



ATTRACT

# Soul Level Love™

## **One simple question, the key to unlock Soul Level Love™**

One of the first questions I ask when someone asks me what's holding them back in their love life is, **“When was your last relationship? And why did it end?”**

Within the answer to this simple question, there's a ton of insightful information.

**How a relationship ended tells me everything about why the relationship wasn't working.**

Here's what I mean:

A client of mine came to me after she had broken an engagement.

She said to me, “I just couldn't trust him anymore.

He started out being super supportive and caring and then towards the end, I just felt like I was holding the entire relationship together.

I'm extremely independent and I'm just glad I didn't get to a place where I truly depended on him.”

She was clear she was done with the relationship and wanted to move on.

Within these few sentences, I knew it was hard for my client to get vulnerable, scary for her to truly receive love.

Having that intuition I asked her, “Do you feel like you really opened up to him when things were hard for you?”

She said, “I would try to figure things out for myself first and get help, and then I would come to him so I wasn't burdening him.”

All of that is code for, “If I burden someone or need them, then I become too dependent. Then, they might leave or pull away because I'm too much.”



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**This was an unconscious rule that was sitting in her subconscious as a way to protect herself.**

And the #1 contributing factor to why she was feeling so stuck in her love life.

**This unconscious rule was literally ruling over how she dated, chose men, and related within every relationship she has ever had.**

This is what I call a Karmic Pattern.

**Karmic Patterns create all kinds of misunderstandings because the focus becomes protecting yourself, which is at odds with receiving love.**

When you go into protection you literally protect yourself from receiving love too.

And that's what happened for them.

My client wasn't vulnerably sharing her internal ups and downs. She wanted to show up "put together" so she wouldn't burden him and so she wouldn't get hurt.

But he felt like she was independent and didn't need him, like there was no place for him to really contribute to her life.

Now, it's not her job to make him feel valued, but men feel more like themselves, more of a "man" when they know they can contribute to/provide for the woman in their life.

So, the combination of her not opening up and him feeling like he wasn't needed eroded away at the love and the relationship.

**These Karmic Patterns impact everything from dating to being in a relationship.**

Let's say you go on a date and you're already thinking, "I'm an independent woman. I don't need a man."

That thought has you embody an energy of "prove to me why you are worth my time and energy."



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He starts to pick up that you're someone that needs to be won over, so he tries really hard. He plans the dates, he asks you out, he's communicative. He's leading for weeks.

And then you start to really like him because he is proving himself to you, so you let your guards down and you open up to him. You get vulnerable and share that you like him, that you want more.

All of sudden, you feel him pulling away, communicating less, and it eventually fizzles out and you have no idea what you did, or you get ghosted.

Leaving you feeling like you did something wrong, or like you weren't good enough.

When the only thing that was actually in the way was the unconscious rule at the beginning.

Because when you embody the energy of "prove to me you are worth it," It holds you back in many ways till you feel "safe", so he's not really getting to know the real you.

Have you ever experienced patterns like this in the past?

The patterns are specific to unconscious rules you've created, and the energy that you embody because of that rule.

It's these Karmic Patterns that are actually in the way of your love life, not you.

BECAUSE...

**The LIMIT of what you can RECEIVE in your love life is this Karmic Pattern.**

But my client had no idea...

My client just thought *well if I just start dating again, I will meet someone that can treat me better, that respects me, that gets me.*

And of course, she thought dating was the answer.



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Societally we are told by our friends and family the best way to get over someone is to find someone else.

This is completely untrue.

Because with time, and with getting older, the men just get worse. They are less conscious, more stuck in their ways, and have a ton more baggage.

AND this Karmic Pattern will have you once again choosing a man that will leave you disappointed because you haven't released it.

So you just drag this same pattern into the next relationship.

The person you're meant to be with is outside of this pattern, beyond this pattern. That's why you can't even see him right now. This pattern is literally preventing you from connecting to him.

But our minds can't understand this, so we try to come up with our own solutions.

Solutions like the "lean in or lean out syndrome," where you go through periods where you decide, "I'm just going to lean out and wait for the guy to come to me."

You're testing the Universe by saying, "If I stop looking then love will just happen."

All the while not totally believing this is possible, all the while still feeling distrusting of men, all the while getting more and more resentful when it doesn't happen.

OR

You lean all the way in and you're on 5 different apps, swiping left and right, going on date after date, visualizing, journaling, trying to manifest, and feeling like you're putting in the effort. Then wondering, why aren't you attracted to anyone or why aren't men pursuing you?

There's no ease.

**The "lean in or lean out syndrome" is only a REACTION to the Karmic Patterns.**



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The reactions make you think you found a solution to your love life and yet it gets you nowhere, you're actually just going in circles.

Because what's necessary is to uncover your specific Karmic Patterns and WHY they are there.

Tomorrow I will share more about what happened with that client after we identified one of her dominant Karmic Patterns (HINT: She might be wrong about breaking up with her fiancé).

With so much love,

Kavita

P.S. If you're excited to binge (I love bingeing on stuff like this) then you can move on to video 2, now!  
[Click here.](#)