

LL62-Who is your ideal mate?

I'm Alvean Lyons, and I'm Doug Weiss and welcome to Love Life.

In my previous life, pre Jesus, I was a different kind of person. Okay, so I was, let's see, I think I was dating three people at the same time. And as it worked out,.....why are you always shocked by this? Depending upon where you were on the ladder, that determined how many people you knew about ahead of you. Okay, so whoever you knew about ahead of you told you where you were on the ladder. So person number three knew about person number two and person number one, person number one didn't know about person number two, and person number three, and person two only knew about person number one. So it just depended where you were on the ladder.

Doug:

Wow. So how did you juggle them all?

Alvean:

You would be amazed how talented women really are, as moms and wives and professionals. We could have boyfriend one, two and three simultaneously. And unlike you, men, we don't forget our stories. We remember exactly what the story is. So we can keep it pretty good with all the details. And if you ask us 13 hours later, we will tell you exactly the same story.

Doug:

That's why I would never cheat, because I couldn't remember, I'd be so terrible at it.

Alvean:

Stay away from it. If you're not, you've got to be good at it. And I was great at it. So, I mean, I was, I'm sorry to confess. But, you know, this is love life. We're gonna love the life we want to live. You know, we don't hold anything back.

It was a different part of my life. I was in college. So when I started dating Matt, I brought him home. And my mom. You know, my mom is one of those people who just has always had this incredible intuition about things. She was one of those that even when we had friends, there were certain friends, that she could tell really didn't care about us, that we would be just over the moon about. And then there'd be another friend that my mom would just say, she's a good one. I like her. My mom always decided who she liked based on how they loved us. And I remember her saying to me one day after Matt had been at the house, He loves you. And I said, how do you know? My mom, like, she was a virgin when she got married. She's real innocent. She didn't date a lot, none of those things. So sometimes I would underestimate her wisdom by virtue of the fact that she had very limited experience. And they've been married, she and my dad have been married for 50 plus years. So when she said that, I asked her, how do you know? And she said, I can look at the way that he looks at you, and know that he sees an essence. She said, he sees you almost as perfect, not that he doesn't see my flaws, but he sees past all of my flaws into this place of perfection. And she was right. I mean, she was spot on. Sometimes when

I'm having conversations with him, I ask him what would you change about me, because I know I can be a jerk. I'm sure of it. And he would say to me in all sincerity, there's nothing I would change about you. And so I began to realize over the years, because we've now been together for almost 25 years, that his answer has never changed, no matter what we've been through, his answer has never changed. And if you asked me what I would change about him a couple years back, I could give you an entire grocery list. But now I can honestly say to you, that what makes him such the ideal mate is the ability to see me and still think that he sees magic. He is fully aware of me, and all of my foibles, and he still looks at me like I'm magic.

Doug:

So for you-- not to put words in your mouth--the litmus test is that acceptance of you, fully, and unconditionally.

Alvean:

Fully, and it's not an unconditionally in the sense that I'm not asking him to put up with bad behavior, because I'm totally good with him calling me on my on the carpet about my stuff. What I mean is that I don't have to hide anything from him, in order to be loved by him. And with him, I don't have to hide any element of my personhood. And then the other thing that's very important for me, because of the nature of what I do, because of my personality, in addition to what I do professionally, he is not insecure. I need somebody who's not threatened by the bigness of what my world is like sometimes. And Matt is so solid. I used to describe him as this. But people would say to me how would you define your husband? And I said, if you think about it, in terms of the universe, people always say to me you have such a big personality, you're kind of like a sun inside of that universe. And I say, well, if we go with that, if I were the sun inside of the universe, Matt would be the darkness that the sun sits inside. You can only see my brightness, because I rest against something so vast, so secure in who he is that there is no competition between the blackness of the universe and the brightness of the sun. You only know how dark the universe is in its relationship to the brightness of the sun. And you only know how bright the sun is in relationship to the darkness of the universe. He is the universe I sit inside. So I need a very specific kind of partner who is not threatened by what orbits inside of my world, because at the end of the day all of this is only what it is because it's able to rest inside of you. And he's he is where I rest really and truly.

