

GET REAL: What is the most important quality a single woman should look for in a relationship?

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SUMMARY

Dr. Shefali emphasizes the importance of self-awareness and consciousness in finding a suitable partner, particularly for single women. She suggests that potential partners should have a deep understanding of themselves and their values, which can be assessed through discussions about key life topics. Additionally, she believes that love matches are a reflection of one's inner vibrational state, and that these connections can be found in various environments, including dating apps.

- *The quality of a partner's mind and consciousness is crucial.*
- *Assess potential partners' self-awareness and emotional growth.*
- *Discuss core life topics like marriage, children, and spirituality to gauge compatibility.*
- *Vibrational shifts in oneself can attract like-minded individuals.*
- *Love matches are not special; they reflect one's inner state and growth.*
- *Relationships serve as opportunities for learning and personal development.*
- *Connections can be made in various settings, not just dating apps.*

Speaker 1: Hey, Dr. Shefali.

Speaker 2: Hey.

Speaker 1: Okay, we're gonna get really real. You ready? What advice do you have for women in particular that are single? Like, what do they look for?

Speaker 2: The most important quality is the quality of their mind. What is the quality of their consciousness? Right. I always say. I mean, when you were dating, you asked me, you know, what is the criteria? And I said, ask the guy how many hours does he meditate and how conscious he is and how much work he's put in. Or she. It could be a female partner. Even if you're female in self awareness and self realization, how much time have they spent on their own to work out the kinks in their emotional legacy and really take their self growth seriously?

Speaker 2: You know, I would ask their views on marriage, on celibacy, on monogamy, on cheating, on children, on religion, on God, you know, on all the core aspects where you want to see, has the person deconstructed? Has the person done some insightful, deep work on these issues and use their intelligence to arrive at a new paradigm, at a new way? Now, of course, I'm projecting all the things that I like in people, but this is the thing.

Speaker 2: You want somebody who's intelligent. You want somebody who's seen through the trappings of this very mundane mainstream world we live in and has penetrated the illusions and has risen to a place of deep understanding, deep awareness, and most of all, a great joyous state of abundance.

Speaker 1: Can I ask you one more question? Do you think it's possible to find a conscious vibrational match on, like, a dating website or a dating app like Tinder?

Speaker 2: Yeah, I'll tell you. You know, people think that a love match is different from another kind of manifestation. To me, it's all the same when you clean up your inner terrain. And when you clean up your inner landscape and you vibrationally shift, like I watch you, I see how you're vibrationally shifting with all this deep work you're doing. I can see it. I can see who you're beginning to attract, not just in terms of a love match, but in terms of just people you're attracting in your lives.

Speaker 2: How you and I attracted each other. It all changes when you vibrationally shift. So the love intimacy match is just another face of another match. I mean, it's not extra special. It's just who you're attracting by changing your frequency. So you can find that in the supermarket. You can find it while feeding your dog's poop down the street, or you can find it on a dating app. There's no or a yoga center, it doesn't matter. Your vibration is going to attract certain vibrations, and your vibration is going to move away from those that don't match.

Speaker 2: The key is the match, you know? And just because a relationship doesn't work out doesn't mean it wasn't a match. It was a match for what you needed to learn in that level of consciousness. Match just means it's allowing you to grow. And we allow for different people, different matches, to come into our lives. Some stay the long course. Some are intimate, some are not. Some are sisterly, brotherly. It's all about vibration. It's not about the form of the relationship.

Speaker 2: It's about the vibrational growth that the two people celebrate within each other.