



Are You Too Overwhelmed For Love – AB

PODCAST EPISODE #12. Audio Blog: Are you too overwhelmed for love?

[PAUSE FOR INTRO W/ MUSIC]

Synopsis: Welcome to another Audio Blog episode of the Single to Soulmate podcast. This article really hit a chord with readers on my blog so I wanted to update it and share with you here. Here's that question again--- are you too overwhelmed for love?

LARA

I had a client a few years ago who was really amazing. She was a total go-getter in her life. She had just recently turned 40. She was the head of a busy department of a software company in Silicon Valley, working 45-50 hour weeks most of the time. She was a soccer coach for her 10-year old daughter's soccer team, and a busy volunteer at her church, heading up several committees there, as well as being in the choir. Every Sunday night had her collapsing on the sofa at home, wondering what happened to her weekend, only to get up the next Monday morning (at 5AM so she could work out and then get her daughter to school) and then she'd start the work week anew. This had been going on for years.

There was simply NO SPACE in her life for a special man, but she didn't know it.



Every two weeks, she'd hire a sitter (her daughter's dad had disappeared) and go out on a GNO (Girls' Night Out) with her girlfriends. These ladies, all of them single and looking for love like her, would meet up at a local hip restaurant and enjoy dinner and then, even though they were wiped out from their busy week, they'd down a shot of espresso and hit the local singles' scene - the bars and lounges of Silicon Valley, hoping to "get lucky".

And by "get lucky", I DON'T mean sleep with someone. They had been there, done that, thank you very much. No, I mean they were hoping to meet someone special. Meet the love of their life.

But it wasn't happening.

My client had hired a high-end matchmaking service to the tune of \$10K (Yes, \$10,000), thinking that was the answer. But the hugely successful and very eligible men she met through that were just as busy and packed in their lives as she was. No real connection was made, after one full year of aggressively and, as the matchmaking service called it, "successfully dating".

She also "put herself out there" on several Internet dating sites. She even had hired a copywriter to write her online profile (\$2,000). No dice after two years online. Sure, she met some really nice guys and went on dates, but the most anyone lasted was two months.

By the time she heard of Johnny and me, she was fried. She had started to entertain the idea of being single her entire life. But one of her best friends had done one of our online telecourses and then had come to our Love Breakthrough Weekend, and then she had joined our advanced LoveLaunch Program - a year long program of live workshops and personalized coaching, and within that year, her friend had met and married her soulmate!

So this woman decided to give it ONE more go. She carved out a few hours a week to invest in something different, and took our Love Breakthrough Telecourse to begin looking within. She started changing the beliefs and



behaviors that had gotten her the results in love that she had experienced so far.

Then she, through all sorts of obstacles, actually gave herself the gift of an entire weekend to focus on love. No, not some romantic getaway – instead she went within, and this time, with some help. She came to our **Love Breakthrough Weekend** and removed the blocks and blind spots to lifetime, committed love. Then she joined our advanced LoveLaunch Program.

This client was one of the most committed and dedicated students of love I had ever seen. After years of her focusing on the external factors to finding love, she really GOT, that it was the INTERNAL FACTORS that was holding her back from her birthright of soulmate love!

And one of the biggest blocks for her (and for many of our clients) was this:

She was TOO OVERWHELMED for love!

Yep... she was over-scheduled. She was over-committed to everything and everyone else but HERSELF. She had kept giving herself away so much that there was NOTHING LEFT. No space for love. No space for a man to even fit in!

And all of that stuff she was doing was ALL GREAT. But not if it's at the expense of HER... of her peace of mind. There was simply NO SPACIOUSNESS in her life. No space to sit quietly even for five minutes and get in touch with her true desires.

Remember the saying, **“The Universe abhors a vacuum, and will rush to fill it!”** (something like that) Well, if there was ever a true statement, this IS IT.

After over 10 years of working with thousands of women, this is what I've seen: most of the time, **your soulmate is not found at a frantic pace in a singles' bar or loud party.** You meet him when you're at that “quiet soul-space within”, when there's SPACE for him in your life.



So here's what you want to do:

Create a VACUUM in your life for love.

That's what our client did, on our recommendation. She kept the position as soccer coach for her daughter's soccer team, as that brought her so much joy and connection time with her daughter, that it actually RAISED her vibration. And she quit the volunteering at her church and took herself out of the committees, too, and decided to only volunteer every now and then, but no more than every three months for a one-day only job. That way, she was able to continue to do activities that mattered to her, yet create more space in her life.

And you know what else she did? She continued her GNO's, but only went out to dinner with her friends, and went home afterwards, to cuddle up on the couch with a cup of tea and to fill out her LoveLaunch workbook (which is one of the tools of the program). And then to bed at a decent hour, so she could wake up refreshed and ready for the last day of the work week and be looking forward to the weekend with joy instead of burned-out exhaustion.

And, about mid-way through the program, she had an Online Profile Makeover (which is one of the features of our advanced LoveLaunch Program) with Johnny and me, where we looked over her profile and then helped her make it more magnetic and authentic to who she REALLY was, rather than repelling (which is what most online profiles are), two months later, she met a VSP: a Very. Special. Person. 😊

And they've been together ever since.

So how can this information help you? What did our client do that was so transforming for her life? Here are two key factors in her soulmate success:



1. Commit to becoming a student of soulmate love and healthy relationship.

Our client invested time, energy and resources in being a student of love. And she never gave up, even when the external factors of getting a matchmaker and online dating didn't work. She kept learning and growing. She persevered and maintained a growth mindset about it.

You being here right now, listening to this podcast, is your being a student of love, and I commend you for it. Keep it up!

2. Ask yourself, "Am I too overwhelmed for love?" and if yes, DO SOMETHING ABOUT IT.

Really look at your schedule. Is there SPACE for you in it? Is there time to get quiet, journal, pray, meditate, enjoy nature, exercise, and enjoy solitude? If you don't have a few hours every week for what you enjoy now and what you're stepping into, then something needs to GO.

Because, just think about it, if you can't find a few hours, or a few days to regularly and consistently focus on you and what makes you light up, and how you can replenish and grow yourself, then how could you EVER find time for a real relationship? Answer: chances are you can't, and you won't. If not now, then when?

So, how can you apply the above to YOUR LIFE? I'd love to hear about it. You can leave comments, and get show notes at singletosoulmate.com/12 Johnny and I do our best to respond to every comment. And in the meantime, have a great day. We look forward to connecting with you on the next episode of single to soulmate podcast.

Listen to the podcast [here](#).

Visit: <http://johnnyandlara.com/>



