

SOUL MATES and TWIN FLAMES

10 Common Questions

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1. WHAT IS A SOUL MATE OR TWIN FLAME?

SOUL MATES

CAYCE "Those of any sect or group where there is the answering of one to another; as would be the tongue to the groove, the tenon to the mortise; or in any such where they are a complement one of another - that is what is meant by 'soul mate.' Not that as from physical attraction, but from the mental and spiritual help." (1556-2)

CHOPRA "A soul mate is someone who is resonating at the same frequency as you are. Someone who shares karma with you until you both move to a new level of awareness."

FORD "A soul mate is somebody you can completely be yourself with. Somebody that you share unconditional love with. When you look into their eyes, you have a feeling of being home."

NEWTON "Soul mates are designated companions to help you and themselves accomplish mutual goals which can best be achieved by supporting each other in various situations."

TODESCHI "From Cayce's perspective, a soul mate relationship is an ongoing connection with another individual that the soul picks up again in various times and places from a source of information he called the "Akashic Records" or "The Book of Life."

TWIN FLAMES

CAYCE "That there are identical souls, no. No two leaves of a tree, no two blades of grass are the same." (3285-2)

NEWTON "As I understand the theory of twin souls, you and your twin were created at the same moment out of one energy egg and then separated, not to be reunited with your twin-your true soul mate-until the end of your respective karmic incarnations. I have never found a single piece of evidence in my research to support the concept of twin souls."

TODESCHI "From Cayce's perspective, a soul mate is definitely not an individual's other half that somehow enables that person to become complete. We are attracted to another person at a soul level not because that person is our unique complement, but because by being with that individual we are somehow provided with an impetus to become whole ourselves."

TODESCHI "The primary distinction between soul mates and twin souls is that soul mates are brought together as a means of assisting both individuals in soul growth and twin souls often come together in an effort to achieve a joint task or united work. From Cayce's perspective, neither relationship is one which individuals need to go out and look for- these soul relationships will inevitably unfold during one's life."

2. WHAT IS THE PURPOSE OF SOUL MATES?

CAYCE "Individuals do not meet by chance. They are necessary in the experiences of others, although they may not always use their opportunities in a spiritual way or manner." (2751-1)

MYSS "A soul mate is the person who makes your soul grow the most. "We are here to heal the parts of ourselves that don't know God yet. We believe that Soul mates help us to heal those parts if we are willing to do the work and look at ourselves openly and honestly. Soul mates can trigger certain reactions in you that point the direction to what needs to be healed."

NEWTON "The lessons we must learn from human relationships is accepting people for who they are without expecting our happiness to be totally dependent upon anyone."

TODESCHI "From Cayce's perspective, the purpose of soul mates, marriage, or any lifelong commitment to another person is primarily to enable each individual to grow, to evolve, and to assist one another in spiritual development. To be sure, people are drawn together because of their joint experiences in the past, but what individuals do about those past-life experiences, an influence which Cayce equated to "karmic memory," is entirely dependent upon the activities and choices of the present. He believed that it was also through the dynamics of our relationships that we grow in our awareness of our true identity and our ultimate connection to God."

3. WHY AM I STRONGLY ATTRACTED TO SOMEONE?

NEWTON "There is always a mental connection of one sort or another with a soul mate, regardless of the role they play. We connect with people on many levels for a multitude of karmic lessons in every life. I should add that many soul mates have a preparation class just before their next incarnation. One aspect of this prep class might also include two soul mates going off alone and sending visual images to each other of what they will look like in their new human bodies and under what circumstances they are going to meet. Then too, depending upon the karma involved, sometimes one soul knows more than the other about their future meeting and what that person will look like."

STEINER "We should clearly recognize that at the moment we meet someone with whom we are linked, the element of destiny is at an end, and we are both from that time onward, on our own. All that stems from our relations with one another in our previous lives remain to be worked out in this (and even subsequent) lives. We are able to act freely because at this stage of historical development we are in our waking life unaware of the details of our earlier relationships, and this enables us to come to totally fresh insights in this life, based on our perception of one another as we are now."

