



Attracting Your
Dream Man:
The Seven Step
Blueprint for Finding
Your Soul Mate

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This special report is for you if...



Every week, Dianne and I are privileged to work with smart, savvy, and successful women and men. Often, they are entrepreneurs or professional women who are on the road to success. Yet, in love something seems off. Sometimes, getting back in the game of love seems so scary, or even hopeless. They often ask us; "Where are they?" "Where is my soul mate?" "Is love even possible at my age?" "Are there any good ones left?" Sometimes they are in a relationship that they want to last. So they ask us, "What does it take to build

a successful relationship?" They are tired of the friends game, the hamster wheel of painful relationships game, and the serial merry-go-round dating game.

Often, they are worried that "something is wrong with me." Or worse, they worry that something is wrong with love these days. And yet, they are suspicious that such fears can't be all of the truth about love. Their heart tells them that they want so much more love than they have. These women and men are desiring, some even starving, to find the simple path for love that we will be showing you in this blueprint so that you can be as successful in love as you are in the rest of your life. You'll find this blueprint life changing if you have one of the following five concerns where Dianne and I often find smart, successful and absolutely wonderful, loveable people who are hungry to find their soul mate.

1. You're concerned that...**I'm tired of being alone.** After a while the other pillow begins to talk to you in the middle of the night. The side of the bed that's empty? It seems like a barren moonscape some nights, doesn't it? There is a gnawing sense of it all being a hollow mockery. You wonder if the garden of love has been lost forever. All of those statistics about how the lack of a relationship can affect one's health and welfare, with less vitality and length of years, secretly scare you. *You worry that if you don't find a healthy relationship, it's going to cost you one day.*

2. You're scared that...**I got burned in my marriage or last relationship** and I'm not going there again. This often results in the 'once burned, twice shy' feeling that a committed relationship is just too risky. Here, it's as if they are saying, "Sure, I'd love to have someone who has my back,

but that scar from being stabbed in the back the last time just has me over a barrel.” Occasionally, this feeling gets really trumped up and it feels like “Tell Cupid to go screw himself!” Yet when did fear ever truly feed the human heart? As a result, you have the sneaking suspicion that you can’t live like this much longer. You worry that you will wind up as some jaded version of yourself that you swore in high school you would never become. *You want to rally for love, but don’t quite know how to find a safe haven for your honest needs for meaningful connection and lasting love.*

3. You’re afraid that...**all of the good ones are gone so it’s hopeless** – which very often results in a lack of motivation. And then, there’s the entire scarcity thinking game that this invites. It just feels horrible. You sometimes hear a sad inner voice saying to you, “What’s the point to trying if the game is so darn rigged?” So you wonder why travel the road to love at all if it leads nowhere. *You wish you had a guide who could transport you across this chasm of despair and help you take a giant leap toward love.*

4. You’re worried that...**something is wrong with me and I don’t really deserve love in my life.** It’s always been there – this little feeling that you’re flawed. You think that everybody sees it. So you say, “I’m so screwed when it comes to finding anyone who is not as broken as me.” It all feels so unjust! Yet another part wonders about this little feeling. At another level, a part of you just knows this can’t be the entire story. *You long to find someone who can help you find that wonderful person inside of you who has every right to find love.*



5. You’re anxious that...**dating is so profoundly disappointing.** It gets bad some days. Sometimes you wonder if you have lost your mojo. Who needs those stupid dating sites anyway? All those Photoshopped pictures and awkward coffee dates at Starbucks make you even wonder if a soul mate exists anywhere in the universe. On the other hand, there are all of those couples who have found each other. You’ve seen them strolling on the beaches holding hands or looking at each other with longing eyes over a romantic dinner. But it’s always other couples, not you and your soul mate. Deep down inside, you cannot settle

for this sort of fate with love. *You know that if you find the transformation you need along with a better set of tools, you can attract the soul mate you have been looking for now and keep them.*

You can find your way back to the Spring of Love

Take a minute and focus your attention on which of these five groups you belong to right now? You might even notice that you’ve paid membership dues to more than one of them. Each group contains a little seed that holds the possibility to take an extraordinary leap in your love life. Just notice how every one of these seeds wants to grow up and become a big, strong oak tree that can provide the shelter and shade that love needs. What is more, those seeds not only want to grow up and become more, but *they already know how to become the ‘oak tree of love.’* You just need someone who understands oak trees well enough to help you nurture and grow that little seed within you. So make sure you read through this entire report to find out exactly how to nurture and grow your own little seed of love. We can always find our way to the Spring of Love!

There is still hope for you...

We are so glad that you are reading our blueprint. We're Dr. Gary Salyer and Dr. Dianne Frost, and we know from working with so many people around the nation and world how seeds become strong trees and that people can find their soul mate. We're both on a mission to help love seeking people like you to create extraordinary relationships, indeed, relationships that rock your world. We want to make this a year of love for you. We do this by using cutting edge brain science that is focused on how love really grows. We combine this with relationship coaching that is based on decades of research so we know what really works and what is merely, 'advice.'



Based on our experience, we know that no one has taught you the tools to take the next extraordinary leap to love. Did you know that we have learned more about the brain in the last fifteen to twenty years than in the previous three thousand years? It's true! How our brain works is no longer a mystery. We get how the brain works now. Your brain is the greatest experience maker on the planet. The other great thing that brain science has taught us is this; your brain's options for different and better experiences are endless. Yes, endless! Think like 'the stars in the heavens' endless. And yet, you are probably still using your brain in the same old ways (with some of the same results we'll wager) as your parents or grandparents did.

In fact, we'll bet that many of your relationship 'skills' are also the very same ones that have been practiced in your family for decades if not generations. We know this because that is how brains are designed to work unless you know how to train your brain to have a better experience. We also know this because it has only been in the last forty years that a true science of relationships has been developed. We no longer have to take coach's 'advice,' try it out and hope that it works. Love works and doesn't work in predictable ways. You can totally know what will attract and keep the love you deserve. Moreover, it's simpler than you might imagine.

Re-designing your experience with love

We're going to teach you some of your brain's best ways to create a designer experience with love. Then you can:

- **Open your relationships to have more confidence and ease** with the concrete steps that will allow you to feel more worthy, invite more intimacy, experience way deeper closeness and feel more loved than you have ever felt in your life. (This may sound like a fairy tale or something from a romantic movie, but love doesn't have to be as difficult as you think.)
- **Uncover the key brain adjustments that you need to create the love you want in your life.** The unconscious parts of our brains that are 350 million years old are really driving the bus

with love. People come to us all the time wondering why all their hard work didn't pan out. It's because all that old programming won't allow it. Asking that part of our brain to support a modern notion of love is like asking an old cell phone to run an app. Unless there's an upgrade, it ain't happening. Are you ready to release all that old programming and upgrade your brain so that love really works?

