



Q&A. Why is finding love easy for some people but not easy for me?

Podcast Episode #16: Q&A. Why is finding love easy for some people but not easy for me?

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Synopsis:

Today Johnny answers this question: Why do some people find their soul mates without having to do this type of intentional work? It seems so easy for some people, or am I making assumptions?

JOHNNY

Let me just go on record now and say, like every human being in this modern cush world, I wish that **everything** in life were easier. Kind of. As i get older I find that some things in life are much easier, mostly because I'm less willing to tolerate BS,

and also some things are tougher, because of - oh goodness, that could be long about why, so lets just say - such is life. Onward.

In today's question we explore what's really easier, what's really tougher, and how either can help you out on your journey to go from single to soulmate and why.

QUESTION FROM LISA (NO CITY, STATE)

Q: Why do some people find their soul mates without having to do this type of intentional work? It seems so easy for some people, or am I making assumptions?

A: As they say, "All you see is the glory, but you don't know the story". For some it may look easy, and years ago, people would find their mate and marry them at 18 and then stay with them for 65 years. We are clear that while we think that's fabulous for them, we just don't understand that. Because that is not our experience. Also, times have changed.

Psychologists and researchers have found that single people are less prepared than at any time in history to actually be in a happy and healthy marriage and partnership. Why might that be? There really cannot be a definitive answer to that, however, there are lots of theories, so I'll share with you our theory - it's multidimensional. In the Western culture, here in the USA especially, we're living in a society that values work and money more than love. Mother Teresa called the US the "most loveless society" she had ever seen. And with wonderfully evolving roles in the male-female relationship where men and women are questioning old paradigms and thus evolving into 21st century relationship roles, that they have not seen modelled for them growing up, and don't often see modelled for them now around them in their personal life and definitely not in mass media. Thus making it harder to complete that evolution away from what we know we **don't**



want and step into what we DO want enough to actually experience it.

The saying goes - “if you can’t see it, you can’t be it”, and many single people are experiencing a tremendous absence of healthy, mutually respectful, committed and passionate marriages. Thus being able to step into that seems to elude you, and the years seem to just fly by. And women, with the intuition to recognize how important healthy relationships are in the forefront of helping co-create a new, healthier masculine-feminine relationship and so women especially are feeling this pull to have something else, something better, but allow themselves too often to be stuck in the old paradigm thinking of the “work work work money money money world” that says “relationships aren’t that important”, “love is a side dish of life”, “just settle for someone that can pay the bills”, “inner joy and fulfillment is unimportant and even greedy” - all of these stuff makes you feel like wanting MORE for yourself and your life is an impossible dream, but it's not, it just is when you try to make that dream come alive while simultaneously believing that love isn’t that important and you devote little time, energy, or study to the whole subject.

We recently officiated a wedding and talked to a couple who were guests at the wedding, and they had been married at 20 and married for 65 years! They clearly loved and cared for each other, but they said it wasn't easy. They had some really rough years and wondered at times if they would make it. And this was a couple that was married in a totally different time than now. They loved each other and they valued commitment. Now women have more choices than ever about when and whom they'll marry and have kids and get an education; and yet, commitment by men and women is generally speaking valued less and experienced less, so it becomes harder and harder to get a committed relationship when you yourself are not that committed in your life to love. And with all that choice, let's talk just for women right now means is more responsibility for making the right choice for you. In the law, they say with rights come responsibilities. Both people in a relationship have more rights and both people have more responsibilities as well. The goal here isn't just getting into A relationship, that is easy, but getting into the RIGHT



relationship for you that takes some extra effort.

While that effort feels like something is wrong, nothing could be further from the truth. What's really happening is if you have been wanting a true love relationship, with mutual respect, passion that doesn't fade, and a commitment that's real and lasting, it isn't that it was there years ago, but isn't there now. It's that your parents and grandparents really didn't have such high expectations of a relationship, and it was easier for them. This is why we hear so much from the women that we work with that they are criticized with the "why are you so picky?" or just flat out critique of "you're too picky-thats why you don't have a man", and all I can say is that settling never works. At some point, you end up feeling resentful and unfulfilled. The women who've worked with us and attracted their soulmate universally say "I'm glad i didn't settle."

Oh, and here's the other thing outside of that long and deep answer "why do some people find true love easily?". Not just the folks that got married and will be divorced in 5 years, I mean true love that will go forever. Some people ARE just lucky. I wasn't that lucky, I had to put forth effort, so did Lara. Even though we are always going to be OPEN to luck, we don't want that to be our strategy do we? Sadly, too many people sit back, do nothing, and hope to get lucky. At the end of their lives as they grow old alone and die alone, it's just "oh shucks, didn't get lucky" - I don't think you want that. I know I didn't. It's like, some people hit the lottery and become millionaires overnight, but that's not really a wise financial strategy for our lives, is it? Playing the lottery?

So just to wrap up, try not to think of it as easy for them and hard for you. Remember, you don't really know the full story, and why not reframe that extra effort as "Not Settling Energy"? That Not Settling Energy that will ultimately lead you to the right man for you, and you'll BOTH be happy that you didn't settle for "Mr. Good Enough."



Okay, Lisa, hope that was helpful.

If you'd like a beautiful and fun "21st Century relationship" and "Not Settling" reminder of what you are committed to, something you can print out and hang up on your wall at home or cubicle at work. As a daily reminder, you can go to singletosoulmate.com/16 for show notes, and to get your handout. That's singletosoulmate.com/16 for that free handout and show notes.

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

These first few ones people emailed in recently when we first announced we were doing a podcast, but in the future I'd like us to just hear your voice asking your question, and I'll answer it on the podcast.

Thanks for listening, I hope that was helpful, and I look forward to answering YOUR question on the next Q&A episode of the single to soulmate podcast.

[OUTRO MUSIC + VOICEOVER]

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