TODESCHI "The Cayce readings state that individuals are drawn to one another for a purposeful experience. Essentially, that purpose is both to resolve issues and challenges that were created in the past as well as to continue any possible interactions that were begun with one another. Good or bad, our relationships pick up exactly where we left them off. There is a continuity of former patterns, purposes, and ideals. The pull we may feel toward certain individuals in our lives occurs at the level of the soul and, according to Cayce, whether those former past-life experiences were for "weal or woe" does not prevent the present-day attraction."

4. IS THERE JUST ONE PERSON WHO CAN BE MY SOUL MATE?

ABRAHAM – HICKS “All of you are soul mates to every one of you. That’s the way you feel from your non-physical energy vantage point. Every single one of you has the potential of enormous harmony with every other being who is present at this time-space reality.”

BROWNE “So the soul mate does make us feel complete, like finding the deeper understanding of ourselves...souls will choose to be with or marry others when incarnate. We go through countless experiences, and sometimes one soul outgrows the other one (which also imitates life when one person grows and his or her partner stays stagnant). Of course, these two are still connected-it's just that one has evolved to a greater degree than the other half has. This doesn't mean that your soul mate stops watching out for you or loving you-you two will be close for eternity. So instead of looking for the one soul mate, enjoy all the wonderful people you know and love here and from other lives and even on the Other Side.”

CAYCE "We might find twenty-five or thirty such, if you chose to make it so! It is what you make it!" (1981-2)

FORD “I know for a fact that everybody alive on the planet today who desires a soul mate has one or more out there. In fact, I believe they probably have a couple hundred thousand possibilities.”

TODESCHI “The readings suggest that each individual has multiple soul mates with whom she or he can make a successful relationship in the present. Obviously, each choice leads to different potentials and a lifetime of experiences, and some choices are ultimately better than others. Edgar Cayce believed that eventually every soul would become whole within itself. From this perspective, soul mates ultimately are those relationships that assist each individual in his or her spiritual development and the inevitable attainment of wholeness at the level of the soul.”

5. ARE SOUL MATES ALWAYS ROMANTIC PARTNERSHIPS?

FORD “You already have a lot of soul mates in your life. It might be your siblings, your parents, your kids, your friends or your co-workers. It doesn't have to be romantic love. Here's the interesting thing, if you put your attention on all the soul mates that you already have, and all the love you already have, that makes you magnetic to having a romantic soul mate.”

TODESCHI "From Cayce's perspective, family relationships are drawn together based upon past associations that have been positive and negative. In the present, however, the situation occurs in order to give every member of the family an opportunity to become a little more whole at the level of the soul. Regardless of how wonderful or harsh such a family environment might appear to the outside world, the choice to come into the family is made at a soul level only if the situation has the potential to provide the soul with the curriculum it needs. In other words, the readings make it clear that we choose our parents.”

"The idea that a soul would purposefully choose a harmful or an abusive family relationship may be impossible for some to comprehend. However, the soul is most concerned with the possibilities of what might come out of the situation rather than the specifics of the situation itself.”

NEWTON: THREE TYPES OF SOUL MATES

PRIMARY SOUL MATE

"A primary soul mate is frequently in our life as a closely bonded partner. This partnership may be our spouse, brother or sister, a best friend, or occasionally a parent. No other soul is more important. When my subjects describe lives with these souls as their mates, most will say their existence is enriched beyond measure. Our primary soul mate is our eternal partner. This kind of relationship is so deep that both partners genuinely don't see how each could live without the other. This is a mental and physical attraction which is so strong neither partner doubts that they were meant for each other."

COMPANION SOUL MATES

"Within the primary cluster group there is usually an inner circle of souls who are especially close to us, and they play important support roles in our lives and we do the same thing for them. This number varies but the average client has from three to five souls in their inner circle. These relationships are based upon companionship, friendship and mutual respect."