Doug

Well, there's two things I take from what you said. First, you have to be authentic. You have to know who you are, and be who you are for anyone else, to be able to appreciate you and accept you. If we're going toward intimacy, if we're going to have relationship at that level. that the person, our idealized mate has to be someone who is prepared to accept that authentic, self, and value, and invest in you, not, in spite of your limitations, but fully aware of your flaws and foibles, and with the ability to look beyond them and see them has no worse no better than any human being, because we are all fundamentally flawed

But I also heard you say that we have accountability to each other. What keeps the relationship growing and affirmative is that accountability to one another. That we must be able to

accept being called on it when we need the feedback. And we are comfortable calling them out when they need that feedback from us. By the way, in the last episode we were talking about some of the characteristics of being a good friend and I think you said that you start in relationship with friendship.

Alvean:

Absolutely. If you can't find the basis for friendship and relationship you're never going to find the basis for all of the rest of the things that we define as true love. Show me two people who weren't friends, who can't laugh at each other and themselves in a relationship, that has an expiration date.

What would you say Douglas, what makes an ideal mate for you?

Doug

Well, you know, I'm not trying to cop out here. I think many of the things that you've said far more eloquently than I could hold true for me as well. That said, I don't know that I have had in any overt or objective way a filter that said, that person would be ideal. When I think about the two great loves of my life both have one characteristic in common. Both had a generosity of spirit. We started out as friends, we did not start with anything physical, that's not where it began. It took a while to get there. I don't hold that up as a particular badge of merit but just simply as a matter of fact that it took time to invest, took time to grow and mature into the depth of feeling, and I think that's the best. You just keep growing. With Peggy it's still evolving. I don't think we have plumbed the depths, there is no expiration date. But if you'd asked me, if you just did the lineup and said, here's this person.....nope. This is why I always laugh at dating game shows and the artificiality of it. Well, maybe that works for some people, it doesn't for me, and I don't think that I seriously could find my ideal mate that way.

I would suggest that I may have some kind of archetype in mind. But I do think that when we find ourselves attracted to people there are certainly qualities consciously or otherwise that we look for. And while I don't draw comparisons if I were to compare, I would say that one of those things that I looked for and found in Peggy was generosity of spirit. She is the kind of person who, and I'm always amazed when I see the manifestations of this, has an awareness of other people's feelings, an awareness and willingness to engage with them. People will say, I'm a people person. I'm not even sure what that means. But I think, you know, in Peggy's case, to give her props, it's just a genuine expression that comes from her without any editorial oversight. This is how she feels and she relates to and opens up to, and no surprise, people reciprocate. Because I recognize in myself that that's not my natural bent. I work at that it's not organic. I have to overcome being judgmental. It comes from being analytical. And it doesn't serve me particularly well. It takes me a little bit before I'm prepared to invest in somebody else. So, not to try to draw out a generality from my own experience, but I do observe that there are people who are more capable and less capable.

But to the larger point, I think there are qualities that we find attractive in people. And sometimes it's in compensation. I know, in my case, that's absolutely true. This is something, a

quality I'm not naturally good at, but I'm attracted to and wish I were. I want that in my life so that's one of those attributes I am attracted to, but I don't have a laundry list, consciously or otherwise. I think that some people are so self-aware and so aware of what drives them, that they can actually articulate those qualities, but I think that we have a tendency to find people that we are attracted to, and then discern what the qualities are.

Alvean:

Hmm. Well, I'll tell you what, whoever it is, if he's going to be with me, he's going to be beautiful.

Doug:

Well, if you're not in a relationship, we hope you find your ideal mate. If you are in a relationship, we hope it's with your ideal mate. But either way, we hope that you will continue to be a member of the extended love life family. We like you just the way you are.

You can reach us if you have some thoughts by writing to us at doug@lovelife.digital or alvean@lovelife.digital

We want to thank Kamaria Mason, our producer, Todd Washburn, our Recording Engineer and the entire Love Life family, including you, our listeners. We'll be back next week with another episode. Until then, have a wonderful week. Bye folks.