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Soul mate myths **BUSTED!**



What is a soul mate or twin flame? How do you find yours? Are they real or is it all a myth? **Dr. Lisa Turner**, psychic relationship expert, investigates

Soul mates get so much press: emphasis is always put on how important it is for us to meet that special someone who 'completes us'. But, far from the picture-perfect image Hollywood would like us to believe in, a real soul mate might be far from what you expected or even wanted. Soul mates, according to some who work in the area of spirituality, come to teach us valuable life lessons. They may or may not be the ones we marry, and we can even have more than one! So, dispel any notions of there being only one perfect individual out there for you, and get to grips with the fact that life is messy and sometimes your best teachers are the ones who push your buttons and, by doing so, offer you the opportunity – if you open your eyes to see the lessons they bring – help you grow in new and unexpected ways.

I believe that a soul mate is another person

with whom you have a karmic entanglement. This means you and they have lived, grown and evolved together before, in a previous life, and the dance is not yet over. You had some kind of interaction you chose together for the purpose of enabling each of you to develop spiritually.

A soul mate might be someone you love or even love to hate. You may marry them, work with them, be friends with them or even enemies. You could know them for a short time, or a lifetime. One thing is certain though: whoever they are, and whatever kind of relationship you have with them, they will make a massive impact on your life.

They will cause or trigger a fundamental change in you. They will turn the course of your life. This might be for the good, or it may initially seem to be detrimental only for you to later realise that the process was essential for your growth at the soul level.

How to have a healthy soul mate relationship:

- ♥ Look for intensity of attraction. Instant, deep attractions are usually a sign there is a karmic connection.
- ♥ Don't settle for hum drum and safe. If it's boring, it's not a soul mate connection.
- ♥ A soul mate will challenge you and encourage you to grow.
- ♥ Refuse to allow a partner to disempower you. This can come disguised as support or help, but check it doesn't become smothering, or make you feel incapable. Make sure you don't allow them to cause you to dislike yourself.
- ♥ Search for a relationship where you feel great when you're on your own and even better where you're together. This is called synergy.
- ♥ Make sure you don't seek out someone else in the hope they will make you feel OK.
- ♥ Don't allow your partner to seduce your ego. When this happens, they can build false confidence or pride.

"A SOUL MATE IS SOMEONE WITH WHOM YOU HAVE A KARMIC ENTANGLEMENT. THIS MEANS YOU AND THEY HAVE LIVED, GROWN AND EVOLVED TOGETHER BEFORE, IN A PREVIOUS LIFE, AND THE DANCE IS NOT YET OVER. YOU HAD SOME KIND OF INTERACTION YOU CHOSE TOGETHER FOR THE PURPOSE OF ENABLING EACH OF YOU TO DEVELOP SPIRITUALLY."

Soul mate myths

MYTH 1: WHEN YOU MEET YOUR SOUL MATE, YOU'LL FALL DEEPLY IN LOVE AND LIVE HAPPILY EVER AFTER


Actually the opposite might be true. Your soul mate is someone with whom you have entered into a karmic contract so you can both learn and evolve. Evolution happens when we overcome and rise above challenges. So, a relationship with your soul mate could be anything but smooth sailing.

MYTH 2: YOUR SOUL MATE MUST ALSO BE YOUR PARTNER OR LOVER

Just because you have entered into a karmic contract with your soul mate, it doesn't necessarily follow that they must be your partner; they might be a friend, colleague or even a teacher. There will, however, be a strong emotional pull (or push) that people often confuse with meaning they must jump into a relationship with this person. The essence of a soul mate is that they will trigger growth for you.

MYTH 3: YOUR SOUL MATE WILL BE YOUR PARTNER OR FRIEND FOREVER

Soul mates come into our lives and depart them at the perfect time. They may come to help you at a particular point in your life, or to teach you or befriend you for a short while. Evolved souls know when it's time to part. They allow it to happen easily and painlessly. They feel only joy for being blessed with the moments they had together. Sadly, those who are less evolved try to hang onto the relationship or other person as if there is a 'rule' that because it was good it should last forever. When they do this or they both attempt to stay together, it only causes pain. When it's time to part – you must do so.



"A SOUL MATE IS SOMEONE WITH WHOM YOU HAVE A KARMIC ENTANGLEMENT. THIS MEANS YOU HAD SOME KIND OF INTERACTION IN A PREVIOUS LIFE, WHICH YOU CHOSE TOGETHER FOR THE PURPOSE OF DEVELOPING SPIRITUALLY"

7 steps to a successful relationship

1) Stay connected to Source

It's very common for many relationships to stagnate and lose their spark because one or both parties have forgotten what inspires them. Whether it's your meditation or energy practice, writing, music or even your purposeful work, it's essential for you to have your own healthy connection to Source energy to rejuvenate yourself and revitalise your relationship. It was this that first attracted you to each other so make sure you maintain it to sustain the attraction.

