



## Four Main Principles + Who Are Johnny & Lara

**PODCAST EPISODE 01:** [Johnny and Lara] 4 Main Principles to help you go from Single to Soulmate + Who are Johnny & Lara?

INTRO

### {EPISODE #1 SYNOPSIS}

Who are Johnny & Lara and why is their experience helpful for you on your journey? And... The **FOUR** main principles to help you go from Single to Soulmate - these principles are the foundation on which we base all our teachings, and on which the women that we work with lean on, resonate with, and incorporate into their thinking and into their hearts, and with this, they go from single to soulmate, and you can too.

JOHNNY

Yes, yes, yes, welcome to single to soulmate podcast with me- Johnny Fernandez, and my lovely wife of over 14 wonderful years...



Single To Soulmate with Johnny & Lara Fernandez

LARA

Yes, that's me - Lara Fernandez

In case you don't know us, we are a happily married soulmate couple on a mission- and our mission is helping to empower single, conscious women through their relationships. And over the past 10 years it has been our privilege to help more than 1000 women through our life-changing courses and programs, to enable them to live the life of their dreams with their soulmate by their side.

JOHNNY

This podcast, as is all our material, is designed specifically for women, because we believe when a woman owns her own power, speaks her truth about herself and her life, and has healthy beliefs and behaviours around relationships, **then soulmate love becomes her destiny, and the world is a better place for it.**

And we are so excited to be here with you on our first podcast. Of course we listen to podcasts and really love this method of connecting with you, answering your questions, and teaching...and want to welcome you here. So that's a little about who are Johnny and Lara.

And now, here are the FOUR main principles to help you go from Single to Soulmate - these principles are foundation on which we based all our teachings, and on which the women that we work with lean on, resonate with, and incorporate into their thinking and into their hearts, and with this, they go from single to soulmate, and you can too.

LARA

**#1: The first principle is that **we live in a benevolent Universe** and we are truly loved and cherished by a Higher Power. YOU MAY CALL THAT HIGHER POWER GOD, THE UNIVERSE, GREAT SPIRIT, OR SIMPLY HIGHER POWER. Einstein said,**



Single To Soulmate with Johnny & Lara Fernandez

“the most important decision that you’ll ever make is when you decide whether you live in a friendly or a hostile Universe”. Johnny and I are clear that WE live in a friendly Universe. And we invite you to do the same.

**#2: Our second principle** is that **soulmate love is your birth right**. Just because you exist, just because your Higher Power breathed life into you, you are not a mistake, therefore soulmate love is your birth right. But that doesn’t make it your **destiny**. Your destiny is determined by the **ACTIONS** you take on a committed and consistent basis. There **IS** a proven path to attracting the love and the life of your dreams, you just have to be bold enough, and love yourself enough... to take it.

**#3: the third principle is this, the recognition that** there is a **shift of consciousness** from patriarchal/ “might is right” to more feminine model of collaboration, community, communication and coming from love, and with love as the endpoint, the beginning, and bottom line.

Basic attributes of the feminine principle, the life-giving, life-sustaining, the nurturing, the intuitive, the emotional, the inclusive and connective are now to being more and more valued and implemented in relationships and in other areas of life and society as well. As these values and this feminine perspective more and more to enter into our consciousness as individual and as a society we find that healthier, happier, more fulfilling relationships are formed and society is all the better for it.

**#4 the fourth principle** is to recognize that being a woman, being feminine is far too often identified as being weak and that it means we are **COMPETING** with one another, competing for a man’s attention, all that stuff. **HOWEVER... WHATS CRITICAL TO UNDERSTAND** is that in order to step into your feminine power and actually be **MORE** attractive to the right man for you, you want to **COLLABORATE** work **WITH** other women because we are **NOT** competing with each other. Doing this work, what we’re all about and what we have seen that’s actually effective



in creating the life of your dreams with your soulmate by your side, is that when you RADIATE your true essence...you are attracting, more easily than ever- for the RIGHT man, that quality man for you. That collaboration and community allows that attraction to radiate from you, and makes the journey more fun, and easier than you ever thought possible.

