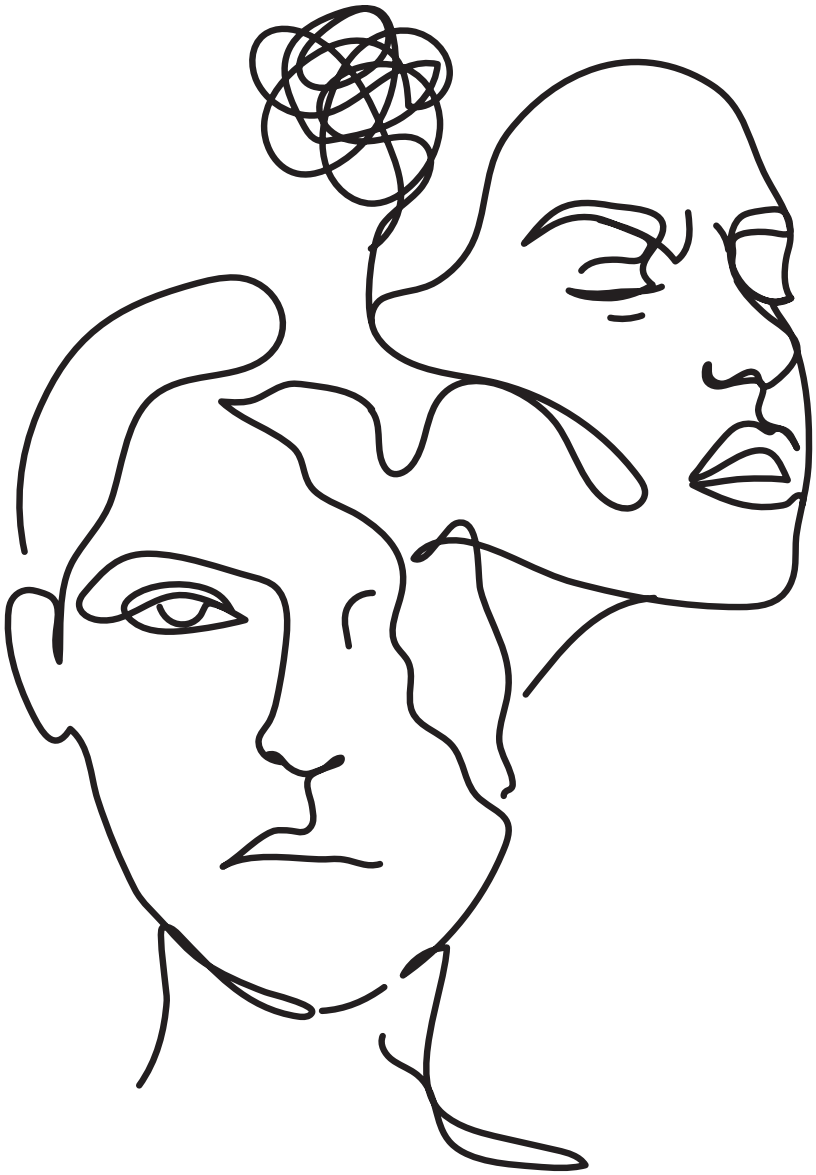
love and care they have for one another. If the disagreement is significant, then soulmates will find a way to compromise, landing on a solution that works for them both.

Soulmates are not attached at the hip. While they spend more time together than the usual couple, they cherish their independence and recognize that each person is unique. Otherwise, this relationship becomes unhealthy and ventures into toxic territory. In a good soulmate relationship, both partners view themselves as valuable additions to the lives of the other, rather than as a necessary element.

SO, WHAT IS A SOULMATE THEN?

A kindred spirit is someone with whom you feel you could spend every day, and you wouldn't have it any other way. It is someone who understands and values your authentic self, not the exterior persona you present daily. Even during a disagreement, a kindred spirit can readily see past this appearance and feel your true self. A kindred spirit is someone with whom you feel entirely at ease and wish to share everything (sadness and joy, feelings, income, your history, plans, etc.). Your soul partner experiences what you feel; they cannot be happy unless you are and vice versa.

Note that this definition of a soulmate heavily relies on the way a person *feels*. It is, in fact, a critical component of the description of a soulmate. A kindred spirit empathizes with you. You are inextricably linked at the fundamental level of the subatomic particles that comprise you both.



Chapter 2

The Soulmate Connection



As with any issue, there is a wealth of material circulating concerning soulmates, and many of them are contradictory. It's tough to have a firm grasp on what these deep ties signify in our life.

The fairy tale interpretation is that someone out there was created specifically for you, and once you finally find that person, your life will be complete. You anticipate that when you meet your soulmate, everything will be perfect; you will fall madly in love and wholeheartedly support one another in your pursuit of a better life. This is the type of love narrative for which films are made. That is why romantic comedies are so popular. That is why we are drawn to fairy tales.