AFFILIATED SOULS

"Secondary groups around our primary group can total up to 1,000 souls or more. There are certain affiliated souls in other groups who are selected to work with us whom we come to know over many lives, while others may only cross our path briefly. They are very likely to incarnate as people who carry strong positive or negative energy into their association with you. These decisions depend upon advance agreements between all parties. These associations are based largely upon more casual acquaintances which offer some purposeful ingredient to our life."

6. HOW CAN I PREPARE TO MEET MY ROMANTIC SOUL MATE?

ABRAHAM – HICKS "The only thing that matters is, are you a vibrational match to your own soul in this moment? If the answer is "yes," then you will be able to find those who are a vibrational match to theirs. Two who come together who are vibrationally in alignment with who they are, is what we consider to be the greatest harmony, which makes for the best kind of relationship."

CAYCE "Accomplishing something in self first! Gain an understanding of self's relationships, of self's relationship to the divine as may be manifested-and find an ideal!" (5615-1)

"If ye can't live well with yourself-can ye with others?" (5392-1)

CHOPRA "The correct mindset to attract a soul mate is not to look for the right person but to become the right person. Be the change that you want to see in others. Think of all the qualities you want in a soul mate and become those qualities."

FORD "The fastest way to bring in a soul mate is to be grateful for all the love you already have. Live your life as if you are already in the relationship, like you are already together. Talk to him/her in your head. It's simple, but it's not easy because it requires active participation."
[Ford would buy tickets and dinner for her intended, even before he manifested.]

NEWTON "The most healthy kind of love is one where you already feel good about yourself and so extending your love to someone else is totally unselfish."

7. WHEN WILL MY SOUL MATE SHOW UP?

ABRAHAM – HICKS “There are many, many, many, many, many, many, many, thousands of soul mates out there rendezvoused in terms of thought and all you have to do is line up with your own inner being and you will be led right there.”

MYSS "When it comes to soul mates, rest assured, we find each other when the time is right."

NEWTON "If the right love for you does not come along, liberate yourself with the understanding that you may be here to learn other lessons. If your soul mate is supposed to appear, they will come into your life, often when you least expect it."

8. WHAT CAN I DO TO MAKE MY RELATIONSHIP BETTER?

CAYCE "... each may be as a help, as a prop one for the other." (1857-2)

"Make it a beautiful thing, and not something ugly. Live, act towards each other in the same manner as ye would that each would act towards thee if conditions were reversed." (413-11)

"Minimize the faults, magnify the virtues! So live, so act, one toward the other, as to make this experience - here and now - worthwhile!" (263-18)

"Know that thy associations are to be on a fifty-fifty basis, and that ye must adjust thyselfes to each other's idiosyncrasies or peculiarities." (1722-1)

"Their manner of approach, their manner of thought, need not necessarily be the same, but the purpose, the desire, the hopes, the welfare of each should be as indicated in such a union, one for the other." (341-48)

GRAY “If you want more in your relationships, be free to express all that you can be, create equality, which creates huge conflicts. If you can learn to overcome those challenges, you can experience a soul mate relationship. Lasting passion, lasting love, growing together in love, both giving and getting emotional support, for both people to be authentically themselves.”

NEWTON "When friendship catches fire it turns to love, but without abiding friendship, deep love cannot thrive. Without trust, intimacy suffers and love cannot grow. Love is the acceptance of all the imperfections of our partners. True love makes you better than you would be without that person in your life."

TODESCHI "Ultimately, the purpose of all relationships is spiritual development. For that reason, individuals wishing to discern between a karmic relationship or a purposeful present-day union might ask themselves, 'Does this relationship make me a better person? Does it challenge and stretch me? Does it encourage me to become a more balanced, giving person? Does this relationship bring out the very best within me?'"

9. WHY IS MY SOUL MATE RELATIONSHIP SO DIFFICULT?

CHOPRA "Every relationship is a mirror and if you don't like what you see in the mirror, then you don't fight with the mirror or break it. You change the reflection by changing yourself."

