

## **“To Health, Long Life & Pleasures! “ Show**

*Hosted by Lillian Zeltser*

### **Matchmakers versus Dating Sites**

Looking for love? Choosing the right partner can be a daunting task, but fear not! With a little guidance, you can find your perfect match. In this post, we'll explore some tips on how to choose the most compatible partner. So, let's get started!

Hiring a matchmaker has always been a popular way to find a suitable partner. Even today, singles who choose matchmaking are three times more likely to find a worthwhile match than if they were to do it on their own. Unlike other forms of dating, matchmaking is straightforward and ideal for those who are serious about commitment. A good matchmaker has the expertise and experience to understand what it takes to create a successful and long-lasting relationship. They have a deep understanding of human psychology and can identify compatible matches based on shared values, interests and lifestyles.

A happy and stable relationship is what everyone desires. However, not everyone can choose the most compatible physical, emotional, and financial partner, especially when they are emotionally involved or during a period of high sexual activity when love and sex can feel the same. Thus, for thousands of years, almost all marriages were arranged. Although some of those matches were not perfect, the divorce rate was significantly lower than in the last 50 years.

Of course, like in any other profession, the final result depends on the skills and talent of the matchmaker. Therefore, it is crucial to choose the right matchmaker who has talent, experience, and a passion for their profession.

It's important to note that meeting the love of your life at a party, work, or on the street is still possible, and it might work out just fine, like in my case – I met my husband at a bus stop! However, leaving the proper assessment of a partner to chance has a much higher risk of failure because everyone has a history of good and bad emotional experiences, ideas, and beliefs, which is perfectly normal. However, mental issues like jealousy, greed, addiction, or anger are more likely to damage relationships in the future.

Over 20 years ago, while in Uzbekistan, I met a famous and very charismatic Sovchi Dilnara, a seventh-generation Uzbek matchmaker with a seemingly strong intuition and emotional intelligence that allowed her to correctly assess compatibility and chemistry between potential matches.

She still uses a centuries-old technique inherited from her ancestors to test potential partners' mental, emotional, and physical compatibility and health before marriage. She takes pride in the fact that while the number of divorces in Uzbekistan stands at 1.4 per thousand inhabitants, her divorce rate is only 0.001%.

*Disclaimer: While most of the recipes in our show have been personally tested by the host or other people, the host does not take any responsibility for any reaction or impact on any individual. The information is based on the author's personal point of view and is intended for entertainment purposes only. Please consult a qualified healthcare practitioner before using any recipes or advice.*

Sovchi Dilnara attributes her success to her intuition, experience, and effective communication skills. She establishes similarities and commonalities between her clients, such as shared interests, values, and life goals, which are the essential ingredients for a successful relationship.

Here are the key points that Sovchi Dilnara uses when she interviews potential couples to make sure that the couple will have long and happy lives together:

- Family background
- Religion and beliefs
- Signs of mental, physical, or emotional illness, or genetic predisposition to any of these issues
- Profession and financial position
- Personal assets (what each person will bring into the marriage)
- Appearance (stature, weight, hair, skin, etc.)
- Personality (temperament, charisma, ability to communicate, etc.)
- Must-haves and non-negotiables
- Perfect partner description: age preferences, attraction preferences, communication preferences, and conflict-resolution preferences
- Personal preferences (food, aromas, music, hobby, dancing, etc.)
- Past relationships
- Plans for the immediate and long-term future



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