#### JOHNNY

So there you have it, the four principles, and as you allow yourself to adopt them as truth into your life and into your single to soulmate journey what you'll find is that the journey becomes more fulfilling and just more enjoyable, and you actually attract more of the right kind of attention for yourself, the kind of attention that you want. All of our courses, our home learning courses, our live telecourses, our live events here in the SF Bay Area, everything is built on those four principles.

If you'd like those principles condensed to their essence and beautifully written out as affirmations that you can say daily, you can receive that for free, just go to [singletosoulmate.com/1](http://singletosoulmate.com/1) (the number ONE) and you'll see the how you can INSTANTLY get that hand out, those affirmations for free.

By the way, why are we doing this podcast? After listening to podcasts we noticed that there simply was no other podcast that is specifically designed for the woman who is single and looking to attract her soulmate, (not just dating and dating and dating and... you get it, ready to get off that merry go round) ready to attract her Mr Right, her Husband, and since that's what we do anyway - the single to soulmate podcast was born!

And as Lara said we've been living this mission of helping women attract their true loves, just as Lara attracted me, for over 10 years but this is our first podcast so we wanted to let you know how we plan on sharing our material with you and connecting with you here.



This is actually one of the few episodes we'll be doing together, mostly it'll be one or the other of us...

okay, so first of all, we'll have episodes delivered to you -or, it will be delivered to you if you subscribe on iTunes or Stitcher, and we encourage you to do that so it'll just be delivered automagically, or if you don't subscribe you'll just download them manually, they'll be there available for download, and please do download them, rather than just listen streaming it'll be a much better listening experience for you- anyway, so we'll have new episodes for you Tuesday through Saturday, four episodes a week is the schedule we'll eventually settle into. However, for our launch month, we'll be delivering for you one episode a day five days in a row -Tuesday through Saturday! Yup, daily for the launch month! Then four times a week after that.

Okay, the episodes format, will be:

Most episodes will be Q&A, meaning we'll be taking your questions, and I'll answer them on the podcast.

Lots of episodes will be audio blogs, where Lara will sharing with you the updated audio version of a recent or popular blog article.

Some episodes will be my sharing with you some key insights in our special episodes of **Getting the Guy's POV: Unravelling the Mystery of Men**. In these episodes I'll share with you some mystery resolving lessons, addressing issues gathered from our working with over a thousand women over the last decade. I'll address stuff that we see come up frequently, and I really want to share with you The Guys POV so you can understand men better, and yourself too.

We'll also have some in depth special episodes of what we call **Inspiring Love Journeys: if she can do it you can do it**. We'll highlight one woman's journey



from single to soulmate, and as the title says - it'll be inspiring and we'll share it so you KNOW that if she can do it you can do it. It'll go much deeper than just formulas or how-tos. We'll highlight the principles that produce the results so you can truly understand the transformation...and apply this directly to your own life right away.

So we have a variety of the types of episodes, but all you need to know right now is that we'll be bringing you a BONUS episode - so that's 5 episodes a week- of inspiration and learning at first, then four times a week after our launch month. Download them daily, enjoy, and please do leave us a review on iTunes, you can do that easily by going to **[singletosoulmate.com/review](http://singletosoulmate.com/review)** and once you do that you can enter our super fun Weekly Launch Raffle.

If you have a question that you'd like me to answer on the podcast just go to [singletosoulmate.com/question](http://singletosoulmate.com/question) and you can record your question right there on your computer or smartphone.

If you'd prefer to write in your question, or just have feedback or other questions about us or the podcast, you can email us at [hello@singletosoulmate.com](mailto:hello@singletosoulmate.com), yes, that's h-e-l-l-o @ singletosoulmate.com

And so, there's our first episode, thanks for listening, if you want any of the information shared in this episode you can go to [singletosoulmate.com/1](http://singletosoulmate.com/1) that's the number 1, for show notes, the free hand out, how to review, all of that good stuff. Catch you tomorrow!

Listen to the podcast [here](#).

Visit: <http://johnnyandlara.com>