- **Experience how to mellow out the greatest enemy of love** – fear and the unconscious safety settings of our brain – so that your brain supports what you want rather than works against you. The brain tools we teach you have very little to do with traditional relationship coaching or advice. In fact, most of what traditional coaches or even therapists have taught you is often based on outdated understandings of how our brains really work to create love.
- **Discover the keys to finding all the support you need to find your soul mate and create the relationship of your dreams.** Trying to find your dream man can be exhausting and debilitating. One of the key things we have learned that stops people in their tracks is that their brains are programmed to do things without support. Imagine trying over and over to create a great relationship, yet having little to no success because of being unable to reach out for support. Stopping this pattern is very often your first step to attract a soul mate. One of the keys to finding love is to reach out for support. Isn't it about time you found the right support so that you don't have to travel the road to love alone?

Step 1: Restore the hope that finding a soul mate is possible ...

Everyone wants love yet not all believe that it possible. For people who find love, hope is a natural thing. For others, they have lost all hope that finding their soul mate is even possible. For them, hope is an ephemeral phantom that you can't rely upon. Or worse, it's like a Trojan horse just waiting to disappoint or destroy you. Who would want to hope for that? Maybe you have simply lost hope in finding your soul mate. Or, you have lost faith in 'men' or even love itself.



One thing is for sure – the biggest decision you will ever make is whether you can believe that finding love is possible. Hope is the place where the yellow brick road to love begins. Einstein said, "I think the most important question facing humanity is, "Is the universe a friendly place?" Double that when it comes to love. Whether you believe that the universe (love) is smiling back at you, or frowning – you are right. Let us explain.

Imagine standing in front of a mirror. If you don't reach out, what happens? See how long it takes for the mirror to reach back. It doesn't feel very friendly, does it? However, if you reach out first then you can notice that the mirror is reaching back too. Likewise, the universe is a mirroring universe. If you reach out to find your soul mate, love reaches back. But it takes a certain level of hope and trust to do that.

So notice what occurs when you lose hope. The first thing that happens is you no longer feel like reaching out. Something dies within you. You may not be able to put your finger on it, but deep down, some part of you has lost faith in yourself, others or the nature of love itself. When you no longer reach out that changes everything about how others respond to you. Negative experience curls back on you, creating a self-replicating loop. Attracting a soul mate is difficult from here.

I once had a client who made a decision to never smile again when she was eight. She lost hope that anybody would ever really love her as she is. Now, in her 40s, she complained bitterly that everybody seemed to be against her. Nobody really liked her. At work, she wanted a better response to her proposals, but they never came. When it came to dating, men just never seemed to 'get' her. Do you think it might have had something to do with her decision to lose hope and the part of her that stopped reaching out with smiles?

The secret to finding love



So, here's the secret to everybody who finds love. They knew it was possible and never gave up hope. Like Fleetwood Mac, they never stopped believing. When people ask us, Gary and Dianne, how we met each other, we tell them: "We always knew that our soul mate was out there!" Both of us made a decision to hope. We believed in a generous universe that mirrors our energy. So we both invested in ourselves and consciously created the space in ourselves that could attract our future soul mate.

You see, hope isn't something that is just there in the outside world. Hope is a filter inside your brain that scans the world and finds the evidence we need to attract our soul mate. Without this filter, we lose the GPS system that leads us to our soul mate. Here's the brain science behind this. **Your brain always finds the evidence for which it is looking.** If you decide to hope, your brain naturally finds the evidence to support that hope. And if you decide to despair, it will find the necessary places in life to support that as well. Hope is a filter that notices all the evidence that is out there to believe again. Eventually, this positive outlook and its evidence creates an inner resonance that leads us to our soul mate. Unfortunately, despair does the opposite. Despair crosses off any evidence that we might use to hope again. It leads us down a different path where we miss our destiny with love.

So imagine if you could train your brain to find the lost evidence for hope. *What if the evidence for your soul mate was always there, but just deleted? What if you learned how to rewrite your brain's rules for love so that it found all the evidence you need to hope again? Moreover...*

WHAT IF YOU COULD MASTER THE ART OF HOW YOUR BRAIN FILTERS REALITY SO YOU COULD BE LED TO THE DREAM MAN YOU DESIRE?

Our brains reward such filters and such optimism with uplifting and energizing chemicals like dopamine and serotonin. *Just imagine all the energy, renewed vitality, creativity, passion and joy that would come from seeing all of that possibility and evidence for true love again.*

If you are ready to master the art of creating passion and joy, then click the link below.

[Click here for a one-on-one conversation with us](#)

Step 2: Know what you want in your body...

Do you see now why your scanners must first be set to finding love if you are ever going to be lead to your soul mate? The wrong filter will just delete them so it will appear like there are no good men out there. When anybody says all the good ones are taken or they just aren't out there, you can bet there is a hopeless filter at work in their brain somewhere. Just so, the first step is to make sure your inner filter isn't deleting him. You want your brain to scan reality for what you want, rather than what you don't want. Now we can talk about the second step for finding your dream man.



If you don't know what you are looking for, you won't see your soul mate when you meet them. So what do you *really* want for a soul mate? For the record, this type of envisioning is much deeper than vision boards. We are not just looking for some romantic pictures to paste on a piece of cardboard and then display it on your refrigerator. What we are asking you to find is a *full-body* 'Yes' when you imagine the one who turns your stomach into butterflies as you first set eyes on him, makes your knees buckle when you kiss, and inspires your heart to sing harmony with the birds as you travel the road of life together.

Find an iconic image

The picture of your future soul mate must be the driving force that motivates you. It should just naturally create a positive mood altering experience every time you recall it. **This picture must have high emotional voltage embedded in every pixel.** It's an image that wakes you up at four in the morning and greets you when you awake before your first cup of coffee. It's the first, last and middle thing you see in your mind's eye all day. This likeness of your soul mate should captivate your dreams. In the middle of the day, even when you aren't thinking of this image, you feel it. That exhilarating feeling is in your gut, your heart and you can sense it in every cell of your body. Simply put, it is iconic for your soul. Every pixel influences all the senses in your body. It instinctively activates your full sensory being. You can even smell and taste the savory fragrance of your soul mate when you recall this image. The image echoes in your ears. Like any great movie, the picture should have a soundtrack. I mean, can you imagine the movie "Mama Mia" without sound? When that all loads up, that's what we mean by a full body 'Yes.'

