

The Magic List Exercise

Principles of creating “The List”

The point of writing this list is to signal to the universe what the “ingredients” are of your ideal man so that the universe knows what kind of man to send you. During the process of creating your list, you write down your best case scenario based on the 10 categories I put together for you below. This is your 100% best case scenario and is what you send to the universe. However, it is not necessarily exactly what the universe will send you. It will hear you, listen to your request, and bring you what it believes you deserve. The stronger and more powerful your request (how to strengthen explained below), the more likely you are to receive what you wish for. Be aware that the list must be sent with an open mind and a heart full of faith to be successful. It cannot be limited to just one person (even if you believe that you’ve already met your ideal match) and it is fluid and can (and should) be changed and adapted over time as you change and adapt. In preparing the list you will realize what is important to you and what you’re actually after. Just the process of that realization will already begin the transmission to the universe of what your ideal is like and what qualities really matter to you

Process of Creating the List

Prior to creating the list, take the time to go through the mini visualization exercise that is recorded for you in order to more fully allow yourself to envision your ideal man on a deeper, emotional level. After the list is created, go through the second visualization exercise in order to fully integrate what you want and to feel it more deeply. In order to strengthen your message of what you want to the universe (and make it more likely for it to be delivered), you must regularly take the time to “live your ideal” by imagining yourself in the kind of perfect relationship that you want to have. The more fully you imagine this relationship, the stronger you should feel it as “yours already”. Strengthen this image even further by adding strong feelings to your visions. Imagine the movie of your life playing out with this ideal partner (but without worrying about time, so moments can be mixed in any way) and the strong positive feelings that accompany the moments as they play out. Look for your partner everywhere you go as he’ll be on the way to you once you create this list and put the list to action in your imagination. Remember to feel as if you will meet him at any moment and to have complete faith in this happening; go as far as already thanking the universe for sending this amazing love to you. The stronger your feelings, your faith, your images, and your love, the more likely you are to meet this amazing man and the sooner that it will happen.

The 10 questions of “The List”

Answer each question in as much detail as you want. I suggest writing this in categories with these names as headlines of each category.

1. What is he like physically? Describe what he'll look like when you first see him.
2. What kind of personality will he have? What is he like upon first meeting or upon watching him from the outside? How do his friends and people close to him describe him?
3. What is his financial situation, background, and education? This is something you'll find out as you get to know him a bit better.
4. What kind of interests does he have? What does he like to do with his free time? What drives and excites him?
5. What is he like spiritually? What is his religion (if important to you) and how religious is he? What kind of temperament are you looking for?
6. What is he like sensually and sexually? If this is a key area of importance to you, be clear and descriptive in what you want and what's key for you.
7. How does he treat you? How is he to you when just the two of you? What is he like when you're with a group? What's really important to you?
8. How do you want him to treat your family, your kids (if you have any), your friends, his colleagues, etc?
9. What kind of cultural interests does he have? Think about what you'd like him to be like culturally and if it's important to you that he speaks any specific languages.
10. Is there anything else that was left out, or that is particularly important to you that you may want to add, stress, or repeat?

Once you've written the list, take the time to consider what makes you feel loved and good to be around this person?

Important note: you can repeat yourself many, many times in different categories. It will reveal what really matters for you.

Remember: The closer you are to what you want this person to be like, the more likely you are to meet him. For example, if you are looking for someone who is physically active, you are more likely to meet him if you yourself are also physically active. If you want someone generous, you are more likely to meet him if you yourself are generous. And so on. So work on yourself at the same time. Also remember that you have to be out there to meet him in order to give the universe a helping hand. So be where he can find you.