DYER: "Your soul mate is the person you can't stand. Who needs more of what you already are? You are not looking for a mirror of yourself. They can take you away from your peace (in-laws, spouse, children). They teach you that you haven't mastered yourself in the moment. You can choose peace in any given moment. When you are able to remain in peace when they push those buttons, you will know that the reason they showed up in your life is to teach you to honor your own worthiness."

FORD "Manifesting the soul mate is the easy part. Learning to live with your soul mate, that is the hard part. Just because you are with your soul mate doesn't mean that you are going to live happily ever after or that it's going to be easy. It's not easy, but it's worth doing."

GRAY "When a couple are soul mates, when their souls recognize and love each other and they are attracted to each other physically, emotionally, and mentally, then this love not only can last but can continue to grow and become richer as the years pass. This does not mean that everything will flow easily and effortlessly. It simply means you have the potential to be successful. We can't expect relationships to always be easy, effortless and happen all by themselves. It takes accountability, awareness and new skills."

NEWTON "Being with soul mates can bring joy and pain, but we learn from both. Always, there are karmic reasons behind the serious events involving relationships in our lives. Karmic lessons set difficult standards for each of us and painful experiences involving the heart are deliberate tests in life. They often are of the hardest kind."

TODESCHI "Many relationship examples in the Cayce files make it clear that soul mate relationships often entail some measure of anger, animosity, and resentment that both individuals are required to work through. Every relationship has its share of challenges."

10. SHOULD I DIVORCE OR BREAK UP WITH MY SOUL MATE?

CAYCE Cayce recommended separation for the following reasons.

1. An individual is in danger of physical, mental or spiritual harm by remaining with the other.
2. Both people had truly overcome what was required to be worked out together.
3. One individual had overcome the lesson and the other refused to.

FORD "Sometimes soul mate relationships end. You can meet your soul mate, you can fall in love, you can get married for thirty years and then decide to get a divorce. It doesn't mean they weren't your soulmate, what it does mean is that particular relationship had an expiration date."

NEWTON "I have had numerous divorced subjects who learn that their first loves were primary soulmates. Things might have worked out if they both had tried harder. Being with the 'wrong' person for a period in your life does not mean that time was wasted. The relationship was probably intended in advance. The amount of time soul mates are with us on Earth can be long or short. What matters is the impact they have on us while we are here."

RESOURCES

ABRAHAM – HICKS

Twin Flames

https://www.youtube.com/watch?v=t_T1-AoyEds&t=32s

How to recognize your Soul mate

<https://www.youtube.com/watch?v=ET1eH3l-kfE&t=466s>

BROWNE, SYLVIA

Spiritual Connections: How to Find Spirituality Throughout All the Relationships in Your Life

CAYCE, EDGAR

<https://www.edgarcayce.org>

CHOPRA, DEEPAK

Meditation for Attracting and Being in Love

<https://www.youtube.com/watch?v=xLSZAE8FzUM>

DYER, WAYNE

YouTube Videos :Soulmates Part 1 and 2

https://www.youtube.com/watch?v=EXvtyK_xlWE&t=5s

<https://www.youtube.com/watch?v=cLn8AHHZxY>

FORD, ARIELLE

The Soulmate Secret

<http://www.arielleford.com>

<https://www.youtube.com/watch?v=uE8U4e0olsA&t=172s>

GRAY, JOHN

<https://www.marsvenus.com>

Men Are from Mars, Women Are from Venus

Beyond Mars and Venus

MYSS, CAROLINE and ANDREW HARVEY

The Soulmate Contract: The Power of Partnership in Your Spiritual Life

<https://www.amazon.com/The-Soulmate-Contract-Partnership-Spiritual/dp/1622030850>

NEWTON, MICHAEL

<http://newtoninstitute.org>

Destiny of Souls, Chapter 7: Community Dynamics

STEINER, RUDOLPH

Man and World in the Light of Anthroposophy

TODESCHI, KEVIN

Edgar Cayce on Soul Mates: Unlocking the Dynamics of Soul Attraction