To create such a driving image of your soul mate, you must have a picture that is extremely clear. This is not some general picture that says, "I want a man." No, **this is a highly detailed, high definition snapshot of who you want to spend the rest of your life with.** So take a moment now and sit with this question; *who do I really want to attract as my soul mate or dream man?* Remember, the answer should fill your every sense and come from not only your mind, but your entire body and soul. You should sit with this question sometime after you finish reading this blueprint. Let it well up from your body and percolate in your mind. Then let it marinate your consciousness until that picture of your soul mate and you become as one. You may consider this visual union a prelude of things to come.

There is brain science behind this. Our brain evolved from millions of years of evolution. While the ability to consider abstract ideas like 'soul mate' developed last, the early parts of our brain function just like the rest of the animal life on this planet – it needs a picture to know what to run to. Without a picture, it hasn't a clue where to go. That part of our brain doesn't use words nor can it think abstractly. It depends on pictures, sounds, tastes, smells and feelings to navigate. Since this part of your brain is always scanning for what you want, it behooves you to train it to seek what you desire. The more detailed picture, the better those early parts can serve you.

Also remember this; a soul mate is not someone you merely attract. **Such a deep connection comes from who you are well before you attract your dream man.** You must become this picture. *This picture should transform you at your core. It should beckon you to become more of who you are in your highest self even as you call in the highest self of your future partner.*

If this picture scares you or attempts to flee, then you know you have conjured up the right picture. When we first start our journey to love, there is almost always something that goes well beyond our programming. All of this can feel scary. Few people are given a full permission slip to have such a great connection. And that's OK too. We will get to this. But for now, consider this...

**BEGIN YOUR ENVISIONING WITH A PERMISSION SLIP FROM THE UNIVERSE;
"IMAGINE A VARIETY OF MIRACLES HAVE OCCURRED..."**

To polish off this picture, it's important to ask why those qualities are so important to you. **What will having such a man do for you?** What good things come from having such a soul mate in your life? There is real magic in asking the 'why' question. Your brain does nothing without having a good reason. When we tap into the big why that is unique to you, not anything can stop you. Answering your big why will give you both the energy and inspiration to stop holding back and begin to reach out to your soul mate.

Step 3: Restore your brain's original settings and install upgrades...



Our brains are designed to be flexible and resourceful. In fact, they come out of the womb with original settings set to connect, feel secure, find love yet adapt to any environment so it can thrive. Deep within us, the resources to attract and keep a strong connection are always there. They are hard-wired into us as a part of being human.

Sometimes, however, **people think they are broken.** You may have a haunting fear that something is wrong with you and, therefore, you don't deserve to find your man. You might not consciously think this but some part definitely surely feels that way on many days, right? This happens when people have had a particularly painful ending to a past relationship or a string of them.

*But what if I told you that your brain is always functioning well? What if there are no broken parts in you? Here's a secret that few know: **your brain is always having the experience it is safe with.** Yes, as counter-intuitive as that might sound when you are in pain, it is absolutely true. You see, your brain is adaptive, meaning that it does not come out of the womb prepared only for a primrose garden. While the brain comes designed for deep connection and love, evolution knows that sometimes we are not always greeted in life with safety and love. So your brain adapts to early experience and encodes some experiences as safe, while others are deemed not so safe. A child in a family where love is rarely expressed, for example, would adapt to that norm and encode it as 'safe' not to express love and 'threatening' to express love. We feel safe with what we know.*

That adaptation is your brain functioning perfectly! It's doing what it should do – keeping you safe and on the planet. We want to applaud your brain for doing that! Moreover, we want that sort of vigilance working for you sometime in the future, so we don't want to 'fix' this part of you. Rather, we want to give it better instructions and enroll it to be on your team so it can start working for you! Do you see how resourceful your brain has been? And how resourceful it can be in the future? *What a great ally your brain can be if we give it an upgrade.*

But here's where the rub comes in. These adaptations are sort of like 'security protocols.' Our brain learns what to consider safe and not so safe very early on. The real problem is that this inner security system, which is 350 million years old, has no sense of time. So it locks that fear into place and scans for safety or a certain danger *forever* (unless we restore its original sense of safety.) This in turn, creates long term patterns for our relationships. There are three such patterns for love.

When it comes to love, the brain basically adapts in three basic ways

These adaptations we call 'love styles.' These patterns will run forever unless you find someone who can reset your brain to its original, healthy safety settings.

The secure love style – This is where you have the right to feel welcomed, worthy and cherished in your bones. It is an empowering sense that you are well nourished and protected. No matter what happens, you just feel safest in a relationship. Here you find it easy to get close to others. Depending on them is expected and feels great, as well as them depending on you. Here's the great part for the secure; their brains have adapted to taking no BS and giving no BS. They rarely pick a loser, and if they do, it's see ya later city. Finally, those with a secure love style are the true masters at creating intimate, safe, lasting and passionate connections. They intuitively understand how to keep love alive.



The avoidant love style – This is where you have never truly felt welcomed, worthy or cherished. As a result there is a lingering feeling that the world is really not your oyster and that keeping a certain distance is the best path. No matter who you are with, you worry that they are going to want too much from you. You get wary or nervous when someone gets close. And you just know

in your gut that you can't depend on them. As a result, you are great at doing it all yourself. And yet, there is this lingering yearning for a kind of support that you have never truly felt. So, you walk a tight rope with commitment; you want a relationship but also keep one foot out the door just in case it gets too close. You yearn for deep intimacy at some level, but when love comes knocking on your door – well, that's another story, isn't it? Now, it's not like you don't love these people who want so much from you. You do! Yet because you are always creating a 'safe distance,' you have a lot of ex's who just got frustrated one time too often. You often feel that they just don't get you. And then, there's that loneliness thing...