Another belief system teaches us that we have numerous soulmates who are not all romantic or sexual in character. A soulmate might be a close friend, a family member, or a romantic partner. There are also many kindred souls in life with whom we will cross paths.

For this investigation, we focus on the romantic chemistry that leads us to assume we've discovered a kindred soul. When we meet this individual, we believe that our prayers have been answered, that our dreams have come true, and that we have finally completed our match. No one else we've met has had such an effect on us. We have never felt so in love—so insane for someone—in our lives.

The issue with finding this type of soulmate is that when we're crazy in love with someone, the emphasis is more on the crazy part rather than the love part. The focus is not on the calm, centered, balanced, self-assured, confident, and controlled feelings we experience; in fact, we often experience the exact opposite when we fall so madly in love with someone. We become unstable, confused, unsure of ourselves, and battling low self-esteem. We can't help but wonder why we feel so insignificant compared to the brilliance this person exudes.

We remain steadfast alongside this person in hopes of overcoming obstacles and discovering the pot of gold at the end of the rainbow: the promise of true love and married bliss. However, the longer we continue down this path, the more our self-esteem erodes, and the deeper we appear to sink into darkness.

Is this love? Is this the soulmate connection? What is it?

While some are fortunate to find someone with whom they have a genuine, positive tie of love and their relationships are peaceful and inspiring, others discover that their soulmate relationships are the most problematic and challenging relationships they've ever encountered. They experience a

great deal of pain and sorrow. The promise of a fulfilled dream becomes the most significant nightmare. Mr. Right morphs into Mr. Wrong. The prince transforms into a frog. Snow White becomes the evil stepmother.

How are we duped into believing that the person we fell in love with is our soulmate? And why do we have such a difficult time letting go of this person when we realize we may have had it all wrong?

I believe that there is a possibility of a soulmate connection there. We share a profound soul connection with this person, even though the relationship has grown unpleasant, and we feel highly uncomfortable, if not abused. This is due to something we call *karmic resolution*.

The soulmate hypothesis is predicated on the belief that in a previous life, we were together with that person, which is what made us recognize our connection in this life. It may appear as though we know the person and experience an instant spark. “*How did we become acquainted with this individual previously?*” is the question. Were they our husband, wife, or lover? Were they someone we cherished? Or is it possible that this person was someone we wronged in the past and is now wronging us to even the karmic scales? This person likely mistreated you previously, and you drew them back into your life to hurt you again so that you could learn to say “no” to abuse.

Is this person someone with whom a bond of true love may have existed in previous lives, but this lifetime has left them with so many deep wounds that they cannot open their hearts

and allow love to enter? And no matter how hard you try to love and help them, you end up being the one who suffers because they are incapable of genuinely loving you in return?

Did you sign a soul contract with someone that required you to meet them to learn some critical life lessons? Your task may be to develop a greater love for yourself in the face of someone who appears incapable of loving you. Alternatively, it could be learning the ability to honor and respect yourself in front of someone who does not praise you. There may be a significant part of your soul development at work here.

And so, keeping these possibilities in mind, we begin to understand that finding a soulmate does not always imply that you have found the love of your life—the one you were born to be with and who was born to be with you. It could be excruciatingly painful to undergo such experiences, but it may also be necessary to learn the valuable lessons that these painful experiences bring. These are lessons you may not choose to learn and may encounter significant resistance to. On the other hand, your soulmate may be even more resistant to the lessons you've come to impart. They may do everything possible to escape seeing the reality in front of them. They could be incapable of committing to the road of love because they were taught that love hurts, thus protecting their heart with defensive walls. No matter how much love you give, you will never be able to penetrate their walls.

Soulmates might join us for a moment, a cause, or for the rest of our lives. However, we can be confident of one thing: When we encounter a kindred spirit, we are never the same

again. They arouse something within us that we are incapable of sleeping through, even if we wanted to. We can go forward, abandon them, or be abandoned by them, but they will always be a part of us. In its aftermath, we may be forced to learn lessons of forgiveness, letting go, and self-love in ways we never imagined. Perhaps we need to realize that sometimes loving someone requires letting go. But even if we learn to let go, we will never forget them or their impact on our lives.

The lover with whom we lack tremendous chemical attraction may be the most peaceful relationship of all, but we must transcend our yearning for intense chemical interest. Intense romantic or sexual chemistry might imply volatile emotional relationships. It can seem intoxicating and thrilling at first, but it eventually gives way to something that destabilizes us. There is a cause behind the intensity.

Therefore, rather than seeking someone who will disrupt your world, it may be prudent to seek someone who will soothe your emotional oceans and give you peace. This is a much more significant component of an enduring love for someone you can rely on in the long run.