2) Remember you have a choice

You have a choice to be in the relationship or not. The key to any happy and healthy partnership is to know you are absolutely OK on your own. There is no sense of having to be with them. You are together because you choose to be, not because you have to be. This is essential for both parties to feel good in the relationship. No-one feels satisfied when they know their partner only stays because they have no choice, whether it's financial, for the children or because you can't cope on your own.

3) Even soul mates will argue

A mistake that some people make is to assume that because they are with their soul mate, they will never disagree about anything. This puts huge pressures on the relationship because if a disagreement does arise – and it will – they then assume it means they aren't with the right person. So, even a minor dispute can result in one or both parties starting to think, 'He's not the one' and imagining they need to separate and find the real 'one'. Soul mates will disagree, but it's the emotional maturity they bring to the relationship that makes them such great partners.

4) Have emotional maturity

Never blame the other person. No one can make you feel anything. You allow yourself to react in the way you do; become aware of this and learn to choose your actions. Realising you have a choice to be upset or not will make your relationship much healthier. It's a key part of being an evolved soul mate.

5) Stay conscious and see through the illusion

Successful relationships always involve staying conscious and aware of what is happening, even when you're arguing. Realise that life is a drama and, like watching a movie, you can become completely entranced. The trick is to keep this in awareness both after the huge row and during it. True soul mates understand this and use disagreements to strengthen their bond.

6) Apply the mirror principle

Everyone is a mirror of some aspect of you. It might be very hidden and unconscious, and often we see it in others because we've rejected that part of ourselves. A soul mate will show you the sides of you that you have rejected, allowing you to become conscious of them and reintegrate them into your psyche. Sometimes these parts are light and beautiful, and other times they are dark.

7) Accept your partner as they are

Don't try to change your beloved. The sign of a very highly evolved soul mate relationship is that each person accepts the other just as they are. There is simply no need for either person to even question who, how or what the other person is or does. They simply accept it and love them.

What about twin flames?

Twin flames are believed to be formed when a single soul splits into its male and female parts. The theory is that these two people are then born and their purpose in life is to seek each other out in order to become complete.

Not only is this idea fundamentally disempowering, that a human is half a person without another, but it also doesn't make much sense. Your soul is the part of you that is Source. Source is infinite. If you divide infinity in half, you still get infinity (trust me, I used to be a mathematician). To believe that you need someone else to complete you or make you feel OK is based on the premise that you are somehow incomplete, lacking or not alright on your own. Any relationship based on this is doomed to failure because it will ultimately become co-dependent.



"WHOEVER YOUR SOUL MATE IS, AND WHATEVER KIND OF RELATIONSHIP YOU HAVE WITH THEM, THEY WILL MAKE A MASSIVE IMPACT ON YOUR LIFE"

Case study: Lucy meets Gerry

Lucy was struggling with life. Her relationship with her husband was challenging her, and she was having difficulties at work. She was also overweight, unfulfilled and unhappy.

At a networking event, she met Gerry. There was an instant connection. During that first conversation, Lucy found herself opening up in a way she never had before, and even became tearful as she described some of her problems to the gentle and easy ear of Gerry. They arranged to meet up and continued to do so on a regular basis, texting, emailing and messaging each other several times a day.

Lucy felt a strange attraction. It wasn't sexual, but it was certainly intense. As the weeks went on, Lucy opened up more and more. Gerry started to probe deeper and deeper into her mind, heart and memories. Eventually, she accessed an ancient wound. A memory of a past abusive relationship came up in conversation. Lucy had always been able to remember the events, but what Gerry's questioning and presence had done was trigger the emotions of the event; suddenly she was plummeted into the trauma she'd locked away for years.

Lucy reached out to Gerry to help her make

sense of the pain. But he couldn't cope. He was unable to handle the intensity of it and ran. He stopped texting and answering emails. Lucy was devastated. Not only was she now in touch with her pain, but she felt abandoned by Gerry. Confused and in pain, it was like being abused all over again. Left traumatised and in shock, she came to me for therapy. In a matter of a few sessions, we released the pain not only from the early abuse but also from the subsequent feelings of abandonment from Gerry. What Lucy came to realise was that although it had been difficult, if she hadn't met him and he hadn't triggered the pain to surface, she would never have sought professional help. Not only was the hurt of her past abuse healed, but her weight reduced to a healthy size, her relationship blossomed and she even got a promotion to a job that fulfilled her.

That one chance meeting with Gerry had turned her life around. And, in order for her to do so, she had to be taken into the pain.

Gerry was a soul mate. He arrived at the perfect time to kick her out of her rut and back on track. Even though this hurt, it was the perfect thing at the perfect time.

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