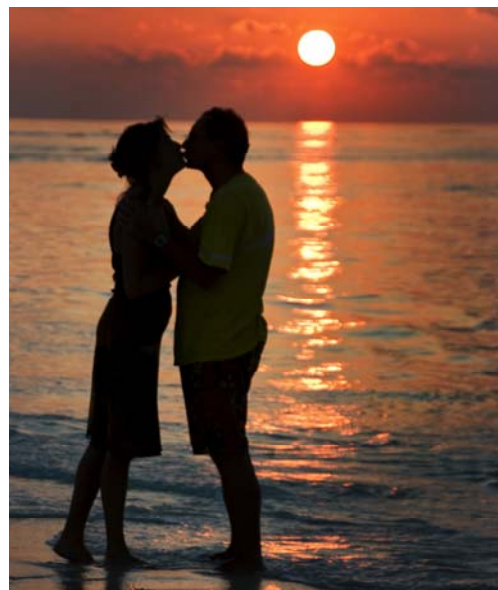
The anxious love style – This is where some part of you is going to fight to feel welcomed, worthy and cherished! Have you ever thought, "Intimacy is my right and you better not take that away from me again!" It never quite seems like any of your relationships are close enough, does it? It just feels so good merging with someone! You often worry that your partner secretly doesn't love you enough or won't stay. And that fear just drives you nuts. The worst part of this is that sometimes, you have been your own worst enemy – driving people away who did love you but just couldn't take the drama any more. Your desire for 'safety' is so great, you worry a lot. Peace of mind you say? Forget it. Some part of you is always looking for that past betrayal or abandonment. You are afraid no one will commit to you like you want. You always seem to have this gnawing fear that your partner is going to walk away, and it just feels terrifying. So the more you try to lock down love, the more it seems to get away from you. What's up with that?

These last two love styles (really, adaptations) are merely early security protocols that are still running in your brain's software. And yes, they do wreck havoc with relationships and create a lot of needless pain. **Still, nothing is actually wrong with your brain's computer.** It's actually executing early security protocols exactly the way it should. Being avoidant or anxious is just your brain doing what it is supposed to do – which is to execute all security protocols. *However, you might want to restore your system to its original secure settings and get some better safety protocols so you can finally live in the present with love.*

So, which love style fits you?

Here's the best news you will ever hear if you are anxious or avoidant. Nothing is wrong with you but **you can shift your love style from anxious or avoidant to secure.** The havoc, drama and disappointment can stop. You can learn how to bond under the best of possibilities. We call it an 'earned secure love style.' It's just like having your computer system restored to its original settings, but with upgrades! The upgrades come with learning your lessons and so, there is often a depth to loving with those who have an earned secure love style that many of the secure don't even have. Then your brain will take no BS, and give no BS. Doesn't that sound like a relief? Or better, doesn't it feel like dream come true?

Well, it is a dream come true! We, know it is possible because combined we, Gary and Dianne, have been



down all three roads, and we now have a wonderfully secure relationship! We may be the only ones in the country teaching you how to transform your love styles with brain techniques that our clients love.

CAN YOU IMAGINE WHAT IT WILL FEEL LIKE WHEN YOU ARE SECURELY LOVED? WHO CAN YOU ATTRACT WHEN YOU FEEL TOTALLY WELCOMED, WORTHY, CHERISHED AND EMPOWERED?

We can move you from the anxious or the avoidant to having a secure love style. That's how you attract your *secure* dream man. How great is that? (Hint: it's more than you can imagine right now!) If you are already secure there are ways to help you keep it that way and more.

Step 4: Stop playing with half a deck of cards in the game of love...



You need a full set of cards to play the game of love and to attract your dream man. Imagine playing a game of say, poker. Now imagine that you are playing with an incomplete deck that has many of the high cards missing. It's going to be difficult to win if you don't have all of the high cards, right? Without the high cards, you can't win in the game of love. If you ever feel like 'love sucks,' or 'it's just so unfair,' then you might want to look into what sort of love deck you may have been dealt.

These "cards" are what we call, '*love templates*.' The brain makes templates for life in our early years. They are dealt to us especially in our early years, in our first romantic relationships and also in all the subsequent ones. So we could call them developmental incompletes too, if that makes more sense. Especially in the first 3 years, our brain is busy scanning the environment for what kind of experiences are possible or better yet, permissible. It looks for all the ways that our parents are giving us a permission slip to have certain experiences. When we are not given all of the complete love templates (i.e. permission slips), our deck is missing some high cards. We call such missing high cards, '*love incompletes*.'

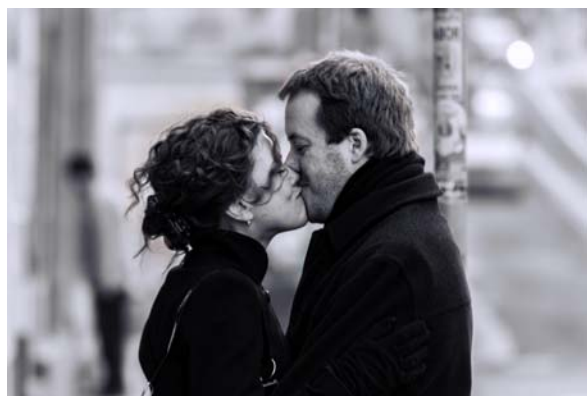
Beneath all three love styles are the permission slips or love templates. In other words, when you add up all the love templates you have been given, that determines your love style. Each love style has been dealt either high cards or low cards. Basically, these are templates for how love shows up in your life.

Those with a secure love style pretty much have all the high cards. They have the complete set of love templates. Those who are anxious or avoidant, were dealt low cards so to speak. They were given incomplete love templates. If this is you, just know that you came by it all naturally. Somewhere along the line you just weren't given a full permission slip with love. You got part of it, but not all of it. That's all. It's really not your fault either. Show me a missing template or two, and I'll show you either an avoidant or anxious love style. It's that simple. Again, nothing is broken here. Everything is working. Your love templates just need completion to work better.

So imagine what sort of man you might attract if you were only given permission to play with low cards. You can create a great vision all you want, but without a full set of templates, **some part of you is going to opt for something less because you don't have full permission to attract a high card man.** If you ever wanted to know why you always seem to attract Mr. Wrong, this is why. You can't draw an ace if it isn't in *your* deck in the first place. Now think back to our second step. Did you try to create a full body image of the man of your dreams? *If it was difficult getting that full body feeling to load up on some things, we'll bet it was related to an incomplete love template.* What do these low cards feel like? Let us deal with just two of them right now. (There are six such cards in the incomplete deck.) If you have any of these feelings in a habitual way, you need to give yourself a better deck of 'love templates' to attract your dream man:

- *Do you have a sense that you don't belong and never did?* **Have you always felt a bit disconnected from life?** Here it all feels so cold and distant on some days. Because of that, it's always been easier living in your head than in your body. It's like you live a short distance from your body. Being spiritual feels better than truly staying centered with your heart. If it's easier to love God or the angels than a real, flesh and blood partner, you have an incomplete template for love. (We call this move a 'spiritual bypass.') If it's often easier to love an ex than the one you are with, that can be a clue too sometimes. And we just notice that this low card often hangs out with the King or Queen of Avoidance. Now ask yourself; just who can you attract from here?
- *Are you the sort of person who seems to never get your needs met?* Do you always have to make others feel nourished while you seem to be getting the crumbs off the table? Here, **you often feel unworthy.** If the feeling of 'unworthy' has dogged you all of your life, you have an incomplete template for love. The interesting thing about getting a low card here is that you are almost always dealt the 'Ace of Resentments' to go along with it. The only man you can attract with this low card is someone who will take advantage of you or make you feel even more resentful. You will attract takers but not givers. The anxious often are dealt this low card or template. That's not a good place to attract Mr. Right, is it?

