

Everywhere we look, we see happy couples (or at least we think they are happy), while we ourselves can't seem to settle down or find someone with whom we will feel truly happy and fulfilled. Happiness and fulfillment, however, depend on us. How many failed dates, how many broken relationships... This book is intended for all the girls and women who want to find a partner with whom they can be happy, or, if they already have one, who wish to elevate their relationship; for those who feel disappointed because their ideals have remained out of reach, and for those who cannot accept the entrenched belief that life is miserable and bleak.

Whether we are in a relationship or still searching, we must personally achieve inner balance and learn to enjoy the present moment. Such a person will naturally attract the right one. However, a truly meaningful relationship requires not only self-improvement through education and physical exercise, but also self-awareness, where we examine ourselves closely and strive to enhance our character. This guide to attracting true love emphasizes the importance of first cultivating love within ourselves. The "I" is where it all begins.

There are mechanisms to reshape destiny. Destiny often looks like a role assigned to us based on some "previous account," of which we practically know nothing. Ignorance makes us toys in the hands of fate. Now imagine the roles reversed: knowledge—about who we are, what we are, and why we are—puts us in an active position toward what is happening to us. We become creators of our destiny and realize our divine code, our calling.

We cannot simply stumble upon true love or true happiness. True love does not fall from the sky—it must be earned. We must illuminate the sediments of our personality. These layers lead us deeper into the psychic core, where our true power lies.

This book speaks about the structure of consciousness, about changing our approach to reality, about detours, about how to improve ourselves and, consequently, our relationships with the opposite sex, and about the tricks we must use to first outwit the negative programs within us—all of these topics can be found in the pages ahead.

The World as a Mirror

One fundamental principle guiding us on our path to true happiness is that the world reflects us. The life we perceive around us is a product of our mind and senses—something even experiments in quantum physics suggest. So, our friends and partners, and the relationships we built with them, reflect who we are. Every other choice we have made also speaks about us. They arise from our perceptions—our way of seeing things. These choices include everything—even the hair salons we go to, the stores we shop at, and the doctors we select.

Why do unhappy people create unhappy relationships? Life events often unfold to confirm the inner image that each of us carries. The world mirrors our inner psychological truths.

The Instrument of Happiness Within Us

To avoid diving into depths we may not yet be ready for, let us (temporarily) set aside those fixed facts that primarily define us—our family (parents, siblings, ancestors), the time and place of our birth (era, country, nation), our financial circumstances (class, status), and so on.

To avoid choosing the wrong partners, wrong friends, and wrong decisions, we must turn inward, toward our feelings and bodily sensations. By consulting this inner instrument, as we grow, we can expect increasingly better reflections of reality—life circumstances that mirror our inner strengths. Why is that so? For example, if, in contact with a certain man, we feel paralyzed by his charm, looks, or power—if we feel an inner compulsion to end up in his bed—we will not fare well in that relationship. At first, we may like it, but soon it will be clear that he is the center of everything.

The situation can also be reversed. A man is attracted to our irresistible appearance and flutters toward us like a moth to a flame. We play with this fact, enjoying the power it gives us. Such a man will bore us quickly—if not immediately, then eventually. In the first case, all—or at least most—of the power is on his side. In the second scenario, the power is on our side. Relationships born from such dynamics are not functional. We don't need a man we have to chase, nor do we need a servant who will inevitably bore us.