Imagine what it means to play with a full love template



Now, imagine what it means to play the game of love with a full love template. Here you feel welcomed with joy by your man. You also feel totally worthy and fully nourished. You know what it's like to be supported, cherished and protected without hesitation. He has your back and then some. You feel empowered to create your life on your own terms and you are encouraged to do so – daily even. You can assert your truth and choose what you really want knowing full well that he can't imagine not hearing your truth. Your man gives you every

choice to win in life at whatever truly makes your heart sing. And just for bonuses, you feel totally loved and loveable, which makes you one of the best partners in the world as you freely give that love back to this man of your dreams.

What a dream come true that would be! But here's the truth, and you may not like it. **We can never attract more than we have permission.** Every secure couple we have ever dealt with has all of these high cards in their deck. The real law of attraction starts here, with these core securely loveable templates and feelings. When we have a full set of these cards or templates, the sky is the limit with love. The bad news is that the opposite is just as true. If you have had a string of painful relationships, you are probably dealing with low card men who come from incomplete love templates.

**TO UPGRADE THE MAN YOU ATTRACT, YOU MUST GIVE YOURSELF A FULL LOVE DECK.
HIGH CARDS ATTRACT HIGH CARDS WHILE LOW CARDS ATTRACT LOW CARDS.**

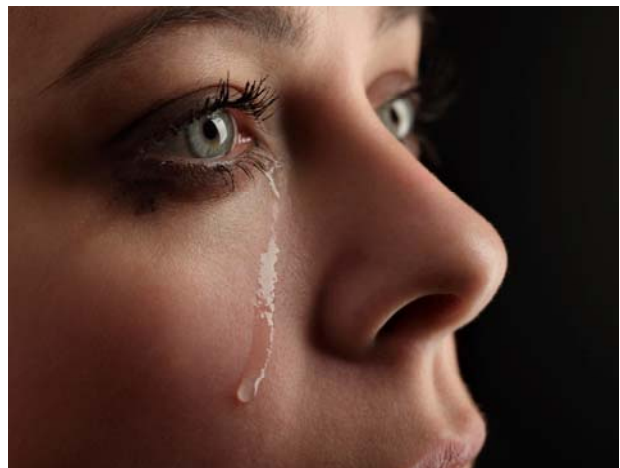
This sort of re-learning needs to be integrated at both the unconscious and conscious levels. You have probably already noticed some of the incomplete love templates you received earlier in life. However, we have observed that people often cannot see what cards they are missing. In sessions and in our workshops, women sometimes say they have the complete set of cards but later on, begin to notice otherwise. If you haven't attracted or created a relationship that makes you feel worthy, cherished, empowered and more – i.e., a secure love style - odds are that you need to play with a better set of templates to find true love.

We have lots of simple processes that you can use to complete your love templates and reset your system to its original safety settings. We'll tell you how you can access some of those helpful resources and exercises later in this blueprint. We will also tell you how you can find out more about the other missing love templates. If you are ready to restore these templates now, click below.

[Click here for a one-on-one conversation with us](#)

Step 5: Release the pain of past relationships...

It's a funny thing, but most people hardly ever see one big thing that stops them from attracting and keeping their soul mate. That big thing is the grievances they hold and keep dear to their heart like they were some badge of honor. We've seen it countless times in our sessions. At some time, someone has really hurt them. Sometimes, it's a parent way back when. Remember the client who vowed never to smile again because her parent didn't love her? That's a grievance for you. And just look what it got her. She got more of the same experience.



Here's a typical scenario. See if you see yourself or someone you know in it. Often, the offending party is a past partner. Here, the big issue is some sense of betrayal, often 'cheating.' Or, it might be abandonment or some other such hurt. The list of grievance worthy wrongs is a long one for us humans. After all that accumulated hurt, they just can't forgive the ex. Nor can they trust them.

And so, the relationship ends. Soon, they begin to date again. Eventually they get into a more serious relationship. But that deep-seated feeling of mistrust has come with them. The new relationship starts out all rosy. They tell their girlfriends, "It's all so different with my new guy."

Then they feel twinges of that same old hurt at the least infraction by the new partner. Soon, they feel it a bit more, and then a bit more. Eventually, they begin seeing it everywhere with the new guy. No matter what the new partner does, it feels the same.

That old familiar feeling of hurt has now taken up residence in the new relationship. They say things like "Oh my God...I can't believe this. Not again!" They simply can't stop feeling it. Soon, the next is paying for the ex. Drama breaks out. Eventually, the relationship dies because trust is the basis of every relationship. And trust never grows on the soil of hurt.



Just so, the hurt has *seemingly* repeated itself. Or, perhaps it has in but some much smaller way. They feel betrayed again. Invariably they feel like there has been a replay of some sorts, justifying their grievance. Sometimes, they feel so righteous about all this. You can see it in their faces. It's as if they have become addicted to that righteous feeling which is the classic mark of a career victim. The grievance has grown however. It's no longer situational to the ex partner. Now, it's now an identity level thing. That means it travels with them. They will say things like, "I will *never* trust again." Or, "I will *always*...." They are now

invested in maintaining this experience, though they are not conscious of this fact. Just so, they have created a hamster wheel of hurt. **This painful cycle of hurt-mistrust-drama-pain will continue until they release all that old relationship pain** which we call, a grievance.

Is your past anger keeping you from your soul mate?

So here's the big truth: *whenever you see someone hold a grievance against a past lover, you know they aren't ready to find their dream man or soul mate.* Why? Because the energy we expend on our last relationship is what we pay forward in our next one. In fact, if you are still angry, that past is still sucking up your attention. If you are still saying, "That jerk and what he did to me" you are holding a grievance.

So how do we 'complete' this past experience so it naturally goes away? This actually goes beyond any calls to forgive the offending ex. Once a grievance has become an identity issue, any call to forgive will fall on deaf ears. When you have an aggrieved identity, the very structure of the 'self' will not support anything like forgiveness. That's because identity always seeks to confirm itself and to repeat itself. **To stop the hamster wheel, you must release that old pain, and figure out a better identity.** You must learn your lessons. And you must allow that past experience to complete, meaning that you let it find a better payoff than pain or righteous victimhood. To be honest, we aren't just talking just brain level stuff here. This is profoundly soul level work.

That being said, there is something in the brain that is running the show here. Brain science knows that memory has a different function than most people we think. Most people think that memory has something to do with recalling the past. And it does.

Our memories predict the future

However, the real function of memory is to predict the future. It's a survival mechanism. There are two main types of memory, and one of them you hardly ever consciously remember. It's always trying to make sure that you don't get hurt again by predicting the future. **This part of your memory tends to poorly associate future people with past offenders.** It loves to create ready-made relationship scripts like; "Who will play my absent mother?" "Who will play my controlling father?" "How will the role of my abusive ex be reprised?" If you are not aware of how unconscious memory runs, you can easily replay past drama for no real good reason.

Now for certain, this unconscious memory only *starts* the process. It takes something higher in the brain, like your identity to keep it rolling. Trust us, your "I" must sign off on this for it to run. But *you can learn easy steps to head off these false associations at the source before it ruins a relationship.* There is also an art to dealing with your identity too, so that you can transform it so that you don't have to work on things so much.

The good news is that you can drop the charges against the offending ex, parent or whoever and go on to find real love. We have both seen *miracles happen when someone 'drops the charges.'* Please know, that we aren't asking you to 'forgive' anyone. Rather, we are inviting you to create an entirely different identity that is no longer based on pain, but rather, joy, passion and happiness. When this shift happens, there will be no need to ask you to forgive. More importantly, you will be ready to love again.

Invite joy into your life again

Imagine what it might do for you if you were to invite passion and joy into your identity as your lifelong guide to love? *You see, beneath every pain is joy and your own unique flavor of passion.* They are the true identity that beckons to everyone who has ever been wounded, as we all have been. We call this the 'wisdom under the wound.' I, Dianne, remember a dream I had in my twenties when I was in an unhappy marriage. In the dream I am walking through a forest, heartbroken - crying, crying, crying in excruciating pain of desolation and sadness. I am devastated and my heart aches so badly as I walk, crying and crying. Then I hear someone laughing and laughing. I look and see Buddha sitting under a tree laughing with utter abandon and joy. Shocked at his laughter, I say, "Why are you laughing when I am in so much pain?" Buddha laughs some more and then says, "Daughter, daughter, don't you know that the other side of great sadness is great joy?" He continues laughing blissfully and it is contagious. I begin to laugh with him, and it feels so wonderful, so light and free and joyful!"



We know that the dream revealed a deep truth about pain and drama that brain science reflects. That's why we use our signature system to help you take any aggrieved, painful identity and replace it with one based on joy, passion and trust. Remember, that whatever feeling is resonating at your core is exactly what you will attract. **What better way to attract your dream man than to create an identity based on joy?** Just as pain attracts pain, so joy attracts joy and passion attracts passion. *How good would it feel to create such unbridled joy and passion with your dream man?*

**TO ATTRACT YOUR DREAM MAN, YOU WILL NEED TO RESONATE WITH PASSION AND JOY.
THAT'S WHAT RELEASING PAST PAIN IS REALLY ALL ABOUT.**

Everyone who has ever attracted a true soul mate has found the courage and wisdom to do the deep work. **The self that attracts your dream man will be a very different self than you were in any of your past relationships.** The moment you release your past pain, love's deepest miracles happen. Indeed, love will abound the moment we release the toxic landfill of our past pain. This is the first step to begin planting love's precious garden. So many people long for a return to the Garden of Eden. All it takes is to release your pain and choose joy and passion as your new guardian angels.

To do this, you will need trustworthy guides who know how to do the work with compassion and understanding. Above all, they will need to hold a much more magnificent view of who you truly are. Nobody does this level of work alone. It takes skilled and committed support to do it. A better story awaits, so keep reading.

Step 6: Create a new story with a new casting call...

Once you've prepared your brain for bonding under the best of possibilities, you are now ready to create your new story with love. Here, **the internal movement of the brain drives the new external story.** *This is the story that will help you attract your dream man.* In the movies, to attract an academy award winning actress the director will need to offer them a great script, right? Great actresses don't take on poor scripts. Neither do great actors. To attract a great leading man, you will need a better script. We're going for the Oscars here!



Also remember, once you have attracted your dream man you will want him to play a great role, right? That's another great reason to write a better script. To make love last, you always need to step out of your old story and re-write the past drama. Make sure you *offer your dream man the sort of script you have always longed for a man to play in the theater of your heart.*

So, what's your new story? Maybe your old script was more of a romantic tragedy. Let's swap that out. We can just say like they do on TV, "This show has been pre-empted for

the following special presentation.” OK, so we just cancelled “Romeo and Juliet” or some seasons on “The Bachelorette.” Yes, you have the authority to do that. So, what’s the new story going to be?

Be the star of your own romantic comedy

Here you become the star of your own romantic comedy. You get to choose what a love story should feel like. Do you want to direct a funny movie? Or is perhaps a stylish love affair like “*Breakfast at Tiffany’s*” or “*One Fine Day*” with Michelle Pfeiffer and George Clooney more your style? Maybe saucy, hunky or brainy like Annette Bening and Michael Douglas in “*The American President*” might just be the right flavor for you. For some, artsy or quirky will fill the bill quite nicely. Or possibly a great feel good script like “*A Walk in the Clouds*” or “*The Vow*” with Rachel McAdams and Channing Tatum is what your heart most desires.

Whatever your new script with love is, this is **about adding choice to your love story**. You see, new love styles just naturally create new love stories. *It doesn’t take a lot of work when the internal movement of the brain energizes and supports the new story.* Remember that feeling of empowered which comes with your new secure love script in step four? This is part of what that feeling means. When you reclaim a secure love style it empowers you to write your own new story with love. Feeling inspired becomes a way of being. You get to be at choice and become the author of your own experience. That means you get to be the director and casting authority for your new story. Who wouldn’t be motivated by that? Moreover, you won’t be living your mother’s or father’s story with love anymore. This will be *your* new love story.



Here's a little known secret. Writing your new love story is going to be the biggest transformational experience of your life. Brain science tells us that **when you re-write your story, it actually causes all of your brain to integrate in ways you can't imagine.** There will be no more hidden closets where unwelcome characters fly out, surprising you as in a mystery story. Your logical side will meet with your intuitive side. Both will come out of that dialogue acting like best friends. There will be less inner conflicts. You will experience a self that is fully united in the ways of love. Motivation comes easily from this place. Painful memories dissolve and begin to integrate gracefully. *This is a way better place to attract your dream man from, isn't it?*

However it gets even better. This integration will spark you to access those all those resourceful places deep within you. You will become more intuitive or perhaps, able to trust your intuition at last. Your ability to empathize and understand both your own needs and those of your partner will be enhanced. Just imagine the sort of close bonding and intimacy you will create in your new romantic love story! You will deeply know each other so much more. Your communication abilities will soar. **This new story is going to align every part of you so that your journey to love becomes easier and easier as you go.**

**SO HOW WILL IT FEEL TO LIVE A NEW LOVE STORY THAT EMPOWERS YOU TO FEEL MORE
AT PEACE, PASSIONATE, RESOURCEFUL AND FAR MORE ALIGNED WITH THE MAN YOU DESIRE?**

Who's your leading man?

Now that we got a new story, who will you audition for your leading man? You will need a cast of new characters for your new story. Are you thinking of revising who you envisioned in step two? Good job. Speaking of attraction, this isn't about a man hunt and all that work. We can leave the Canadian Mounties at home. Remember, you are going to write a new script that a lot of actors are going to want to audition for.



When you write your great script, just let the news out! Your great leading man will find you. After all, he's looking for a great leading lady, correct? In this new story, you are not going to have to turn yourself inside out. That's a part of your old story with love. These two souls are going to naturally attract each other from the inside out.

Now we're not telling you to adopt a Polly-Annish view of love. However, this can be your reality. We've seen exactly this happen when someone aligns their brain with love. Now, we're not saying that you won't need to establish some new habits and strategies to do this. We would expect that. That's why we teach our clients a lot of new strategies that help them behave and choose differently on the path of love. In all of this, your brain can be upgraded at many levels. It's not as hard as you might think. With the right strategies love always works well.

But we're not done yet...

Who will be your new supporting cast? Remember, love is not a monologue or even a dialogue. You will need an entire cast to pull off your new story. In fact, in the new story *you deserve better support* than you had in your old story. Your new script will require you to swap out all those characters that supported the old story. *You will need to enroll those who can move you forward in this fabulous new love story.* If more support sounds good to you, then click the link below.

[Click here for a one-on-one conversation with us](#)

OK, can we tell you something you may not want to hear? That trusted girlfriend who hasn't been in a good relationship since her divorce twenty years ago won't make a good 'supporting actress' for the new script. Her sort of advice will be deadly in the new story. While she may have worked just fine for the old romantic tragedy story, where a little jadedness helps the role, that won't cut it here. You're aiming for a romantic comedy, right? She can stay friends, of course! But she won't have the same supporting role in this new story. She'll be one of the extras. That sort of avoidant or anxious advice won't work any better than casting someone like Kim Kardashian to play the role of a wise counselor, right?

You will need someone who intimately knows the skills that really make love passionate and lasting. So make sure you cast someone who knows those skills and can truly play the part of your trusted guide. **This is not a 'go it alone story.'**

**MAKES SURE YOU PUT IN ALL THE SUPPORTING CAST YOU WILL NEED TO
MAKE THIS AN EPIC LOVE STORY!**

Step 7: Live the new love story by manifesting with passion...

Finally, we get to the step where the rubber meets the road of love. This is where all that new internal brain movement 'moves' outside and begins to manifest itself with a real life dream man. You are on the 'royal road to real results.' Here is where you call in your dream man. Women describe this differently. Some want to show up as a 'Queen' on the throne with her 'King.' Others simply want to step into actually being the leading lady, holding hands and living a new love story with your leading man. Whatever you call it, this is well beyond having hope like we saw in step one. This is about actually *having*.



After all, there's a reason that many marriage vows say, "to have and to hold" rather than "to hope to hold." Having is a long way from hope. (Though having hope is always the place we start.)

Manifesting is also about *keeping*. Manifesting a lasting relationship will take more than what we called 'identity work' earlier. In a real relationship such as we are now talking about, there are two "I's" that must become a "We." Without a "We," a romantic relationship will not stand the test of time. *You don't want to manifest a relationship that doesn't last, do you? We thought not.*

So, to help you manifest a relationship that *endures*, you will need guides who can lead you from an “I-identity” to a “We-identity.” **What often stops couples in their tracks once they have attracted their dream mate is what we call ‘single identity.’** It’s a normal thing that happens to people if they have been single or divorced for a while. But it’s not so good for creating a ‘We.’ Fortunately, there is a definite couple skill set that will allow you to create that sense of “We.” The skill set we teach is based on decades of scientific research. It’s actually the skill set of those who have a secure love style which, decades of scientific observation with secure couples has now shown to be the key to lasting love.

Become a master at love and creating a ‘we’

What you will need is the skill set of the ‘masters’ rather than the ‘disasters,’ such as you often see in those with avoidant or anxious love styles. We practice it ourselves and so, we know that it works. This is the other part of manifesting with passion. **What makes for a real, lasting relationship is a combination of brain transformation, manifesting with passion and practicing the skill set of the masters.** Yes, attraction needs an upgraded skill set to create rock solid love.



So how might you begin to manifest such a real life dream man and such a real, lasting relationship with him? (Hint: our passion is to teach people to manifest with passion and permanence!) *To truly get off the hamster wheel of failed relationship pain, you will need someone who can not only transform your brain, but also, teach you a better skill set that you probably weren’t given along the path of life.*

So, what’s the truth and art of manifesting with passion? The truth is you manifest by getting in touch with the passion that you started life with. Underneath those wounds we talked about earlier, is always a passion that started you out with life. This passion is always there. It is just waiting to be awakened by the right guide. It’s your true baseline state and it definitely wants to come out and play. It just needs a little expert guidance and coaxing.

So let’s recap a bit to understand how this all works. As we pointed out in steps three and four, the resources are always there in the brain. There is no such thing as a truly un-resourceful person. There are only un-resourceful states in people. Sorry, there are no exceptions. That means you! Therefore, joy and passion are always under your pain, just waiting to be released in your life. That was the point to step number five. You release past pain to access your passion and joy.

So once you have restored your system to its initial, healthy conditions, given yourself the full deck of love templates, released the past pain from all those earlier relationship wounds and swapped out your limiting story for an attractive and attracting story, **passion and joy are what’s left.** It’s like how we refine gold. Once you burn off the dross, all you find is the pure gold. *Passion is the pure gold you find at the end of all this internal brain movement. And that passion will drive you to manifesting.*

So the key to having real results with love is pulling up the core passion that's been in you since you arrived on the planet. Now, this passion might have been squelched early on. Maybe you went down another road as an adult and just forgot about it. But it's still there. **This passion is a driving force in you. It's just waiting to energize you** to help you create real love in your life.

For instance, Dianne's passion is to express herself. As a child, she wanted to be a writer, singer, actress and dancer. If you look at all of the big projects in her life that manifested, they were all following this key original passion. Her passion beneath those childhood dreams was to *express* herself. She now manifests that by helping others *express* their unique soul's passion and to manifest their finest dreams in love and relationships. It's not an accident she manifested a Ph.D that would help her do exactly that. Accessing her original passion manifested all of that.

As a child, Gary wanted to be an astronaut or a scientist. He was always passionate about finding new worlds and being *visionary*. Back then, he was constantly asking, "What makes for a better world?" The 'final frontier' these days for him is no longer the Andromeda Galaxy, however. His path has helped him realize that a better world starts with learning to love in better and better ways. It's not an accident he manifested a calling to help people create more loving worlds.

WHEN WE ACCESS THIS UNIQUE PASSION, THE MANIFESTATION IS EASY.

How to manifest your dream man

It takes a very special guide to access this original passion. Part of what we both do is to guide you so you can manifest with the passion that is naturally yours. Relationship coaching alone will not do this. You need a brain transformation, based on small, subtle shifts which do big things, that is guided by experts to manifest the sort of love we have described in this blueprint.



Here are a few tips on how to manifest your dream man.

1. Begin with a little hope and faith that the universe is friendly and supports love. Don't let anybody or any inner voice tell you that you can't attract your dream man. We know how hard it is to believe in love sometimes. But for those who believe, all things are possible. As Pablo Neruda says, *"You can cut all the flowers but you cannot keep Spring from coming."* The same cosmic energy and processes of evolution that created seeds also placed the seed of love in you. **The Spring of Love will come to you.**

2. Start in the place where you are.

Don't guilt trip yourself over anything. No matter where you are on the road to your dream man, **it's all OK.** Everything you have experienced so far has been put on your life's timeline so you can learn your lessons now and just so, attract your dream man. In our experience, it's always perfect timing. So congrats on getting to where you are now. It's perfect. Really!

3. Take small steps and begin now.

You don't need to make all of these adjustments and transformations right now or all at once. In fact, we would not recommend that. You'd just freak your system out. But do take some concrete steps. Contemplating the insights from this blueprint will not manifest much in your life. We have always thought that the quote by Goethe was spot on: *"The moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred."* The point is that you need to take some action steps now. The universe will show up for you if you do too. Trust me if you reach for the stars, they reach back. It's not so long a path to your beloved as you think. That's how the universe works once you have committed and aligned yourself with actually having love in your life.



3. Work with trusted, expert guides.

When you first start to embark on the road to your dream man, it's easy to feel lost or perhaps, overwhelmed. You may see the innate value of this blueprint but not know where to start. You may already be asking yourself, *"What's the most important first step to take?"* If you work with skilled, expert guides - someone who can see your relationships from the outside - you'll be surprised how quickly they can advise the best place to start. They should know which small first steps will lead to huge differences for you. They should be well trained to see what you cannot. And when you allow them to provide the transformation and coaching that have worked for others, then you will have hit the jack pot! **By all means, get the expert support you deserve.**

Hungry for More...Let Us Help

In this blueprint, you've learned the basic steps to attract your dream man. It may be surprising that the road to your dream man begins with internal shifts before you even get to concrete strategies for 'dating.' You probably noticed that we didn't even mention such matters as online dating strategies or such things. Our system is somewhat unique in that way. We cover the entire arc of what it means to manifest and keep your dream man in a way that starts with what you probably suspected all along; it all begins on the inside and then works outside. You probably notice all the ways that you can choose to create these changes now.

Perhaps you already know exactly what you need to start your road to love. You may also want to get more direction and support. After all, there's only so much we can cram into such a short report. If you are ready to make a huge leap with love, attract your dream man, and master the inner and outer skill set that leads to passionate and lasting love so that you can have all the love you deserve, **we invite you to have an "Attract Your Dream Man" one-on-one conversation with one of us.** Here, we will dive even deeper into the blueprint that you were introduced to today in a very personal, tailored for you way.

[Click here for a one-on-one conversation with us](#)

About Dr. Gary D. Salyer, Ph.D.



I have always had an absolute commitment to understand human transformation. If you add in the pledge of a former graduate professor to deliver discerning insight, sprinkle it with the intuitive soul of an artist, and an intense calling to change the fate of a generation with love, that's pretty much what I am about.

My life's work draws on the cutting edge insights from neuroscience, attachment theory (the science of how relationships develop), the new science of couple relationships, Neuro-Linguistic Programming (NLP), Bert Hellinger's family systems work and a few other tools. What I offer is a unique, ground-breaking way of looking at relationships.

OK, so here's a bit about me. I've been dedicated to 'changing the generations' since I was seven when I first noticed that not everybody is happy and loved in families. Yeah, I've got some initials after my name (Ph.D., M.A., NLP M.P.) which only give evidence for the utter dedication to serve humanity that I offer my clients. For most of the last decade, I've been in private practice offering clients heart-centered transformation so they can step into the best version of themselves. Oh yes, I'm writing a new book, *"Safe to Love Again: How to Release the Pain of Past Relationships and Attract Your Soul Mate."* I cherish any chance to offer inspiring talks about relationships and am happily engaged transforming people's relationships through the workshops, retreats and online programs that Dr. Dianne and I lead together.

About Dr. Dianne Frost, Ph.D.



What happens when you take an insatiable curiosity about human nature, add a deeply compassionate spirit, an intuitive brilliance and an intense commitment to helping people find lasting love and joy in their lives?

Well, of course, you get Dr. Dianne! Unique in the world of human transformation, not just for her emphasis on the science that creates deep and lasting change, but also for the breadth of the tools she draws on – Dr. Dianne is consistently offering new opportunities for stepping quickly into a life of abundant love and happiness!

She's a heart-centered luminary who is fully dedicated to raising the consciousness and spirits of her clients so they can shine and live the love-filled lives they were meant to live. She's got a lot of degrees and credentials (Ph.D. Depth Psychology, M.Ed. Counseling, Certified Hypnotherapist, Integrative Coach Professional, etc.) that are evidence of her passion for learning and self-development. But the true test for her is how she shows up in the world - applauding people like you releasing past pain, tapping into the soul's wisdom, following passion's brilliance and attracting the most wonderful love imaginable into your life!

[Click here for a one-on-one conversation with us](#)

Yes, it's totally possible...

